

# The Tiger Tribune

Letter From The Editor:

Welcome to the September issue of the Tiger Tribune! We are now a month into the new school year with a great number of changes since the last couple of months. Despite these differences and perhaps some setbacks, we hope that everyone is staying safe and strong throughout these months and we hope that things will return to normal as soon and safely as possible. This newsletter edition contains a variety of articles that our dedicated writers have presented, with each article bringing a new form of creativity and enlightenment. A new addition in this newsletter that we hope to continue is a science column which one of our members suggested! We always look forward to new ideas, creative writing, and more writers, so do think about joining the Tiger Tribune and making change with your writing! We wish you all a happy month and look forward to more writing escapades with you all! Enjoy this issue!

Sincerely,  
Sana Basheer  
Editor-in-Chief  
The Tiger Tribune

## September Survey/Staff Question

By Amir Chermat

“What is one new thing you have tried recently because of the virus?”

Emily Moy	My friends use a coding program called Scratch, so I decided to use it too, and it was very fun!
Amir	I've been able to engage in a couple of free programs during the quarantine. However, the coolest one was a 4 day conference about the California education system.
Anaya	Starting messing around with Watercolor. It's pretty fun and relaxing.
Melody Moy	Using the Internet (a lot more!!!) and discovering new functions like every day.
Ziyad	Mountain biking
Zahra Shaikh	I tried different kinds of painting and found my talent.
Zayan	Archery, it's actually a great stress-relieving activity.

# **Tragedy of Seneca Village**

**Ziyad Shaikh**

Throughout history, we have witnessed several injustices against certain ethnicities, such as the African American community. One of the many unjust incidents is the tragic story of Seneca Village. Central Park Manhattan is not just a park; it is a terrible wound in our history. In the nineteenth century, African Americans began settling in that area, followed by other European settlers. For the first time, there was actual peace between the two ethnicities. African Americans had their own schools where their children could be educated. However, New York City began looking at other countries' parks and gardens and how they represented their culture. They decided to make a beautiful park to keep up with the trend. The only problem was that the chosen spot to build included Seneca Village. After a short struggle and war of words, government officials succeeded in driving out the African American communities living in the area. Today, we might see Central Park as a beautiful and charming place; however, always keep in mind the dark side of the history of the area.

# **Labor Day**

**By Melody Moy**

Imagine working sixteen hours a day in the smog and smoke, in dangerous conditions with large machinery, for little pay, and no appreciation. This is a picture of the life of many factory workers in the 1800s and earlier. It was not until 1882 that people celebrated the hard work of the people in the labor union. Since that time until now, Labor Day is celebrated on the first Monday of September. It is especially important this year to take time to honor the essential workers out in the public who have been working endlessly.

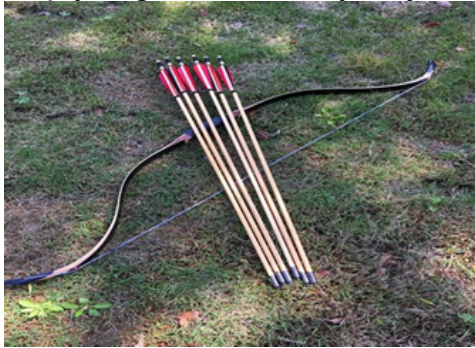
Before Labor Day was established, people would go on labor union strikes to fight for safe working conditions. This is still true today, in fact, because many employees are overworked. For example, though it seems like teachers only work a few months in the year, they do a lot more than we think! They work far more than a lot of other jobs and more than they are required to. Also, during this time of quarantine from the coronavirus, it's been hard adjusting to the changes.

Labor Day is also considered the last unofficial day of summer, and people usually take this day for their last "hurrah." The first state to adopt the holiday was Oregon in 1887. Many people get a day off from work or school because it is now a national holiday! Labor Day is the third most popular holiday for grilling after the 4th of July and Memorial Day. People also go to the beach to swim or others grill hot dogs. It was chosen to be in September because it is between the 4th of July and Thanksgiving. Many countries celebrate Labor Day on the first of May and it's called May Day. If you know somebody who is working from home or an essential worker, do me a favor and thank them today for all their hard work.

## **Sports Section: Why You Should Become an Archer**

**By Abdallah Khan**

Quarantine has kept me stuck inside, so what else could I do but look for things to do? While doing so, I managed to revive an old hobby of mine, archery. Now I've realized that it's way more fun and beneficial than I originally had thought. Which is why I'm here to talk about it and convince you to take it up as well. First of all, archery has many physical and mental benefits. Aiming at a target takes patience and concentration, and continuously doing so builds up these two important traits. In fact, archery is even recommended for kids in early grades of school, since it helps them build up the skills necessary to survive in school and in life later on. Another benefit of archery is increased hand-eye coordination and better balance throughout the body. Archery requires immense amounts of balance and stillness in order to make shots on target. Continuously practicing this improves overall balance in the body. Another benefit is strength training. This one's pretty obvious; pulling a string repeatedly will definitely build up strength, especially in the arms. Archery bows vary in drawing difficulty, which is referred to as draw-weight. 10-15 pounds is ideal for a beginner, but as you improve, you can move on to "heavier" and more challenging bows for strength training. This brings me to my last point: archery is a sport that can be practiced by all ages. Even kids as young as 4 can participate, which is why archery is popular. Therefore, you can also participate. All you need to do is find an archery range or club near you, and they'll help you get started on your journey.



## **Sports Section: Trapped in the NBA bubble?**

**By: Safiyah Razzak**

As many NBA fans are aware, the basketball season resumed at the end of July, marking the 2020-2021 season an historical and momentous season. However, this joyous news definitely comes with some annoying setbacks, especially for the players. Anyone who is aware of the basics of basketball knows that there is absolutely no way to play the game while social-distancing, so officials had to come up with a solution that would allow the players to not social distance while also keeping everyone safe and healthy.

Earlier in June, conversations about the so-called "NBA bubble" began to sprout, and later to be taken into action with the start of the season. The idea was that all the players would be tested and quarantined for 14 days in a certain area -- which ended up being in Disney World in Orlando -- and after that, they would be able to meet up with each other and interact without any social distancing. The concept is pretty straightforward and may seem easy to follow until one realizes the strict regulations that the players and staff must follow in this isolated zone. In fact, the NBA created a rule book that is over 100 pages long in order to protect the players.

The rules all have to do with isolating periods, testing, and financial penalties if any of the players break the rules. The isolating periods are in effect, if the player decides to leave the NBA bubble for any reason, then they will even have to skip the games due to their isolation. It may seem that these players are stuck in the bubble unless they want to risk missing out on games. On top of that, players and staff must wear masks any time when they are not exercising or eating. We all know that it is very fatiguing to wear a mask for a few hours, so imagine how the players feel when they are obliged to wear masks all day. To enforce these rules properly, officials have created a hotline in which people in the bubble can anonymously call and report players who break the rules. Thus, the players have dubbed this the “snitch hotline.”

The abundance of strict rules would definitely be a nuisance for the players as they may feel like they are held captive in a single area without being able to meet up with their families to share their happy and sad moments. But on top of all of this, the players have to play without any fans. The fans are the ones who give them energy and provide the vibe of the arena, so without them, the players may feel bored and unmotivated to keep playing. The NBA did notice this discrepancy and tried to solve the issue by installing 17-foot screens to allow around 300 fans to virtually attend the games.

Overall, we are all grateful to have the NBA season back and are excited to see how the playoffs unfold. Yet, I still can't help but wonder whether the players feel like it's not worth it to be trapped in the NBA bubble.

## **National Potato Month**

**By Emily Moy**

Who doesn't like potatoes? It is known as America's Comfort food and even has a month dedicated to celebrating it! National Potato Month is in September, and even if lots of people don't know it, they LOVE potatoes (and September); however, National Potato Day is on August 19, so you should celebrate that as well. Potatoes are a useful cooking ingredient! There are baked potatoes, diced potatoes, mashed potatoes, French fries, potato chips, and LOTS more! Potato chips are even regarded as the best snack, and I couldn't agree more! And did you know, 55% of Americans say it is their comfort food of choice, beating out mac n' cheese, pasta, and even PIZZA?!

I'd say French fries are my favorite way to eat potatoes (although potato chips are a close second)! A favorite way to eat them is in curly style! And as for the brands, Lay's is the all-around favorite! (I like Pringle's).

There are more than 400 different kinds of potatoes! The potato is grown underground, but it also needs lots of sun and water as well. The waters must connect to the soil, dampening it, making bunches of big potatoes. Then you must wash them from the dirt and pick out the bad ones. And there you have it! Potato stats are amazing to look at, and there are lots of websites about potatoes with lots of recipes too! Have a potato-filled day (and month)!

What's your favorite way to eat potatoes?

## **Connection Lost: Low-Income Students Versus the Pandemic**

**By Amir Chermat**

Considering that you can read this article, you are probably doing okay during the virus. You have an electronic device to continue learning remotely, you have the assistance needed to effectively complete your schoolwork, and you are in a safe environment for learning. Unfortunately, not every family in America has those same benefits. Many families across the nation are suffering from issues like these discussed below as they struggle to continue learning from home.

One of the most obvious issues that low-income families face during the pandemic is being on the wrong side of the digital divide. The digital divide is the uneven distribution of electronic devices between distinct groups based on race, geographical location, and income. The digital divide has been an issue both inside and outside of America long before Covid-19. However, it is an issue now more than ever as we practice social distancing. Not only are we forced to resort to remote learning via the internet, but resources such as libraries are unavailable. An estimated 1.2 million children, or 20% of students, in California lack internet access according to the EdSource analysis "Disconnected." Only a third of students in rural areas are subscribed to an internet subscription service (in urban areas, the percentage is 78). Fortunately, the federal E-rate program provides discounted internet service to those who need it. On top of that, the Superintendent of the State Board of Education, Tony Thurmond, is making efforts to both increase the number of reduced internet service subscriptions sold and manage donations given by companies such as Apple and Google. As we see school begin again though, will these companies be able to step up enough?

Aside from educating the youth, another important service that schools provide is feeding those youth. More than half of California's students qualify for free or reduced lunches. Although the free lunch program is not an accurate estimation as to how many of California's students are poor, it does tell us that they are at least getting food from school. While many schools are still giving away bags of lunch during the pandemic, they are not providing the transportation to reach said food (school buses) as they do during the school year.

What is stopping the schools from taking action against these issues? Unlike most countries, America funds its schools with the use of local taxes. That means that districts with high-income families will have schools with high-income funding. Likewise, districts with low-income families will have schools with low-income funding. This system simply does not work. Will the school with more money or the school with less money be better able to assist its students with resources and support? Will a family with more or less money need the support more? Which of the two families would be able to pay increased taxes in order to fund its underfunded school? America's inadequate and, quite frankly, biased school funding system impedes the equitable allocation of support to its students.



## **National Hispanic Heritage Month**

**By: Anaya Cambridge**

National Hispanic Heritage Month was founded by President Lyndon B. Johnson and approved by Congress in September 1968. Every year starting from September 15 to

October 15, Latino traditions and the history of Hispanic culture are recognized by all Americans who trace their roots to Spain, Mexico, and the Spanish-speaking nations of Central America, South America, and the Caribbean. This month celebrates the contributions Hispanic Americans have made to the growth and diversity of America. In an article published in Hispanic Heritage Month (September 15 –October 15), National Hispanic Heritage Month is described as celebrations including “cultural activities and programs with speeches, food, dance, and music that recognize the political, artistic, athletic, and educational achievements of Hispanic Americans.”

Citations: “Hispanic Heritage Month (September 15 - October 15).” U.S. Embassy & Consulate in the Republic of Korea, 1 May 2017, [kr.usembassy.gov/education-culture/kids/american-celebrations-holidays/hispanic-heritage-month-september-15-october-15/](http://kr.usembassy.gov/education-culture/kids/american-celebrations-holidays/hispanic-heritage-month-september-15-october-15/)

## **POETRY CORNER**

### **Dreams of Reality**

**By Melody Moy**

I dreamed of a reality  
I dreamed of the day  
When things finally got back to normal  
When I can finally see my friends and family  
But I can only dream  
I can't see.  
Pictures of the past  
are now shattered memories,  
Lost and gone.  
As time goes on and on,  
I'm starting to forget what  
reality was.  
Maybe we need to redefine  
Reality  
But for now, I can only  
Dream.

# Science Column

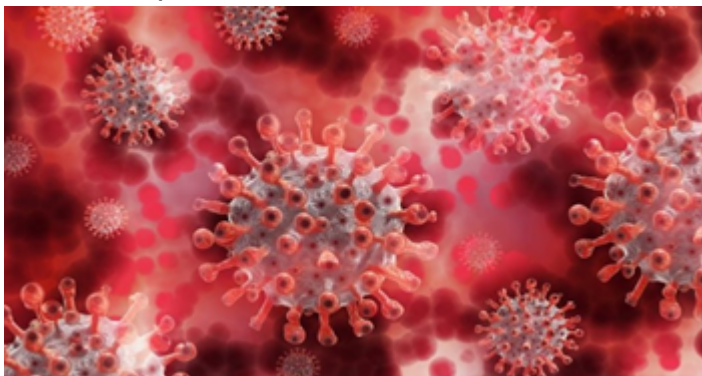
## Biochemists and Bio Physicists

By Emily Moy

Hi! I'm Emily, and I'd like to share some science facts with you! Bio-chem scientists are our topic today. They are the ones working on the cure for coronavirus! Give a round of applause to them! They are also called bio-physicists sometimes. They study physical and chemical principles of living things. Things like immunity and molecular biology. Cells as well! Biochemists are interested in mechanisms of brain function, cellular multiplication and differentiation, communication within and between cells and organs, and the chemical bases of inheritance and disease. They see how specific molecules such as proteins, nucleic acids, lipids, vitamins, and hormones function in such processes. And because they want to understand cells and the structures of them, they give basics for things like most medicines and underlines for new fields like molecular genetics and bioengineering.

As the basics to almost everything, biochemistry includes and helps grow lots of subspecialties like neurochemistry, bioorganic chemistry, clinical biochemistry, physical biochemistry, molecular genetics, biochemical pharmacology, and immunochemistry. Recent advances in these areas have created links among technology, chemical engineering, and biochemistry. Biochemistry is also unique in providing teaching and research in both protein structure/function and genetic engineering, the two basics of the rapidly expanding field of biotechnology.

Biophysics and biochemistry keep growing every day, with scientists learning about new things and helping people understand life. I hope that as everybody learns more, then we can help others learn as well.



# National Suicide Prevention Week

Zahra Shaikh - September 2020

According to the Suicide Awareness Voices of Education, “Nearly 800,000 people die by suicide in the world each year, which is roughly one death every 40 seconds” (Suicide Statistics and Facts). Defects in mental health are a huge cause of suicidal thoughts, which has become very apparent. A simple analogy to keep in mind is that all of mankind makes up a full body. If one part or organ of the body is in pain, the whole body should feel it. In the same way, even if one person or a group of people is in the state of depression and anxiety eventually leading to suicide, it becomes mandatory on the rest of humanity to cure and prevent the sickness. Since suicide and mental health is a huge issue and very common, parts of the U.S already take it upon themselves to promote prevention against suicide for a week every year. From September 6 to 12, surrounding World Suicide Prevention Day on September 10, all those who feel afflicted by suicide take a moment to share their thoughts, resources and stories with the rest of the world. However, everyone else can partake as well by adding a few words of advice to the positivity. And who knows, your kind and encouraging words might just save a life.

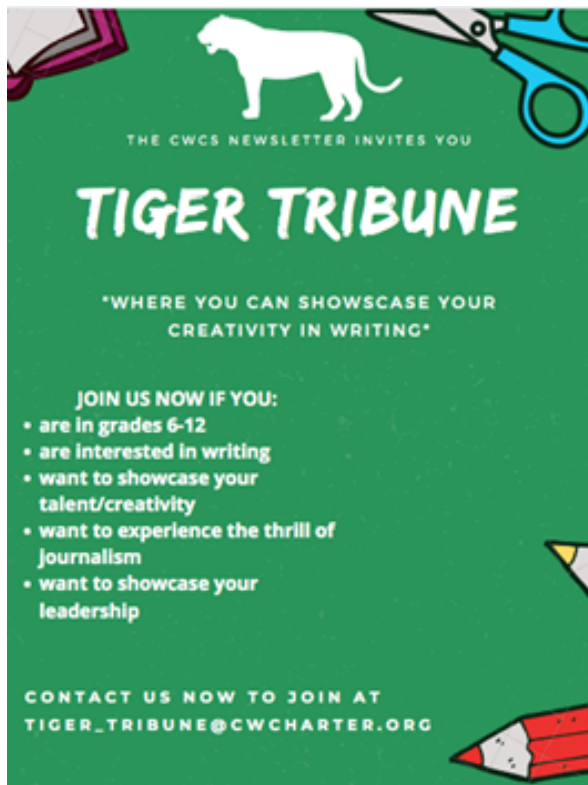
Works Cited:

“Suicide Statistics and Facts.” SAVE, [save.org/about-suicide/suicide-facts/](https://www.save.org/about-suicide/suicide-facts/).

## Extracurriculars and More

Interested in joining us or other, similar, clubs?

Check out these club flyers to find out how you could be part of something extraordinary!







## The Letterbox

Now, readers like you are able to contribute suggestions, fun facts, jokes and comments for improvement to our newsletter! All you have to do is email your contribution to [cwcstigertribune@gmail.com](mailto:cwcstigertribune@gmail.com) with your name and grade level, and check here next time our newsletter comes out!

This is ideal for those of you who don't necessarily want to or have time to commit to becoming staff writers; however, if you would like to become one of our regular staff writers please email us at [cwcstigertribune@gmail.com](mailto:cwcstigertribune@gmail.com) with your name, age, and grade level. We look forward to working with you!