

# IMMERSIVE

SPRING 2021









"I used to be really controlled by my emotions. When I felt something, I could be completely immersed in my emotions and just as I mature spiritually, I understand that there's more of a message and less of the reason for life. It helps you to understand how you feel, where you are and what kind of changes you need to make."

-India Arie





# Contents

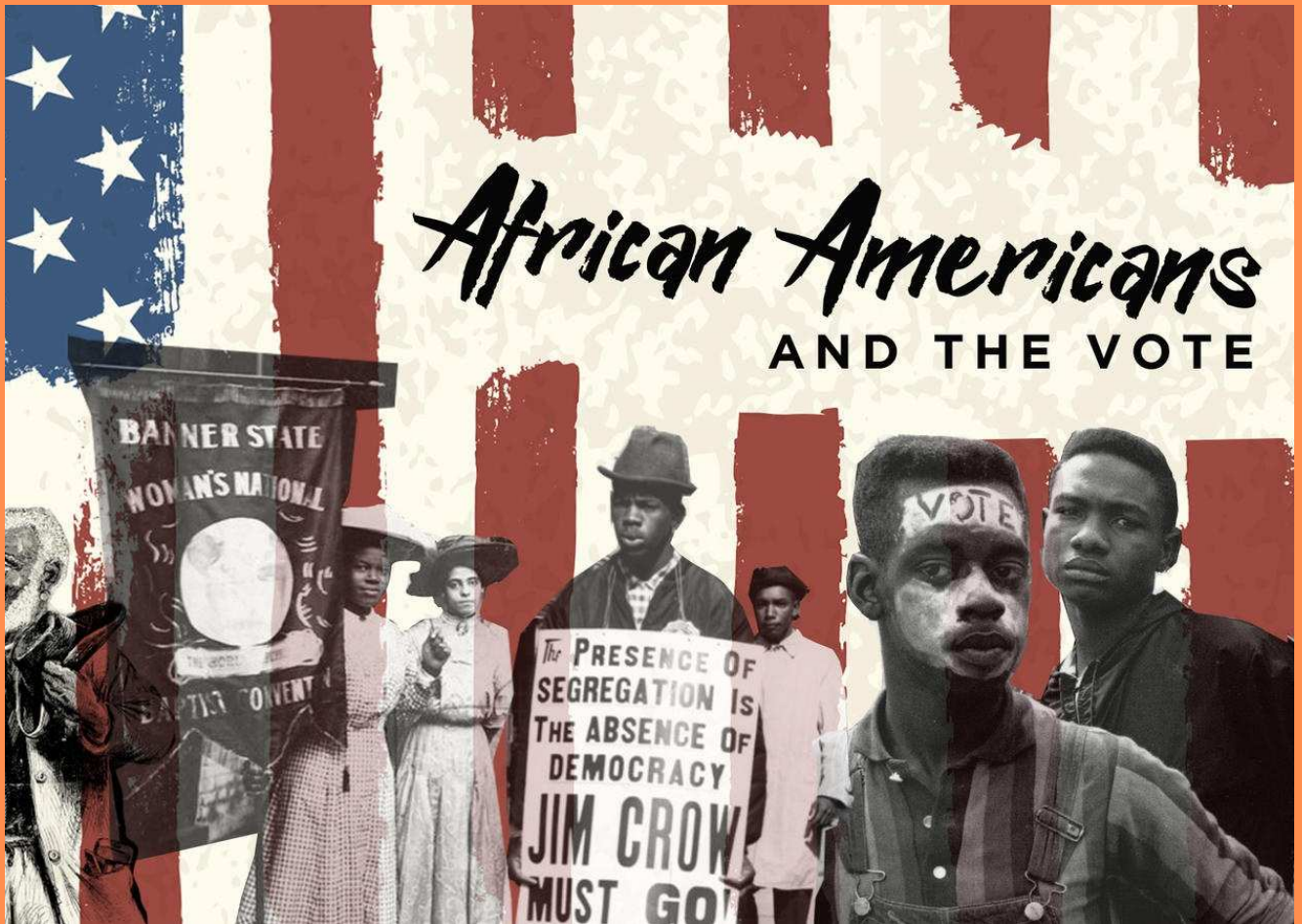


PHOTO BY GOOGLE IMAGES

## A BALLOT AWAY

pg. 12

Over the years, voting has been a social justice issue amongst African Americans. Lawmakers have placed many obstacles in the path of true democracy in this constant cycle of voter discrimination.



# Contents

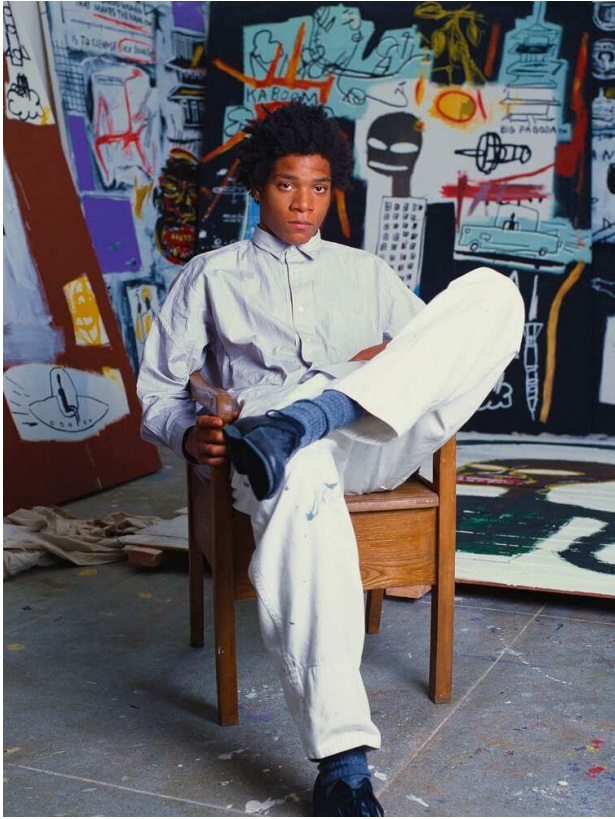


PHOTO BY GOOGLE IMAGES

## 8 Express Yourself

Jean-Michel Basquiat played an important and historic role in the rise of the Neo-Expressionism movement.

## 14 Changing the Vocab

Language used to align speakers with the belonging of social groups.

## 18 Why Toni?

One of the most celebrated African American women authors in the world. Who is she? And why we love her?

## 19 A Beautiful Revolution

A review on Common's newest album that reflects the current atmosphere of racial injustices.

## 22 Black Mormons

The troubling experiences of Mormonism and their troubled history with race.

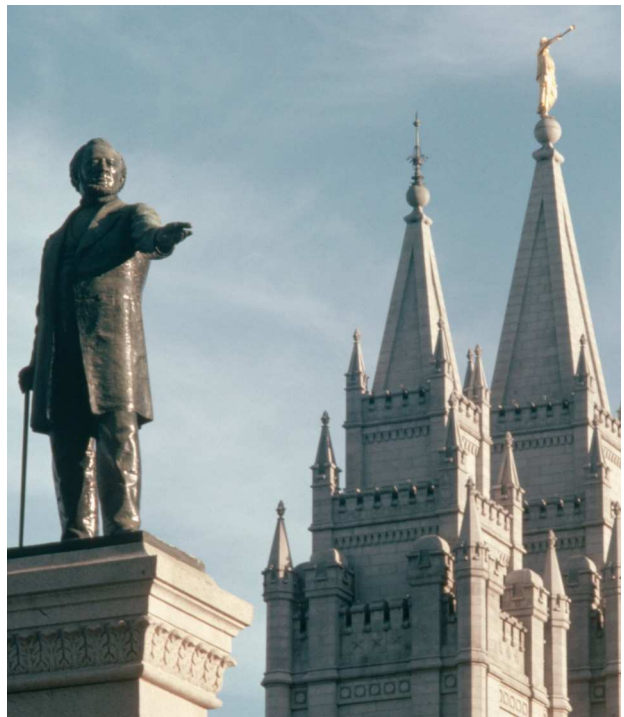


PHOTO BY GOOGLE IMAGES

“I CROSS OUT WORDS SO YOU WILL SEE THEM MORE; THE FACT THAT THEY ARE ~~OBSCURED~~ MAKES YOU WANT TO READ THEM.”

-- JEAN-MICHEL BASQUIAT

# In This Issue

10

Ctrl, Alt, &  
Delete  
The important  
rules of etiquette in  
Cyberspace.

11

Get Fit!  
Healthy living with  
a workout plan for  
a better body.

13

The Basics of  
Vaccines  
Understanding  
what vaccines are  
and how they really  
work.

15

Danke für das  
Geschenk!!  
Gift giving in the  
world can be so  
hectic, but here are  
a few tidbits.

16

Street Foods  
The top ten foods  
that are found on  
the dazzling  
streets of South  
Africa

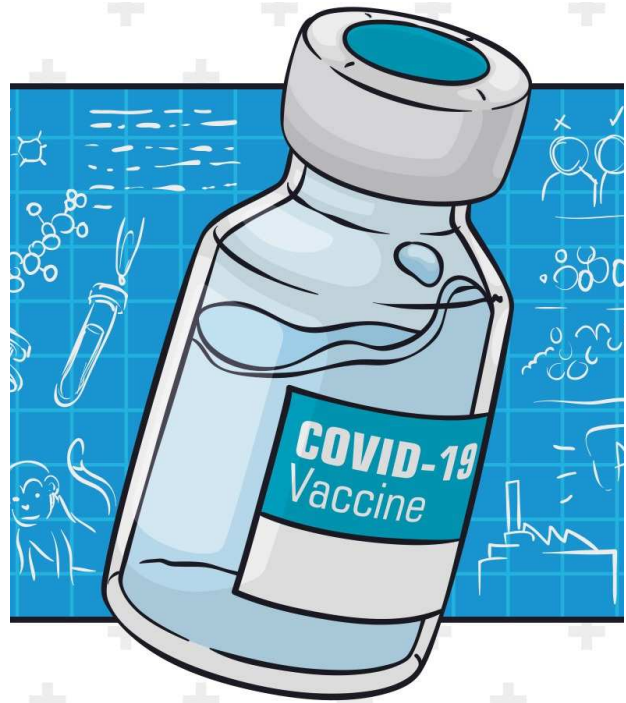


PHOTO BY GOOGLE IMAGES

20

Poetry From the  
Heart

Linda Rodriguez  
shines with her  
different style of  
poetry that hits  
the heartstrings  
and reality.



PHOTO BY GOOGLE IMAGES



# IMMERSIVE

## PUBLISHER

Sankofa Freedom Academy Charter School

## EDITOR IN CHIEF

Zeniab Diawara

## EDITORIAL

Baylock-Grace, A'yanah	Johnson, Josiah
Blackwell, Jamiah	Johnson, Sanai
Booker, Chyniah	Kelly, Cannan
Boyd, Isabella	Leon, Krystal
Bridges, Talicia	Martin, Hassan
Briggs, Ijnanya	McElveen, Quaseem
Brown, Tyrell	McFarland, Akira
Darlington, Shelai	Miller-Armstrong, Shakia
Diawara, Halimatou	Millington, Lamont
Diawara, Zeniab	Moorehead, Anthony
Faulks, Tanae	Outen, Khalimah
Gentry, Eric	Precha, Rakim
Giddings, Diamanna	Ramirez, Ismael
Graham-Rivera, Kimya	Reid, Benjamin
Holloway, Khadir	Sanders, Demetrius
Holloway, Lakay	Sanders, Shaun
Holmes, Lindell	Saleem, Ansar
Hope, Jaiden	Saulsbury, Quinsir
Hughes-Bryant, Annessah	Sykes, Amirah
Hughes-Bryant, Asad	Taylor, William
Hunter, Damon	Thomas, Aymere
Ingram, Toni	Walker, Amber
Ivory-Waugh, Mekhi	Washington, Hajr



## HOW TO REACH US

### MAIN OFFICE

2501 Kensington Ave. Philadelphia PA. 19125

### PHONE NUMBER

215-288-2001

### WEBSITE

[www.sfacs.us](http://www.sfacs.us)



# NEW WORLD LEADER



"Because I'm a Black Woman: I bear the hardest experiences; I receive the most harmful lessons; I hear the harshest words; I wake up immersed in swords, to survive, and only to repeat the same for a lifetime."

— Mitta Xinindlu

The world we live in is changing every second, of every minute, of every day. The world is changing in many ways; we are immersing globally, environmentally, and socially. 2020 was the start of a different life for everyone. The world changed in a matter of days and everything was different. We were exposed to a deadly virus called Covid 19. One minute we were living our normal lives and the next minute everything was not normal anymore. While going through a pandemic the world became more immersive. Immersion is providing, involving, or characterizing by deep absorption in something such as activities in a real or artificial environment. The world is becoming more immersive by using technology and social media during a pandemic. Technology is becoming more and more immersive every day by using our own perceived realities. We use social media to communicate and keep up with what is going on around the world. Due to Covid 19, media and technology has been more immersive by informing you on the pandemic and ways to live throughout this experience. The media has informed people about the current and updated news within whatever society that you lived in. The immersion of technology and media gets better and better every day. In the "Immersive" magazine there will be articles on how humans are becoming more immersive in the world. By reading this magazine, we hope that your immersive experience will inspire social change.

ZEINAB DIAWARA  
Editor-in-Chief

# EXPRESS YOURSELF

BY  
ANSAR  
SALEEM

PHOTOS  
BY GOOGLE IMAGES

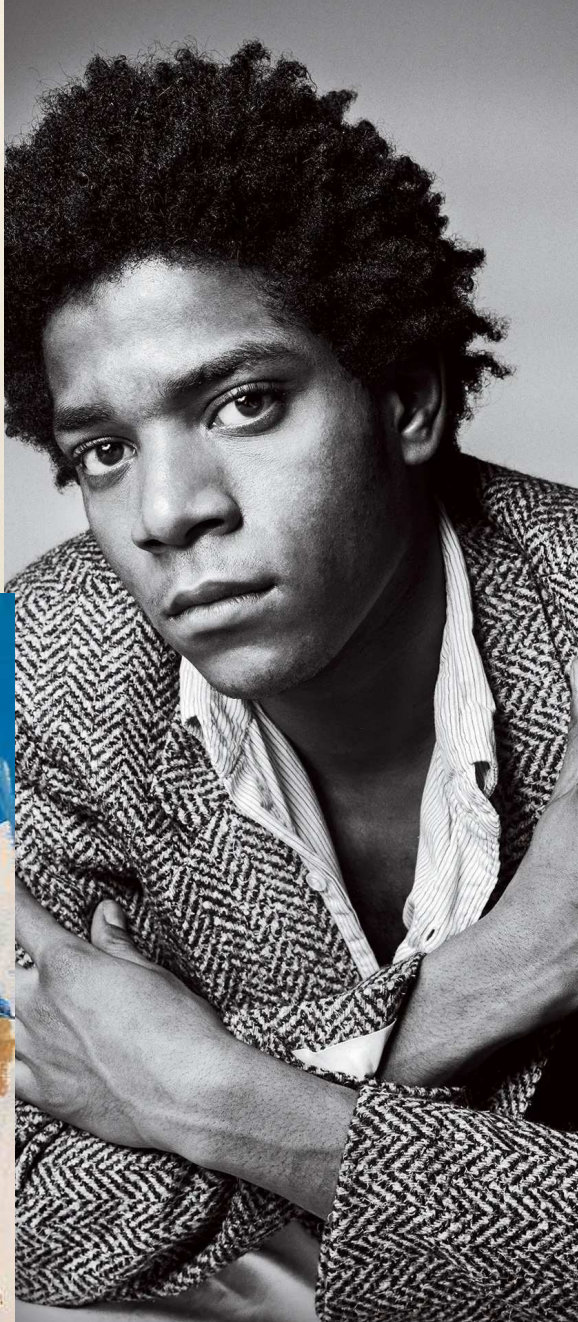
Jean-Michel Basquiat was an Neo-Expressionist artist from Brooklyn, New York from the late 1970's up until his passing in August of 1988. He was known for his many contemporary artworks that many believed would be the art style of tomorrow's youth. He was an individual who set out to get his artwork to the world any way possible. He sold postcards, t-shirts, and sweatshirts with his artwork on it to show people that his works were something to be amazed at. Basquiat did not start Neo-Expressionism, but most considered Basquiat to be the face of the movement.

In the mid 1980's, which was the height of Basquiat's career, he sold many of his paintings for high-end prices. He became known for having significant expressions and emotional-meaning behind all of his works and many began to take notice and give him high praise for his works. All of these things are what Neo-Expressionism is about, reviving and expressing yourself using emotional and defining color and definitive subject matter. The Neo-Expressionist movement was carried out by many artists who felt the need to express themselves using their visual arts skills and hands-on color schemes.

Neo-Expressionism is the only style Basquiat worked in. All of his paintings were Neo-Expressed and made with the intent to bring out emotional standpoints from people who bought them. Basquiat was a very young artist who had a lot of insight to give; however, I believe that he wanted people to see him as a friend and everyone did not want to be friends with him. Most people just used Basquiat for business or to get him to make art for them. He had a hard time coping with how people criticized his art and how he made his paintings. He couldn't cope with it and used drugs as an outlet to release the tension that he faced. Basquiat's paintings were worth around \$30,000-\$100,000 in the mid-to-late 1980's; Today his paintings are sold between \$60 and \$100 million dollars. If you ask me, when your paintings are worth \$60 million, then those paintings have to be special. He died in August of 1988 but showed many people how to express themselves through art and to never be afraid to show your emotions.









# CTRL, ALT, & DELETE

By Lindell Holmes

Netiquette is a set of unofficial rules for good behavior and politeness followed by users of online and digital technologies such as emails, the internet, and chat rooms. The common guidelines of netiquette consist of courteous, precise, and avoiding cyber-bullying. Since the internet changes so much at a fast pace throughout time, the netiquette changes too as well. The golden rule with netiquette usually does not change at all and follows the same rule. There are important rules you should follow and here are some: respect others privacy, do not spam, and if you would not say it face to face do not say it online. There are many more netiquette rules, but to me I think these are the three main points.

The need for a sense of netiquette comes about when sending emails, posting on social media and direct messaging. The key things people should always remember while being online are thinking before you create an initial thread or make a response to someone else's thread. If you are using netiquette at work, you are safely maintaining your business network. Do not forget that netiquette involves careful word placement and good grammar. Another good thing to use is emojis. Emojis are great to use because emojis are non verbal. For an example, instead of saying "Lol " or I am laughing, people on the net can just put the laughing emoji and the recipient will know. Emojis are a great feature to use because you can have a full conversation without typing one word and still know what the other person is talking about.

The effects of netiquette depends on where you are using it. If you are using netiquette while talking to friends or family, you are being courteous enough to revise your words. First don't ever type in all capital letters in a normal conversation it will make it look like you are yelling. Do not open random attachments or suspicious messages from unknown users or senders. Before sending personal information make sure you have the senders consent.

Here are some tips when forwarding emails: Be careful when using the reply to all option because if you are sending a personal email and click that reply to all option the email will not be personal anymore. Confirm the email of the person you are sending things too or even replying. Lastly, address all the questions and concerns of the very important sender. One major rule you should always remember is behind every screen rather if it is a phone or a computer game system, there is a human behind them monitoring or working these systems. At the end of the day, please be wise with your choice in words and actions. Remember that the netiquette is a big practice used across the world by literally everyone. Behavior is key, so always be polite and helpful because other users are people too just like you. To sum it up, just follow the common guidelines etiquette, but turn it on its digital side, and know that netiquette and you should be great once the rules are followed.

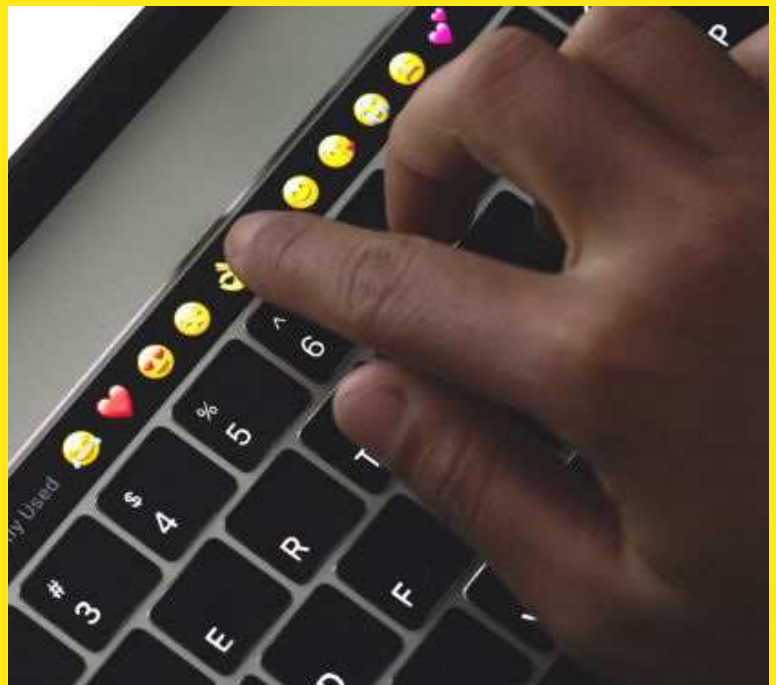


PHOTO BY GOOGLE IMAGES



# Get Fit with Jeanette Jenkins

By Amber Walker

Jeanette Jenkins has been a healthy living coach for over 28 years. She is the founder and President of The Hollywood Trainer LLC. Jeanette is the author of The Hollywood Trainer Weight-Loss Plan and creator of “The Hollywood Trainer Club” which is a virtual online healthy living and weight loss club with everything you need to lose weight, get in shape and make a healthy living a lifetime habit. She is the creator of a Hollywood Trainer DVD Collection. Jenkins studied Human Kinetics at the University of Ottawa and has earned over 18 certifications for nutrition and various methods of training. She is a graduate of the Institute of Integrative Nutrition recognized by the American Association of Drugless Practitioners and Columbia University. Jeanette motivates millions of people daily through her social media platforms on Instagram, Facebook, and Youtube. People all across the world watch her workouts on PopSugar Fitness, app workouts on Aaptiv, and Fit On through her online club. Jeanette has over 500 Streaming Workouts and Challenges and over 150 healthy recipes, meal plans, community support & daily motivation for all of her supporters.

---

## Jeanette Jenkins's 7-Move Full-Body Circuit With No Jumping

Do two to three rounds of the following exercises:

1. Side lunge to front kick: 15 to 25 reps on each side
2. Push-up to squat, bicep curl, and shoulder press: 15 to 25 reps
3. Plié squat with upright row and front delt lift: 15 to 25 reps
4. Goblet squat: 15 to 25 reps
5. Lunge with bicep curl: 15 to 25 reps on each side
6. Back row and back fly with back taps: 15 to 25 reps
7. Chest fly leg raises: 15 to 25 reps

# A BALLOT AWAY

By Halimatou Diawara



After the Civil War, the 14th amendment granted African Americans the right of citizenship and equal protection of the laws; however, this did not give them the right to vote. Due to the exclusion of African Americans in local restrictions, Congress passed the 15th amendment. The 15th amendment states that the right of citizens of the United States to vote shall not be denied or abridged by the United States or by any state on account of race, color, or previous condition of servitude. Though this amendment was passed, somehow the amendment still did not apply to African Americans. The 15th amendment was passed in 1870, but Black citizens were still denied the right to vote due to Black Codes and Jim Crow Laws. Many states found ways to circumvent the Constitution and prevent African Americans from voting. Local Whites implemented poll taxes, literacy tests, fraud, and intimidation to turn Blacks away from the polls. Many states eventually used the "Grandfather Clause" which stated that you could not vote unless your grandfather voted. The Grandfather Clause kept many African Americans out of the elections because most of them had ancestors who were slaves.

Later on during the Civil Rights Movement, Dr. Martin Luther King Jr. was one of the people who tried to help African Americans vote. He brought hundreds of Black people to the courthouse in Selma, Alabama to register to vote. Dr. King organized and led many protests, which led to the 24th Amendment being passed. The 24th amendment prohibited the use of poll taxes. Eventually, the 1965 Voting Rights Act was created and this act prohibited states from using literacy tests and other methods of excluding African Americans from voting. After this act was passed the African American voting rate increased. The right for women to vote was passed with the 19th amendment in 1920. However, it took African American women five decades later to be able to vote with the passing of the 24th Amendment and the Voting Rights Act. Today, voter suppression is still a real thing even though all of these policies are in place under the constitution. With voter-ID requirements and the changing of polling site locations, African Americans still face discrimination within the voting arena. After Trump's loss to Biden, specific states have tried to bring the past back to life for African Americans like Georgia. Voting rights groups have been fighting hard to prevent the voter ID provisions and changes to voting by mail that make it difficult for minorities and the lower socio-economic class within America. With a long history of voting discrimination in America, you would think that policy makers would have learned from their mistakes? Or is this the plan to Make America Great Again?



# THE BASICS OF VACCINES

By Damon Hunter

A vaccine is a biological preparation that provides active acquired immunity to a particular infectious disease. A vaccine typically contains an agent that resembles a disease-causing microorganism and is often made from weakened or killed forms of the microbe, its toxins, or one of its surface proteins. The agent stimulates the body's immune system to recognize the agent as a threat, destroy it, and to further recognize and destroy any of the microorganisms associated with that agent that it may encounter in the future. Vaccines can be prophylactic, or therapeutic. The effectiveness of vaccination has been widely studied and verified. Vaccines are recommended in early childhood which can protect them from disease and other illness as they grow. The World Health Organization reports that licensed vaccines are currently available for twenty-five different



Vaccines have helped to dramatically reduce, but not eliminate, the number of cases of vaccine-preventable diseases in the U.S.

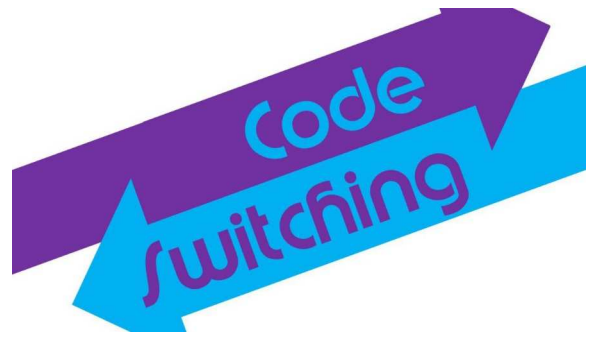


Naturally occurring mercury or methylmercury, can cause health problems in humans when taken at high levels, but has not been shown to cause autism.

preventable infections. There is an overwhelming scientific consensus that vaccines are a very safe and effective way to fight and eradicate infectious diseases. The immune system recognizes vaccine agents as foreign, destroys them, and "remembers" them. When the virulent version of an agent is encountered, the body recognizes the protein coat on the virus, and thus is prepared to respond, by first neutralizing the target agent before it can enter cells, and secondly by recognizing and destroying infected cells before that agent can multiply to vast numbers. Vaccines contain the same antigens that cause the disease but they are made to either kill or weakened to the point that they do not cause disease. As these vaccines may help your body, it also may harm it by something called side effects. Side effects are a secondary, typically undesirable effect of a drug or medical treatment. There are many side effects that can come from any vaccine that is taken and some examples of "side effects" are headaches, fatigue, dizziness, and nausea that are some of many. All vaccines do not perform the same. It depends on the disease a person has and if their body can fight it off. Vaccines can lead to death and that is because the virus they might have may be too fast and too strong for their immune system. Due to someone's age and the disease they have, a vaccine may be a dangerous source because it can just make things worse like strengthening the disease or permanently harming the body. Vaccines are a very important thing; it just does not protect an individual; it protects entire communities.

# OPINION: CHANGING THE VOCAB

By Sanai Johnson



Code-switching is a skill that black people had to develop. Although the concept has a bad name attached to it, there are a lot of valid reasons black men and women code switch. Black people code-switch when working, during conversations with other people, or even dealing with foreigners. Code-switching is defined as the practice of shifting the languages you use or the way you express yourself in your conversations.

I feel code-switching is necessary when you are on a job, to keep things professional whether the person is black or white. Unless the people you are encountering are your family, you should keep everything professional because the way you might greet your cousin or sister might not be appropriate or comfortable to the person you're greeting in the workplace. A handshake or a simple "Hello" is the most formal and appropriate greeting. Where you work may play a role in how you should greet people. What is appropriate and what is inappropriate is important because, as a black person, code-switching impacts how black people are viewed. According to the Harvard Business Review, code-switching can create positive and negative outcomes for black people because their future and livelihood are affected. Due to the color of black skin, society tends to have lower expectations and underestimate the ability of blacks due to stereotypes. Black people in American usually use code-switching to avoid the negative stereotypes such as being "ghetto" or the "angry black woman".

There are some negative outcomes for blacks who code switch that happen within their own community as well. There is backlash from the black community that stems from the character of another black person. Black people often are accused of "acting white" when black people in the community are code-switching for advancements or sometimes survival. Code-Switching has many effects on the African American community rather good or bad, but the switch happens because black people feel like they need to do it to survive in an American society that is not set up for them or directs them to act of another social status. The question is where is the emancipation of oneself in code switching? And are we still playing into a European societal view by code-switching? It really feels like as black people in American society, we are always faced with the double edge sword.



# Danke für das Geschenk!!

By: Talicia Bridges

When it comes to gift-giving a person's first thought is either Christmas or Valentine's day; however, that is not the case in a few other countries. The idea of gift-giving in these parts of the world is not only seasonal or to show appreciation for their spouse, in turn, but it also has a cultural sense of value that has been handed down for generations. Some have taken it as far as a custom that is becoming more of a ritual. Families have made gift giving customary for many reasons involving marriage, showing respect for their ancestors, but sometimes some gifts can be downright offensive.

In India, gift-giving is interesting because you only use your right hand in doing so and culturally it is offensive to give gifts with your left hand. Even giving the gift of money has to be done a certain way. To present money as a gift one must never give the gift of money in even numbers, but always in odd numbers. The Chinese culture has its ways of giving gifts as well.

Would you believe that accepting a gift with one hand is considered to be impolite? Yes, it is impolite! You are supposed to accept the gift with both hands as well as give the gift with both hands too. If you are giving money, please no wrinkled bills and coins are given in a red envelope. Cash giving with the number 4 first is considered unlucky and cash given with the number 8 is very lucky, so don't go giving people 400 Chinese Yuan in China. When it comes to the Chinese, during the New Year, giving a person two Mandarins is considered lucky.



**Traditional Turkish gold coin for celebration and marriage**



**It is good luck to give and receive oranges, mandarins, and tangerines during the Chinese New Year**

In Turkey, there is a tradition that really sticks out. That tradition is giving the gift of gold coins to the bride and groom of a wedding. Depending on how close you are to the bride and groom mandates how big the coin is. When it comes to Germany I'm a little taken aback by this gift-giving tradition. Unlike the American tradition of birthday gifts, a party planned by your family, or a dinner paid for by your close friends, that is not the case in the land of beer and sausage. The person whose birthday it is has to plan and pay for their own party and pay for everyone else to eat and drink. Egypt just might be a little bit more fun than the other countries, because when you give a gift you have to wrap it twice in different colors. So for those that enjoy opening presents and an abundance of colors, you will enjoy getting gifts in Egypt. Though no matter where you are in the world, just know that someone loves you when you are receiving a gift. All I will say is make sure that you know the customs of gift giving wherever you are going so you will not take offense or you will be respectful in doing so.



Melktert



## Street Foods: South Africa

By: William Taylor

South Africa has exotic foods for tourists to try when visiting. Their foods are intimidating at first sight

but many people say they are foods you must try. Most of their foods are traditional to the culture.

The meats seem to be the most popular as recommended by people who eat their food. These foods are made differently but contain the same health goals such as proteins and low-fat meals.

South African meals are full of flavors from the variety of sauces and seasoning on the snacks, desserts, and meals.

I found a list of the top 10 most recommended foods.

1. **Biltong & Droewors:** Usually made from beef or game, such as springbok, biltong (a thinly sliced, air-dried meat), and droewors (an air-dried sausage) are traditionally eaten as snacks.
2. **Boerewors:** a traditional South African sausage made from beef, mixed with either pork or lamb and a mixture of spices.
3. **Cape Malay Curry:** In the 17th century, the Dutch and French landed and settled in Cape Town, bringing slaves from Indonesia, India, and Malaysia, along with their spices and traditional cooking methods. The aromatic spices such as cinnamon, saffron, turmeric, and chili created fragrant curries and stews.
4. **Malva Pudding:** A Dutch import, malva pudding is a sweet and sticky baked sponge pudding made with apricot jam and served smothered in a hot cream sauce.
5. **Chakalaka & Pap:** Chakalaka and pap are mainstays on every South African dinner table. Chakalaka is a vegetable dish made of onions, tomatoes, peppers, carrots, beans, and spices, and is often served cold. Pap, meaning ‘porridge’, is similar to American grits and is a starchy dish made from white corn maize. Chakalaka and pap are often served together, along with braised (barbecued) meat, bread, salad, and stews.
6. **Braai/Shisa Nyama:** Pop along to soak up the vibrant atmosphere, listen to music and take your pick from the meat on offer, usually of beef, chicken, pork, lamb, and vors (sausages) – this is not an outing for vegetarians!
7. **Bunny Chow:** Hollowed out loaves of bread, stuffed with spicy curry were created by the immigrant Indian community in the Natal area of Durban and served to workers for lunch. Try chicken, pork, or vegetarian varieties containing lentils and beans.
8. **Amarula Don Pedro:** This cocktail-come-dessert uses South African Amarula, a cream liqueur made from the indigenous marula fruit, blended with ice cream.
9. **Bobotie:** Minced meat is simmered with spices, usually curry powder, herbs, and dried fruit then topped with a mixture of egg and milk and baked until set.
10. **Melktert:** Melktert consists of a pastry case filled with milk, eggs, and sugar, which is usually thickened with flour. The finished tart is traditionally dusted with cinnamon.

I plan on visiting South Africa eventually because it is on my bucket list. The way these foods are described makes it sound almost like a must-have in one's lifetime. The culture and love for the foods in the South of Africa is an experience I want to say I have tried. I recommend that you go and get your take on these South African foods, especially if you are not accustomed to flavor and spices.





Bobotie



Amarula Don Pedro



Bunny Chow



Braai/Shisa Nyama



Chakalaka & Pap



Malva Pudding



Cape Malay Curry



Boerewors



Biltong & Droewors



# Why Toni?

By: Zeinab Diawara

PHOTO BY GOOGLE IMAGES

“If there is a book that you want to read, but it has not been written yet, you must be the one to write it”. This quote was said by the talented, gifted, and brilliant American novelist, essayist, book editor, and college professor Toni Morrison. Toni Morrison was a woman with many gifts. She inspires many young people every day. Toni Morrison was born and raised in Loraine, Ohio on February 18, 1931. During her childhood, she faced many challenges and had traumatizing experiences with racism. When she was two years old her family’s landlord set their house on fire. In 1953, she graduated with a B.A. in English and later went on to get her Masters in Arts from Cornell University in 1955. After getting her Masters in Art, she started teaching English at Texas Southern University from 1955 to 1957 and then went on to teach at Howard University for the next seven years. In 1965, she began working as an editor for a textbook division as a publisher. Two years later, she transferred to Random House in New York City where she became their first black women senior editor in the fiction department.

Toni Morrison played a huge role in helping bring Black literature out to the world with her first novel “The Bluest Eye”. The Bluest Eye was published in 1970 when Toni was at the age of 39. She was praised in The New York Times when the novel was published, but it did not sell that well and she did not get a lot of attention till the novel started gaining popularity. In 1975, she wrote her second novel “Sula” about the friendship between two black women. She was later nominated for the National Book Award. In 1987, Toni Morrison published her most commemorated and recognized novel called “Beloved”. Beloved was inspired by a true story of an enslaved woman named Marget Garner. Margret escaped slavery but was caught. Facing slavery again Margret killed her two-year-old daughter and before she could kill her self she was captured and enslaved. Beloved was a best seller and reviewed by the New York Times. Some reviewers praised and loved her book, but some thought it was too brutal. Despite the popularity and recognition, the novel did not receive the National Book Award or the National Book Critics Circle Award. In 1993, she finally received the recognition she deserved and she was awarded the Nobel Prize in Literature. She continued to be an inspiring and talented author for several years. Toni sadly died on August 5, 2019. She left behind her legacy and she will always be remembered as an intelligent and inspiring author, novelist, essayist, book editor, and college professor.





## A Beautiful Revolution Review

By Hajr Washington

A Beautiful Revolution, created by Common is a beautiful powerful album. Common uses the power of jazz and poetry to tell a powerful story. He chose to use a poem by Jessica Care Moore as the intro. In my opinion, he could not have chosen a better way to start the album. The intro ends powerfully with Jessica mentioning the names of ancestors and powerful people. This spoken word sets the mood and is the beginning of a powerful album.

The first song is *Fallin*; Common begins by addressing how America notices Black people. In the Chorus it is mentioned that "They say that we are free but we are falling". This, in my opinion, signifies that we are no longer visibly enslaved but as a society, we continue to fall. Common goes into the second verse and begins by mentioning struggles that come with being an African American. He mentions things like racism, sexism, and being American as a whole. *Say Peace* is another song highlighting the struggles of African Americans. Common talks about how black people just want peace, but all the things that come with wanting peace. Common says that we can't just have peace and we have to find it while informing us that he found his peace through music.

In *What Do You Say*, Common uses a lot of Arabic names which is another African dialect. He talks about the meaning of his name "Rashid" which means rightly guided. He believes he is a leader and his purpose is to get people freed up and find peace and joy.

In *Courageous*, Common talks about who he is and how he learned to see the world how it truly is. He talks about how the world is and that it could be for blacks if they are themselves. *Even though I have so little to say*, this was personally one of my favorite songs on the album.

Common starts a place in this world with the lyrics "No justice or justification, We trust in God but can't trust in a nation". He's speaking on the fact that African Americans are American but they do not get America's rights or justice. Common still believes there is light at the end of this tunnel for African Americans.

*Don't forget who you are* is another one of my favorites and is the gentleness song on the album in my opinion. It highlights all the ways African Americans are different and important while showcasing the beauty and strengths of black people. It is a beautiful song and the only one I heard before researching the album.

The Outro to the album are different perspectives of different genders, races, and ages explaining what a beautiful revolution is to them. The outro then ends with a positive spoken word. Common did an amazing job informing the music community and Americans the struggles of African Americans through lyrics and musicality. He mentioned amazing ancestors and spoke about prevalent problems in the lives of African Americans. He then spoke about the future and the revolution that will hopefully come. He did this all while including the power of jazz and poetry in hip hop while PJ was singing the powerful chorus at his side.

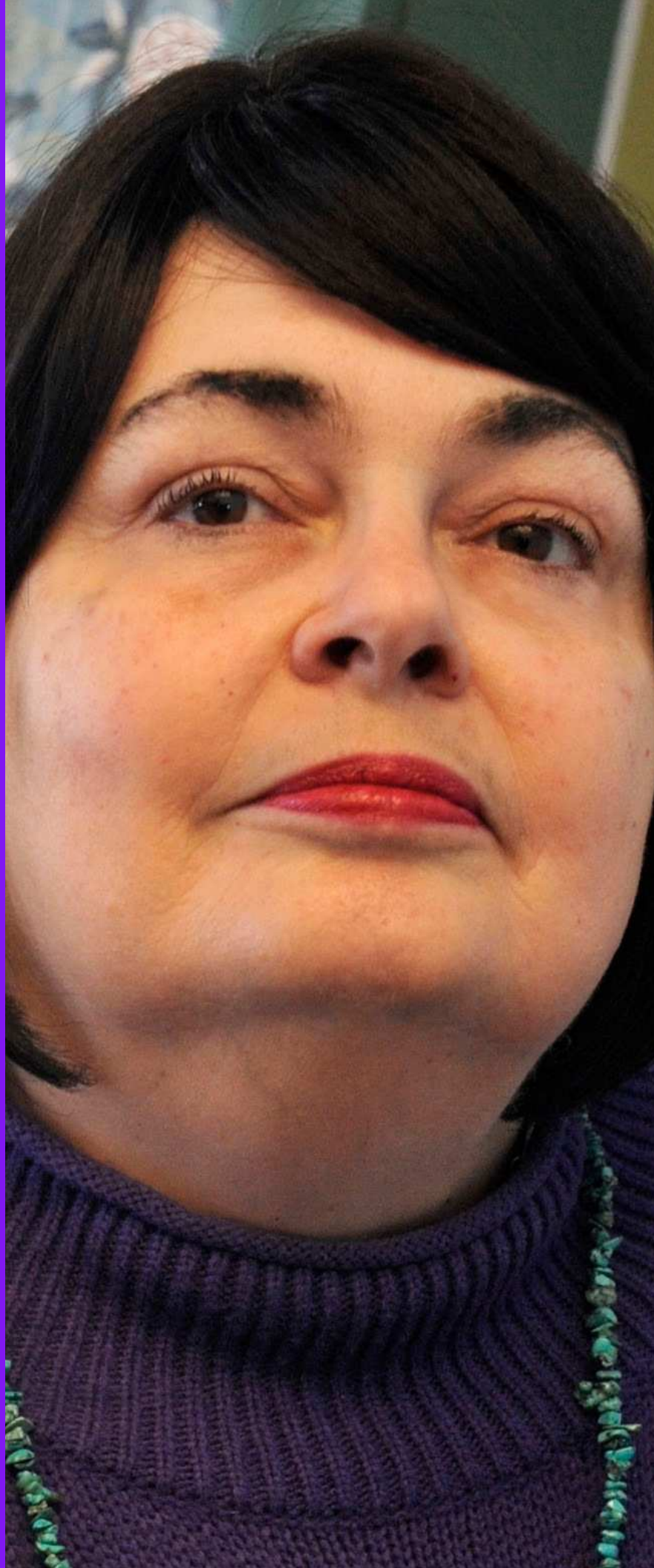
# POETRY FROM THE HEART

By Isabella Boyd

Linda Rodriguez was born in Fowler, Kansas, and she is a poet and writer. Her family relocated frequently during her childhood because of her father's career with the US Navy. In her poems, Rodriguez engages themes of love and survival, mythological, biblical, or Cherokee narratives. Her work appears everywhere like awards for literary excellence and anthologies. Rodriguez is the founding coordinator of the Kansas City Women Writers Reading Series and founding board member of the Writers Place.

Rodriguez always wanted to be a writer, but life got in the way, and she would end up scribbling poetry in spare moments between childcare, work, and school. She became a poet, but her poems always had a story somewhere in them. When she started writing one of her short stories was optioned as a film.

Her writing book, 'Plotting the Character-Driven Novel', is based on her popular online workshop. She published two books of poetry, 'Heart's Migration', is the winner of the 2010 Thorpe Menn Award for Literary Excellence and finalist for the Eric Hoffer National Book Award in Poetry. She is currently working on another novel and a book of poetry based on teachings from her Cherokee grandmother.



## Making Enchiladas

BY LINDA RODRIGUEZ

We set up an assembly line.  
I heat the tortillas in *manteca*  
after Crystal dips them in *chile ancho*  
and drains them. Niles carries full plates  
of hot tortillas to his father,  
who rolls them around spoonfuls of filling.  
When we've finished the hot, greasy work,  
I pour the last of the sauce over neat rows  
of stuffed tortillas, sprinkle them with cheese,  
clean the stove and counters.  
The kids help their father rinse plates and pans.  
They don't know this is the last time.  
The cheese melts. Crystal  
dances to "No More Lonely Nights" on the radio.  
Niles and his dad joke and wrestle.  
After grace, we sit before steaming plates.  
The kids stuff their mouths, insult each other,  
and laugh. We can't avoid their eyes  
forever. Their father and I stare  
at each other across the table.

## Instincts

BY LINDA RODRIGUEZ

A mother possum crawled down the chimney  
the spring Donny came to us  
because both sets of his parents had kicked him out,  
the same April after your dad and I divorced  
when you kicked a hole in the dining room wall.  
The possum was swollen with young  
she would later carry, half-grown, on her back  
or hanging from her thick, hairless tail.  
"An oversized rat with maternal instincts,"  
your dad once said.

Instead of one angry son, I now had two—  
fifteen and seventeen—  
two forged signatures on absence excuses,  
two discipline committee meetings,  
two conferences with the principal.  
While I worked,  
you shared contraband beer,  
as well as the basement bedroom  
with its fieldstone fireplace  
in which you found the possum one cool evening.

Laughing and cheering, you teamed up  
to cage her with a trash can,  
carry her to the alley out back and dump her.  
The possum squeezed back  
down the chimney twice more. The third time  
you threw her out on Troost Avenue, screaming  
for a car to smash her beneath its tires.  
She must have been near her time,  
desperate for a nest,  
to crawl back down after that.  
The noise woke me after midnight.  
Donny had clubbed her with his nunchuks.  
You both kicked and stomped  
her head as she lurched, stumbled  
between your feet.  
Halfway down  
the basement steps I stopped,  
seeing your faces. The possum fell  
limp. I backed slowly up the stairs.

In the morning, you couldn't meet my eyes.  
I just made you clean up the mess.



The poems in *Heart's Migration* speak power in a woman's voice. Rodríguez unmask the human heart in its many beguiling and compelling forms.





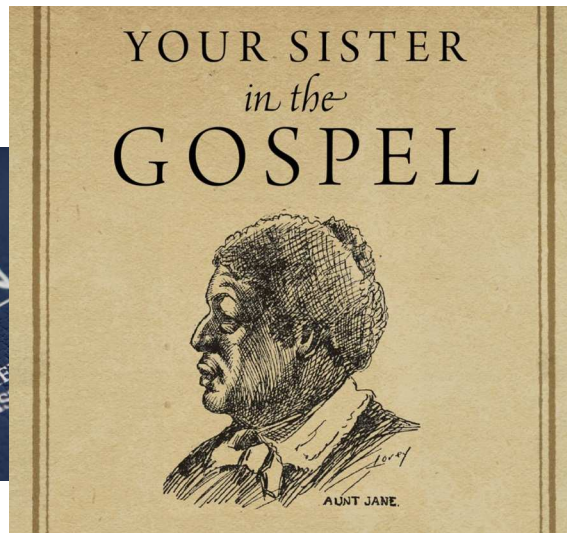
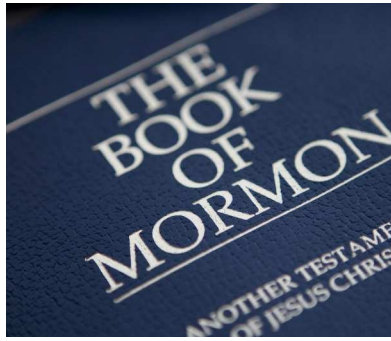
In 1852 Smith's immediate successor Brigham Young stated that black men could not hold the priesthood. In the following decades, both black men and black women were restricted from temple worship.

## BLACK MORMONS

BY RAKIM PRECHA

"Are the Mormons abolitionists?' No, unless delivering the people from priestcraft, and the priests from the power of Satan, should be considered abolition. But we do not believe in setting the negroes free"

-Prophet Joseph Smith, Jr., *Elders' Journal*, July 1838



**Quick Read: Check out *Your Sister in the Gospel* by Quincy D. Newell. Newell's book is the first full-length biography of Jane Manning James, who faced racial discriminatory policies as an employee in Brigham Young's home.**

Many recent developments in American life, including the violence in Charlottesville and even the 2016 election, have served as wake-up calls for the nation to confront its history of racism and white supremacy. Mormons, on the other hand, have followed a somewhat different direction. Although a majority of Mormons voted for Trump in 2016, he fared even worse among the minority religious community than previous Republican presidential candidates. Many in Mormon-dominated Utah questioned the president's moral integrity and power as a role model, according to The Salt Lake Tribune. The Book of Mormon re-centers Jesus' story in the Americas, and the religion, which was created in the nineteenth century, also tells the story through a uniquely American lens. Despite the fact that the story of race and the LDS Church is similar to other American race stories.

In the past, Jane Manning James, for example, was a founding member of Salt Lake Valley's first black group. Despite her strong ties to the founder of Mormonism, Joseph Smith's family, she was refused access to essential religious rituals during her lifetime. Priesthood ordination for people of African origin was prohibited by the Church of Jesus Christ of Latter-day Saints. In 1978, the ban was lifted. As their church revised an earlier anti-racism declaration and pointedly disavowed organizations that support white supremacy, black Mormons rejoiced, and some even wept for joy.

Racism is a set of values, opinions, and behaviors that separates people and gives certain people a greater shot at a happy, stable life because of their skin color or heritage. In 2006, the late LDS Church President Gordon B. Hinckley emphasized that no man who makes disparaging remarks concerning those of another race can consider himself a true disciple of Christ nor can he consider himself to be in harmony with the teachings of the church of Christ. Despite the changes, African-American members say they still face racial discrimination.





**Prince Gyasi (Nyantakyi)** is a 23 years old Ghanaian creative and visual artist. Prince creates images that are bold, hopeful, and tell the stories of marginalized individuals who are often pushed aside in society. Most of his images are created in his hometown of Accra, using the surrounding landscapes and community as his muse.







flip

Originally from the Southside of Chicago, **Dana Scruggs** has been living and working in New York as a photographer and director for the past 7 years. Dana became the 1st Black Female photographer to shoot an athlete for the Body Issue of ESPN in its 10-year history. Since then, Dana has further broken down barriers in the industry by becoming the 1st Black person to photograph the cover of Rolling Stone Magazine in its 50-year history. Dana's unique vision of the human form continues to be utilized by many brands and publications globally.



## Chicken Alfredo Pizza

### Ingredients:

- 1 (3/4 pound) boneless skinless chicken breast
- Kosher salt and freshly ground black pepper
- 2 tablespoons butter
- 1 clove garlic, minced
- 1 teaspoon red pepper flakes
- 1 tablespoon all-purpose flour
- 1 cup heavy cream
- 1/4 cup grated Parmesan
- 1 (16-ounce) ball pizza dough, store-bought
- 2 cups baby spinach, well washed and dried
- 1 cup grape tomatoes, red and yellow
- 1 cup grated mozzarella
- Olive oil, for brushing crust

### Directions:

- Preheat the oven to 375 degrees F. Adjust racks to the middle of the oven. Put pizza stone in the oven to preheat while you begin the sauce.
- Preheat a grill pan over medium heat.
- Season the chicken with salt and pepper, to taste. Put the chicken on the grill pan and grill until cooked through. Remove to a cutting board and dice. Set aside.
- Melt the butter in a medium-sized saucepan over medium heat. Add the garlic and red pepper flakes and cook until fragrant. Add the flour and cook until light blonde in color. Whisk in the cream, reduce the heat to low, and let simmer until thickened, about 2 minutes.
- Stir in Parmesan and season lightly with salt and pepper, to taste.
- Flour your work surface and roll the pizza dough into a 13-inch diameter. Carefully remove the pizza stone from the oven and put the dough on top. Ladle the sauce to cover the bottom of the pizza. Evenly top with the baby spinach, grape tomatoes, grilled chicken and the mozzarella. Brush the edge of the crust with olive oil and season with salt and pepper, to taste. Bake the pizza until crisp and golden, about 25 minutes.
- Remove from oven and immediately top with another handful of spinach. Slice and serve.



## Family Style Meals

Pat and Gina were a husband and wife duo that became famous for their cooking shows on TV. Patrick (Pat) Neely worked in the restaurant business since the age of 15 years old and always had a love for food. Meanwhile, Gina Neely never had to own a restaurant or being the co-star of a cooking show planned in her future. They married in the year 1994 and unfortunately divorced after 20 years. During those 20 years, they had their tv shows and even wrote a book together. The show they're most famous for is *Down Home with the Neely's*, where they cooked a variety of Southern recipes.

*Down Home with the Neely's* began airing in February 2008. It became the highest-rated series premiere in the history of Food Network's "In the Kitchen". To this day, *Down Home with the Neely's* is still a top-rating series. The show was filmed in their home in Memphis, Tennessee. In different episodes, they were surrounded by their family and friends where they shared their bubbling personalities, their joy, and most of all their love for food! They cooked different Southern dishes such as bacon-wrapped asparagus, roasted lamb chops, crab cake BLT, and my personal favorite, chicken fried steak with gravy. The Neely's then began another show on Food Network called *Road Tasted with the Neely's*. On this show, they traveled across the country in search of different stores and family ran businesses that created their special, tasty treats.

Family chefs are very popular and important to many people because they bring joy and inspiration to many different people. Watching someone else's family enjoy each other's company and delicious food makes you want to grab your family and cook a meal as well. Family chefs are also a good image for different television shows. Something as small as cooking can bring your family together. Observing families cook on television and sharing plenty of recipes do help families that are not great cooks. Instead of ordering out, you can get fresh foods from the grocery store, find a recipe inspire by the Neely's and other family cooks, and cook something just as and maybe more delicious than takeout.



By Shelai Darlington



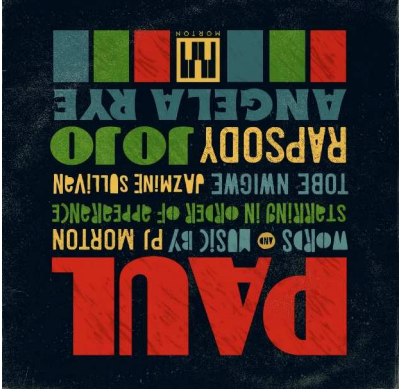
# WHO IS PAUL?: AN ALBUM REVIEW

BY CANAAN KELLY

PJ Morton is an R&B, Pop, and Gospel artist as well as a musician. Morton scored two Grammy nominations for Best R&B Album and Best R&B Song at the 60th Annual Grammy Awards in 2018. Despite all his success, Morton did not feel that his career was doing him any good. According to PJ Morton, he felt like his solo career, so he packed his bags and moved his family to his hometown of New Orleans, Louisiana. Later on, the success of his album titled Gumbo Unplugged opened his eyes to greater things like making his own label, which helped him release the album PAUL.

PJ Morton's PAUL album could be considered as his resurrection or a redemption arc. Seeing how he opened up about his personal life, the listeners find Morton trying to find himself through this album. The different meanings behind PJ Morton's Paul album were impactful when you think about life. Morton on this album has finally found his voice as a solo artist and with guest artists on his album such as Philly's own Jazmine Sullivan and JoJo, Morton is shining. The different meanings in each song show how much change he has gone through. Some of the meanings of the songs come from past times of his life like when he was a child, but he then turns those memories into a reality. The PAUL album has received three Grammy nominations during the 62nd annual Grammy Awards as well.

I think the overall rating I would give this album would be a 9.5. out of a 10. I gave it this rating because it is not the type of music I would typically listen to, but the album itself is wonderful and impactful especially if you are looking for a change in your life. The album reflects on personal experiences that listeners can relate to, but also challenge a system of industry standards with message music.



"THE RETURN, THE REBUILD, AND THE  
RECONSTRUCTION

# The Return

*What Belongs To Me Will Always Be For Me*

AL AMIRAT STUDIOS PRESENTS A FILM BY  
HALIMATOU DIAWARA COSTUME DESIGNER  
HALIMATOU DIAWARA EDITED BY ZEINAB DIAWARA  
DIRECTOR OF PHOTOGRAPHY HAIR WASHINGTON  
SCREENPLAY BY HALIMATOU DIAWARA, HAIR WASHINGTON, AND ZEINAB DIAWARA

IN CINEMAS SOON





NASA selected Ochoa to take part in their astronaut program. She completed her training a year later. In two years, Ochoa served as a mission specialist of the space shuttle discovery, which made her the first Hispanic woman to go into space. During this mission, Ochoa and others performed experiments that studied the sun and its interaction with the Earth's atmosphere. This group also relished a satellite that studied solar winds too. Ochoa was a member of the crew that expected the first docking to the international space station. Ochoa retired in 2018 to become vice-chair at the National Science Board. Ochoa had made herself a very successful and inspiring person.

Ellen Ochoa has not only accomplished being the first Hispanic woman to go into space, but she has paved the way for others just like her who wanted to follow in her path. To show people you can overachieve through hard work you must not limit yourself to being second. Let's be first like Ellen Ochoa!



By Amirah Sykes



# Be The First!

Have you ever been the first? The first to win a race. The first to go to college or maybe the first to start your own business. This woman was the first Hispanic woman to go to space; Her name was Ellen Ochoa. Ochoa was a veteran astronaut that went on three NASA space shuttle flight missions. She also was the director of the Johnson Space Center. She was born May 10, 1958 and received her high school diploma from Grossmont High School. Ochoa received a college education from Stanford University where she earned a Master of Science Degree in electrical engineering. Ochoa has won many awards and recognitions from NASA. Ochoa has many more accomplishments such as having six schools named after her.



# OP-ED: ZOOM ME IN

By Talicia Bridges

What can we say about Virtual Learning? It has its pros and cons. For some, it is an efficient way of learning. But to others, it can be a real inconvenience. For right now, it seems that sitting in front of the computer or a laptop will be a factor for a little while longer. As we all know COVID 19 has affected everything from businesses, school, and everyday life.

The one thing that was greatly affected is the way I and others are attending school. Sure we get to stay home with our families, sleep a little later, and we do not have to worry about missing a bus or train if we are running late. Some of us even get to eat breakfast in the morning instead of stopping at a WAWA, Dunkin Donuts, or 7-Eleven. We do not have to carry those annoying book bags with those heavy books on our backs. Matter of fact, we do not have to sit in overcrowded classrooms while a teacher walks back and forth in front of the class. We do not have to change our clothes for gym class and participate in physical education. There are no worries about getting suspended or expelled for misbehaving; however, being physically out of school has its drawbacks. For instance, sitting in front of a computer for seven hours give or take is very tiring. It gets to the point where your back starts to hurt. Sometimes it becomes hard to concentrate because people may have a younger sibling in the house, a pet that wants some attention or a parent with an ailment that requires a certain amount of attention and not to mention students such as myself that have an after-school job.

Just sitting in an upright position for too long can cause the development of blood clots in your legs, knee pains, headaches, and eye problems in the long run. I know it is difficult for the teachers too. Having to wake up before the students, get their assignments ready, and just trying to make sure all the children are accounted for on their computers. Hopefully, things get back to normal! I truly want the experience of going to a prom and walking across the stage and receiving my high school diploma.





# #Mentoo

By Isabella Boyd

Men do not report abuse the same way that women do with domestic violence because they think that if they report the abuse that nobody will believe them. Even sometimes the media makes people believe that men are the perpetrators of violence, but never victims of the abuse. According to the U.S. Department of Justice, there are 15% of men who were the victims of domestic violence and there are more that are less likely to seek medical care that may go unreported.

Mark Brooks, who is the chairman of Mankind Initiative, made a film to let people understand why men do not seek help because they might feel ashamed or embarrassed to report being abused, and be laughed at by other men. Mark feels that the current perceptions of domestic abuse are outdated and dangerously mistaken. He also said that the media and politicians need to accept that both female and male survivors of abuse require help and support by other people. Media and television are helping to change attitudes, as well as raise awareness and understanding in the viewing public, about domestic violence towards all genders. In America there needs to be an end to domestic abuse of any kind, and that violence towards men can often affect female relatives, such as the children of those experiencing the abuse.

There is always someone or a group of people that promote the stereotypes that men are always the villains and that females are always the victims of abuse. These are generalized statements that need to be changed. Stereotypes paint an incomplete picture, but with new research indicating there is a high number of male victims of domestic abuse, the story is changing. According to the National Intimate Partner and Sexual Violence Survey, within American itself, there are 28.5% men who have experienced rape, physical violence, or stalking. No matter what though, these men as well as women can break away from their abusive relationships. Just know that as men you do not have to feel alone and that there are resources out there as well. Though there might be a shortage of resources and lack of empathy for men from their friends and family, men can still overcome these obstacles.



The cuisine in South America is different depending on the country and region. The food is usually a blend of cultural backgrounds, available foods, and cooking styles. Some countries have a maize-based diet which is mostly chile powder and other countries have a rice-based diet. Another popular food is grilled meats like beef, hogs, lamb, and goats.

In South America, breakfast is normally a light meal with coffee or tea. They mostly eat bread with butter and jam and sometimes juice. In some countries, they eat meat and cheese. They usually start their lunch off with an appetizer like fritters and turnovers. Appetizers are usually followed by lunch, which is usually grilled meat, rice, beans, cassava, and greens. Lunch is traditionally a heavy meal and is usually followed by siesta which is a nap. The siesta helps digest the food and helps with the heat. The siesta is common but is slowly disappearing. After lunch, they have dinner which is another heavy meal. Dinner usually begins late in the evening as late as 9:00 pm. After dinner, dessert is usually something light like fresh and canned fruits with cheese, flan, and a cake called tres leches.

In South America, coffee and tea is a major and popular beverage. They consume most of the coffee worldwide and usually are served concentrated then diluted with evaporated milk or water. Coffee is mostly consumed in Argentina, Columbia, Ecuador, and Brazil. They use Herbal teas as remedies and medication throughout the whole continent. They use a herbal tea called "Yerba mate". This tea is used for medical purposes which energizes the body, stimulates mental alertness, strengthens the immune system, and aids weight loss. This herbal tea is mostly consumed in Argentina, Uruguay, Paraguay, and Southern Brazil. In conclusion, South America is a very diverse and unique country with great and traditional cuisine that I would love to try. The food culture in South America is very interesting. Learning about other food cultures is fascinating because learning helps embrace other cultures in various ways.

Left: Flan and Tres Leches Cakes





# Food Culture in South America

By: Zeinab Diawara

I know you are probably wondering what is food culture? Well, I am here to tell you all about it and most importantly all about food culture in South America. Food culture is the practices, attitudes, and beliefs surrounding food production, consumption, and distribution of food. Food culture is a connection to food in a deep sense. In South America, food culture is very unique and diverse.

South America is the most Latin part of America including countries like Argentina, Brazil, Chile, Colombia, and Venezuela. In South America, they have all different types of foods but typical Latin American cuisine includes maize-based dishes like arepas, pupusas, tacos, tamales, tortillas, and many different salsas and others like guacamole, pico de gallo, mole, chili, and chimichurris. In South America, they follow a unique eating tradition, They typically eat three meals and one or two snacks daily.



Papusas



Tamales



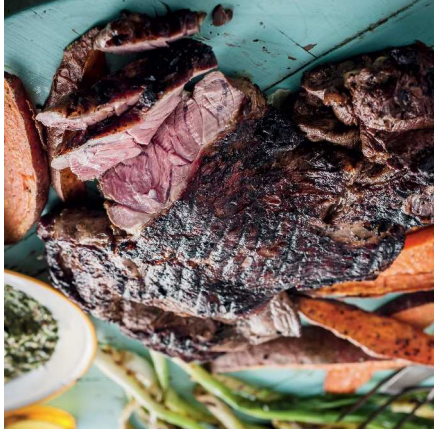
Mole Sauce



Chimichurri Sauce



Yerba Mate Herbal Tea



Grilled Lamb

## BABY SPEAKS UP By Ansar Saleem

George P. Floyd, a black man from Minneapolis, Minnesota was murdered on May 25th, 2020 by his arresting officer Derek Chauvin. During this incident, many racial protests, rallies, and even riots were sparked due to the unjustness and tragic murder of this man. Many famous athletes and celebrities showed their support for the issue and wanted the world to know they stand with the rest of Black America. One of the most notable things or as some would call it "messages" to come out of this incident is the song "The Bigger Picture", which was released by astounding Hip-Hop artist Lil Baby. Baby released this track on June 12, 2020, just two weeks after the murder of George Floyd.

The track starts with an upbeat piano played tempo, with the dwindling of news coverage straggling in from behind. Then as soon as the beat drops, Baby begins his verse with a strong take which gives the track a strong foundation for the many more minutes of the so-controversial song. From my standpoint, the track was controversial because of the message it sends and from the person who is sending it. Lil Baby is known for being a rapper who talks more about street life than political and societal issues. When he made this track, many people thought this would be a downfall for him and that he should not have voiced his opinion in this way; however, that could have been not further from the truth.

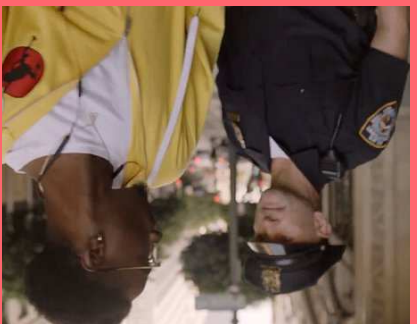
Baby's music mostly tells street stories, how to hustle, and do what you have to do to survive in poverty. He not only tells his own experiences but, he is telling the story of many African-American men throughout the country. So, therefore, this track was a shock to most because many assumed that he as a rapper did not pay attention to these issues that plague our community and our people today. When Lil Baby dropped "Bigger Picture" many thought it was just some type of publicity or attention stunt. Baby is a highly praised individual with many accolades and awards. He is a pillar of the Hip-Hop community and in my eyes, a good example of a role model in the African-American community.

To progress more on track, Baby talks about the racial divide that our country is warped by. He states "It's bigger than black and white, it's a problem with the whole way of life". This is such a valid statement because as a people, we feel as though it is just a racial issue when it is much more than that. The issue is that we as people are divided not just by race, it is divided by religion, sexual preference, and even gender. The way that people look at each other if someone is different is terrible because we should not judge one another like that. We are equal and we are all human beings. The sad truth is that some people were raised to think that they were above others when in reality they are ignorant and wrongful to think that way or let someone tell them that. Baby's track was an eye opening experience, it showed not only a good musical standpoint but also what needed to be said for Black people.



# TWO DISTANT STRANGERS: SHORT FILM REVIEW

By Amber Walker



Ever since the death of George Floyd and Breonna Taylor, it has been very hard for me to watch real news. It seems like every time I go to social media another African American was murdered because of the color of their skin. There have been thousands of protests across the nation but still no change. I imagine many white people try to hide away from Black advocacy. I know now that the ability to pretend that certain things do not happen by simply avoiding the news is a special type of privilege that not everyone is afforded. The short film about two distant strangers reminds me of the short film "replay" on the twilight zone. They both are very similar to one another. Both films have two young African American men with targets on their backs because of the color of their skin. They both are repeatedly murdered by white police officers. Racist oppression is so repeated that it has become a culture. Every time a situation happens such as George Floyd, Breonna Taylor, Trayvon Martin it almost as if everyone is experiencing a deja vu moment from much older situations such as Henry Dumas, who was a rising heavyweight black writer who wrote about white police officers killing African Americans. Dumas was then later murdered by a white cop in 1968. Knowing that you live in this reality is so scary and this is the story that the movie *Two Distant Strangers* tries to tell.

The short film starts in New York City showing Carter's apartment. On the table, he has a book named "The Fire Next Time" which was written by James Authur Baldwin. Baldwin was an American novelist, poet, activist, etc... His essays explore the intricacies of racial, sexual, and class distinctions. He was especially known for his essays on the Black experience in America. The next scene shows Carter waking up next to a woman named Perri. After they had a few drinks they ended up back at her place that night and he ended up spending the night. After they both wake up she asks him if he wants to go get some breakfast, but he tells her that he has to get back to his dog. She thinks he is lying until he shows her a picture of him. As Carter exits Perri's apartment and talks to his dog through a Furbo dog camera for a few minutes. He throws his dog treats from across the city, chatting about the previous night's events with him. He puts in his headphones and plays music. When he steps outside, he enters into a time loop of police brutality. After the first time Carter is murdered by Officer Merk, Carter becomes forced to live the day for eternity, getting murdered by the white police Officer Merk over and over again. I cannot tell you that I enjoyed watching it because using the word enjoy for something so real and sad feels wrong. I can tell you this though. I think this is an important movie to watch because sometimes I feel I am living in an endless cycle of seeing Black men murdered by officers everyday. When will this stop?



## POINTING FINGERS

By Shakiya Miller-Armstrong

A young man was verbally assaulted and his caucasian friend did not notice. A retired woman got called a racial slur and blocked from a parking exit. A cardiologist almost got her mask ripped off at the supermarket. Multiple anti-Asians incidents have occurred since the pandemic began. These are all different examples of the hate and animosity Asians have dealt with in the last year. For a while now, Asians have dealt with so much hostility and hate, but ever since the coronavirus pandemic, the animosity has grown. Last March, the 45th President of the United States, Donald Trump said the coronavirus is the “Chinese Virus”. Many of his followers agreed with him when he made this statement. He was blaming Asians for bringing Covid-19 into the United States. This leads to many people just using stereotypes and attacking and pointing blame to anyone of Asian descent in the United States. Since this pandemic has started more than 3,000 anti-Asian hate incidents have been reported in the U.S.

Vincent Chin was killed in the 1980s because Japan was blamed for the economic crisis in America. Many people are comparing that incident to what is going on now with the coronavirus pandemic. The majority of the Asian American community is hurt and is in disbelief at how they are being treated, though there are few who are unfazed because this is nothing new to them historically within the United States. Folks are looking for people to blame instead of just focusing on what to do right. People need to create more peace within different communities during these trying times. Asians all across the globe have been speaking up and taking action on the anti-Asians speech and action. An Atlanta shooting killed eight people and six out of the eight were Asian women. This took place amid an upsurge in anti-Asian violence during the pandemic. How much more can this type of hatred be allowed? Americans may not realize it, but they are holding Asian Americans and other Asian communities accountable for something that they have no control over. In addition, Asian American businesses were heartbroken by the hardship during the pandemic as well. Now, their community has to deal with the discrimination that they are experiencing. There were 3,795 first-hand complaints and discrimination incidents against Asian Americans from March 19, 2020, until February 2021. Due to the discrimination, many Asian American businesses economically failed.

Still today, Asians are being assaulted physically and verbally because of biased thoughts many Americans and global citizens have. No one should be held accountable for something they have no control over. As of right now, the pandemic is still an issue. With the history of America having its horrible ways towards minorities, this hate might continue for a long time.



# OP-ED: CANCEL THE CULTURE

By Lakay Holloway

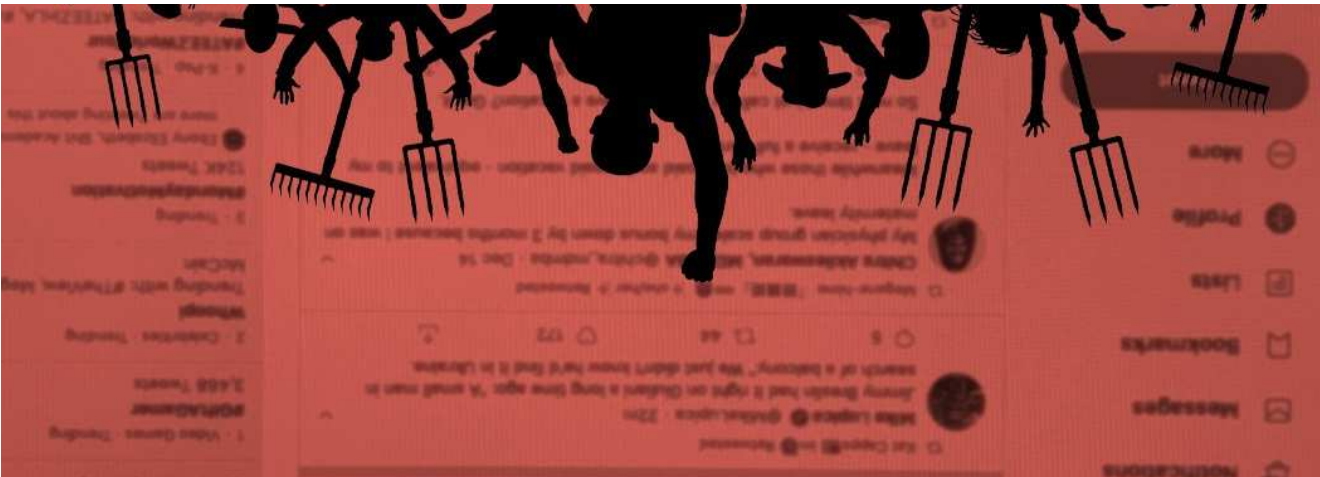
Cancel Culture is exactly what it sounds like. When I think about the two terms cancel and culture, my mind automatically goes to social media cancelling someone for what they did or something said that someone else found wrong with. People do not usually give someone a chance to explain themselves before “Cancelling” said person though.

Cancel Culture is a modern form of ostracism (exclusion from a society or group) in which someone is removed or forced out of a social or professional circle. In other words, Cancel Culture means to dismiss something or somebody. When our people use the term unironically (in a way that is not ironic or mocking), it generally causes and/or reveals a problem within our culture. Cancel culture as it currently is today does not give people a chance to learn from, make right and/or apologize for their wrong doings and/or mistakes.

People are going to make mistakes, it's like second nature for human beings and we mess up all the time. Many people run from their mistakes instead of trying to fix them or apologizing or stating where they did wrong. Some even know they did something wrong, but still they push it off on to the next person and/or find someone else to blame. There are a small number of people who actually want to fix their mistakes

or even admit to being wrong and I feel they do this out of fear because they are scared of being cancelled by a group of not so forgiving people.

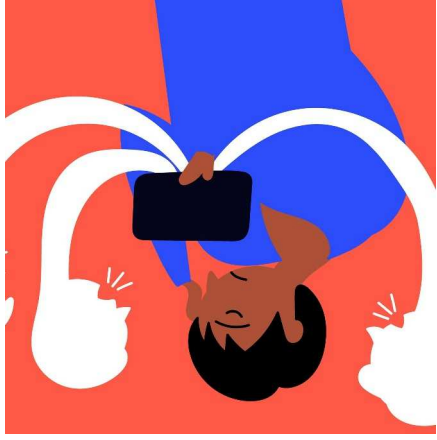
My question is why do people feel the need to cancel everything? Everything something happens that someone might perceive as wrong, critical people are yelling to cancel it. Wrong or right you can get cancelled for simply doing something that someone else does not like. For example, Nick Cannon show titled *Wild 'n Out* was cancelled because he spoke out on modern day racism and the history of Rothschilds and their control of everything outside America. What he said did not sit right with many Jewish Americans because he associated media control with Jewish Americans and people in the television industry cancelled him. Since Nick Cannon's public apology the show has been renewed and Nick Cannon is no longer cancelled with Viacom. In reality they gave him the show back because he asked for full ownership of his brand and Viacom was going to lose money. I feel that people are getting cancelled now more than ever before because this generation is less forgiving and are not willing to listen or comprehend what others have to say or the meaning behind it. Cancel culture has to have a middle ground and not be an attack. Cancel those who really do wrong and not the ones who tell the truth about history, which people try to cover up. There has to be a better solution so that the democratic experience can offer solutions for those who are truly wronged by being cancelled.



Cyberbullying is threatening or intimidating a person using any type of electronic communication. Can hate speech on social media be considered cyberbullying? Absolutely! If you are causing humiliation, threatening, or abusing someone about their religion, sexual preference, race, body type, and etc... on any social media platform, then you are a cyber bully no matter the social media platform. Although one may not think so, words stick with people for a long period of time. You could have said something to someone years ago, but if they mean something to that person they might not forget what you said. Do you think you will be able to immediately forget what was/is being said about you? Not to mention, having to see or hear it over and over again on different social media platforms because once something is posted, it never goes away.

Furthermore, hate speech over social media can often lead to hate crimes. Hate crime is an act or different acts of violence towards a specific group regarding their race, nationality, sexual orientation, religion, or any other grounds. Sometimes the reactions to these hate crimes or speeches can be deadly as well. More than 50% percent of people have killed themselves because of hate speech online.

There is no real solution to ending hate speech because you cannot take away someone's freedom of speech; However, you can block or censor what people say on social media. If possible, there should be detectors on all social media platforms that identify hate speech and temporarily, if not permanently, shuts down their page. In addition, there should be rules enforced to lessen the number of people causing others discomfort and humiliation on social media. You can express yourself freely without tearing someone else down because of a small disagreement or something that does not interest you.



More than half of Americans – 53 percent – say they were subjected to hateful speech and harassment in 2018

Of those who experienced online harassment, 20 percent said it was the result of their gender identity, 15 percent the result of their race or ethnicity, 1 percent their sexual orientation, 11 percent religion, 9 percent occupation and 8 percent disability.



The first amendment says that we have the right to freedom of speech and expression, but does that mean expressing how you feel in a derogatory, classless, emotionless way? Not thinking of other people when you say hurtful and embarrassing things to them because of their background or their looks is a problem. Not only saying hurtful things out of your mouth is a problem, but posting them on social media for the world to see is even worse. There are millions of videos, pictures, comments, and tweets where people are bad-mouthing someone's race or culture, or looks and this needs to stop.

Hate speech is abusive or threatening words/phrases that are used to harm a person/group of people. It is mostly used to express prejudice against race, religion, and/or sexual orientation.

Hate speech on social media is abusive or threatening words, phrases, pictures, and videos used to harm a specific person/group of people. These actions tend to "publicly" humiliate and belittle anyone that is not like the next person or Eurocentric standard of beauty or cultural norms.

# THINK BEFORE PRESSING ENTER

BY SHELA DARLINGTON



# TIKTOK COME UP!

BY DAMON HUNTER

TikTok is a well trending app all over the world. This app was first developed in China in 2016 by an internet company that goes by the name of ByteDance. Back in 2016, the app was not named TikTok, but it was named Douyin. TikTok was not a popular app when it first came out, but it was not till 2020 before it became one of the most downloaded apps in the world. Teens today are saying that TikTok is the remake of old outdated apps called musical.ly and dubsmash. TikTok is an app that all ages can watch and enjoy; it is used to make a variety of short form videos. TikTok has a lot of different content like dance, comedy, education, and regional purposes. Many famous people all over the world are using this from basketball stars to YouTubers and musicians. Users of this app can choose from a huge database of songs, filters and movie clips to lip sync to and also make their own sounds. TikTok tracks content for users, anticipating what they will enjoy based on content they have already come across and liked.



PHOTO BY GOOGLE IMAGES



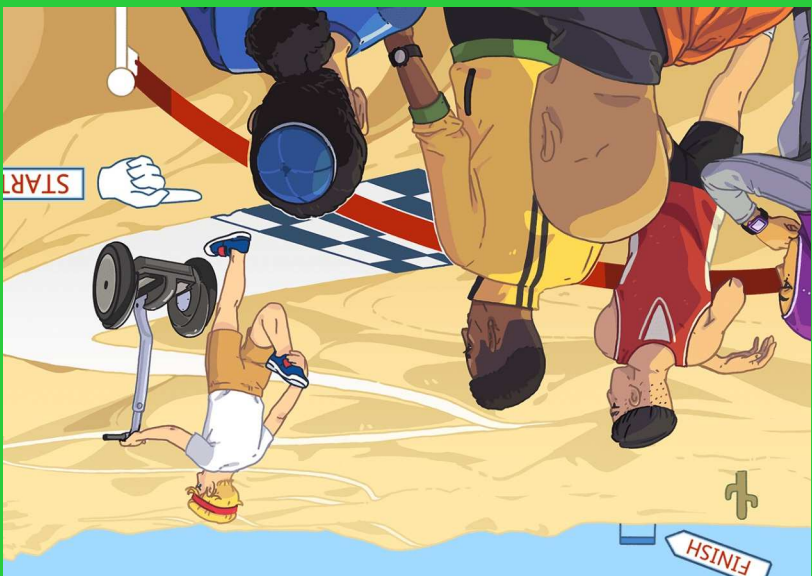
PHOTO BY GOOGLE IMAGES

TikTok is the most downloaded app in 2021 with over 2.6 billion downloads. When a user first downloads the app they must agree to a set of permission to permit the app function. These include access to phone, microphone, camera, contacts, location services, and clipboard. TikTok is kid friendly and it has a guideline with rules which if broken TikTok will take down the video. TikTok can be an addicting app where the average teen spend 6 hours a day on TikTok alone. The short videos provide users with relevant information that stimulate a dopamine response. TikTok is meant to be addictive. Enough though TikTok was so popular, India and the U.S have concerns that it is collecting sensitive information from users that could be used by the Chinese government for spying. India initially banned TikTok after a court ordered it to be removed from app stores because of the claims of spreading pornography over the internet. Former President Donald J Trump tried multiply times to ban TikTok in the US. TikTok has no plans of slowing down and they are still looking for ways to better the app, but get through the many lawsuits that will show people that they are trying to to implement new policies. One of the policies that they are implementing is creating more diversity. Black TikTok has been a driving force on the app, but was created due to there was more emphasis placed on White users and not other minorities. TikTok plans to uplift and support more Black creators on the app and nurturing better and diverse creatives. If you haven't yet downloaded it, then make an account and have fun.



# WHITES IN THE MEDIA

By Halimatou Diawara



White privilege is the inherent advantages possessed by a white person based on their race in a society characterized by racial inequality and injustice. White privilege has been a problem in many communities for the longest; however, white privilege in the media has been going on since the start of the art form. We have seen white privilege in the media many times. For example white people get more attention in the media for their accomplishments, their struggles, and even their American culture. As to other races like African Americans, Asians, and Latinos, who barely get attention for their accomplishments, their lifestyles in the media are not treated with the same respect. White people in the media get recognized for doing things that they have stolen from other races, which is an example of white privilege because it creates ideas of superiority. White people also have access to more resources like the news channels, articles, and blogs, which allows them to have their voices heard and be seen more often. When you watch the news channels, read articles and look at blogs you mainly see white people, just like if you open up a magazine.

Whites have more representation than any other race, which causes problems for other races in many areas like social norms and professionalism. Social norms are unwritten rules of behavior that are considered acceptable in a group or society. White people receiving more representation affects the social norm of other races because it suggests that all races should act the way whites do and that they are more important than others. White representation affects other races in professionalism because it sets certain standards on how they should look, dress, and talk. White people are represented so much that most of society expects every race to follow in pursuit. White privilege in the media also sets beauty standards. It sets beauty standards like face structures and body types. In the media, having a nice body is to be slim and fit, but now you see all of these white celebrities get surgeries to have body fat and to add fat to certain areas of their bodies. Meanwhile other races like African Americans have had body fat to their bodies, which goes to show that the media contradicts itself when it comes to White standards of beauty, but judges the standard of beauty in the media of minorities. The media gears its messages of beauty and superiority towards the continuance of white privilege and never to the equality of humans in general.

# In This Issue

6

Whites in the Media  
White privilege affects how people see themselves within media forms. Representation of all people is very important.

7

TikTok Come Up!  
A social media platform that is based off the idea of changing apps and diversity.

10

Cancel the Culture  
In the media people have been shunned and unsupported due to their behavior. The canceling has created a debate.

12

Two Distant Strangers  
A review on a short film that is based off the idea and experiences of police brutality.

14

Food Culture  
The attitudes, beliefs, and practices of the South American foods.

16

#Mentoo  
Domestic abuse towards men and why they stay silent.

17

ZOOM ME IN  
Covid 19 has changed schooling and virtual learning has become the new norm.



PHOTO BY GOOGLE IMAGES





# Contents

**18 Be The First!**  
Being the first Hispanic woman to travel to space is a great honor and historical moment.

**21 PAUL**  
An album review that focuses on the artist PJ Morton. His album makes us think about making America great again.

**22 Family Style Meals**  
All over America many families are making meals together. Meet the Neelys and make dinner as well.



PHOTO BY GOOGLE IMAGES

**11 Pointing Fingers**  
Covid 19 has created more social distancing for our Asian Americans and it has gone too far.

**13 Baby Speaks Up**  
With the social injustice in the African American community, Lil Baby takes the reigns of expressing his thoughts.

PHOTO BY GOOGLE IMAGES

**"I CAN'T LIE LIKE I DON'T RAP ABOUT KILLING AND DOPE BUT I'M TELLING MY YOUNGINS TO VOTE I DID WHAT I DID 'CAUSE I DIDN'T HAVE NO CHOICE OR NO HOPE" - LIL BABY**



# Contents



PHOTO BY GOOGLE IMAGES

## Think Before Pressing Enter

Social media has been a great invention to promote learning and sharing and exchanging on a global scale. With so much creativity and different forms of expression, the technology has changed though hate is still in the hearts of many.

8 pg.







- Hasan Minhaj

"When you immerse yourself in a community, you tend  
to rise in that community."









SPRING 2021

IMMERSIVE