



SEPTEMBER

NEWSLETTER

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Celebrating Native American Day

Hannah Hur

Native American Day, otherwise known as Indigenous Peoples' Day in certain areas, is observed annually every second Monday in October. It is known as a counter-celebration to what we know as Columbus Day. Many of us are familiar with Columbus Day taking place on the second Monday of October as well, which highlights the Italian explorer Christopher Columbus's arrival in the Americas.

In lieu of Columbus Day, several states such as California, South Dakota, and Wisconsin use this day to instead celebrate the cultures and histories of Native American tribes.

The declarations of various Native American celebrations date back to 1939 in California and 1989 in South Dakota. The South Dakota legislature unanimously passed legislation proposed by Governor George S. Mickelson to proclaim the following year as the "Year of Reconciliation" between Native Americans and whites. This would entail changing Columbus Day to Native American Day.

While Native American Day is not yet a public holiday and thus not observed in all 50 states, it has gained recent

popularity throughout the rest of the nation. People celebrate through events such as traditional dances, art displays, and ceremonies. The observance focuses on honoring the heritage and beliefs of indigenous peoples through awareness-raising activities. These cultural activities serve as a reminder of their enduring strength and contributions to the United States.

So, how can you observe Native American Day? This year, the celebration falls on October 12th. Find out if there are any events near you. Learn about Native American cultures and history. Watch films, documentaries, or read books by Native American authors. Use #NativeAmericanDay to post on social media and spread the message.

**#Native
American
Day**

Setting Goals & Achieving Them: How to Find your Dream Job

**NATHAN
GODDERIS**

Look, as a Junior in college who has only worked entry level jobs to internships, I can't say I know what it takes to find a dream job. What I do know is that I don't foresee myself working a job I don't enjoy just for the sake of the salary. So going forward, I'm positioning myself to find work out of college that fits my personal needs and desires, and I'll explain how.

Although for some a dream job may include a big paycheck, I personally think this motive is distracting. I understand the desire for money, the US is a very capitalist country where money is a determinant in everything from basic human rights to the quality of your food, but I would argue that a cheap lifestyle working a job you love is much more fulfilling than living a lavish lifestyle for a job you don't like waking up for.

In my freshman year of college I started as a journalism major and eventually switched to communications due to it being more sustainable and applicable to more jobs. A large reason why I switched was financial security, when I realized journalism jobs don't usually pay very well. When I talked to the editor-in-chief of the school newspaper at the time, who was a dedicated journalist, he told me some wise words: "I do it because I love it, if you want money, go into something else. For me, I love this and I know the money will come eventually."

Although these words seem simple, they changed my perspective on my future career. "The money will come eventually" are words I tell myself every time I doubt my choice to be a writer later on.

Although the thought of potentially living in a run-down apartment in an unsafe neighborhood with very little money in the bank can seem alarming, the thought of working in a cubicle looking at excel spreadsheets all day scares me even more, considering the majority of my 20s could be lost to that!

In life we need to be fearless. I've found that a lot of self-confidence comes from stepping outside of the status quo and doing something purely for yourself. We're conditioned from a very early age to follow money, orient your schoolwork and career towards it, work hard, and you will get it. Working is so much more rewarding when you work for yourself. Whether that's your own business, something you have great skill in, or something you know is beneficial for your mental /physical health.

Another thing to note is that not every job can be worked for everyone with the same degree. There are millions of jobs out there that differ in position, expertise, and unique skills, so just because you enjoy something that your school doesn't offer as a class doesn't mean you should quit improving at it. What you like doing -- whether it's sailing, gardening, dog walking, or anything personal -- can definitely be applied to your future work. For example, maybe you won't become a professional dog walker, but you can work for a dog-grooming company that surrounds you with dogs.

Life is long. People don't mention that enough, so whether you hit 6-figures at 21 or 55, in the end it hardly matters! What matters more is living a life personalized to your needs where you can have a choice over what you keep yourself busy with. Money doesn't drive results, passion does that.

10 Ways To Maintain A Healthy Social Life During The Pandemic

Jennifer Brooks

For many of us, one of the toughest parts of the recent pandemic has been trying to maintain a healthy social life. This makes a lot of sense. For over 3 months we have been encouraged not to meet up with family and friends. As a result, loneliness has been a massive problem all over the globe, and it continues to be, especially for those with chronic health issues who might rightly not want to take advantage of new freedoms, such as being able to eat in restaurants again. However, there are always things we can do to keep in contact with our loved ones, even if we still have to keep 2 feet apart. Here are some to get you started.

In many parts of the world, we are slowly starting to be able to meet up with family and friends again, as long as we maintain social distancing. If this is something you want to do, go for it. Even though it might still feel a bit strange not being able to give each other a hug as soon as we see each other, it's better than nothing, especially after months of not seeing each other in person. However, if you still don't feel entirely comfortable with going out in public yet, that's fine too. Just save it until you feel safe enough to do so.

Also, if you aren't sick of Skype calls already, keeping up with friends and family over video chat remains

to be a staple form of communication. However, if you're bored of just having a standard chat, maybe do something to make it more exciting. Maybe watch a film with your friends once a month through Zoom, or have a weekly taco night, where you all make food in your separate houses. Feel free to do whatever suits your friendship group.

Nonetheless, if the pandemic has taught us anything, it's not to take each other for granted. As a result, you might want to spend your time putting more meaning into your relationships with others, as you never know what will happen. This doesn't have to be huge. Maybe you could write a letter, or send a text to a friend or a family member actually telling them how much they mean to you. In my opinion, we often go through life just assuming those around us know these things, but unfortunately it takes something like a pandemic to make us slow down and actually say it.

This being said, the pandemic may also make you re-evaluate certain relationships. You may even notice that some are toxic to you, and it took being away from them for you to realize. Due to this, one of the best things you can do for yourself is to declutter your social life. This may



look different for everyone. It might mean going through your Facebook page and removing people who you no longer talk to. It might also mean unsubscribing from certain YouTubers or influencers who you feel inclined to compare yourself too. Or it might even mean cutting certain people out of your life full-stop. Setting boundaries for who you have contact with isn't a bad thing, and it doesn't make you a bad person. It's necessary.

Finally, you may want to spend this time expanding your social life and learning new skills. If this is the case for you, now is the best time to do so, especially as we now have online access to clubs and groups that we ordinarily would have had to travel to. This may include joining a book club or joining one of Unity for Equality's yoga sessions.ii You might find it fun, even if you are too shy to turn your camera on. You might even meet some really interesting people who you wouldn't have ordinarily met. You never know unless you try.

What Does it Mean to Defund The Police?

Abheek Singh

If you have been listening to the news, lately, you might have heard about the controversial topic of defunding the police. The idea has been particularly popular after the tragic death of George Floyd, who was killed by police brutality. While defunding the

police has been a misleading phrase, it does not mean eliminating the police. The idea of defunding the police has become so popular that even the Black Lives Matter organization has endorsed the idea. Now let's understand what does defunding the police means. Defunding the police means reallocating or moving away from funding from the police department to other government agencies funded by the local municipality. The idea mostly believes that the police department is funded a lot more than other departments that help people in different ways. Some of the most prominent advocates argue that shifting funding to social services that can improve mental health, addiction, and homelessness is a better use of taxpayer money.

The most prominent advocates for this movement argue that police officers are not as successful as you think. According to Andre Perry, David Harshbarger, Carl Romer, and Kristian Thymianos, police officers have a terrible track record of solving violent crimes with Approximately 38% of murders, 66% of rapes, 70% of robberies, and 47% of aggravated assaults go unsolved each year. The same article states that police officers will often turn non-violent situations violent because a police officer's skill set and training are out of sync.

You might be wondering how different the police force will look if we actually defund the police, but did you know that we have already started defunding the police in many cities, including San Francisco, Baltimore, and Los Angeles. Did you also know that in cities in more police officers does not correlate with less crime? So maybe it might be time to make defunding the police seriously and look at other ways on how we should decrease crime and help the citizens of our community.



Symbolism and Signs: Black Lives Matter and the Police

Hannah Hur

Currently, social justice movements unfold within a digital landscape. Visual emblems, slogans, and simple hashtags have proven to act as powerful resources behind these movements. Not only are these symbols strong reference points for protests, but they have also become historical and instant identifiers to a united cause.

Black Lives Matter is one of the most widespread and potent social justice movements of this decade. #BlackLivesMatter originated in 2013, in response to the death of Trayvon Martin at the hands of George Zimmerman. Since its emergence, the phrase has become the forefront of a full-blown global movement. More recently, protestors have demonstrated raised and clenched fists, a symbol that has become intertwined with the Black Lives Matter movement. It emerged similarly in response to the disproportionate police brutality experienced by people of color.

Both slogan and icon have been made recognizable due to the efforts of activists and social media. However, the more widespread the use of protest symbols become, the more likely it is that the line between commercial branding and genuine activism starts to blur. Many have pointed out that these symbols and slogans have become so widespread to the point where the movement has been appropriated and treated as a trend. For example, the creation of merchandise with BLM symbols can be triggering if not executed in conscious ways.

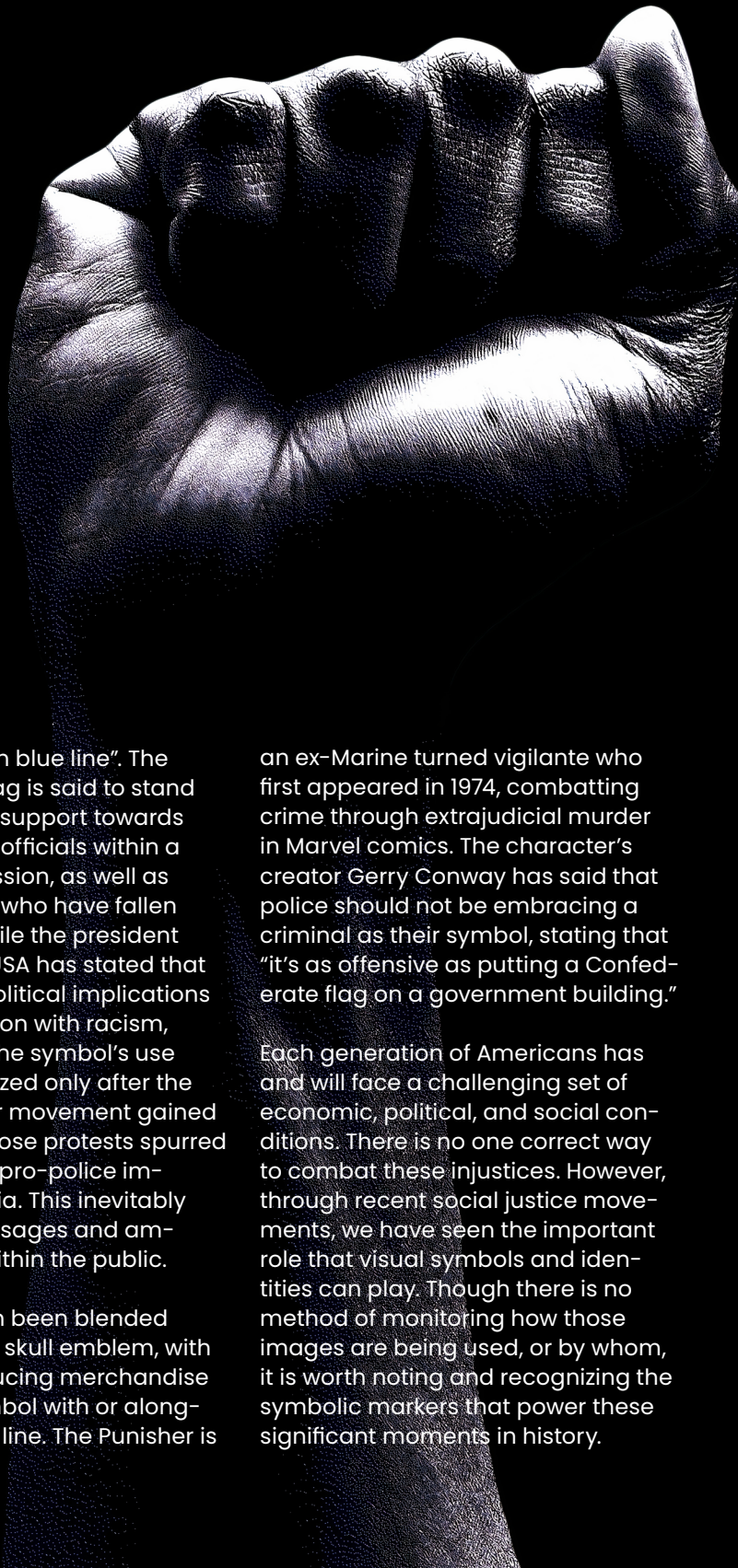
As protests continue, one symbol that you may have seen popping up is the Blue Lives Matter flag: a black-and-white American flag with one blue stripe. The stripe is otherwise

known as the "thin blue line". The "Thin Blue Line" flag is said to stand for solidarity and support towards law enforcement officials within a dangerous profession, as well as a tribute to those who have fallen while on duty. While the president of Thin Blue Line USA has stated that the flag has no political implications and "no association with racism, hatred, bigotry," the symbol's use became popularized only after the Black Lives Matter movement gained traction - after those protests spurred the circulation of pro-police imagery in the media. This inevitably sends mixed messages and amplifies divisions within the public.

The flag has often been blended with The Punisher skull emblem, with companies producing merchandise featuring the symbol with or alongside the thin blue line. The Punisher is

an ex-Marine turned vigilante who first appeared in 1974, combatting crime through extrajudicial murder in Marvel comics. The character's creator Gerry Conway has said that police should not be embracing a criminal as their symbol, stating that "it's as offensive as putting a Confederate flag on a government building."

Each generation of Americans has and will face a challenging set of economic, political, and social conditions. There is no one correct way to combat these injustices. However, through recent social justice movements, we have seen the important role that visual symbols and identities can play. Though there is no method of monitoring how those images are being used, or by whom, it is worth noting and recognizing the symbolic markers that power these significant moments in history.





CELEBRATING LABOR DAY DURING THE PANDEMIC

Jennifer Brooks

On the 7th of September Labor Day will be upon us again, and this year it is particularly poignant. For the entirety of the Coronavirus situation, essential workers have been working tirelessly to keep us going. Whilst it is a shame that it took a global pandemic for us to realize how much we take them for granted, it is particularly important that each of us raise a glass to every single one of them, to salute them for their service.

That being said, it's also important for us to recognize that this holiday will be celebrated a bit differently from last year. The pandemic isn't over, even though a lot of us can eat out in restaurants and go on holiday again. Due to this, it is important that we remain vigilant. However, because of the mixed messages that we are being given, the CDC is concerned that these new freedoms could have dire consequences, going so far as to predict that the death toll will reach 200, 000 by Labor Day.

A massive contributory factor to these concerns is the holiday itself. After months of lockdown, everyone quite rightly would like to celebrate with their family and friends. However, the problem is that too many of us could be planning to gather in crowded public spaces. In fact, according to Business Insider, nearly 6 million Americans are planning to go on holiday during Labor Day weekend, and many of the places that they are planning to fly to are Covid-19 hotspots, such as Florida. This in turn could cause a second lockdown, which could set us back for months.

Risking a setback during this time of year could be

catastrophic, especially as schools and universities are set to reopen in the next few weeks. Even though many assume that COVID-19 isn't something that young people would be severely affected by, according to Sean O'Leary, vice-chair of the American Academy of Pediatrics Committee on Infectious Diseases, states that it isn't fair to say that it is completely benign for children. This is especially because many young people across the US and beyond suffer from health conditions that could put them at risk, and many more live with vulnerable adults who could become seriously ill. Due to this, it is important to be careful, so that every young person can have a safe and enjoyable school experience, and hopefully this will be the case. In fact, Doug Ducey, the governor of Arizona, is hopeful that if we keep wearing masks and avoiding large crowds, the situation will remain under control. However, when Labor Day comes around, the most important thing we can do is to remember who we are celebrating in the first place; the wonderful people who have been working tenaciously to keep us all afloat. Our doctors, nurses, health care assistants, shop assistants, bus drivers, and everyone else who didn't have the option of working from home. Do we really want to congratulate their hard work by risking a second wave? By all means, meet up with your family and friends if you can. Celebrate, and have a drink or two. But the best way to thank those who've done so much for us recently is to be sensible and responsible. If we're not, they'll be the ones cleaning up our mess.

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