

TROJAN TIMES

STUDENT PERSPECTIVE NEWS PUBLICATION



How Kids Can Benefit From Mindfulness

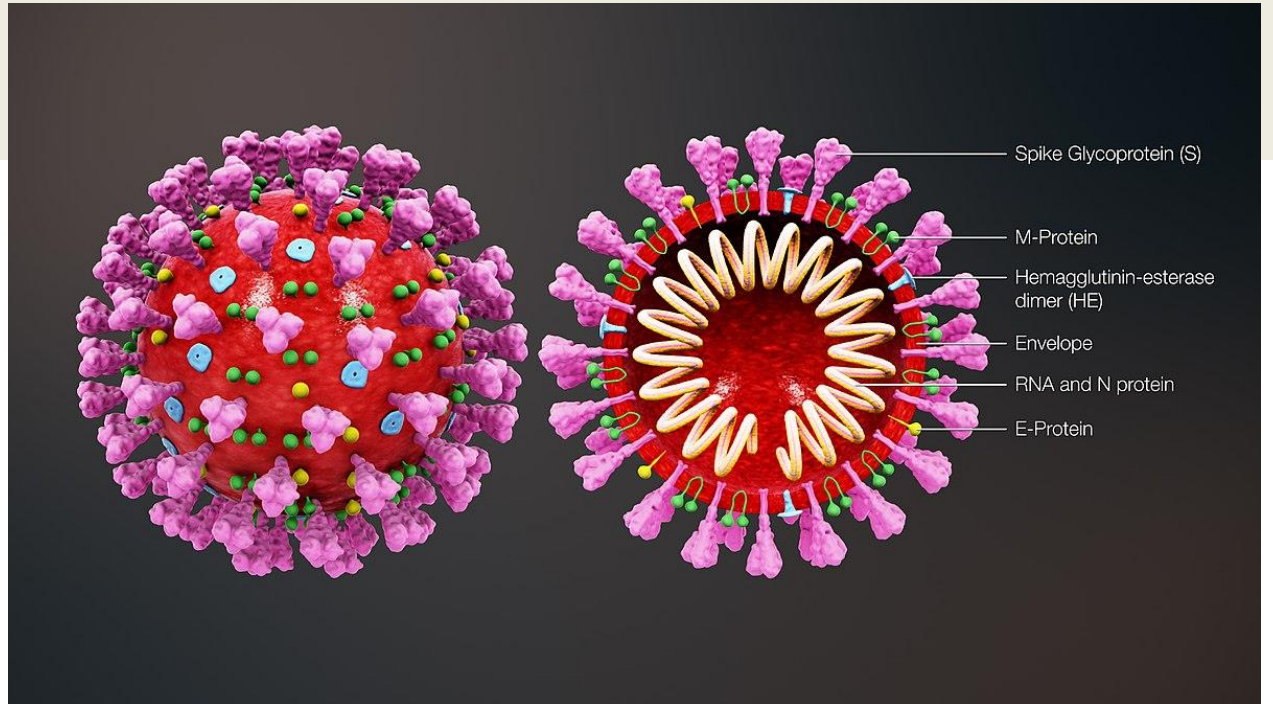
THECONVERSATION.COM

Now that 2021 is here, many are looking for new ways to manage stress. Although mindfulness and meditation are not new – there is evidence suggesting that humans have been practicing meditation for more than 5,000 years – many are turning to these techniques to improve overall well-being. Mindfulness is a technique that involves paying attention to what's happening now in the present moment, in an accepting, nonjudgmental manner. There are mindfulness apps for managing stress, anxiety, chronic pain, weight loss, better sleep and quitting smoking.

Mindfulness and meditation are also a part of mind-body activities and exercises such as martial arts, breathing exercises and yoga, and are integrated into evidence-based clinical treatments for chronic pain, anxiety and depression. And for good reason. Researchers have found that practicing mindfulness and meditation can improve your immune system, lower blood pressure and even change brain structure and function.

Almost all of the research has been done in adults, but recent studies suggest that mindfulness and meditation can also be beneficial for children and teens. As a developmental neuroscientist, I have been interested in studying how mindfulness affects the brain in children and teens because the brain is still developing.

I believe that mindfulness and meditation may be especially beneficial for children and teens because these skills may strengthen brain circuits that control the ability to focus and concentrate and to regulate emotions, which are maturing during this time. Establishing these habits early in life may also set the stage for good habits later in life.



Covid Positivity

ALYSSA FOX

Covid life from my perspective is seen to be a blessing to help make major changes in my life that benefit my future due to its generous time given. During the time the virus was escalated in higher numbers, the government knew times were hard and that complications have come along in the work field. They provided a form of unemployment that helped many people across the world including my boyfriend. While he was collecting pay from losing his job, we managed to save up together and buy the apartment we have been wanting for months. It was way easier to save during Covid-19 because there was not much to do since everything had been shut down. With nothing to do around us, we managed to stay busy and focused on what really matters; our future. Covid made us richer and wiser because of the time it has given us. Covid was a good experience for us when it first arrived. As of now, it made our life take a turn for the worst. With all the stores and events opening back up on top of unemployment ending, it has been hard for us to manage our money. During the time of Covid, everything we did and ate was much

cheaper around us. The prices of a lot of things we use every day went back up to its average price.

In this present level of Covid I feel that we are learning from our mistakes. We found a new energy in ourselves that helped us thrive to grow better not just together but for ourselves. I learned personally how to give more thought and take a little more time to pursue a choice for my decision. If you have a goal in something that you feel is out of your reach, you shouldn't be scared to take the time to sit down and work toward it. I took 10 minutes out of one of my days during Covid sitting at home to sort my money into different sections for what I owe and it changed my life and money system forever. Covid was a big experience I got to be a part of and if it is not around by the time my children are born, then I feel this is something they need to know that their parents went through.

IN THIS ISSUE

BLM

MOVIES BY MATTHEW

COVID

KEYWORD

The BLM Movement and Presidential Election Viewpoints

WREN DEWINDT

The BLM Movement is going to be written down in history as one of the greatest movements known to mankind. After a cop had purposely suffocated an innocent black man, people began to riot. The police retaliated to these protests by teargassing and shooting the protestors with rubber bullets. This led to peaceful protests turning into not so peaceful protests. The generation well known as Gen Z has not taken a liking to any of this. This generation is strong, and will not go down without a fight no matter what they have to resort to. They also refuse to be underestimated by the corrupted government. The protests from the BLM movement soon led to other movements such as the lgbtq+ rights movement. I am proud to say that I am part of this generation. Although, many people are against lgbtq+ and black rights, people from all over the world have banded together to fight against the government, for equality for all, rights for all.

The president, Donald Trump, was not helpful at all in any of these situations. As a matter of fact, Donald Trump has been seen as selfish, and a very sad excuse for a leader. Many people, including myself, see him as a terrible person. During the beginning of this pandemic Trump has been seen not wearing masks or even promoting it. He seemed to not care when thousands were dying and only cared about his presidency. He wants to take away lgbtq+ rights such as marriage. He is a very selfish man and does not deserve to be president. Biden on the other, hand promotes lgbtq+ rights, he even ran around the White House with former president Barack Obama with pride flags, Although, Biden has done some messed up stuff in the past, he would make a much better president than Donald Trump. He will protect rights for everyone and will raise taxes for the rich and privileged. I believe that Biden should be president.



Joe Biden



Donald Trump

1/6/2021

The Capitol Building

WASHINGTON POST

WASHINGTON — Huddled in a command center on Wednesday afternoon, Mayor Muriel Bowser of Washington and her aides saw a photograph of blood stains on the temporary grandstands at the Capitol, a makeshift structure built for the inauguration of a new president in two weeks. The enormity of the deadly failure sank in. Rioters had broken through the thin police line on the Capitol steps and were descending on hundreds of lawmakers conducting the ceremonial, quadrennial act of certifying the presidential vote — and the mayor and her aides were not able to stop the attack. Ms. Bowser and her police chief called the Pentagon, asking for additional D.C. National Guard troops to be mobilized to support what officials were realizing was inadequate protection at the Capitol. But they were told that the request would first have to come from the Capitol Police. In a call to Chief Steven Sund of the Capitol Police, they learned that his force was under siege, lawmakers were being rushed to safety, and rioters were overrunning anyone in authority. He kept repeating the same phrase: “The situation is dire.” Cutting through the cross talk, one person on the call posed a blunt question: “Chief Sund, are you requesting National Guard troops on the grounds of the Capitol?” There was a pause. “Yes,” Chief Sund replied, “I am.” Yet the Capitol Police and the city’s Metropolitan Police had rebuffed offers days before for more help from the National Guard beyond a relatively modest contingent to provide traffic control, so no additional troops had been placed on standby. It took just over four hours for them to arrive. It was just one failure in a dizzying list that day — and during the weeks leading up to it — that resulted in the first occupation of the United States Capitol since British troops set the building ablaze during the War of 1812.





(QUARANTINED)

AT THE MOVIES

By. MATTHEW FINCEL

It was 3/16/20 that I marked as the start of the COVID 19 pandemic in my 2020 Watchlist on IMDB. From that date to the end of the year I kept track of every film and TV show I watched totaling to 261 titles altogether. Ranging from the likes of Apocalypse Now to Raging Bull, Gran Torino to 8½, and Hannibal to Midnight Cowboy, I have gathered a select group of highlighted films whose themes play into the times of today and provide long-lasting and possibly life-changing moral and philosophical lessons to all those who view them. Carefully I have chosen four films which I deemed worthy of such praise and now present them to you including spoiler-free introductions with personal comments regarding the matching film...

THE SHINING (1980)

Dir. Stanley Kubrick (2001: A Space Odyssey, A Clockwork Orange, Dr. Strangelove)

Introduction: Jack Torrance (Jack Nicholson) takes the job as caretaker of the Overlook Hotel during its closed season. Residing there alone with his wife Wendy (Shelley Duvall) and son Danny, we witness Jack spiral down a path of madness and delusion, even touching on the supernatural, caused by the seclusion of the Overlook Hotel.



Comments: Putting *The Shining* as my first choice on this list is certainly... interesting. To me, *The Shining* is the definitive quarantine simulator. With the film virtually taking place only at the Overlook Hotel, it is very easy to insert ourselves into the story through our own experience with the pandemic's quarantine. While granted, this is definitely not the first take someone has after watching *The Shining*, I believe that we can understand and even sympathize with the character of Jack Torrance now more than ever. While secluded at the Overlook Hotel Torrance adapts to his environment and takes up many new behaviors. Things like Torrance bouncing a ball around the hotel to pass the time, exploring rooms to the hotel he never paid attention to before, and daydreaming many fantasies of "normality" are all things that we can relate to. Though, of course, with perhaps a bit more hesitation because of the context regarding Jack Torrance's developments in the film. Torrance's psyche is definitely not on the up-and-up. Because it can be argued that all these problems arose from the Overlook's seclusion, we can definitely be more critical of Torrance's coping abilities through our own attempts at coping during the quarantine. Looking at Torrance with our new lens can probably make us feel a lot better with how we handled the quarantine despite any shortcomings. Even though Torrance did get to sharpen up on his wood chopping skills, his attempts at writing were a tad too repetitive and dragged on, even for a first draft. When you think that you've been cooped up for too long with any unruly or annoying people, just be thankful that it wasn't Jack Torrance who you got stuck with.



BRIEF ENCOUNTER (1945)

Dir. David Lean (Lawrence of Arabia, The Bridge on the River Kwai)

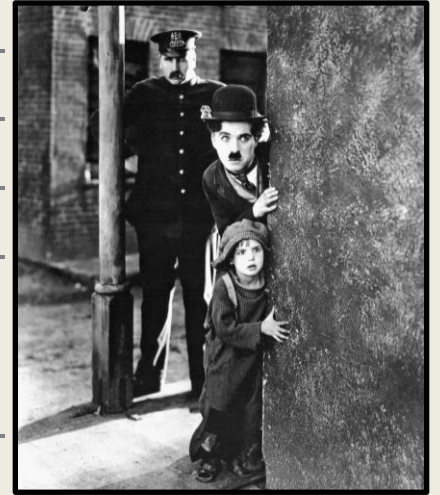
Introduction: A doctor (Trevor Howard) and a suburban woman (Celia Johnson), after a chance run-in encounter, begin to see more and more of each other casually, always spiraling back to the train station they met at. Both the doctor and the woman are married and know that their relationship will not last, with the film beginning at their last encounter then reminiscing back to the first. We are brought along as their relationship develops and experience all the joys, pains, and struggles that they do.

Comments: *Brief Encounter* is arguably the best romance ever made, rivaling *Gone With the Wind* and *Casablanca*, especially in the eyes of the British. *Brief Encounter* will ruin every Hallmark movie you attempt to watch afterward, as it succeeds at being so simple and understandable yet powerful and provoking. The film was released just after WWII when Britain faced a time of moral crisis and near-hopeless foresight. *Brief Encounter* became a beacon of hope for the normalcy to come, acknowledging the conflict of upholding virtues in troubled times but also demonstrating that the present and future would brush away the problems of the past. As *Brief Encounter* brought up the fractured spirits of British society upon its release, it can still do so now 76 years later with all of us. Perhaps we have shed some morality during the pandemic, maybe we've developed unfortunate habits and routines that we'd like to shed... *Brief Encounter* will be your ode to these conflicts from within caused by times out of your control, presenting you with the normalcy to come and guiding you to the moment when you will rightfully and finally reclaim yourself.

THE KID (1921)

Dir. Charlie Chaplin (City Lights, Modern Times, The Great Dictator)

Introduction: The Tramp (Charlie Chaplin) takes an abandoned Kid from the streets into his care, and clashes with the orphanage who tries to take the child away. We watch as the bond between the Tramp and the Kid grows like that of father and son, and see them get into all sorts of mischief, fall into heartbreak and experience the purest of love.



Comments: Yes, The Kid is a silent film, but I have made it my mission to make sure you will have no reason to pass on it after reading my comments. First the definition of “silent” regarding films is that there is no audible dialogue, but the entire movie has a beautiful and whimsical soundtrack composed by Charlie Chaplin himself accompanying the entirety of the film. The Kid may very well be the most heart-warming film, period. The vast majority of Chaplin’s movies are wildly funny and heart-filled, but The Kid has an extra special element to it that makes it an absolute joy to watch. It is the shortest of all Chaplin’s feature length Tramp films closing in at 1 hour and 8 minutes (Which is child’s play compared to German director Fritz Lang’s silent epics like Dr Mabuse the Gambler which clocks in at 4 hours and 57 minutes, which I of course simply had to watch). Within this hour you will have some absolutely howling laughs, feel the tenderest of sentiments for the characters of the film, marvel at the technological achievements of a movie from the 20s, and absolutely fall in love with Charlie Chaplin’s iconic character, the Tramp. The Kid is a public domain movie therefore it is available to watch for free on platforms like YouTube in HD quality depending on the upload. The Kid is unforgettable and will melt your heart completely, the film’s opening title card sums it up by saying, “a picture with a smile-and perhaps a tear.”



IKIRU (1952)

Dir. Akira Kurosawa (Seven Samurai, High and Low, Kagemusha)

Comments: Okay, maybe it was a bit unfair to lure you in with the Shining as a film in color then follow it up with not only three black and white films but a black and white silent film... but it had to be done. I promise that you will want to keep reading to learn why this film is the closing feature. After all, how could a film I praised so highly like The Kid be topped? I took this into consideration and knew that justice would be done with Ikiru. The film Ikiru has changed my life. Ikiru has changed me as a person, Ikiru has changed my outlook on life, what I value in life, and Ikiru has changed my view on death. I first watched Ikiru on 8/20/20 and it has not been out of my mind since. In fact, as my first film to watch in 2021 I choose Ikiru. As of now I have over 780 ratings on IMDB and if I was given the ultimatum of only having the chance to see one final film forever, it would be Ikiru (beating out treasured favorites of mine like The Godfather, Chinatown, Once Upon a Time in America, etc. etc.). So why? What is it in this film that has been so impactful? I have purposely left out an Introduction section so I can explain this more personally. Ikiru’s plot is simple. A bureaucratic worker is diagnosed with stomach cancer and only has three months to live. We then follow the protagonist as he copes with the diagnosis through many means and brings us to the moment of the realisation of the meaning of life. But this is only half of the film, and frankly what is to be expected when handling a film on mortality. The second half of the film shows you, the viewer, how you will react to the movie. It showcases the euphoria you will feel as you live with the protagonist and then the crushing decline of bliss you will let yourself sink into moments, days, weeks, etc. after the viewing. When the movie is finished you will be left to go on your own path as to how you will learn from the story and experience your own life. It is easy to acknowledge the concept of Memento Mori that one day you will die. But to how many people does that monumental concept just become words or a run-of-the-mill slogan. Ikiru gives you the depth to understand why you should care about your life and the capabilities that you hold within your own powers, no matter how big or small, or how meaningless and menial things may appear. Ikiru affirms life through presenting death. You owe it to yourself to watch Ikiru, and I promise you from the bottom of my heart that you will not regret it.

Thank you for reading this article, I can be contacted via my school email 14mfincel@wscschools.org or my professional email matthewfincel@gmail.com for any questions, comments, or any other thoughts you may have: All feedback is welcomed!
