# Concordia's Official High School News Magazine

# The Phoenix Post

December, 2020

# What is Love

by Katherine Da

New love, lost love, comfortable love, and discovered love all made their appearances in this year's fall play "Almost Maine"—a series of nine starry-eyed vignettes all happening in the same New England town on the same moonless night... (7)



oto credit: Mr. Hav

# The Sleep Epidemic

by Aaron Xu

When it comes to high schoolers, sleep is often a concern. Many Concordia students don't get enough sleep because of procrastination, having too much homework, or various other reasons.

Based on Stanford Children's Health report, 7 out of 10 high schoolers don't get enough sleep, but is that also true for high schoolers in Concordia? In the survey posted for the high schoolers to investigate this question... (12)



# Getting into ED

by Sophie Zhou

As college application season is rolling around and the first round of Early Decision, Early Action, and University of California schools are now completed, many seniors are receiving their first acceptance letters!

Let's explore the journeys of three seniors who just recently received their acceptances! (17)

# Unbound

by Mamie Wang

As we face the upcoming tremor of college apps, many high school students have taken interest in creating their own start-ups, whether it is to show initiative or simply to dive deeper into their passions.

Founded by Jerry Lu, a senior at Concordia, Unbound is a streetwear brand that strives to convey a stronger sense of identity within the Chinese streetwear industry while embracing aspects of both Eastern and Western urban clothing trends... (5)



sto credit: Pinterest

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#### **Editors-in-Chief:**

Katherine Da Sophie Zhou

### **Contributors:**

Elizabeth Chen

Joyce Lu

**Emily Pan** 

**Doris Wang** 

Sophia Xin

Aaron Xu

Mamie Yang

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# Editor's



The first 2020-2021 Phoenix Post issue is finally out!

The Phoenix Post, initially named Meditar, is a newspaper club started by previous AL Journalism students Katherine and Sophie, both seniors now at Concordia. Meditar began as an extended project from Journalism class, and was a journalistic magazine that included articles such as book, movie, and restaurant reviews, opinionated articles about the US and China relations, and a feature on COVID-19. This issue, officially published on Citizen C. last school year, has been printed and is now available as a paper copy.

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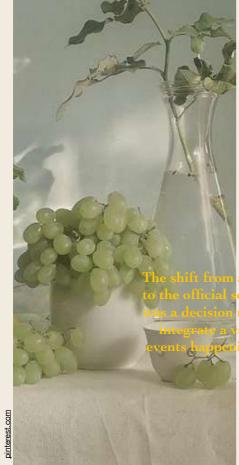
Now, an official school publication, *The Phoenix Post* club has decided to change course of

direction. The shift from a magazine issue to the official newspaper was a decision made in order to integrate a variety of current events happening at Concordia. This allows the creation of articles that are increasingly pertinent to the student body. With the support from Mr. Lavender, the AL Journalism teacher and advisor of the club, this group of nine students put together a news magazine that includes the most current events such as the Christmas Bazaar, GIN, and the Jr.NBA basketball games.

The transition from magazine material to newspaper material has also created a significant difference, as this material is not without its benefits. As The Phoenix Post prints a significant amount of copies for every issue, the amount of paper used for printing is highly unsustainable. However, a viable solution to transition from regular paper to the paper used for newspaper printing proves to be a much more environmentally friendly option. As most newspaper material is made from either recycled matter or wood pulp (wood fiber reduced chemically to pulp and used in the manufacturing of paper), this type of paper is much thinner and produced with mostly recyclable materials, with even the wood pulp potentially sourced from recycled paper products.

These changes are the first steps that *The Phoenix Post* has taken to become an immersive, relevant, and sustainable Concordia publication. Feel free to reach out to any of the members for more information. Stay tuned for the next issue!

Katherine Da, Editor in Chief Sophie Zhou, Co-Editor in Chief



Author: Sophie Zhou



Photo credit: Mr.Hawkins



n non-pandemic times,
Concordia's basketball season
would announce its arrival with a
much-awaited Phoenix Friday.
This year is understandably quite different.

The usual APAC and SISAC games are gone, and the coronavirus has been busy offering a back-in-your-place back of the hand to the community when a small outbreak occurred in Zhangjiang. However, despite all the pressure and uncertainty from COVID, the Concordia Varsity boys basketball team have pressed on.

"We didn't know for a long time whether we are even having a basketball and we didn't have access to gyms and playing basketball against other players like we otherwise would during preseason," Mr.Furth, the coach this year, points out. "Local Chinese schools have been practicing since August but we only started beginning of November, so we were going into the season with the mindset that we can only control things that are in out control. I know that sounds like a cliche but we can only do what we do."

Indeed, throughout the seven Jr.NBA games the team has played so far, they are improving every time. "It's hard to stay positive and it's hard to be a cohesive unit if we are not playing well or if we are losing by a lot of points," Mr.Furth acknowledges, "but as we start having more practices, they start improving endurance and skill."

At the same time, he saw that it wasn't just the skills that were improving, but also team spirit. "I started to notice that guys on bench are lot more involved. they are like a bunch of assistant coaches. The overall enthusiasm of cheering on your teammates has grown every game."

Moving forward into the rest of the season, there are still many uncertainties about game schedules. But the community have seen how the team has persevered, and have much reason to believe that their performance would only get better. "The goal is not to win all of Jr.NBA games. We try to learn from mistakes in previous games and focus on fixing those in practice so that the next time we are able to be more successful," Mr.Furth explains. "If we are able to have more games in January, the goal is to play as well as we possibly can."



Photo credit: Mr. Hawkins

#### Ryan Tang

As a freshman on the varsity team, I see my first year as an opportunity to learn from the upperclassmen. We are currently halfway through our Jr. NBA season and just got our first win today. I would say that our game today is by far the most memorable experience. We executed what our coaches told us before the game and outplayed the other team on both ends of the court, defensively and offensively. It's been two weeks of lethargic atmospheres on the bus rides back to school and today's bus ride was finally cheerful. Looking forward to the rest of the season.

#### Jeremy Yip

One of the funniest moments I had was during practice when we were running a scrimmage and I caught the ball from a very deep pass by Everett. But Mylen was guarding me and he was taller than me so I waited until he put his hands up then I purposely jumped up causing him to foul me. I then screamed FOUL! The whole team laughed at me because it's usually the referees and coaches who call the fouls but as a player I called my own foul especially I was the one who purposely caused him to foul me.

### **Everett Tung**

Following a night of just 50 minutes of sleep, I desperately needed the bench to provide the necessary energy to battle Wuai High School. After a streak of three losses, we knew this was the game that proved we still belonged in the league. After what seemed like the best defensive effort or team had put forward all season, the final buzzer sounded with us on top. At this, the bench went crazy and we had finally marked our first win.



Photo credit: Mr. Hawkins

#### Jonny Lu

For the first few games we were out of shape and our mindset wasn't right. We didn't want to win. We started fighting to win and got more boards, more points, and played better basketball in general. Despite our slow start, we got a dub yesterday and we are hoping for more.

#### Noah Burns

We aren't the biggest team. However, we play fantastic half-court defense. Everyone knows their roles within the half court, from guarding their own man to playing help defense. Often, our defense turns into our offense off a steal or a long rebound from a forced shot. When we execute our defense correctly, everything else seems to flow with it.

#### Nic Hua

So far I think the most memorable experience I have in basketball is probably our junk food runs after the game ends. You'd think that we're all "healthy" because we're like athletes but almost every time after games we'd either go to Burger King or KFC. Another interesting moment was probably today when Everett dropped a double double (two stats on the sheet with double digits) and I was really hyped about it. The season is still going on and I think the team and I both look forward to the future.

#### Will Zumbolo

This year has been my first playing for varsity, and even though the season has just started, our team has had a lot of memorable moments. The tournament we play in, Jr. NBA, is a very unique one, and has become even more so due to COVID. We aren't allowed to have games in any of the schools, so when we showed up to our first game, we expected it to be at some random gym. What we got, however, was what we now call 'the bubble'. As the name suggests, our court is in a literal giant bubble that is visible to an entire mall that surrounds it. Playing in such a unique environment has definitely brought our team together, and made me look forward to what the rest of the season holds.

# **Unbound: Breaking Barriers**

Phoenix Post Contributor Mamie Wang

A student-led streetwear brand that seeks to covey a stronger sense of identity within the Chinese streetwear industry. Unbound, embracing aspects of both Eastern and Western urban clothing trends.



s we face the upcoming college apps season, many high school students have taken interest in creating their own start-ups, whether it is to show initiative or simply to dive deeper into their passions.

Founded by Jerry Lu, a senior at Concordia; Unbound is a streetwear brand that strives to convey a stronger sense of identity within the Chinese streetwear industry while embracing aspects of both Eastern and Western urban clothing trends. Based on his experience with Unbound, here is a compiled guide of Jerry's insights and advice when it comes to establishing ones own start-up.

"I've been interested in the streetwear/sneaker industry for a long time, and it's always been one of my dreams to design my own garments," Jerry says excitedly. "With all of the extra time carved out during the lockdown, it gave me the opportunity to really put things into action."





However, as with any start-up, Unbound encountered many unanticipated challenges. "We started off by assuming that anyone would buy our clothes, but ended up offloading most of our inventory to family and friends." In the beginning stages of each start-up, the success and reach of the products may often be overestimated, and Jerry says that his "biggest takeaway is that you really have to understand who your audience is and how to best approach them."

But as 2020 progressed and summer rolled around, many in the Concordia community were seen wearing Unbound designs. "Even now, the most memorable experience is seeing people wear my clothes," Jerry reflects. "When I see someone wear the pink shirt or the xiaolongbao shirt, it feels so surreal that other people are wearing my designs. It's crazy to realize that I've actually made something tangible and that people are enjoying my products."

For any young entrepreneurs out there reading this, Jerry offers some advice: "remember to stay humble and be patient with the process. Let time do its work and things will unravel by itself."

When kicking off a start-up, ambition is naturally an important characteristic, Jerry explains. But being conscious and persevering through the upcoming challenges is nevertheless a crutial step to every initiative.



# EXPLORING LOVE IN CONCORDIA'S FALL PRODUCTION "ALMOST MAINE"

Phoenix Post Contributor Katherine Da

ew love, lost love, comfortable love, and discovered love all made their appearances in this year's fall play "Almost Maine"-a series of nine

starry-eyed vignettes all happening in the same New England town on the same moonless night.

Idioms of love were made literal. There's a falling-in-love bit with irresistible weak-kneed crashes to the floor. There's a heart-turned-to-stone bit, in which a woman carried her shattered, clattering heart around in a sandwich bag. The rules of this world are systematically different from ours, yet somehow very recognizable as it manages to touch the soft place in viewers' hearts.

"I chose this play because I thought the message about love-love won, love lost, love fought for-is something everybody can relate to no matter their age," Chad Doering, the director of the play, reveals.

But another key factor in his consideration is the COVID restrictions, "We weren't sure we could do a play in August, and in September it was still a question mark, and then suddenly it was a go. So, I wanted to find one [a play] that would be flexible," he explains.

In retrospect, picking this particular play seems to be the theater group's first step in turning COVID's curse into a blessing. Over the months of rehearsal, the actors were able to come together despite time and space constraints.

"When I worked with a group of two on stage, other groups would go work somewhere else. Some of them who were really comfortable with their scene would be an audience for the other actors and give them feedback," Doering observes.

"They held each other up in that regard," he says with a smile, "they were able to level up continuously day after day. It constantly gave them new challenges so that the rehearsal process never got old as we approached production, just more fun."

In a year that has so far been defined by isolation and fear, getting a group of people together in the same space, exploring and reflecting on love, is truly magical. And part of the reason why this is all possible is the hard work and dedication of the ten Concordia actors who divvied up 19 roles each night. Here are some of their stories and experiences.





to credit: Mr. Hawkins

## LIAM RICHMOND (EAST, CURIOUS WAITER, MAN)

I'd say that my personal favorite moment in the whole play production process for this show was about 2/3rds of the way through the preparation. One of my scenes had another actor miming out a proposal that my character had performed years earlier. Well, when Mr. Doering wanted to know how my character would do something like that, he naturally asked me to run through how he would have gone about the proposal. Since I got put on the spot, I freaked out and couldn't think of anything to do. I ended up thinking for a couple minutes before getting a little embarrassed and leaving to get water. I won't say it was a very cool moment, but it was certainly a memorable one.



Photo credit: Nht. Hawkins

## Elizabeth Kim (glory, hope)

"One of the best things I love about every single fall play or production that we've done is our breakfast tradition on the Saturday before show week (or hell week, in that case). We have a breakfast where everyone brings in some kind of food to share together. It's just a really great way to enjoy the last couple of rehearsals before show week. It's a great way to end things well. But unfortunately, due to COVID, we couldn't actually come onto campus before rehearsals that day. So, we decided to change that and go to Starbucks. It turned out very well, and that was actually a great way to spend some more time together and really enjoy each other as a theatre family."

## Masha Doering (katherine)

"Being apart of the play is amazing. You are surrounded by and bunch of great people, who become your family. Everyone motivated everyone, even on our no so good rehearsal days. Being in the play allowed me to get to know others better! A memorable moment that happened during the performance was on Saturday. It was the last scene, and all of us, cast and actors, heard someone crying the audience. I was like, "We actually made someone sob. That's amazing. We really did that!"





## ELLIE WANG (MARVALYN)

"I'll be honest with you, when I was up on stage, it all felt like a blur-an exhilarating and mildly nerve-racking blur. My entire focus was on showing the audience who my character, Marvalyn, was and how she grows throughout the course of her scene. That being said, I vividly remember our stage combat because I mean, how could I forget "whacking" someone with an ironing board (and a rolled-up notebook) like three different times?"

### RAYMOND CAO (PETE)

"Basically, the most interesting part being as a cast member of the play is to see different people and different reactions in the audience. Sometimes the play made some people laugh but it also makes other people cry, it even may make certain people want to leave the theatre. I think the reason that I find that interesting is because the audience were in a mixture of different variety and their reactions are in different variety as well. And watching that while playing as a character to me is the most interesting."





# Julia Ferguson (GINETTE)

"My most memorable moments from the play are the set constructions. As a somewhat craft-y person, I like to help figure out what to do for set and help building it. Moreover, this is the time when I get to interact with all of my theater friends. COVID has affected me both positively and negatively. Although the virus gave us less opportunity to come together as theater family, but it also balanced out theater time and school work time. I personally think that the play went really smoothly overall. There wasn't a lot of stress and the play production itself was cute and simple. Unlike other CCAs, the play gives all of the people to make new friends and come together, which is a completely different feeling."

# Kylie Borg (EMMA)

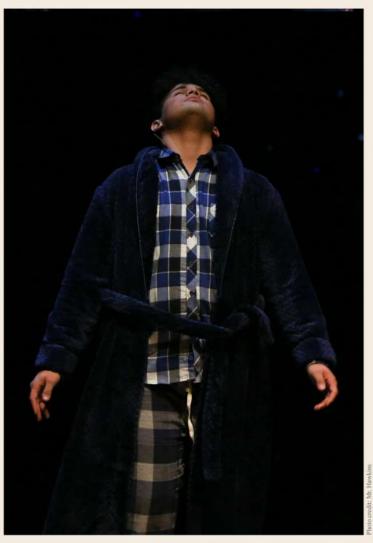
"My favorite part of being on the cast is what I did with Katia just now, where we rapped our lines really fast and got our scene done really quickly for practice. And also, spending time in the ladies' dressing room getting ready for the show!"

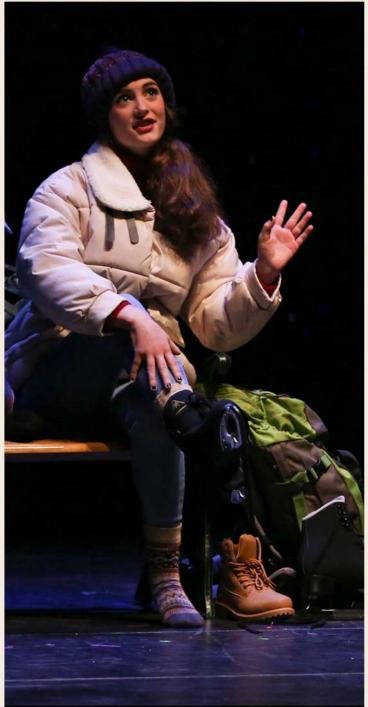
# DIYA PRASHANTHAM (SANDRINE)

"With the cast, it was really fun getting ready because we would always put on, like, throwback music or music from famous musicals and we'd all jam to it and hype each other up. It would really get us ready for the show and we also give each other a lot of support."

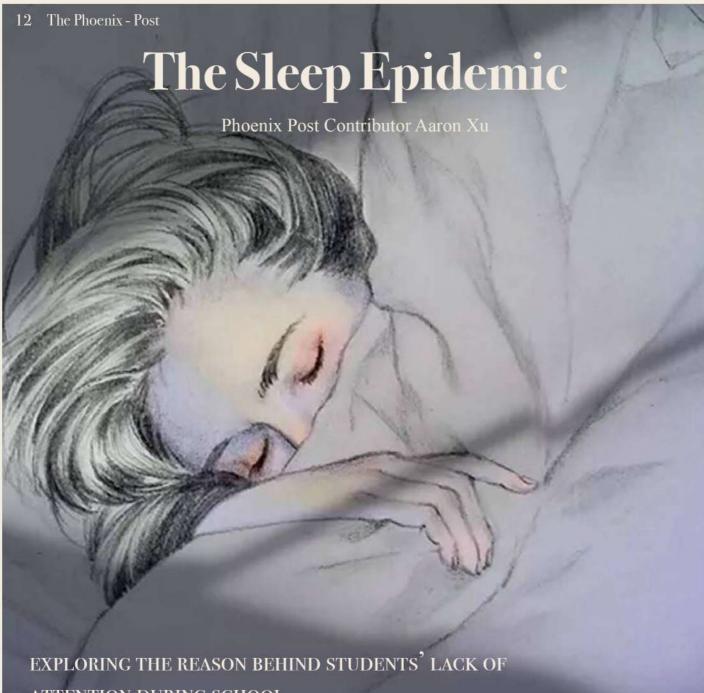
# Felipe Paraguassu (steve, LENDALL, EMMA'S HUSBAND)

"The most interesting experience I had during the course of preparing the play was working with Raymond and Julia on directing their scene and perfecting their performance. This was for me, as the Assisstant Director, the most rewarding and insightful time I had as it let me get very hands on with the minute details of the scene and the portrayal of the characters, which in theatre, film, and any other artistic medium, is what I value most. "









ATTENTION DURING SCHOOL

hen it comes to high schoolers, quantity of sleep is often a concern. Many Concordia students don't get enough sleep because of procrastination, having too much homework, or various other reasons.

Based on Stanford Children's Health report, 7 out of 10 high schoolers don't get enough sleep, but is that also true for high schoolers in Concordia? A recent survey conducted explored the average hours of sleep for the high schoolers at Concordia.

Here are the average results of the responses from Freshman to Seniors: The time that each grade goes to sleep is 11:00 PM for Freshmen and Sophomores, 12:45 AM for Juniors, and midnight for Seniors. Responses also varied for the question regarding students' attention span. On a scale of 1-10, 1 meaning extremely low and 10 meaning extremely high, responses concluded an average of 9 for Freshmen, 8 for Sophomores, 6 for Juniors, and 7 for Seniors.

These results hint that students' attention span in classes greatly

reflect on the amount of sleep they got. Moreover, according to the MIT Sloan Executive Education Blog, sleep deprivation also negatively impacts cognitive performance. In fact, getting less sleep than the recommended amount can cause an apparent IQ loss of five to eight points the next day, and population norm studies have shown that losing an entire night's sleep can lead to up to a decrease in IQ of one standard deviation.

So, how do you improve your sleep and have a longer attention span during the daytime? Well first, to get the sleep you need, prioritize your school assignments and complete them, ideally, by 11:00 PM. Sleep earlier if you have finished your tasks earlier. In addition, it also important that you don't take psychoactive drugs or substances, such as coffee before sleep, or expose yourself to light with technology usage in the evenings. Avoid caffeinated drinks after 2:00 PM. The half-life of caffeine is 8-10 hours and its effects can disturb your sleep. Try lavender! Lavender is the strongest naturally occurring neuromodulator. Try using it to relax and to create an association with sleep when you go to bed! (MIT Management Executive Education).





#### Kala - Sarah Kim (above)

Right when you enter the bazaar, you can spot Kala's booth, selling handmade and homemade stuff like cookies, notebooks, earrings, and phone cases. "I don't think that I will even be majoring in art, but it is still my passion, so I wanted to express it in a way where I can make profit and use it for something good. I started this club [Kala] mainly for this purpose", Sarah Kim, founder of art club Kala, says with a smile.

All of her profits from the bazaar will go to purchasing art materials for children who lack opportunities to pursue their own artistic passions. Through Kala, Sarah hopes to keep her love for art alive.





#### Shanghai Styles - Iffany Zou (above)

Iffany, a senior at Concordia, is the founder of Shanghai Styles, a second hand clothing store that seeks to provide an alternative to fast fashion. At the Christmas Bazaar this year, Iffanny brought her online store to life.

"What sparked my passion for this would probably be really engaging in research about what causes climate change and what I can do as a consumer to help alleviate this issue. And, fashion is what we wear and how we express ourselves." Iffany explains. With Shanghai Styles, Iffany is able to provide the alternative that she was initially looking for in the Shanghai community. Her work continues to motivate students and demonstrate the power of choice in consumerism.

#### Lily project - JingXi Yap, Bella Zumbolo (left)

Further along the aisles is the LILY booth that sold folders, tote bags, badges, and customized stickers and coloring books aimed to promote gender equality and female empowerment.

"From hygiene products to education, we live in a world where it's so incredibly difficult for women—especially in rural and impoverished areas—to have access to basic necessities," Jingxi talks about her passion for the LILY project. "It's up to us to use the privilege we were born with to help people however we can!" cofounder Bella adds.

to credit Joyce La

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# A Fascinating Work by V. E. Schawb

Phoenix Post Contributor Emily Pan

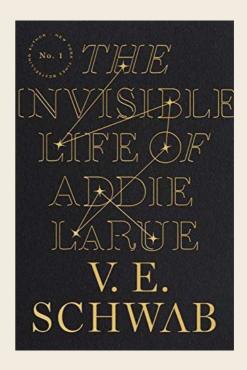
The Washington Post has praised it as "one of the most propulsive, compelling, and captivating novels in recent memory."

he Invisible Life of Addie LaRue by V. E. Schawb is the literary child of J. M. Barrie's Peter Pan and The Age of Adaline. Critics from The Washington Post has praised it as "one of the most propulsive, compelling, and captivating novels in recent memory."

The novel revolves around a girl who foolishly bargains with an immoral god to live forever—with the price of being forgotten by everyone she meets. Schawb takes readers through a transcending journey in Addie's unyielding fight to be more than just an inkling in the foggy archives of someone's mind. Her storytelling style stirs sentimental emotions once latent in young and old audiences.

Readers have enjoyed this book to a great degree. Some favorite parts of this story include Addie's character growth as well as her very humane depiction—not altruistic, yet frighteningly relatable.

If you enjoy a vicarious book with layered characters and well-spun themes, then it is highly recommend that you take a look.



# Amity In The Fight For Human Rights

Phoenix Post Contributor Doris Wang



Concordia Dressember Participants

"We hope to inspire students in our community to advocate and raise awareness for those who don't have the voice to call for help and to fight until all are free."

Dressember week will also take place this year during November, where homeroom activities will educate the Concordia high school community on the details of human trafficking and modern-day slavery, as well as how Dressember battles these issues. "We are hoping to see everyone actively participating in these activities," said Geo when asked what he looked forward to throughout this week of Amity-led homeroom events.



n the past few years, the Global Issues
Network at Concordia has expanded
and fostered the growth of new
groups of change-makers. In their freshmen
year, Doris, Joanna, Geo, Gayoung, and
Isabella brought the event Dressember to the
Concordia community. However, due to the
government restrictions and the limits set by
the school, they were unable to fully develop
the event itself and were limited in the number
of activities that could be done.

To overcome the challenges, this group decided to expand beyond just a singular event, and fought hard to establish their club. "We were expecting to be able to start recruiting students at the beginning of this new school year after getting approved by Mrs. Mendes over quarantine and summer break," Joanna said in disappointment. "What we didn't expect was to have to go through the approval again at the start of the school year due to the change in vice-principals and school policies."

Though the process was rough, now, in their junior year of high school, these five students created Amity, a student-led club that advocates for the protection of human rights. Other than host club meetings every other week and engaging in advocacy around the school community, Amity is currently planning a global human rights conference scheduled for June this year. The topic for 2020 will be "Racial Equality"; guest speakers and students from around the world will participate in workshops and key-note speeches to understand more about the human rights violations that are experienced by many around the world.

Until all are FREE.

17 The Phoenix – Post Getting into EDs!

# Getting into EDs!

Phoenix Post Contributor Sophie Zhou

As college application season is rolling around and the first round of Early Decision, Early Action, and University of California schools are now completed, many seniors are receiving their first acceptance letters! Let's explore the journeys of three seniors who just recently received their acceptances!







#### John Zhi

John Zhi, a Senior at Concordia received his acceptance letter to Loyola Marymount University on November 26th, 2020. "I was in my A block class and I opened a "Status Update", confused as results weren't supposed to come until six days later," John recalls with a smile, "Afterwards, I wanted to jump around like a dog chasing a butterfly!"

Now that he has been accepted by his Early Decision school, John believes that he is still motivated to continue to finish the school year strong: "I want to make the most of my senior year and at the same time prepare myself for the future." Congratulations, John!

#### Katia Borg

Katia Borg, a Senior at Concordia, received her Early Decision acceptance letter for the University of Minnesota Duluth on November 23rd, 2020. Her immediate reaction was to cry; "happy tears, of course". She then had the urge to call her mother, explaining that "even with a geographical barrier between us, she has always been and always will be my biggest supporter and my main motivator to do and be better."

When asked about how motivated she feels to push through the rest of the school year, she answered: "Fake answer: Yes. Honest answer: No,"—a relatable statement for all seniors. Just like John, she wishes to "cherish every moment I have left here in Shanghai because my plans for the future are now set in stone." Congratulations, Katia!

#### Aiyan Lanker

Aiyan Lanker, a senior at Concordia, received her acceptance letters to three schools: Aquinas College, Albion College, and the University of Portland. Surprisingly, she found out about her acceptance letters during AP Environmental Science when "checking my junk mail and notic[ing] emails from these colleges. I clicked on them, and they ended up being my acceptances!"

Being reassured that she is now already in college, Aiyan has found more time for herself, outside of school. However, Aiyan is still not done with submissions! When asked about her future plans, Aiyan states that she will "submit an application for Albion's honour college and then two applications for universities in New Zealand." Congratulations, Aiyan!

One year after the initial breakout, here's a look back at how some Chinese citizens have responded to the coronavirus with kindness and courage.

Phoenix Post Contributor Katherine Da

n a viral interview online in February, a reporter approached an old man setting up his stand on the street (he was wearing a mask) and asked, "there's a virus going around, why are you still going to work?" He chuckled bitterly, "if I get the virus, I have a 2 percent chance of dying. But if I don't go to work today, I have a 100 percent chance of dying."

Oftentimes, complaining about life is in itself a luxury, as most of the country struggled to simply live amidst the COVID breakout. Many doctors, nurses, and scientists suddenly found themselves toiling long hours in dangerous environments and thousands of shopkeepers, restaurant owners, and startup CEOs had to fight to remain in business. Like Wuhan author Fangfang once said, "a speck of dust from history, when placed on a human, becomes a mountain."

The past few months seem to highlight three truths in life: we're all born, we all live a life filled with challenges, and we all die. The last part is difficult to accept, but perhaps celebrating how we rise above challenges is a positive and affirming way to deal with our sorrow for those who have unfortunately passed away from the epidemic. Sharing stories about average citizens who chose to help others despite their own difficulties shows us much more than the tragedies—it shows us how our country has held together.

# **Chinese Farmers:**

### Making a Difference on Bundle of Bananas At A Time

Phoenix Post Contributor Katherine Da

A video on Tiktok went viral in February that showed Yunnan farmers carrying 22 tons of bananas on motorcycles and sending them to Wuhan. This village is located far from major cities and close to mountain ranges, so 47 out of its 93 families are in poverty. Bananas are their only means of making a living. But ever since hearing about the shortage of fruits in Wuhan, the villagers decided to donate most of it. "If there is anything else we can do, please let us know," one of them said in the video.

To many people, relief efforts are synonymous with large donations or government-backed initiatives. But that's hardly the full picture. And in the context of COVID, it discounts the agency of the thousands of ordinary citizens who made China's effective containment possible. One of these groups of kind individuals who often get ignored is farmers.

A similar story comes from the Marriot hotel in Beijing, where the medical team was staying at. One afternoon, Mr.Qin pulled up in a three-wheeled truck with 24 baskets of vegetables. "I heard that the doctors are staying here, so I wanted to give this to them," he said in an interview. He had driven 40 kilometers from his farm. In the video, his face and hands were bright red from the cold, yet he insisted on not taking any money. "These are the freshest vegetables! I only have this much," he said with a smile before leaving.

Their efforts, along with that of numerous other farmers and average citizens during this time have been pivotal in upholding a sense of community during tough containment rules. While we might not think they're giving a lot, it is a huge amount for them. A few of these stories have been largely shared online and inspired acts of kindness from many others.

As we celebrate the successful ends of the virus in China, it is important to remember that we were not simply saved by the government's policies, but from the collective efforts of service and cooperation from Chinese citizens as well.



mp.weixin.aa.com



mp.weixin.qq.com

"These are the freshest vegetables! I only have this much," he said with a smile before leaving.

# Their Sacrifice & Love

## How COVID prompted huge improvement in Chinese doctor-patient relationships

Phoenix Post Contributor Katherine Da

On December 24 last year, doctor Yang was murdered by the son of her patient because he was unsatisfied with the hospital's treatment for his

This incident once again heightened tensions between doctors and patients in China, where patients have long feared doctors who prioritize personal gains, and doctors often complain that patients are difficult to take care of emotionally. However, just a few weeks later, there was a significant change in this relationship as thousands of medical personnel were mobilized to fight COVID. During the holiday season when families come together, many doctors volunteered to go to Wuhan, working long hour shifts with some even sacrificing their lives.

At Hongshan Fangcang Hospital, medical staff distributed Chinese medicine, masks, fruits, and milk every day, along with warm clothes, slippers, and other daily necessities. At the Jiangan FangCang Hospital, medical staff celebrated the birthday of all patients born in February. At the Wuhan Fangcang hospital, nurses led the patients in dances; a video of them having fun gained 2.8 million views on Weibo, with popular comments complimenting the doctors' behavior as "cute" and "positive".

Every day, new interviews, photos, and stories like these make it to the trending headlines. One that perhaps best describes the daily struggles of these medical personals is the popular documentary "I Am a Healer.'





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"My mom was very disappointed at first. She said she prepared all my favorite meals and organized my room as she waited for me to come home," -Li QuiPin

One segment of it revolved around a nurse called Li QuiPin, who had been one of the first to volunteer to go to the frontlines. She ended up being assigned to Beijing to take care of the daily routines and emotional wellbeing of patients.

As the number of infections steadily increased with time, she soon realized that it was impossible for her to visit her family this holiday. "My mom was very disappointed at first. She said she prepared all my favorite meals and organized my room as she waited for me to come home," Li shared with a sad smile.

But she did not let this affect her work. Once, when an especially uncooperative patient came in, Li made an effort to chat and go over the menu with her every day to make her feel more comfortable at the hospital. "The patient is in more pain than you," she says, "if you express your unhappiness, it might influence them as well.'

This documentary and many other stories of people like Li have redefined the image of Chinese doctors as caring, compassionate individuals who deserve respect. The face representing this movement for more understanding between doctors and patients is a nurse whose face is blemished by marks from wearing a mask for too long.

While it is hard to predict how long this improvement in doctor-patient relationships could last, it is worthwhile to remember the contributions of these medical personnel.

