

The Editor's Desk

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The Editor's Desk Advice Column

In this issue, we will be sharing some advice on some topics students have asked us about!

What to do if you're being bullied...

Bullying can make anybody feel weak, helpless, and unwanted. But it is important to never let people's lies and deceptions get to you. Simply ignoring someone's words is much easier said than done, but there is a course of action you can take to prevent and overcome verbal abuse and verbal abusers. Today, a majority of bullying is done digitally, making it more difficult to escape than bullying in the past. Today bullies follow you home, through the internet. Yet, one way to stop online bullying is to break your phone. Now, please do not take that literally. Breaking your phone in response to online bullying can simply mean, blocking someone, deleting social media, or just making sure that your online environment is customized to you and is safe for you. To overcome bullying, you must find the strength within you to confidently say "enough is enough", and when things feel like a hopeless cycle, you must be prepared to pick yourself up again. What if you don't have that strength?, what if you feel like you can not pick yourself up to block someone or tell them to stop? What if you tried and it didn't work? Well, in that case, never be afraid to ask for help. You might feel uncomfortable getting adults involved, but at Lincoln High School there is always a guidance counselor, a teacher or an assistant principal who will be openly ready to hear your concerns and aid you in the most effective way possible. Remember, if you are being bullied right now... you are not a victim you are a **survivor**. - **Drake**

3 tips on How to Cope with School During the Covid-19 Pandemic!

During these trying times, trying to complete your assignments by 11:59 p.m. is a hassle, especially when you are lacking motivation and procrastination. Also, staring at a screen for hours straight, 5 days a week, can be really draining. Even when we could all be in person, the satisfaction of talking to your friends during lunch may have been the highlight of your day. But with this pandemic, social interaction is extremely limited. Here I've provided 3 tips to get you along the way during your Covid High School Career.

#1 Stay Organized!: Now, we all have been provided with our bell schedule to help log on to our classes daily, but that does not mean that's all the organization that you need. Attempt at getting a good rest and maintaining a healthy sleep schedule in order to stay up during your classes and not fall asleep! You should also make the effort to sit up at someplace in your home that has a good light source where you can set up and get some work done. By organizing your time, things can be a lot smoother for you in the long run.

#2 Reach Out To Your Friends!: If you don't have contact with some of your friends to talk to, reach out to them on Microsoft Teams! It may seem awkward but establishing a virtual social connection while you are stuck at home can make it worth your while. They can brighten up your day, or even help you with a problem you were struggling with on your most recent assignment.

#3 Go Outside!: I know it's been a long time Lancers, but the weather is getting nicer. As the temperature rises, go out and get some fresh air, AWAY from technology. For maybe a few hours, try and spend time not looking at your assignments page and go out for a (socially distanced!) walk!

I hope these few simple tips could help you during these unprecedented times. Wishing good luck in all your academic endeavors.

- **CDX**

COVID activities

During the pandemic, many places shut down or were put to a halt, stopping all of humanity from living and celebrating life the way many normally do. Although many places closed temporarily or permanently, many unexpected events came out of the pandemic. In this column, we share some activities you can do with friends while taking safety precautions.

1. Renting out a movie theater

Movie theaters, like the Alamo, gave the opportunity to teenagers to rent out movie theaters for \$13 a person and project whatever movie they wanted.



2. Walking and hiking

Taking trips to trails and mountains is a perfect way to experience nature and find an escape in the mess of COVID. A hike up a mountain is the perfect way to breathe fresh new air while experiencing something that doesn't normally get experienced in Yonkers.

3. Spending a day in the kitchen with your friends

If you're more of the introverted type, you don't have to go out; you can simply spend the day in your house baking with your friends. You could have a bake off or even just cook dinner together. **-Annabel Lee**



Mental Health Advice

Hey guys Bonnie here. A lot of students at our school believe that mental health needs to be talked about more and that it is affecting our way of life, especially right now. I completely understand where you guys are coming from. I myself have seen that not taking care of one's mental health can take a big toll on a person's body. One thing that has helped me with my mental health is having a group of people, whether they are friends or family members, that you can talk to about how you feel without judgment. Unfortunately, not everyone has that. I also use this app called Sayana that has daily check-ins where you express how you feel on a private platform. You could also keep a journal to write in. Whatever you do, try to not keep your feelings to yourself because it does not benefit you or anybody else. You have got to find time to take care of yourself since self-care is important. Mental health is an issue that needs to be talked about more and accounted for more than it already is. LMK if this works for you. If not, then we can always find a way to address this some other way. **-Bonnie**

Advice Column Continued ...

Coping With the COVID-19 Pandemic

The COVID-19 pandemic was not an easy transition for anyone. Whether you were an essential worker putting your life on the line, or just a high school student staying at home for months, it was, and still is, an unpredictable time. Coping with COVID at first was hard for me personally because I was working and trying to manage the hardest year of my high school career. I would simply pass out from exhaustion every night because of the excessive amount of work I had to do. The transition from seeing all my friends and teachers everyday to seeing them on a screen was the most difficult because life was not the same anymore. In this column, I will be sharing some methods I used to cope with the many changes that came with the pandemic.

To cope, I would play music I used to listen to when everything was just right, when I used to ride the bus to school, or dance to on TikTok when teachers were absent in class. Reminiscing on the past can sometimes hurt, but at that point of my life it was one of the few strings tying me to the way life was, a time I missed. Another thing I would do was meditate because it would help me disconnect from reality for just a minute and let my body and soul breathe, even if it was just for five minutes. Meditating at least once a day would help me calm down, and it felt like pressing refresh on a website. The pandemic has caused a huge increase in a lot of people's anxiety and depression. I would definitely recommend crying it out when needed. My therapist would always tell me to watch TV or do something to distract myself, but that would not always help solve the problem. So, my solution to that was to cry! It is a healthy mechanism our body does when we are in pain or going through something. If I had a dollar for the amount of times I would just get home and sit on the floor and cry, I would be able to afford a new phone. One last thing I would like to say to get through this pandemic is that although we all understand you want to go out and have fun, think about those healthcare workers who have to work constantly to help those who are sick feel better. They risk their lives because some people put their dangerous actions before the needs of others. The pandemic is fortunately almost coming to an end, but in order for that to happen we need to work together as humans and wear our masks, get vaccinated, and protect ourselves. Then, we can press unpause on our lives and have fun without masks. I'm not saying you have to stay home and never go out, but if you're going out please be cautious to help slow the spread of COVID-19. - **Curly Pop**

Show and Music Recommendations

By Brendalee Torres

Shows

Good Girls
Boy Meets World
Station 19
The Other Half of It
All the Bright Places
All American
Bad Moms

Music

“Party For Me” by Jhene Aiko
“While We Are Still Young” by Jhene Aiko
“Outta Time” by Bryson Tiller
“Jealous” by Labrinth
“Rose in Harlem” by Teyana Taylor
“Unthinkable” by Alicia Keys
“Still Your Best” by Giveon

This Issue's Articles

Stop Asian Hate

By Rebecca Peter

Recently, there has been a surge in Asian hate crimes, specifically toward East Asians. They are being assaulted, murdered, and subjected to many other heinous crimes. This group of people is being attacked because people have the belief that they "brought" COVID-19 into the U.S. Some have gone as far to call COVID-19 the "Chinese Virus". Giving this virus that name distorts people's perceptions of this ethnic group. Racist statements like this are part of what has led to the recent rise of Asian hate crimes.

The people committing these hate crimes are not all the same race or ethnicity. According to the National Incident Reporting System, Asians are most likely to be victimized by other minority groups. 26% of hate crimes against Asian Americans were carried out by a person of color.

Asian Americans are living in fear due to their attacks. A 65-year-old Asian woman was recently attacked, and all the witnesses just stood back and watched. An Asian man in the subway was choked and punched. These two cases happened in New York. However, there have been many more all across the country. For example, there have been 10 Asian hate crimes already reported in King County, Washington. Another example is the 6 Asian women that were killed in the Atlanta spa shootings.

In light of all this news, we should be sticking together in solidarity. No group deserves this type of treatment, and this type of treatment shouldn't be brushed aside. For example, the sheriff where the Atlanta shootings took place excused the murderer. He said that "he was having a bad day" in regards to the shooter, which is completely unacceptable. A bad day does not lead to or excuse this type of treatment of a group of people.

We can come together now and help fight this cause, even by doing little things. We can spread awareness about this topic. We can be more educated about Asian hate and what leads to it, while helping the people affected in whatever way we can. As an Asian American, we need to stop all this hate and come together as a community.

Celebrating Women's Impact in Our Lives

By Jessica Abu

The start of March marked the start of another Women's History Month, a practice dating back years. Although Women's History Month has recently passed, many aspects of society, including science, research, art, music we use today have been advanced by women's contributions. This article aims to celebrate some of those contributions and the women who made them, as well as highlighting the obstacles women still face today.

Women have played many roles in multiple fields of science. For example, if you watched the movie *Hidden Figures*, you have probably learned about Katherine Johnson, a black scientist who performed numerous calculations allowing John Glenn to embark on his mission to space. Dr. Rochelle P. Walensky, the current Director of the Centers for Disease Control and Prevention, has led the global organization as the response to the pandemic continues.

Women's involvement in society does not stop at the laboratory. In the 63rd Grammy Awards, viewers saw multiple awards be won by female artists, as well as a long list of female nominees. Awards including "Song of the Year", "Album of the Year", and "Record of the Year" went to respected female musicians such as H.E.R., Taylor Swift, and Billie Eilish, respectively. Besides the already mentioned fields, many women have advocated for civil rights and other aspects of life. These activists include, but are not limited to Dolores Huertas, Angela Davis, Malala Yousafzai, and Greta Thunberg who have advocated for better working conditions, racial equality, more access to education, and environmental protection, respectively.

Despite the accomplishments women have accumulated over time, they are not always given the credit or respect they deserve. This year's Women's History Month consisted of celebration, but also distress as people learned of the high percentage of women who have experienced sexual harassment. Differences in race, ethnicity, or other factors prevent the female experience from being the same. Factors like racism, homophobia, or xenophobia can also increase the obstacles a woman might experience besides sexism. In conclusion, the world would not be advanced as it is without the involvement of women in art, music, or science. Therefore, the celebration of women cannot be confined to thirty-one days.

Reminders

- If you want any advice or just someone to talk to please fill out the form that was shared on your cohort Microsoft Teams page.
- Follow us on Instagram for updates and polls (@theeditorsdesk)