

The Current

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What to be grateful for in quarantine

By Ezra Miller

Staying positive and grateful during a global pandemic is very hard. It is so easy to focus on the negative effects of this virus and having to be isolated. However, there is always light, and positivity in even the worst situations. The only way to get through this quarantine is to act positively, and realize what you can appreciate in a time like this. It is situations like the one we are in right now, where we should implement self-care. Take this time to evaluate your mind, since we don't have the pressures of normal daily life. One of the best things to do for yourself is reflect on what you are grateful for. Even if it makes you feel good for five minutes, it is worth it. One thing we can all agree on is that we are so lucky to be quarantined in such a beautiful place that is Malibu. We get the most amazing fresh ocean air, beaches, nature, and mountains. Even though we are quarantined we can still go on a walk for fresh air and feel ten times better than before. Some people have been cooped up in their apartments for three weeks, not able to go outside. It is really important that we realize that we are isolated in one of the most beautiful places in the world.

Something else that I am so grateful for are the doctors and nurses risking their lives to help people who are infected with COVID-19. The fact that they can't see their families, be around so many sick people, and work for days on end is unimaginable. They deserve the most love and support during this pandemic because they are the ones at the biggest risk. It makes me so grateful to be able to be safe in my home with my family. Even on those days where I can't stand the sight of anyone in my family, or I feel trapped in my bedroom, I think of all the people working in the medical field to stop this world wide crisis. As a community, we can only help this pandemic by social distancing, and staying inside. Everyone wants normal life back so if you ever feel like you want to go hang out with friends or go out to the public, think about how it can affect everyone. Reflect on the fact that you are safe and have a family that cares for you.

I am also so grateful for the community we have in Malibu. Everyone is so kind and caring for others. People watch out for each other, and give love and compassion to all. Part of the reason Malibu is such an amazing place is because of the people. Even at the grocery store, I constantly see people shopping for the elders or letting people go in front of them in line. Also, the employees of our grocery stores should be shown gratitude. They are happily working amongst the thousands of people passing through the store every day. That is a risk they are taking to help people in need of food.

Not only does it feel good to reflect on what you are grateful for, but actually realizing that we have such a beautiful and amazing community is such a secure feeling. One thing I always say to myself when I am feeling really negative is that we will get through this and this will not be forever. It is true, we will go back to normal life, and in order to stay sane through this confusing time, we have to have hope and gratitude for what actually matters.

Opinion: USC shows a broken college system

By Bram Carter

Last year, an enormous scandal broke out about college admissions with USC at its center. It came to light that some USC sports coaches had accepted bribes and allowed students that were less than qualified to enter into their student body. This is obviously an unethical practice that perpetuates an imbalance in opportunity across the country, not just USC. The entire college institution might, in fact, be guilty of blurring ethical lines and promoting a practice that degrades the value and integrity of higher education.

In recent years, high school students have felt more and more pressure to apply to college and continue education past high school. It has gotten to a point where, in many areas of the country, not going to college is unthinkable. Kids that decide not to go are seen as inferior. . This kind of thinking places a college education on a pedestal.

Ivy League schools, which are often more expensive than others, are seen as the pinnacle of education that everyone should strive for. Whether or not that is because of an actual difference in the quality of education is up for debate. The Ivies carry a higher status and importance, and it seems as though sending your child to one has a weight that makes families feel superior. This is why wealthy families with better resources are willing to go to extreme lengths to get their children accepted into these schools. I know many personal stories of students my age whose families have gone to great lengths for college admission. I will not give any names of these students, as they are not the ones necessarily perpetuating these problems but are, in fact, victims of a more extensive set of immoral values. This is a problem that has existed long before the USC admissions scandal and is still at large even after these discoveries. This kind of behavior makes a mockery of higher education, as it sets aside academic merit and allows money and status to influence an institution that is supposed to have integrity in our society. It is also one more way for the rich and powerful to circumvent the rules that regular people have to follow, and it comes at the expense of those less fortunate.

The entire history of this country is stained with the oppression of minorities and the working class. There is no denying that, since its birth, the U.S. has been ruled by white, wealthy men and it has been structured accordingly to protect those interests. While many steps have been made in the process of balancing this power and promoting freedom for all people, it is quite clear that a divide still exists between power and opportunity. This shines through clearly in the college system. More expensive and prestigious colleges are seen as being of higher quality, and students that attend them are rewarded with better opportunities later in life. This being the case, wealthy families have found a way to use their money to ensure their child's entry into these schools so that they can grow up and also be wealthy. As a result, students that belong to minority groups that are disenfranchised have a harder time trying to get into those schools because they do not have as much money, even if they are intelligent and have the potential to change the world in a positive way with help from higher education. Through this practice, the people that have the most influence in society protect themselves and keep others down.

There have been attempts at solving this issue. One of those attempts was the famous Affirmative Action. This, however, was shot down and seen largely as unfair because it treated powerful people in the same way that they have been treating the struggling classes for hundreds of years, and to no surprise, they did not like the feeling. But this is an important issue that should still be fought for in the same way. Powerful people should not get to walk all over the people that have to struggle to get to where they are. By shedding light on this unethical and corrupt behavior, we can call attention to the people that are actively promoting a division in opportunity that keeps people from prospering and living the lives that they want.

A Literary Analysis of Beastars

By Justin Higginbotham

Beastars made its animated debut in early October of 2019. Since its release, it has gained immense popularity for a number of reasons. Beastars is a drama based around the struggles of a wolf named Legoshi, a teenager with an imposing figure and an equally timid personality.

Beastars is able to cultivate such a following of loyal fans not solely because of its value as a slow burn character drama, or as an impeccably written love story, but because of its expertly crafted world-building and the themes that grow along with it.

Beastars is included in what I call the genre of Theoretical-Psychoanalysis. Theoretical-Psychoanalysis is a task placed upon you by the writers if you wish to enjoy the story and understand the universe of Beastars properly. It involves the laws of psychology being rewritten and placed upon the characters. You must come to understand how each of the character's minds fit into the world of the story. Each character struggles with conflict between internal desire and society's perception. This style of storytelling is extremely effective as it allows world-building and character development to be entwined together.

Beastars is an excellently written series and has been confirmed for a second season on Netflix. Often animals have been used as a catalyst to portray human characteristics. Beastars does a great job making use of animalistic qualities to show an exaggeration of how the human mind is divided between the logical conscience and the feral subconscious desire that exists within all of us. It's a series worth taking the time to binge while in quarantine if you possess an interest in psychology, sociology, or just well-written dramas.

What Safety Measures Should You Take When You Leave the House?

By Nova Mostafavi

The safety measures you must take when you leave your house are very important, especially if you do not want to catch the Coronavirus. People throughout Malibu and the greater Los Angeles area are practicing social distancing, such as staying home, keeping 6 feet away from one another when visiting the grocery store, and not going to the beach.

Everytime you leave your house, it is very important that you wear gloves so that you can be extra careful and feel safe when you leave the house. Scientific data and "facts" are not needed to support this claim, but rather basic common sense can be applied to understand the elementary idea of wearing gloves when you go out of the house. If everyone would just wear gloves when they leave the house during this pandemic, it can be quarantined by the laws of the universe itself that the spread of infection would be lower than if you did not wear gloves. Also, it can also be said that wearing gloves can be reused if you do not want to go to the store over and over again to buy gloves. Because when you go out to the store or even leave the house, you are putting yourself at risk of catching the coronavirus and bringing it back into the house.

Another important safety measure you can take is to wear masks when you leave the house. Again, scientific data is not needed for this basic elementary idea that masks help prevent you from getting the coronavirus. All of the viral proteins that would supposedly enter your body without you wearing a mask would be far greater than what you would get with you wearing a mask, simply based on... common sense. If you do not have access to masks to wear you can easily make your own mask at

home by cutting up a shirt and putting it over your nose and mouth so that no viral particles go into your membranes.

One must also wear goggles because a lot of people forget that virus particles can go into your eyes, even if you are wearing glasses. Although you might get a lot of stares from people on the store aisle while you are going on your 1313th run to Ralphs to buy pasta, you will definitely be safer than not wearing goggles. A lot of people believe that sunglasses or eyeglasses can protect the eyes from particles going into the membranes of the eyes, but you must wear glasses that can wrap around your head and cover any openings just in case a pesky virus particle smaller than you think enters without you knowing to your eye.

All of these protection measures are very important so that you can stay healthy and not have to worry about having the worst month of your life due to the coronavirus. But also, all of these measures are simple common sense procedures that you can take so that you don't get the coronavirus. If you believe there is something wrong with these procedures, the problem isn't wrong with wearing gloves or masks, but *you*.

How to Stay Entertained While Stuck at Home - Part 2

By Isabella Howe

School has officially been canceled until the end of the semester, so that means spending a lot more time at home. With spring break right around the corner and every public place closed due to the pandemic, it's time to brainstorm some good activities to do at home to avoid getting sucked into an overdose of social media.

#1 Learn how to do Origami: Origami can go in a multitude of directions. You can watch some videos to learn the basics or you can just start experimenting with different folds. A bit of calm music in the background and a cup of tea equals an afternoon well spent

#2 Study for the Permit test: Now is the time to do the tasks you have been neglecting or have been claiming there is never enough time to get it done. Studying for your permit can be a great activity to fulfill while at home so when this all comes to an end you can finally go take that test.

#3 Learn a new language: Whether you want to touch up on that Spanish you have been learning at school or want to fully learn a new language, now is a perfect time. There are many YouTube videos, apps, TV shows, and movies that can help you fulfill your goal. If you end up learning the language well enough, maybe when flights are up and running once again you can go visit the country you have just learned the language from.

#4 Go through your closet and sell your clothes: Great way to make some cash by practically doing nothing. Begin by trying on each item in your closet and ask yourself "Do I want this or do I need this?" By the end of the day, you should have a good pile of clothes you're ready to say goodbye to. Next, take a picture of each item and upload it onto an app or website to sell. There you go, you just made yourself some good, hard cash.

#5 Make a stop motion video: This activity is not as hard as it looks. Just start playing around with your camera. Many cameras will automatically compile photos you have into a stop motion or you can choose to just upload the photos you want to use onto a movie editing platform such as iMovie and edit it yourself.

#6 Learn how to sew: Another one of those tasks you never really find time to do. An opportunity to bond with your parents or whoever the sewer is in your house. Whether you want to learn to repair clothes, alter them, or simply just to make some art, it is a useful skill to put under your belt for the future.

#7 Do some yard work: Find a little patch of dirt in the back of your yard that needs some love and get to work. Maybe start moving some plants around in your garden or plant some seeds you found in the shed. It can be as simple as watering your succulents. With the new encouragement of social distancing make sure you find time to be in the sun for a little while because your body still needs its daily dose of Vitamin D.

#8 Have an indoor picnic: Well if you're stuck inside all day might as well make the most of it and have an indoor picnic. Take a tablecloth and lay it in the living room. Prepare some fruit, bread, cheese, and sparkling water and invite your family to have a little get together picnic-style.

#9 Camp inside your house: This you can go all out for. Pull out the camping tent from the attic and set it up inside or if you have enough space you could also do this in your backyard. Make some smores and get cozy in your sleeping bag and enjoy the night camping.

#10 Start a Journal: We are at a great time in history to start writing down our experiences. Not extremely common for the whole world to be stuck inside their houses at the same time for a long period of time. This means each one of us is probably experiencing something different and something a bit new so why not write how you feel and what you are experiencing.

#11 Finish a game of Monopoly: I think you will probably end up in the world record book if you can finally finish a game of Monopoly. Now with all this time on your hands why not buckle down and spend a whole day (maybe week, possibly a month) trying to complete a game.

#12 Learn Calligraphy: The next big step after learning cursive. Now all your letters and notes will look professional and neat.

#13 Build an indoor fort: Grab all the blankets around the house, a few pillows, and a few chairs and start designing. A very cozy way to watch a movie or read a book.

#14 Make a treehouse: Pick a good sturdy tree and ask your family if they want to help out. So many interesting treehouse designs on Pinterest to take inspiration from. It can be your new place to hang out from now on.

#15 Make an obstacle course: Creativity is key in this project. Get your whole family to participate or do it by yourself and try to beat your time every try. You can use pillows, brooms, surfboards, or couches as obstacles. Just start experimenting.

#16 Write a book: Last but not least, write a book. Maybe this is when you write your first best-selling novel. Just try it and if it is not your thing do something else.

You're not alone. We are all here with you, bored out of our minds, trying to think of some fun things to do. But don't take this opportunity for granted. How many times has your alarm gone off and you thought, "I really wish I could just stay home from school or work today"? Use this time to your advantage. Learn something new or gain a new experience. I promise it will be worth it.

The Heroes During the Coronavirus Outbreak

By Erin Muldoon

The coronavirus has affected everyone, notably their daily routines, sanitary habits, education, and so forth. Unfortunately, many people have been laid off from work, schools have been canceled, and the healthcare system is on the brink of a disaster. During times like these, it is hard to see the positive side to this pandemic. However, during times of crisis there are always people and groups of individuals who rise to the challenge.

Currently, our healthcare system is under immense pressure to provide care for those who may have the virus. However, doctors still have to treat everyone, even if they don't have COVID-19. This makes resources limited and the amount of doctors available extremely scarce. Healthcare workers—not solely doctors and nurses—but all people who work in hospitals, pose the threat of also contracting the virus by attempting to help those who have it. This makes them

the most notable heroes out of everyone. They are on the front lines risking their lives to help those that need it the most.

Additionally, scientists who are trying to find a cure for this virus should be acknowledged for their hard work and effort as they search for a solution. They are tirelessly working and under a great amount of pressure to help everyone in the world.

Even large companies and businesses have been stepping in. Amazon and Microsoft have donated millions to combat the effects of the coronavirus especially toward smaller businesses and employees who have been hit the hardest. Alaska airlines and Starbucks have both donated 2.5 million so far to those that need it most. Other companies like Alibaba and Roche have been working diligently to provide testing kits and medical supplies to Africa and the United States. This sheds some hope during this time of crisis because there are so many trying their best to help those who are struggling and those who risk getting this virus.

Even ordinary people are heroes during this time. Some, especially in New York where about 1.2 million are short of food, are helping to distribute food to those who cannot afford it. A man from Poland, Robert Wagner, delivers food and coffee to the paramedic workers and doctors working overtime. Nerida Ross, an Australian woman, cycles and delivers free books to those stuck in quarantine. Simple acts like these are what the world needs in order to get through this together. With everyone's help, regardless of the scope, its worth is immeasurable. It brings hope that we all can get through this.

Classical Pieces

By Ian Lamont

In a time like this, it can be very stressful. Though even when we aren't quarantined, life can get pretty stressful. But thanks to history, there are many classical pieces that can help lighten your mood and put you in a better place.

The most calming and relaxing classical piece of music, is actually a work written in the Romantic Era. The piece is a Chopin Piece: Nocturne in E-flat major. For one, it is in a major key, which is commonly used to display happiness and joy. While the piece itself may sound simple to play, it is in fact very difficult to make it sound good. It takes a certain musicality to make this Nocturne sound good and if done incorrectly this song will put you to sleep out of boredom.

Another peaceful song is a piano piece by Debussy called Clair de Lune. This work is actually a movement of a suite. It is also a major key, D flat major, which is, as said before, a type of key used to promote happiness. People with perfect pitch, however, know which specific keys sound better. Ask someone like Dr. Zander to tell you which key sounds the happiest to her. There are no extreme dynamic contrasts keeping a calm tone throughout the entire movement.

Yet again, Chopin strikes the world with a beautiful piece: Nocturne in C-sharp minor, Op. posth. But this time, as you can see, the key is a minor key, but nevertheless, the work is relaxing. Even though there is no apparent happiness, the song can be very soothing and can calm your mood if you are too angry or hyped up in a bad way. It starts off quite sad, but by the end you may be crying tears of joy.

One of Beethoven's most popular Sonata's is Quasi una fantasia, better known as the Moonlight Sonata. The first movement is the calming movement. Again, the movement is in C-sharp minor, but it's so slow and so elegant that it can calm any nerves. If you are angry, just sit down and type into the search bar: "Moonlight Sonata first movement". Listen to it until you are no longer angry.

It seems that a lot of good works are in C-sharp minor. This next song is by Rachmaninoff: his Prelude in C-Sharp minor. The prelude itself may not be the most calming, but it is very exciting and will definitely leave you in a better mental state than when you began listening. Rachmaninoff's massive hands let him play enormous chords that sound incredibly majestic and are highlighted in this prelude.

Beethoven's Symphony no. 3 in E flat major "Eroica", op. 55 is another amazing work of art. Going back to major, this symphony is extremely happy. If you have any musical bone inside your body, you cannot help but crack a smile when listening to the symphony. It's very fast paced, so listening to it when trying to go to bed might not be the best idea, but it could bring you out of a bad mood instantly. Listen to it in the morning to wake yourself up with its fast and bombastic melody.

No matter what mood you're in, these classical pieces will always be applicable. If you're feeling down or sad, listen and just feel the music lighten your mood.