

CONNECTION

The Islamic rule in a book I read in a book I read an introspective totalitarian rights are must wear to cover their society.



To the Handmaid's Tale

Sharia law reminds me of a fundamental read called *The Handmaid's Tale*, dystopian novel that illustrates a patriarchal society where women's rights are restricted. Here, the handmaids wear bonnets called "wings" hair and blunder them to society.

Not only are women deprived of similar freedoms, but the reason and idea behind them are also similar, which makes me fearful of how the level of oppression in the dystopian novel is very much reflective of our own society in the 21st century.

QUOTE: "During the tournaments, Knademaisharich did not wear a hijab as all women are required to do in public, even when abroad according to the Iranian government."

WHY?

I chose this article as Iranians are fighting and dying for their rights to express themselves freely. I also picked this article because it demonstrates how brave Knademaisharich was in going against the government's rule on a public stage as a sportsman representing the country for the Chess tournaments. There must have been great pressure to represent the country in the proper way.



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Will the government be oppressive to all the people?

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AFTER COMPETING WITHOUT A HIJAB, A TOP IRANIAN CHESS PLAYER WON'T RETURN HOME

12.30.22

MANSA AMINI

Before reading this, I was not aware that Iranian law stipulated that all women had to wear their hijab even when abroad. I also learned that all of the protests going on right now in the country are due to the arrest and death of Mahsa Amini.



"MY OPINION"

Ms. Knademaisharich exhibited tremendous courage by not wearing her hijab which violated Iranian law.

I respect her for rising her voice to achieve freedom and stand in solidarity with Mahsa Amini. I cannot imagine living in such a restrictive society where what I wear is dictated to me by the government or religious doctrine.



MODERN LOVE: Right Swipes, Big City

podcast

mar 30, 2022

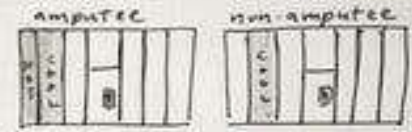


she has nice lips
would my friends be impressed?
could i bring her to my place?



what's his personality?
would he go to a dog park?
i wonder if he thinks about amputees?

in so many areas, we are locked into boxes of stereotypes from words that don't define us



JUST LIKE ME MEANS BETTER.

connects to...
majority → person of color
straight → gay, bi, lesbian...
stability → low income
mentally well → w/ mental illness
perfect english → foreign accent
... 'let's switch things!'

lessons learned:

don't make disclaimers, show up & make them treat you as a real person, not letting them escape into a baseless idea of something that isn't really you, and if they don't appreciate you, remember: you are enough the way you are!

"i still don't have a plan for explaining over dating apps how i lost my leg."

" DOESNT CHANGE HAPPEN 1 PERSON AT A TIME? "

“Why is it that when you have the most to do you feel the least able to act?”

TO-DO

1. Save the world
2. Learn rocket science
3. New York Times crossword
- ...

A heavy workload can seem like an insurmountable barrier, which is why the brain may “stop dead in its tracks” right when you need it the most. In “How to Save Yourself From Task Paralysis” Dana G. Smith shares expert tips to help individuals combat this common reaction to stress.



“How to Save Yourself From Task Paralysis” by Dana G. Smith
 Published Dec. 12, 2022



Victim of Task Paralysis

What does that mean?

Task paralysis is the feeling of helplessness when faced with an overwhelming number of tasks or one huge obligation. When your body perceives your commitment(s) as a threat, the brain's executive center loses control. The loss of logical thinking leaves individuals frozen, confused as where to even begin tackling their tasks.

How can this be avoided?



author's advice

Shrink the task into manageable, concrete steps



Incentive yourself with goals and breaks



Take pressure off yourself—it's okay to not perform perfectly



personal connection / reaction

I chose this article because it felt especially relevant to teenagers such as myself. From SATs to sports, students are inundated with responsibilities. I often hear adults claim that teens are lazy or unmotivated, but this article shows that the emotional reality is far more complicated. Reactions to stress come in many forms and I appreciate Smith's effort to provide tangible advice.

a teenage perspective

While Smith's tips may be geared towards adults, I feel that they are equally relevant to teens. One tip I would add for teenagers, which has been helpful for me personally, is to develop a reliable schedule with time built in for self care. As a student, it's easy to see perfection as the top priority. However, the importance of maintaining your health and interpersonal relationships cannot be underestimated.

Florida's Beekeepers Reel From HURRICANE IAN

Dec 14, 2022

"one-third of the food humans eat depends on pollination by honeybees"

Part of the problem is the destruction of plants that bees rely on. Could growing these plants in indoor greenhouses or out of state ensure a reliable food source for bees in the future?

How can we prevent the destruction of hives in the future?

Hurricane Ian destroyed between 150,000 and 300,000 beehives"

Turner's article describing the destruction of hives due to Hurricane Ian connects to the rising food prices at grocery stores nationwide. Due to post-pandemic inflation, grocery prices are higher than they were before Covid-19 created global shutdowns. Florida's bees pollinate crops for consumption across the country. Since fewer bees are available for pollination due to the destruction of beehives, harvests will yield less. This will result in supply chain shortages at supermarkets across the country. If smaller supply with the same demand will result in further increased prices.

The article was missing the perspective of the country's farmers who rely on Florida's bees to pollinate their crops. While the article explains that farmers across the United States depend on Florida's bees for pollination, we never learn about the impact of the loss of hives from the farmers directly. Farmers could tell us if they have another way to pollinate their crops and how they expect the loss of bees to impact their harvest. This information would allow readers to better understand the large-scale impact of the destruction of beehives due to Hurricane Ian.

"The state's honeybees are key pollinators for California's almond harvest. Mr. Caldwell said. They are then shipped to Montana for alfalfa pollination, followed by Washington and Oregon for pears and cherries; across the plains to Wisconsin and the Dakotas for cranberries; to Ohio, Indiana, Illinois and Pennsylvania for apples, peaches and cherries; and finally to the Northeast for blueberries and cranberries before being sent back down south"



LIVESTOCK USES 80% OF AGRICULTURAL LAND WHILE PRODUCING 20% OF CALORIES

NO ONE WANTS TO SAY
PUT THAT BURGER DOWN
 BUT WE REALLY SHOULD

SYNOPSIS

INDUSTRIAL MEAT PRODUCTION DISTURBS NATURAL HABITAT, CONSUMES AMOUNTS OF WATER AND FEEDSTUFFS EQUALING THOSE OF CROPS GROWN AND IN ADDITION TAKES STEPS TO REDUCE THESE IMPACTS INCLUDING SOME MEASURES TO REDUCE THE IMPACT OF MEAT PRODUCTION. MEAT PRODUCTION IS THE LEADING DRIVER OF DEFORESTATION IN THE AMAZON.

BY MICHELLE MORGAN

I FOUND MYSELF WONDERING IS THE QUANTITATIVE AMERICAN DREAM BRASH WITH THE MEAT?

AGRICULTURAL LAND USE IS THE MAIN DRIVER OF CLIMATE CHANGE

LIVESTOCK CONSUMES A LARGE AMOUNT OF EARTH'S AVAILABLE WATER SUPPLY

WE NEED TO PRODUCE MORE THAN **7.4 QUADRILLION** ADDITIONAL CALORIES EVERY YEAR TO FEED OUR GROWING POPULATION

SOLUTION?

GREENWALD STATES THAT "FARMERS WILL HAVE TO SUPERVISE THEIR SHEEP ENOUGH TO MAKE A LOT MORE FOOD IN A LOT LESS LAND"

THIS MADE ME THINK ABOUT A POTENTIAL SOLUTION TO THIS ISSUE: VERTICAL FARMING OR ARRANGING CROPS + LIVESTOCK VERTICALLY INSIDE TALL BUILDINGS RATHER THAN SPREAD HORIZONTALLY ON LAND. THIS WOULD INCREASE CROP PRODUCTION AND MINIMIZE BARRIERS + LAND LOSS. IT ALSO WOULD REDUCE THE AMOUNT OF FOOD WASTE CONSUMED DURING SHIPPING AND IS MORE WATER EFFICIENT. THIS WOULD HELP WITH THE LAST APPROACH OF SHEDDING OUR AGRICULTURAL FOOTPRINT

CATTLE ARE THE LEADING DRIVER OF DEFORESTATION IN THE AMAZON

MORE WATER EFFICIENT. THIS WOULD HELP WITH THE LAST APPROACH OF SHEDDING OUR AGRICULTURAL FOOTPRINT

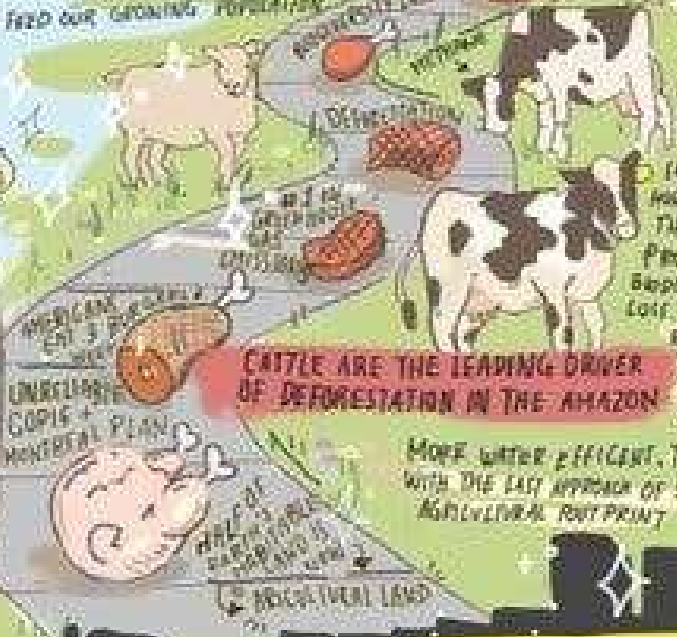


PRODUCING REEF IS

100

TIMES AS LAND-INTENSIVE AS CULTIVATING POTATOES

reaction
 AS SOMEONE WHO EATS MEAT REGULARLY, I WAS CHOICED TO LEAVE THE MEAT OUT OF MY DIET. I WASN'T SURE HOW TO FEEL ABOUT IT. I CONSIDERED MEAT TO BE ONE OF MY FAVORITE THINGS TO EAT. I WASN'T SURE HOW TO FEEL ABOUT IT. I CONSIDERED MEAT TO BE ONE OF MY FAVORITE THINGS TO EAT. I WASN'T SURE HOW TO FEEL ABOUT IT. I CONSIDERED MEAT TO BE ONE OF MY FAVORITE THINGS TO EAT.



Jenna Ortega Knows What Wednesday Addams Wants

Nov. 23, 2022

I have seen Jenna Ortega as an **inspirational figure** since her role on the 2016 Disney Channel show Stuck in The Middle which is why I chose this piece.



"There's a huge **stigma** that comes with being a **Disney Kid**. People automatically make the assumption that it's all you can do, or **all you were made for**." - Jenna Ortega

After years of being **confined** as a "Disney Kid", Jenna Ortega proved to critics that she was **capable of greater roles** when she was cast as Ellie Alves in the psychological thriller "You".



"Wednesday starts **strong** and stays this way. She's **unapologetic, fearless, smart, weird** - it's very rare to see a **female teen character who's that sure of herself**" - Miles Millar



Jenna Ortega adds her own **unique element** to the show which **inspires** many viewers to be **unapologetically themselves**.



I admire that this show **encourages female empowerment** as it **doesn't follow a typical "shy-to-confident" arc** of a teenage female protagonist. On the **contrary**, Jenna Ortega **portrays her character as strong and determined** through her **whole story**.



Ortega took on the challenge of learning **multiple new skills** including **fencing, canoeing, archery, and cello** for this role.

Animals Are Running Out of Places to Live

Published Dec 9 2022

EMOTIONS I FELT WHILE READING:

- **anger** at how humans are destroying nature
- **sadness** at how animals are powerless to resist



Habitat of the Abah River Flying Frog: Map



Why are animals running out of places to live?

1. Illegal cattle ranching and deforestation
2. Desperate people taking land in remote, low government areas
3. Growing human population

How can we help?

1. Donate to wildlife conserving organizations
2. Help spread awareness
3. Educate friends and family about this issue

60%
HABITAT LOSS
SINCE
2001



COLLARED NIGHTJAR

- Author used
- ☑ Images
 - ☑ Quotes by professionals
 - ☑ Statistics and numbers
 - ☑ Maps
 - ☑ Examples

Biodiversity:

noun: the variety of plant or animal life in a particular area or habitat.

syn: variety
ant: unvaried



Honduran White Bat

Have lost about **HALF** their territory in Central America in the last **20 years**

“IF the forest disappears, they WILL disappear.”

-Walter Jetz, professor of biodiversity science at Yale

CALENDAR

One Part of Your Life You Shouldn't Optimize

April 17, 2022

I picked the article "One Part of Your Life You Shouldn't Optimize" because it shocked me how much I could relate on a personal level, and how nice it was to know that I'm not the only one experiencing Post-pandemic loneliness.

61% of Americans reported feeling lonely

This article talks about the rise in social isolation because of the pandemic and our need to optimize efficiency. Thus, our social circles are getting smaller and lonelier.



Motivating phrases such as **strong Independent Woman** sends the message of discovering happiness without reliance on anyone else.

In 7th grade, I was completely isolated because of remote learning. No friends, no nothing, and I took comfort in that. I occupied myself with work when there was no one to talk to. When I returned back to school, it was hard for me to adjust to the new busy environment. **Even now**, starting at a new high school, I find more comfort in the library than anywhere else.

Hang out
Work on History Essay!

I felt myself slowly drifting away when I told my friends "I was too busy" to hang out. I knew that it wasn't because I didn't want to go, but because of the productive hours I couldn't get back.



"As boundaries between work and life blurred, we've said no to social invitations to protect our time, as well as our mental and physical health"

I try to make time to hang out with friends, but even if I do, I can't help but find myself feeling a little **guilty** about not doing something productive. What works best for me is to try to **stay in the moment** and set boundaries when needed.

I found this quote to be interesting because of the tradeoff of relationship security to loneliness that saying no brings. The action that was meant to protect mental health potentially damages it and for many of us, the loneliness is often ignored or dismissed. Using our time wisely by allowing ourselves to have some fun is essential because of this

Study for

Reading this piece makes me want to take action against the loneliness epidemic by finding a balance between work and fun in my life, and start talking to those around me, hopefully making people around me less lonely. I am also inspired to write more about how to get out of the trap of heroic individualism.