



# TANGO

EXTRA

*Dancing with Words*

Senri & Osaka International Schools of Kwansei Gakuin

TANGO: Dancing with Words

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## *As COVID-19 Pandemic Continues, SOIS Learns to Adapt*

*by Tyus Sheriff*

Following Prime Minister Shinzo Abe's announcement on February 27 to close all schools across Japan, SOIS moved to a remote learning system. Governments across the world have taken similar actions in order to collectively curtail the spread of the novel coronavirus disease (COVID-19). In an email to all OIS students and families, Head of School Mr. Myles Jackson explained that attendance would be taken via Google Forms every morning and that classes could be conducted through video communication application Zoom, Google Classroom, Chats, and other associated G Suite applications.

Online learning officially commenced the following Monday, March 2, and continued through the end of winter and the beginning of spring trimester. Though the SIS high school graduation ceremony on February 29 continued as scheduled, slight alterations and adjustments were made, and, according to a statement made by the school, "all out of school activities, sports events and trips are to be postponed or cancelled." This led to the cancellation of the annual MUN conference, spring trips, and WJAA and AISA sports events. Academically, COVID-19 also caused the cancellation of IB exams for seniors enrolled in the IB Diploma Programme. Additionally, important university entrance examinations such as the SAT and ACT have also been cancelled until August.

Commenting on the school's response to COVID-19, Minami Matsushima (OIS 11) stated: "I am glad that the school took necessary measures relatively quickly and we were able to transition rather smoothly to virtual classes." She expresses a sentiment shared by many students, stating, "I genuinely want to go back to school and I miss everyone." Minami and her friends have taken some creative steps like forming a virtual group call to eat lunch together. "On a more serious note," she reflects, "it may also be challenging for us G11 students to navigate the college application process next year given uncertainty about SAT and ACT test dates, as well as IB mock exams." She hopes the pandemic will come under control and to return to school as soon as it is safe to do so.

Online classes have taken various different forms. Some teachers prefer video calls, in which students talk to others real-time through a live video feed. Others prefer to assign coursework to be completed over each class period. Kikka Okuda (SIS 12) says that "While I prefer to learn in classrooms because I have more personal access to teachers, the technological groundwork at SOIS has led to a pretty smooth transition into online learning. So, I think everyone's doing their best considering the circumstances."

As a teacher, Ms. Allana Rumble comments, "I am working very, very, hard to do the best I can in an unprecedented for our time situation. I know my students are as well and I think having this mutual empathy between students and teachers that we are invested in moving forward together is the key to success in building a new system." Certain extracurricular pursuits are also continuing online, including a virtual Rainbow Week celebration for LGBTQ+ awareness and tutors offering online sessions.

Some have commented that the switch to online learning could bring some benefits to SOIS, as it encourages teachers to integrate technology into their classrooms. "Certain teachers have never used Google Chats or Classroom before," commented Kevin Jang (OIS 12), "So, this might be a good chance to incorporate technology into classes." Ms. Rumble also sees this as a chance for change: "I think we need to utilize the current conditions as an opportunity to rethink how we can evolve the concept of a "school" to incorporate greater autonomy and flexibility for both students and teachers..."

There are many advantages to working from home with benefits to increased productivity and personal freedom... I hope we can create a better future together." Ms. Rumble's G12 IB Biology class, for example, used time otherwise devoted to preparing for final exams to develop real-world solutions to mitigate the effects of the coronavirus. Projects included reaching out to grocery stores to implement social distancing measures or publishing infographics regarding symptoms of COVID-19 in newspapers and other publications.

Homeroom teachers and the SOIS counseling office have also noted, however, that sitting in front of the laptop all day is unhealthy. The school recommends taking an occasional break from the screen to pursue activities such as exercise or reading, as long as it is mostly contained to the student's home.

After the April 16 state of emergency decree, Prime Minister Abe lifted the emergency across Japan on May 25. Schools and universities may gradually reopen in the coming weeks. In South Korea, schools reopened on May 20 for high school seniors to begin taking classes on campus. AISA member schools Seoul International School and Korea International School held in-person graduation ceremonies on May 22 with social distancing measures in place.

For some seniors, uncertainty about their universities opening in the fall adds yet another factor to consider in the upcoming months. Kevin Jang, who is matriculating at a university in the United States this fall, is worried about "time zone difference" between Japan and the U.S. in the case of online classes and obtaining a student visa if classes are held on campus. Some students are opting to take a "gap year" between graduating high school and starting at university for a variety of reasons, including the prospect of an online or heavily regulated fall semester. Riki Sampson (OIS 12) had already chosen to postpone matriculation at his university and take a gap year before the coronavirus pandemic affected schools; his intention for this upcoming year is to "age into" his university's graduating class, "obtain a drivers license, part-time job, and possibly experience another gap-year activity". He says, "The coronavirus made me glad that I decided to take [a gap year]".

In late May, the administration released a plan for the next stages of learning to all parents. The document outlines a gradual reopening of classrooms for all KA, KB, and OIS elementary students to take place starting June 3. All other grade levels at SOIS will be continuing distance learning until the end of summer break. In a message in the *OIS Learner newsletter*, Mr. Jackson commented on the pandemic and its effect on continued distance learning: "I feel for all our SOIS students who are being so patient as we go through this challenge. We know it is difficult. We are all learning about what it really takes to protect our community, particularly the elderly and vulnerable."



# Covid Infodemic

by Minami Matsushima

The viral nature of misinformation and disinformation surrounding the current COVID-19 outbreak is just as alarming as the spread of coronavirus itself. In the words of Dr. Tedros Adhanom Ghebreyesus, Director-General of the World Health Organisation (WHO) from a conference at Munich earlier this year, “We’re not just fighting an epidemic; we’re fighting an infodemic” that impedes effective public health response, leading to fear and distrust during a time in which solidarity among the international community is crucial. We hear the adjective ‘unprecedented’ being used again and again to describe the global crisis that we’ve all abruptly been plunged into, but part of what makes the current situation so unparalleled is the propensity for fake news, conspiracy theories, and pseudoscientific claims to disseminate during this digital age.

Most recently (keep in mind I wrote this in late April so I haven’t updated it with all the new dumb things he’s said since then), President Trump suggested injecting disinfectant as a potential cure for the novel coronavirus at a White House press briefing held on April 23, 2020. When there’s a fringe group of people who legitimately (and falsely) believe in branding chlorine dioxide as a Miracle Mineral Solution (MMS) and promoting it as a cure for autism, HIV, cancer, COVID-19, and much more, this kind of statement from the POTUS will only serve as an impetus for the proliferation of such toxic pseudoscientific cures. In fact, poison control centers in multiple states reported a spike in calls specifically pertaining to this comment within hours of the press conference. In the same conference, Trump said “I’m not a doctor. But I’m like a person that has a good you know what.” Weird flex, and also like definitely not okay, dude.

It goes without saying that chlorine dioxide/MMS is ineffective; just last year the FDA released reports (again) warning consumers about its harmful effects, equating it to literally drinking bleach. Kerri Rivera and other disciples of the Genesis II church responsible for this “miracle cure” flourish on the app Telegram (described as a safe haven for terrorist, Neo-nazi, and fascist hate groups), as its CEO’s go-to move when escaping criticism is citing freedom of speech. Classy. Rivera has reportedly encouraged advocates of MMS to drink chlorine dioxide from a bottle, spray it into their mouth/nasal passages throughout the day, or to even load it into a humidifier device to inhale it via droplets to cure COVID-19. It gets better y’all. If you still get sick after all that good ol’ bleach she advises you to go “HYPER MODE” which is when you combine all three aforementioned methods. You know, just in case you needed to reinforce your stupidity three times. Trust me, the next time you see me just casually sipping on my Lysol quarantini and loading my humidifier with bleach to replicate the ambience of a WWI trench under chlorine gas attack, it’s probably because I’ve decided that I don’t want to make it out alive.

Nonetheless, much like the virus, none of us is immune to this tidal wave of fake news flooding the internet and media. The first piece of misinformation recorded by EUvsDisinfo was Russia’s *Sputnik* News claiming that the virus was a bioweapon created by NATO, a part of the Pentagon’s evil scheme to tyrannize the world in the name of American hegemony. Alternatively, another popular theory is that Event 201 (a pandemic preparedness exercise) hosted by John Hopkins Center for Health Security in partnership with the Bill and Melinda Gates Foundation and World Economic Forum last October allowed the world’s elites — led by Bill Gates — to engineer the outbreak, capitalizing off the pandemic. Or that 5G technology is responsible for coronavirus, through suppressing the immune system and increasing susceptibility to infection, or somehow transmitting the virus itself. Other false claims that I’ve personally been exposed to include but are not limited to:

- ‘Satellite images’ of sulfur dioxide levels pointing to mass cremations in Wuhan
- A non-existent ‘Department of Diseasology Parramatta’ spreading misinformation about coronavirus contaminating popular Asian foods/products in Australia
- “The Pope has COVID-19, wake up sheeple!” (...Need I say more?)

The incidents in multiple European countries of people committing arson attacks on 5G phone masts, people sending death threats to the vlogger featured in the ‘bat

soup video’ (which was taken three years ago in Palau) that’s supposedly responsible for the outbreak, and Bill Gates becoming a target for right-wing protesters calling the coronavirus a ‘hoax’ all epitomize how the propagation of these theories pose a serious threat to society. Hate crimes against Asians, fueled by anti-Asian racism and xenophobic sentiments started appearing on social media shortly after the confirmation of the coronavirus. It’s sadly becoming apparent that a concerning number of people have probably been living with the assumption that all Asians are Chinese (just...how...?), and that this climate of public racism is somehow now magically acceptable because of a virus. Personally, it’s terrifying to see videos of Asians getting physically and verbally abused, unfairly discriminated against, and targeted by violent attacks and hate speech as a result of human stupidity.

However, Asians aren’t the only group suffering from racial justice issues during this pandemic; according to data from the Centers for Disease Control, approximately 1/3 of all nationwide infections and deaths in the U.S. are black Americans despite only representing roughly 13% of the actual population. The disproportionately high rates of African-American deaths being reported to us is a reflection of the systematic disinvestment and neglect their communities have been suffering from for decades. From the beginning of this outbreak, there have been rumors that ‘black people can’t get coronavirus’ verified by completely fake scientific claims like “Chinese doctors have confirmed that he remained alive because he has black skin, [and] the antibodies of a black are 3 times strong, powerful, and resistant as that of a white!!!” Although this poses a practical threat, there’s also the issue of misinformation planting distrust among communities, especially when some African-Americans are already wary of health officials due to historical cases in which they were exploited by public health services like the Tuskegee syphilis experiment. Faith in healthcare systems and providers is essential now more than ever before, and misinformation poses a serious threat.

Health officials and organizations are often targeted or subverted by misinformation campaigns and conspiracy theories during times of crisis. We’ve seen this pattern play out multiple times throughout the course of history, during the Zika, Ebola, and AIDS outbreaks in contemporary times, and earlier examples like the 1854 Broad Street cholera outbreak and the Black Death in the early 14th century. Distrust in experts and public health officials is dangerous, especially as people may become more prone to ignoring official recommendations. People are disseminating headlines and posts rife with conspiracy theories about Dr. Anthony Fauci (the director of the National Institute of Allergy and Infectious Diseases) and Dr. Deborah Birx (expert specializing in vaccine research and global health) creating the coronavirus and exaggerating the risks of COVID-19, for financial gain and as part of their elaborate plan to “destroy the economy” and affect the November presidential elections. In Canada, we see Conservative MP Derek Sloan making a public suggestion that Dr. Theresa Tam (Chief Public Health Officer of Canada and head of the Public Health Agency of Canada) “works for China”. While Trump retweets #FireFauci and Cuccinelli retweets posts referring to the WHO as ‘Chinese propaganda’ we must all make individual efforts to seek out and follow recommendations and information from our medical experts.

Yet we still see ‘covidiot’ completely disregarding warnings and urgent calls for measures against the spread of coronavirus. Whether it be young people ignoring requests to social distance on the grounds that, “only old people get corona” (because you know, Miss Rona be a Boomer Remover), those who see strict lockdown policies as a “threat to democracy”, or people partying on beaches because “exposing yourself to the sun and/or high temperatures prevents COVID-19”, these individuals refusing to comply with restrictions jeopardizes the healthcare system of the whole community. Thankfully, this “if I get corona, I get corona” mentality is becoming less common as the pandemic escalates, and more people are becoming aware of the severe implications their selfish actions have on society. It’s key that we all recognize this issue as one in which our individual decisions have the potential to lead to positive or negative effects.

Besides these practical risks, misinformation threatens the more abstract core values of our society as well. Misinformation undermines trust and sows social discord. During a period in which cooperation and unity will be the determining factor in our transition from hysteria caused by herd mentality to successful herd immunity, faith in our leaders and a sense of community will play a pivotal role in containing this virus outbreak.

"Covid Infodemic" continued from page 2.

Although there is honestly nothing desirable about the current situation, as a self-proclaimed optimistic realist, I'm hoping that the surge in internet usage during this pandemic will revolutionize the way in which people interact with digital media and lead to technological innovations for future crises. This issue isn't just limited to misinformation. Phishing scams, ransomware attacks on hospitals and medical suppliers, and all kinds of cybercrime are occurring at an increased rate, with a significant percentage of the global population now working and studying remotely. However, it's in times like these that we need to remember that every cloud has a silver lining.

These unforeseen circumstances have led to increases in preventative measures being taken, from raising awareness about cybercrime targeting children, to organizations like WHO and the UN promising to step up their "communications efforts to make sure people have the best, most credible information and also inspiration from examples of global cooperation and viral acts of humanity." We see some of the world's largest tech companies like Facebook, Google, Microsoft, and Twitter coming together to strengthen their policies to combat misinformation, collaborating with government and health agencies to make sure accurate information is being delivered to the global community. Researchers, professors, and students from all over the world are working towards making their own contribution during these difficult times, like the 'CoronaCheck', a computational fact verification program developed by Immanuel Trummer, assistant professor of computer science at Cornell University. Although these systems are all still admittedly far from perfect, they provide a reassuring sense of solidarity during times in which we must all support and care for one another.

In times of uncertainty and misinformation, we are all under a positive obligation to harness the power of technology responsibly as digital citizens to create connections, not conflicts. Please don't go around burning down phone towers, chugging Clorox, and hoarding toilet paper and flour, but please play your part in putting an end to the plethora of misinformation circulating amidst the current pandemic and continue ignoring our favorite internet troll (whose side hustle also happens to be being the president of the world's greatest economy.) Let's all lead by example as citizens when some of our world leaders fail to do so. Ignorance isn't — and never will be — an excuse. Stay informed, stay safe, and let's all emerge together from this pandemic stronger than ever before.

(If you need any help detecting misinformation, there's a longer version of this article and a list of reliable sources with information of the coronavirus that I've been compiling, so please don't hesitate to contact me at any time :)

## Coping with Anxiety

by Hana Manfred and Miu Watase

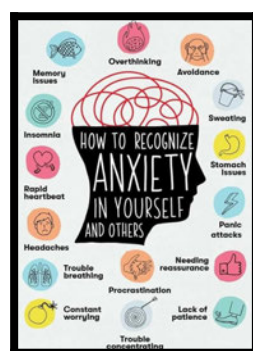
Have you ever felt like a big storm cloud is looming over you, eating up your contented thoughts, leaving you with stress? Chances are, it was probably anxiety. Anything from feeling nervous before taking a test, meeting new people, social media, to feeling pressured from cultural expectations, are all examples of anxiety. Anxiety is a topic that is not spoken about all the time, even though many people struggle with it everyday. In this article, we want to inform readers how to get through these daily struggles.

So, what exactly is anxiety?

We all contain chemicals called cortisol in our bodies. Cortisol has good effects on our bodies, such as controlling our blood sugar levels and metabolism, but cortisol is also a stress hormone. Effects of excessive amounts of cortisol include; blood vessels to narrow, heartbeat to increase, and muscles to tense up, without our control, when cortisol stays high for long periods of time. Anxiety plays into this because stress is a trigger for cortisol to emerge in excessive amounts, causing these physical and mental states to occur.

What is the difference between stress and anxiety?

Anxiety is simply a build up of stress or overthinking. In our society, there are so many expectations we have to meet for ourselves, our parents, our teachers, and people in general. These expectations push us inside molds of our own and other's expectations, causing stress to build up inside.



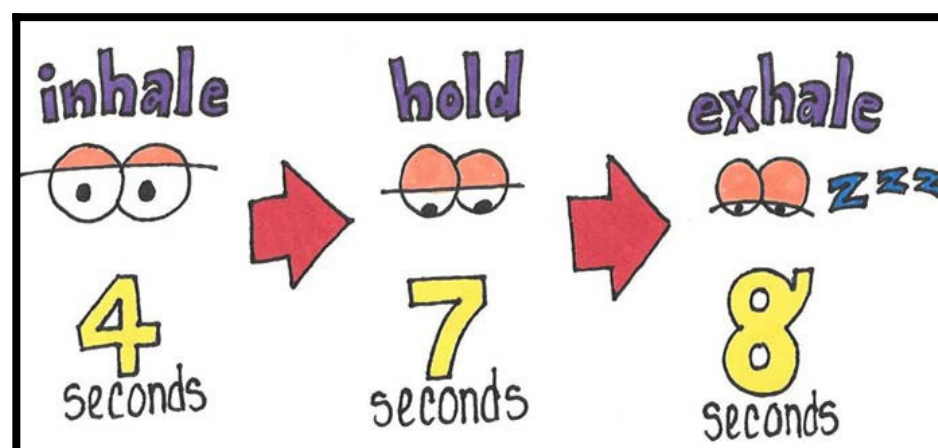
("Anxiety Disorder")

Mindfulness:

After interviewing Mrs. Vogel we gained information on different ways to release stress, despite the situation. She explained how one of the main ways to reduce anxiety effectively, is through mindfulness. Mindfulness is something everybody can do, even when we are not feeling anxious. It is an ability to fully present ourselves in where we are and what we are doing, to forget about the rest of the world. It is a type of meditation that involves diverting your attention to parts of the body and mind. Mindfulness can be done while standing in the lunch line, sitting in bed, listening to music, and even while reading this article! Down below, is a tutorial on mindfulness breathing for anyone interested!

### 4-7-8 Breathing

This mindful breathing technique increases positive thinking, helps you fall asleep and decreases anxiety! This breathing exercise only takes 5 simple steps, so let's try it!



("4-7-8 Breathing Technique - Bring the Body into a State of Deep Relaxation.")

- Step 1- Close your eyes (optional), then get into a comfortable sitting or standing position
- Step 2- Breath in slowly through your nose for 4 seconds
- Step 3- Hold the inhaled breath for 7 seconds
- Step 4- Exhale through your mouth, slowly with pressure, for 8 seconds
- Step 5- Repeat however many times you wish (at least 3 times is suggested)

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# Toxic Masculinity Is a Threat to Everyone

by Minami Matsushima

Over the past few decades our world has witnessed a rise in social equality in many different forms, whether it be feminism, LGBTQ+ activism, or the Black Lives Matter movement. However, these sentiments are unfortunately not ones always held by all in society. Of the many global issues that still plague our world today, the manifestations of toxic and hegemonic masculinity in the U.S. and Japan and the dangers they pose to men, women, and society as a whole is an area I've been interested in for a while now.

Although I recognize that both Japan and the U.S. suffer from the negative societal effects of hegemonic masculinity, there are differences in how these social constructs appeared in each society. In the U.S., gender identity is connected to race and national identity while these factors do not play as significant a role in Japanese society. A study from 2017 published in *Psychology of Women Quarterly* found that most participants (both male and female) explicitly rated masculinity as being more important to being American, and masculine traits as 'more American' than feminine traits. In the same study, the subjects were asked to come up with five "exemplary Americans" and on average, they chose seven times as many men as they did women. The authors of the study also concluded that the dominant ethnic groups (Caucasian Americans) were most associated with American national identity in comparison to other ethnic groups, and that men who identified with masculine traits also strongly identified with being American. It seems as though while gender equality issues in Japan are still mainly the products of the conservative patriarchal social structure that was historically considered the status quo, the issue is undergoing transformation in the U.S. The focus is now shifting towards the backlash movements for social equality are facing from men who feel as though their personal identities are being threatened by this shift.

In 2018, the American Psychological Association (APA) published its first "Guidelines for Psychological Practice with Boys and Men", recognizing that despite psychology being a traditionally androcentric field studying and treating white heterosexual males, the harmful psychological effects of traditional masculinity aren't addressed often enough. Robert F. Levant EdD, former president of the APA when the drafting process for these guidelines first started in 2005, states that "though men benefit from patriarchy, they are also impinged upon by patriarchy". "Anti-femininity, achievement, eschewal of the appearance of weakness, and adventure, risk, and violence" are some aspects of traditional masculinity ideology highlighted in the guidelines. You know, the "bro, that's SO gay" and "no homo, dude" energy.

When facing traumatic and stressful life events, men often find themselves ill-equipped in comparison to women to deal with them as a result of trying to meet the traditionally masculine ideals of being stoic and lacking emotional sensitivity, leading to negative psychosocial effects. Studies have repeatedly supported the idea that adult men are less willing and likely to seek mental health services due to socialization teaching boys to conform to masculine norms such as 'emotional control' and 'self-reliance' from a young age. Men often engage in crime and high-risk behavior such as alcohol addiction, drug abuse, suicide, aggressive posturing, and homophobia when their masculinity is threatened. To make matters worse, strict and complete adherence to these masculine qualities is impossible and unattainable; while men attempt to hide their stereotypically 'feminine' weaknesses from society, this puts them at risk for extreme distress and jeopardizes their mental health. Yet, they are unable to seek help, fueling a vicious circle that imprison men within the constraints of toxic masculinity.

When thinking of social issues in the U.S., one of the first ones that comes to mind for me is gun violence and mass shootings. Interestingly enough, this is another area which seems to be sustained by a culture of aggressive and violent masculinity. I believe guns being a symbol for manhood and masculine status, especially in countries like the U.S. with a powerful military proud to be serving its nation through defending and protecting it from foreign threats (traditionally masculine role) definitely has a factor in the disproportionately high numbers of male mass shooters in comparison to females. When examining 176 mass shootings (defined in this article as more than four people being killed by one or two shooters) from 1966 to 2020, out of the 183 shooters, only 4 were female<sup>1</sup>. In addition, 75% of school shooters over the past few decades reported having felt bullied or harassed by other students, and experienced interpersonal rejection and unfair treatment. Adherence to stereotypically masculine ideals,

in this case, harnessing a masculine symbol by displaying a gun, and retaliating aggressively against those in society that threatened their masculine identities is deeply interconnected in a society that equates masculinity with violence and aggression, and socializes boys to express their frustration in overly physical and "risky" manners.

So far the primary focus has been the negative effects on men, but hegemonic masculinity is a double-edged sword. As we see the political landscape shifting in favor of social equality in the U.S. there seems to be a disturbing number of cases of backlash from men —especially middle-class, Caucasian males. This can be interpreted as their response to viewing the upcoming of previously subservient social classes as a threat to their historically uncontested framework of masculinity. "Feminazis have infiltrated institutions, and there's been a transfer of rights from guys to girls." This belief stands at the core of Attorney Roy Den Hollander's legal war against feminism, masquerading under the title of "men's rights activism (MRA)". Hollander is an extremely interesting individual to just read about in your free time by the way, you can just *feel* the overly white, unnecessarily "straight", and anti-female energy radiating from the garbage he uploads...(Please expect an upcoming article from me in the near future about just how crazy this man is, one paragraph does not do justice in portraying his insanity.) Unfortunately, he is not alone in hosting these kinds of beliefs in modern society. The rise of the internet has given a platform for controversial MRA communities to thrive, even leading to the coining of the term "manosphere". The "manosphere" is described as a "loose online network [...] comprised of pickup artists, men's rights activists, anti-feminists, and fringe groups [...] reinforces a misogynistic ontology which paints feminism as a man-hating movement which victimizes men and boys" by Alice Marwick, PhD, in her article "Drinking male tears: language, the manosphere, and networked harassment" in the journal *Feminist Media Studies*. Yes, these are the kind of things I read for fun instead of doing schoolwork. I don't need your judgement. A prime example would be the infamous Red Pill subreddit. I would severely advise against even visiting the subreddit because some of the men (and believe it or not, there are sometimes women on the platform as well) make me sick with their "world views".

Many people — including myself — probably encountered the word "manosphere" for the first time in 2014, when reports of the Isla Vista killings (where 22-year old Elliot Rodger killed six and wounded fourteen others) were circulating. In the concluding lines of his 'manifesto', Rodger justifies his imminent actions writing "all of those beautiful girls I've desired so much in my life, but can never have because they despise and loathe me, I will destroy [...] I will kill them all and make them suffer, just as they have made me suffer. It is only fair". (His 137 page manifesto reads like an awfully written book and can be best described as a diary of a spoiled, entitled, male supremacist, who ended up going on a killing spree because of his anger at the "female gender for denying [him] sex and love." Disturbing. Especially at three in the morning. Not like I would know.) Anyways, although it would be a hasty generalization and incorrect to assume that the "manosphere" was the only contributing factor to the killing spree, his supposed 'justifications' behind his massacre, though extreme, is an example of the toxic misogynistic sentiments being propagated within these online communities.

Yet, these beliefs aren't restrained to individuals within the "manosphere." One of the biggest issues that arise from toxic masculinity is sexual violence and gender-based violence (GBV). Sexual aggression is a serious issue faced by women in the U.S., and the National Intimate Partner and Sexual Violence Survey reported in 2011 that 20% of women in the U.S. have experienced rape victimization, and that over half of rape survivors were victimized by a current or former partner. Multiple studies have also supported the idea that men who internalize traits associated with hegemonic masculinity tend to perpetrate sexual aggression against females more often. In addition, these social constructs make it less likely for males to report incidences in which they were assaulted, as how can they still be considered as a "real man" in society if they were being beaten up by a female? Although this issue is receiving more coverage in the U.S. recently, in Japan it still remains an issue that receives little attention. In Japan, the vast majority of rape and sexual harassment cases go unreported, especially because there are still multiple unnecessary social and legal barriers and procedures that make it difficult for Japanese women to report these crimes to the police. GBV is also a timely issue to examine right now as we see rates of GBV increase in times of disaster and recession.

<sup>1</sup>Berkowitz, Bonnie, and Chris Alcantara. "More than 50 Years of U.S. Mass Shootings: The Victims, Sites, Killers and Weapons." *The Washington Post*, WP Company, 15 Mar. 2020,

"Toxic Masculinity Is a Threat to Everyone" continued from page 4

When I interviewed Rika Morioka, PhD, last month, she elaborated on her theory about how males in societies that value hegemonic masculinity have their male identities threatened as a result of not being able to guarantee economic success and fulfil their role in society as the breadwinner. She expressed that this has been a trend from the 2011 Tsunami and Fukushima Daiichi Disaster, and we see this happening today during the COVID-19 pandemic. In a recent editorial published in the *British Medical Journal*, it was reported that between there was a tripling of domestic violence cases in the Hubei province of China in February of 2020 compared to February 2019, and estimates were given that 90% were related to the onset of the COVID-19 epidemic. This is also seen in the UK, where deaths from domestic abuse in the roughly three weeks between March 23rd and April 12th this year had doubled compared with the average rate in the previous decade. (I have too many resources on this — enough to write another 2000 word article if I could but I don't have the time — so please contact me if you want to chat or take a closer look at this issue.) With heightened emotional stress, as well as their masculine identities being constantly threatened in a capitalist society, there is a hidden pandemic of GBV that is spreading along with the virus in the current climate.

As a society, we must recognize that the social roles designated for men by these traditional and outdated masculine ideals are incorrectly assumed to be biological and social givens, instead of the social constructs they actually are. We must move away from toxic masculinity towards transformative masculinity, and a society in which we can all coexist peacefully as equals, without being unfairly judged based on the gender we are assigned at birth. We have reached a point in our fight for gender equality where we can recognize that the empowerment of women does not mean disenfranchisement for men; rather, we must recognize toxic masculinity as a threat to everyone in society, to men, women, and the greater community as well. Call me a "feminazi" or whatever you want to, but I'm going to keep on reading, speaking, and writing about these issues so... maybe don't talk to me if you're a sexist, homophobic, white supremacist? Y'all can always expect more articles from me on this topic though, and you're more than welcome to start educating yourselves :) Thanks.

## ***Maintaining Mental Health During Quarantine***

***by Tanishka Murthy***

I'm sure some of us are still trying to wrap our heads around everything that has happened in the past few months. A great start to 2020 huh?

A lot has happened from distance learning, to cancelling school events, from not being able to interact with friends, to literally being at home during your birthday (That's just me, but I know a lot of people had a quarantine birthday as well. Haha).

Our priority definitely needs to be our health, therefore we were advised to wear masks wherever we go, wash our hands no matter what, and keep distance from other people.

However, there is one thing that is not too easy to spot, but is still a very important part of maintaining good health. Yes, I'm talking about our mental health.

It's easy to see if we have a fever, a headache, or any other kinds of unusual symptoms, but mental health is a bit more complicated. For those who aren't familiar with the term, the definition of mental health is "a person's condition with regard to their psychological and emotional well-being". Although it differs from person to person, it's easy to damage your mental health when you are being forced to stay in an environment in which you feel restricted and isolated from others. It may start out as just feeling lonely, but then after a while it turns into feeling sad or stressed out all the time. Some people may feel like crying all the time because of that, and some may feel sudden anger because of it. As mentioned above, it differs from person to person and therefore it is impossible to say whether one feeling is more serious than others.

However, one thing that everyone experiencing problems with their mental health can do, is find a way to manage those feelings. Being apart from friends and not having regular activities makes that hard to do, but if we don't start trying to manage them now, it will only make things worse.

Here's a few things that may help.

### 1. Take a break from social media

We're all teenagers and we love spending time on Instagram or Snapchat or any form of social media for that matter. However, social media also makes you feel like you need validation from someone else, and it can also make you think you aren't doing enough. Let go of all the expectations, all the likes and all the stories, and just try to enjoy what's actually going on in your life. If you don't want to let go of it completely, just try to put your notifications off and keep your distance from it as much as possible. Trust me when I say this, it really does make a difference.

### 2. Write in a journal or a notebook

Now this is especially helpful if you feel like you can't figure out your emotions. If you feel confused and are struggling to understand what's going on inside you, start by writing them down in a notebook. The more you write, the more you'll feel like you've learnt to manage those emotions. Personally, I enjoy writing in my own notebook so much that it's the first thing I do in the morning. It's given me something to feel excited about and I'm sure it will be helpful to many people out there. (One piece of advice about this is that if you want to type it up on your phone, which I know some people prefer, that's alright as well, but it may be more relaxing to write on paper.)

### 3. Call a friend

During this quarantine, most of us haven't been able to interact with the people whom we used to spend every single day with. This causes us to feel lonely and isolated. I think a lot of people will agree when I say, some conversations just aren't the same on text. That's why I think it's important to take advantage of the technology around us and set aside some time to talk to our friends on the phone. Catch up on the things that are going on in each other's lives (although I think nothing much can really happen in this time), give or receive advice, and just enjoy the moment as much as you can. I know how grateful I am to have friends that check up on me once in a while and all I can say is we need our friends so much more than we realize.

***Don't let corona get you down. We're all in this together.***



Image source: Pew Research Center

<https://www.pewresearch.org/fact-tank/2015/08/17/for-teens-phone-calls-are-reserved-for-closer-relationships/>

## Service During Quarantine

by Rena Kawasaki

We sure do live in a crazy time right now, as I'm writing this article. When the world I has stopped because of a global pandemic it is incredibly hard to think about service and action or try to make a difference. Since I wanted to keep up to date with my service and action even during this pandemic, and to try to help as many people as I could during this stressful time, I decided to focus on service online.

In this article, I will introduce some service and action I did during quarantine to hopefully inspire and inform you about service and action opportunities that you can try today.

A recommended service opportunity of mine is an organization called VoiceBank. The Voicebank is an online voicebank where people can record their voice so it can be used for devices for people who are mute so they can have a voice that matches them. This is a simple but effective service opportunity where you can help a big group of people. All you have to do is record your voice on the website multiple times for your voice to be used and processed to be used for someone who needs it. I highly recommend you try this service when you urgently need service opportunities at home because it only takes a few minutes!

My service and action during quarantine started from an email from Mrs. Henbest informing me of a challenge by Earthx (which was holding an online convention for Earth Week) where they were accepting videos of pledges by youth about how they will save the planet. There was an online voting system and a judging system and selected films will be shown on the Earthx convention. I had no ideas and no equipment but I had a voice. I filmed a video in less than 5 minutes and entered it in the competition. Although I did not win any awards, I was second place in the online voting system which was great for me. Earthx is very passionate about giving youth a voice and they hold multiple campaigns and projects for youth. If you are looking for an online service opportunity you should definitely check them out. While I was on the Earthx website, I stumbled upon a project called Earthx Youth reporters. Because of COVID-19, the Earthx convention and events are being held online. I had the honor to be chosen as an Earthx Youth Reporter, to moderate a panel of inspirational youth climate activists over Zoom.

I got to moderate a group of activists from a youth organization called the Earth Guardians. The advocates said that youth should use this time to make connections globally and start new projects and use this time wisely. I was incredibly inspired by this panel to do more service and use this time to my advantage. Since everybody is quarantined, they will be using their devices to communicate online. I believe we all should use this time to make connections and connect with changemakers globally. Using these words I gained from the panelists, I decided to make global connections of my own. The director of the Earthx youth reporters told me that Earth Guardians (The group that I moderated) didn't have a chapter in Japan and recommended me to contact the Youth Director of the Earth Guardians to make a chapter in Japan. Although I hesitated for a few weeks, I finally decided to contact the Youth Director because I wanted other Japanese youth to have an equal opportunity and a voice on the global scene. The director responded and told me to fill out a form and before I knew it, with the massive help of Tanishka Murthy, the Earth Guardians Japan chapter was born. The Earth Guardians have chapters in 60 different countries and started from a Hawaiian high school that focused on environmental issues. The organization is entirely youth-led and encourages and gathers youth who want to make a change in their individual regions to make a change as a group. The Japan chapter currently (and will always be) looking for new members with high aspirations to be a part of the program. Joining this program will be an excellent service opportunity for anyone who needs it and if you are interested, please contact either me, Rena Kawasaki at my soismail account or Tanishka Murthy at hers to apply!

Overall, if you are looking for service or action I recommend that you contact anyone who might know opportunities, surf through different websites of organizations to see if there are projects for youth, contact people globally to start projects, search for websites of organizations who offer service opportunities online, or simply start locally by collecting trash in local parks. I hope this list of recommendations helps you with your search for service and I hope to see you on board for Earth Guardians Japan.



## あなたの特技を活かしませんか？ タンゴチームがお待ちしております

みなさんTANGOの一員になってみませんか？興味のあることをするだけで新聞づくりに貢献できますよ。

「えー英語できないー」って言うてるそこの君！日本語でも書けるって知ってた？？英語の記事だけではなく、日本語の記事を書いてくれる人も常に募集しています！一回だけ書いてみるのもよし！楽しかったら卒業するまでずっと書き続けるのもよし！柔軟性があって好きな時に好きなだけかけるので心配なし！

「文章書くの苦手ー」って言うてるそこの君！写真でも絵でも漫画でも読書感想文みたいなものでも、実はなにでもいいんですよ。記事を書いてくれる人だけではなくてクリエイティブにTANGOをより楽しい、面白いものに変えてくれるひとをたくさん募集してます。

English summary: In this appeal, **Tanishka Murthy** invites anyone interested in providing Japanese content to join the Tango team.



# Editorial by Tyus Sheriff, Tango Club President

“I can’t breathe.”

George Floyd’s last few words hold so much meaning. In a nation built on the backs of slave labor and systemic oppression, Floyd’s words — uttered as he was suffocated to death by a white police officer in Minneapolis — speak to the millions of Americans who have been neglected, disenfranchised, and repeatedly abused by institutions of discrimination and racism.

Six years ago, on July 17, these very same words were spoken by Eric Garner, an African American man who was killed after being put in a chokehold by a white police officer in New York City. The cop who killed Garner was neither arrested nor indicted. He continued to work for the police department until ultimately fired in August of last year — more than five years after the murder.

The similarities are striking, though, sadly, not at all surprising. After all, these aren’t isolated incidents of racism; these cops aren’t “bad apples” that we can brush aside and ignore. These murders are part of a much larger system, a system of institutional racism and violence against (most disproportionately) Black individuals. There is a reason why many believe nothing has changed since the Black Lives Matter movement was first founded in 2013 — it is because, even if we fire the overtly racist police officers and charge them with murder (something that doesn’t always happen in the first place), that is merely a temporary measure that does not solve the larger issue at hand. A fundamental structural reform of the police and criminal justice system must take place if we wish to see real change for African Americans.

These past few days, after the senseless murders of George Floyd, Ahmaud Arbery, and Breonna Taylor have been brought to light, my Instagram and Facebook feeds have been filled with classmates, friends, and fellow students vocalizing their thoughts about these tragedies. It has been inspiring to see so much support and activism for the Black Lives Matter movement from students who are otherwise silent or apolitical. Paragraphs upon paragraphs of genuine, sincere messages have appeared where there would otherwise be selfies and other “aesthetic” photos. It is important to use social media as a platform to speak out against injustices; yet, we should all remember that it is nowhere near enough.

A common way to show support for Black Lives Matter has been to post the hashtag, #BlackLivesMatter, to one’s Instagram story and tag five friends in the post. The idea is that these five friends will then post it on their stories, causing a “chain” of support for the movement. Another common way has been to repost photos, Tweets, or illustrations that demand justice for those individuals murdered. I myself have participated in a few of these trends. But the problem is just that: it is a trend. More and more, people have become vocal about the dangers of “performative activism” — the idea that people are reposting #BlackLivesMatter without truly caring about or even understanding the movement. The ills of performative activism are clear; it is nothing more than virtue signaling to show superficial support for a movement, thereby making participants feel that their contributions have been sufficient. This self-satisfaction can tank the movement because people may fail to do more than repost a hashtag that does all the thinking for them; they may feel as if they’ve “done their part” when there is still so much more to be done.

While we must acknowledge that standing in solidarity with the Black community is necessary and even reposting a hashtag can raise awareness for systemic oppression, any of these supposed “benefits” quickly evaporate if we do not turn our words into action. As someone who is half-white and half-Asian, I am still learning about how to be a better ally for the Black community. I am no expert — none of us are. Direct action means we must donate to groups that support the Black Lives Matter movement, sign petitions, advocate, and vote, but the very first step is learning and educating ourselves about white privilege and the “hidden” racism that manifests itself in everyday life. For those of us SOIS students who are not Black, we must acknowledge the difficult fact that we are part of the problem; even if we do not realize it, many of our actions and beliefs, directly or indirectly, perpetuate racism.



As students at an international private school, many of us have been afforded luxuries and privileges that millions of people will never attain (and often at the expense of these very people); we must now use our power and privilege to affect real change.

Many may wonder why they, as students living in Japan without any connection to the United States, should be the ones taking action. After all, isn’t this an American problem? But, as Doctor Martin Luther King, Jr. stated in his *Letter from Birmingham Jail*: “Injustice anywhere is a threat to justice everywhere.” As an international school with a global community — part of our mission statement — we should be the ones to realize that racism in the United States is fundamentally interrelated and enmeshed with marginalization abroad; police brutality is also prevalent in Hong Kong, the silencing of protests also occurs in China, and racism exists in every country, including Japan. This isn’t just “America’s problem”, though many of these issues are unique to African Americans; if we think of it as such, we are not only part of the problem, but we are the problem.

Having open conversations about race is uncomfortable. But we can no longer afford comfort when systemic racism kills. The uncomfortable truth is that racism exists at SOIS as well; the uncomfortable truth is that I’ve heard non-African American students use the “N-word” or crack a joke that subsists on the oppression of minority groups. And the most uncomfortable truth to me is that, often times, I haven’t had the courage to stand up and call out these individuals. Black Lives Matter is not a trend or a passing phase; it is a struggle that will exist until institutional racism is abolished. To get there, I need to do better. We all need to do better.

Looking for ways to help? Start here: <https://blacklivesmatters.carrd.co/>. If you have any questions or want to have an in-depth discussion about my editorial, email [202039@soismail.jp](mailto:202039@soismail.jp). is abolished. To get there, I need to do better. We all need to do better.

Looking for ways to help? Start here: <https://blacklivesmatters.carrd.co/>. If you have any questions or want to have an in-depth discussion about my editorial, email [202039@soismail.jp](mailto:202039@soismail.jp).





# The Influence of the Media

by Janet Jones

Recently the world around us has been going through upheaval. The Black Live Matter movement is protesting and calling for change in countries all around the world. People want change in the system and to do away with prejudice, stereotypes and injustice.

In addition, so far in 2020, there have also been:

- Major bushfires in Australia that left an estimate of 18.6 million hectares burnt (abc.net.au) and an estimate of 1 billion animals have died ("1 Billion Animals Have Died in Australian Bushfires, Ecologist Estimates")
- A fear of World War 3 after Iranian military leader Qasem Soleimani was hit by a US airstrike (Grant).
- The Covid-19 pandemic.

This is arguably one of the most influential times that this generation will ever live through, I think we can all agree that 2020 has been crazy. But how trustworthy is the media in passing on this sort information to us ?

How do you get your news? Well, all of you would say "the media", whether it is traditional media, news media, or even social media. We all receive our information through some type of media. However, a majority of people get their current events information through major media platforms such as the news on television and from other sources such as news websites, and corroborate sources on their own and come to their own conclusions. This is in no way hatred toward major media companies but at the end of the day, they are companies that need profit. This means that these media outlets will focus their attention on certain topics that will increase their audience size, to gain money through advertising revenue. Simple supply and demand. However, with this may come the manipulation of information in order to grab audience attention.

Have you ever actually witnessed a surgery, a court trial, or life inside jail? Most of us have not and this means that we truly do not know what these things look like in reality. But the media paints images of these places and events that play in our head. This is called the framing theory by a professor called Gregory Bateson ("Framing Theory"). For instance, when you think of jail, you may imagine minority, violent gang members but is this actually what the majority of jails are like? This may or may not be true. This is the type of manipulation a media outlet can create and since it is impossible to be at every single major event around the world, many of us rely on the media to inform us. The people in charge have a say in what they want to be presented constantly on the news. Who are the people in charge? Politicians. Rich people. Corporations including the news outlets themselves. They can pick and choose what issues and aspects of a large, complex situation to broadcast to an audience, making the broadcast not a direct reflection of what is truly happening. The longer an interpretation of an issue is shown on media channels, the more people automatically accept the interpretation. This allows the dominance of the people in charge to spin facts and issues to benefit them. Not only does the media show us the current affairs but they also tell the audience what they should think about the situation. For example, the people in charge may think, "Let's not put minority members on the news but when we do, let's portray them as perpetrators."

This leads the audience to assume that these minority groups cause problems. This causes distrust and conflict and may lead to further racism, sexism, homophobia, etc. Moreover, since humans have the desire to relate and fit in, in our human instincts, people are extra susceptible to believing what the majority of people think even though it may be wrong. This ties back to how media channels use the tactics to repeat, "More exciting," headlines to attract an audience, which in turn makes the audience conclude that a certain version of reality is what everyone else is thinking. Leaving humans in an ongoing cycle of receiving suspect information and accepting it through wanting to fit in.



Image source: <https://careergarden.jp/eizouseisakukaisha/>

It is a proven fact that people who watch more television have an extra dangerous image of the world in their heads because of the amount of violence that is embedded in everything we see on the media. This is called "Mean World Syndrome", as described by Dr. George Gerbner ("The Mean World Syndrome"). His work showed that a heavy consumption of violent content in news and entertainment convinces viewers that the world is exceedingly more dangerous than it actually is. Fictional crime has increased on TV and fear of crime also has increased since the late 1990s. But in the same time frame that there has been increased violence-oriented media, the actual crime rates have decreased, according to Annenberg, Gallup, and the FBI. For example, if you ask someone who lives in Kentucky where they think the most dangerous city in the US is, New York is in the top ranks. Nonetheless, if you ask the same question to someone who lives in New York, they say that the city is a lot less dangerous than what the people in Kentucky assume. Most of the time what the people living in New York believe about this is much closer to reality because they actually see it with their own eyes rather than how the news portrays it.

Therefore, I am here to inform the Tango audience of the importance of not believing what everyone else assumes but to research your own information from a variety of sources and come up with conclusions and opinions, based on the research. This slight change in the consumption of coerced information may in fact make the world a brighter place.

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# 黒人差別抗議運動とSNSについて

松島皆美

現在、先週の 5月25日に米ミネソタ州ミネアポリスで警察官の不当な暴力によってなくなってしまった黒人男性ジョージ・フロイドさん (46) について、知らない人はおそらくいないのではないのでしょうか。彼は地面に押し付けられ、手錠もかけられ、抵抗もしていなく、何度も何度も「息ができない」と繰り返していたのにもかかわらず、白人警察官に 9 分近く首を膝で抑えつけられ、最終的に窒息死してしまいました。この様子の一部始終を捉えた動画がSNSで拡散され、その衝撃的な映像に端を発する激しい黒人差別抗議運動がミネアポリスから始まり、全米に広がり、今では米国のみならず世界中で注目を浴びている社会的問題になっています。

この事件について、黒人差別抗議運動、警察による非人道的な力の行使、権力の乱用などなど、私書きたいことは数え切れないくらいあり、どれだけ頑張っても言いたいことの全ては書き切れないということは理解しています。そこで今回は、この件に関してのSNSの使い方について、焦点を絞ってみたいと思います。最近この事件に関する投稿がInstagramなどの SNS プラットフォーム上で急激に増えているのに皆さんも気付いていると思います。個人的にも友達や知り合いが様々な投稿を毎日何十、何百しているのをずっと見ています。これがずっと続く毎日で いささか辟易していますので、以下のことを考えてもらいたいと思います。

SNSで何かを投稿する前に一体それにはどのような意味が込められているのか、誰の利益になるのか、本当に人種差別抗議運動に適切であるのか、などを是非自問して頂きたいと思います。友達が #BlackLivesMatter と書いてあるリレー、チェーン投稿をしているからといって、自分も何も調べずにどんどん他人をタグ付けしてバトンを回し続けることによって一体何が得られるのでしょうか。6月2日の Blackout Tuesday にまた何も知らずに適当に #BlackLivesMatterと間違ったハッシュタグを使って気軽に黒い箱を投稿した人達は、結局は何年もかけて作られてきた情報共有のスペース、抗議の記録を黒く塗りつぶしているだけで、自分たちが迷惑行為を行っていることを理解しているのでしょうか。ただ黒塗りの四角形の画像が世間に広まったことで、今まで警察に殺されてきた何千人ものの黒人の命が報われるのでしょうか。このようにトレンドに乗るのは簡単だし、参加した後に勝手にまるで自分が何かを成し遂げたような気持ちになるのは楽なことだと思います。。。本来の志を失い、自己満足が主目的になってしまっているのは自己中心的で利己的な考え方で残念です。これはブームではなく本当に深刻な社会問題なのでそれなりに適切な行動をして頂きたいな、と個人的には思っています。

今私たちにできることは自分たちに与えられている特権の存在を意識することではないでしょうか。私たちみたいにインターに通ったり、様々な社会問題について調べたり学べたりする機会が与えられ、攻撃や批判されないと安心した上で抗議運動に参加できるのは特権です。きちんと自分の特権に気づき、誰が同じような権利を与えていないか、どうすれば自分の特権を使ってそのような人たちを助け、権利が平等に与えられる社会に向かって進めるかを考えてみましょう。

この学校に通っている恵まれている生徒の誰にでもできるのは情報収集と情報拡散です。メディア・リテラシーなどを学ぶ機会や資料も探そうとすればいくらでも与えられるような環境で育っているのにもかかわらず無知でいるのはもはや意識的な選択肢です。確かに何も知らずにどんどん投稿していくのは今の時代では当たり前で、多くの人は情報過多に対応しきれず、そこまで自分が投稿する問題について調べずにただリポストを繰り返しているだけかもしれません。しかし是非この機会を使って様々な社会問題についてもっと学んで頂きたいと思います。一つ例を挙げるなら、SOISからも悪気なく、何も知らずに All Lives Matterと投稿して知らぬ間に白人至上運動主義者になってる人が多すぎです。別に文字だけ適当に見ていると正しく聞こえてしまうのは仕方ないのですが、きちんと調べるとどういう意味が込められているのかわかります。マイノリティとして社会に存在する構造的・制度的人種差別に対するBlack Lives Matter です。もちろん全ての命は大切ですが、今はそのような扱いを受けていない人たちの口をふさぎ、黙らせる時ではありません。今まで警察から一度も不当な暴力を受けたり、自分の肌の色が違うだけで命の危機を感じたりなどを経験したことがない人々が同じレベルで「黒人だけではなく私たちの命も大切に」と要求するのはちょっとおかしいと思います。このようなことを間違って支持してしまわないようにも自分からどんどん調べていって、ふさわしい行動をとれるようになるのが大切です。

SNS での投稿はあくまでも行動に向けての第一歩でしかなく、一枚写真を投稿し、ストーリーに他人のポストを何回かあげ、出来事について長々と熱弁を振るうだけではほとんど誰の為にもならないということを最後に理解してほしいと思います。私は別にSNSの投稿に反対しているわけではありません。SNSも情報拡散や表面上の団結を表すのにはそれなりに効果的ですが、今、何よりも必要なのは行動です。「今、SNS上で黙っている人は人種差別主義者だ」や「何も投稿していない人達は問題の一員で差別を支持している」なども最近 SNS でしばしば見かけますがこれは間違っていると思います。確かに沈黙は決して中立ではありません。しかし SNS 上でどれだけ声を張っているかだけでは、実際にどのような行動をその人がとっているのかはわかりません。フロイドさんの命が奪われる前からもずっとこの社会問題について調べたり、ディスカッションをしていたり、署名活動に賛同したり、寄付したり、抗議のメールを書いたり、議員に電話をしたり等々、様々な方法で人種差別への抗議運動を支援し続けていた人たちも、ただSNS上でそれを発信していないだけかも知れません。個人的にSNSに投稿をしていない人たちを批判するのも、投稿している人たちを批判するのも間違っていると思います。SNSだけで生み出せる効果は一過性のものが多いので、それを超えて実社会でどれだけの効果を残すことができるのかが集中すべきポイントではないでしょうか？

「自分が知識不足で経験もあり無くて発言するのが怖い」と思う人や「どんどん目に入ってくる情報をとにかくみんなに共有したい」と思う人、本当に人それぞれだと思います。この様な困難な時にこそお互いを支え、励まし合い、一緒に行動することによって、きっと世界を変えることができます。自分が恵まれているという事実に向き合って、一過性の流行で終わらせるのではなく、継続して関心を持ち、同じような特権が先天的にもらえなかった人たちの苦闘を支えましょう。当たり前のように差別が存在する社会が消えるまで、一緒に学び、戦い続けましょう。

## Celebrating the Seniors on the Tango Team

Although senior year was cut short for the class of 2020, their impact on SOIS will be long-lasting. Tango thanks the following graduating students for their contributions and wishes them the best of luck in their future endeavors.

### Mina Allen

"Grades are important, but remember to have fun as well."

*Mina will continue writing and reporting on news stories at American University in Washington D.C. next fall, where she plans to study journalism and Legal Studies. Her goal is to live life to the fullest, hopefully working as a journalist in the future. She wants to give back to everyone who has helped her become who she is.*

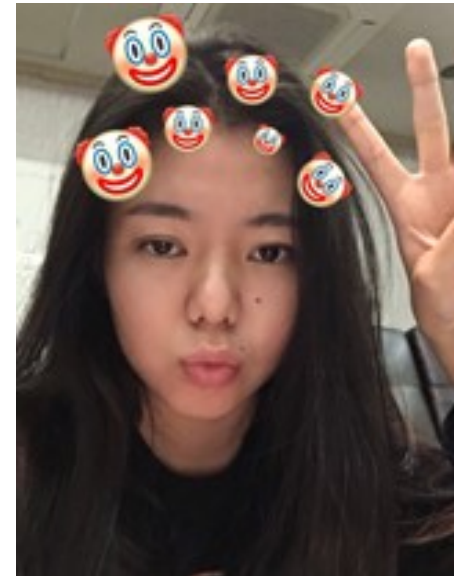


### Karin Shimoo

"To readers, writers, editors and Mr. Algie - thank you so much for the fun and the Kit Kats... even though I only got to contribute a little bit (ugh IB). It has been empowering spreading my message of love for our planet :)"

To my Kohais, the *Ontama-Karage Don* served on Tuesdays is a really good investment. Seriously, try it."

*Karin plans to study the Human Sciences at Osaka University. Her dream is to find and live in a country without nosey neighbors breathing down her neck.*



### Aimi Mizuno

"When I first joined Tango, I was part of an elementary school magazine called Tap Dance. Of course many things have changed ever since, but still, I am proud to have been part of Tango."

*Aimi will study psychology at university and hopes to ultimately become a librarian. She loves books.*



### Nanami Hasegawa

"Never take moments and experiences at OIS for granted. You never know when it's the last time you can do it."

*Nanami plans to study International & Public Affairs and Economics at Brown University. Her goal is to live life with a purpose and daily satisfaction.*



### Antonio Kogata

"Thank you for everything that SOIS (and especially the Tango Team) has given me. Always put Tango deadlines ahead of IB deadlines."

*Antonio intends to study Social Sciences in London. He is interested in business and psychology, but is confident that he will eventually become an underground indie film star.*



### Noah Izumi

"Tango deadlines gave me more anxiety than my IA deadlines."

*Noah has contributed to Tango since Grade 7 and has written articles highlighting the many service opportunities at SOIS. He intends to study biology and chemistry in the future and hopes to work in a profession where he can directly help people. His life goal is to win a food eating contest.*





**Skye Inada**

"Even though my limited contributions to this newspaper have been somewhat questionable, and my attendance inconsistent at best, it has been an honor to have eaten Kit Kats alongside such bright individuals over the last few years. Thanks to the whole team, especially the legend Mr. Algie for helping to create such a fantastic newspaper (and often unregistered) club. Much love."



*Skye plans to major in Earth, Energy and Sustainability at Leiden University College The Hague. His goal in life is to disappear in a national park at age 34 under suspicious and mysterious circumstances.*

**Tyus Sheriff (President)**

"You've heard enough from me already in the editorial, but thank you to everyone here at SOIS who made these past 6 years unforgettable. Treasure every moment — even the late nights."



*Tyus plans to major in Ethics, Politics, & Economics at Yale University. He hopes to pursue a career in international arbitration and human rights law... or to marry rich.*

**Tasuku Azuma (Vice-President)**

"Thank you to everyone in the SOIS community for making every second memorable."

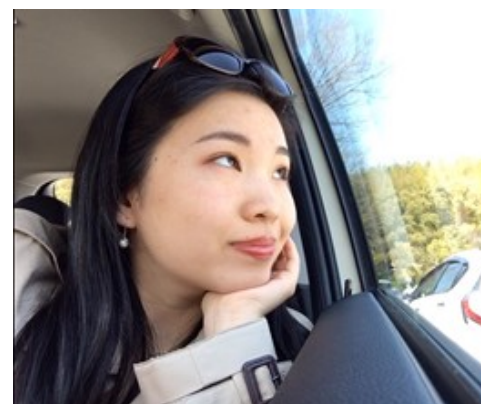
I'm certain that every Kit Kat I will eat in my life will take me back to the good old room 336."

*Tasuku will be studying Biological Sciences in the U.K., and is planning to pursue a career in Public Health, hopefully preventing future pandemics.*

**Yu Takahashi (Vice-President)**

"To everyone in SOIS:

Long story short, I was failing IB before I joined Tango but my grades improved dramatically after I joined! Whatever the coincidence that saved me from failing, I'll always remember Tango as my lucky charm ;) Now looking back, this miracle probably happened thanks to Mr. Algie, who built confidence in me, along with many other teachers and peers who supported my journey. Thank you!"

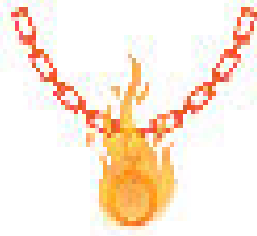


*Yu plans to study either Infection and Immunity at University College London or Biomedical Science at the University of Birmingham. She intends to go with the flow.*

***Congratulations Graduating SOIS IB Students!**  
**We're so proud of you!***







# ***The Miracles of Sanoh: Story 1: Chapter 1 - The Locket Games***

**Written by Melody Meline and Anju Manfred**

**Illustrated by Karina Oyama and Haruna Yusa**

Fall was going perfectly fine at South Orkmore International School. Fruits that had been planted in the diminishing days of May were being picked and eaten. Leaves that shone like fire danced to the ground. The scent of cinnamon and pie were spilling out from the Mess Hall, visiting the rest of the campus, even to the highest and dirtiest of the dorms. If one went outside, they would feel the whisper of wind and the promise of winter, and could not help but smile and enjoy the short, peaceful days as they passed by.

Everything seemed sure and full of possibility - it was a perfect place for a hero, a pearl, a jokester, a bully, a follower, a protector, a shadow, a friend, and a role model.

As it turned out, it was also a perfect place for a spy.

Hero Hara-Mason gripped the chain of the ice locket harder in his hand as he barely ducked an ice blast. He could feel the godly power of the locket, a thrumming heat in his hand—which was ironic, seeing that the locket was supposed to be too cold to properly hold. However, this was not the case to those in the fire element, which Hero was part of, allowing him to hold it properly.

This was why it was almost guaranteed that people in the fire element stole ice's locket at the Locket Games—the games to celebrate the Sanohs' god, Elon Ren, and his kindness towards them; the game in which each student of South Orkmore got into teams by element and worked to steal at least three other of the element's sacred lockets—which was what Hero was trying to do right now.

It was also why he was running through the maze of the ice territory in the Locket Game grounds, his long time enemy Luka Winters pursuing him in a mad rush, sending blasts of ice to trip him up and stop him.

*He's just like Elsa, yet ten times less graceful, Hero thought, just as he dove down to an ice boulder to avoid Luka's ice blasts.*

Luka Winters was not only one of the most talented sanoh in Level 5, but also one of the most talented sanoh in the whole school. Hero supposed Luka was jealous of him for being a Level 4 and yet still as good as him, and *knew he despised Hero's mother, which, of anything, made him the most angry. Luka was snobbish and—no pun intended—cold.*

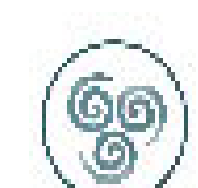
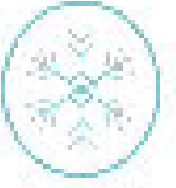
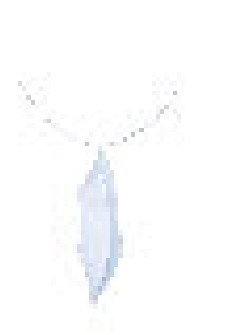
Hero tumbled down to the lee side of the boulder and hit his knee hard against the surface of the frozen lake and muttered something unintelligible. The ice locket smacked against the boulder with Hero's momentum, though it didn't crack, despite looking like a fragile thing. Hero had always thought it looked like a single crystal on one of the chandeliers hanging in the South Orkmore Ballroom, though a very sharp and jagged crystal with way more facets.

*I guess a locket made by a god is unbreakable, Hero thought.*

But at the moment, Hero had bigger problems than to worry about the ice locket.

Luka was closing in on him. Ice was growing about the boulder he was hiding against, enclosing him in a sort of igloo—most likely one without an opening, Hero knew.

It was time to call on his powers.







So, Hero simply closed his eyes and concentrated, calling on the heat of his fire powers. The ice below his feet cracked and broke open, and Hero was dumped right into the icy lake. The waters were not cold. Not to Hero. A soft red glow had surrounded his whole body, keeping him warm and cozy. But Hero could stay in the lake waters for long. He could hold his breath, sure, but not forever.

He wrapped the ice locket two, three times around his wrist and glided forward, trying not to go too far near the surface to avoid discovery. There were magical creatures in the lake, he knew, sea dragons and serpents and human-like squid—

Suddenly, his back was thrown against the surface of the lake, and someone was kicking him over and over again in the guts. Hero wheezed, then gasped, which was an inevitable mistake. Freezing water entered his system, closing his nose and choking his throat. He frantically slammed his hand on the ice above him, and it broke immediately. He climbed out of the lake while he still had the energy, and sputtered all the water out of his body onto the ice.

A blizzard had picked up while he had been underwater, the screaming winds and cutting snow not helping his burning throat. He looked up to see if what had attacked him had come out of the water after him—

“Abby?!” Abby Brooks stood shivering next to the hole of the lake that Hero had made, her thick hair dripping, squinting her dark eyes at him. “Herehar?” Abby asked, and Hero could not help but roll his eyes. Of course Abby, his best friend, would joke about his tongue twister name, even right after she had come close to accidentally drowning him.

“Goodness, I thought you were someone else.”  
“Obviously,” Hero muttered, right as Abby gasped.  
“That’s the ice locket.” She didn’t sound surprised, but more upset.

*Of course, Hero thought, Abby must have been swimming in the waters below, trying to get the ice locket as well.* The water territory was right next to the ice territory, after all.

“I-” Hero started, but then swung his arm out in pure reflex, sending a blaze fire to melt Luka’s ice blast right before it hit him.

“Come and fight me one on one, Mason,” Luka’s voice boomed as the blizzard slowly ceased and he became visible. He was standing on a hill of ice that he must have built with his powers, towering over them. Hero noticed the absence of his mother’s surname when Luka had said his name, and started charging at him, until Abby put an arm out to stop him. Hero glared at her, but then Abby charged at Luka herself.

“Don’t hurt my friend, you little—” Abby thrust her arm out violently, and water appeared under a surprised looking Luka’s feet. Without another word, Luka slipped off of his own hill of ice, back where Abby and Hero couldn’t see. Abby smirked, clearly satisfied with herself.

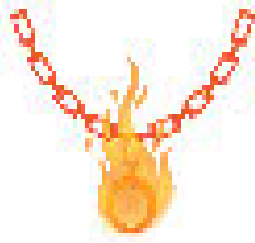
“Abby, aren’t you cold?” Hero walked towards her, remembering her shivering earlier, and put one of his hands on her arm. It was the least he could do, warm her up. When he looked forward, Hero was surprised to see that they were only a few feet from the Central, which was the center of all the elements’ territories, where they all met.

If Hero crossed the Central with the ice locket and went into his territory, the fire element would have one locket out of three down to steal, as the Locket Games had just started, and not much had happened. People could also steal stolen lockets, though Hero knew that fire would protect all the lockets they had easily, as their territory was ringed with fire and hard to get into—

Someone screamed.

Abby snapped her head towards the noise, but Hero was already running into the earth territory, where the sound had come from.





A massive tree with reddening leaves and countless branches was falling down, pulled out by its roots as if it had been torn out by a hurricane. There was a girl, laying in the target of the fall, stuck in some kind of vines.

It was Jacklyn Coal, sweetheart of the metal element's Level 4, trying to tear at the plants with her hands, which were manacled by roots.

Gripping the ice locket together once again, Hero ran in a flash to Jacklyn, burned her restraints, grabbed her arm, and stumbled out of the way as the tree smashed into the ground.

"Are you okay?" Hero asked, helping her up gingerly. He meant the question, too, he wasn't just saying it politely because she was a stranger. Jacklyn was dear to Hero, he saw her as a kind and sweet friend, and he regarded her as a younger sister.

Jacklyn touched the ice locket as she took Hero's hand.

"Yeah," Jacklyn coughed on the soil in the air made by the fall of the tree. "Yeah, I'm fine."

Hero looked up at the remains of Luka's hill of ice on the other side of the Middle, which had already started to drip water down the sides. "That's good-"

He cut off in the middle of his sentence.

His mouth had dropped open, his eyes showing that he had completely forgotten what he was going to say, and maybe even who he was standing next to. There was a girl, standing on Luka's hill of ice. She had ink black hair, pale skin, and bright red lips; she was gorgeous, like something out of a fairytale. With her chin up and her midnight blue eyes, she held an arrogant demeanor, but also gave off a vibe telling people that her arrogance was well deserved. She was wearing the game robes of the fire element, and her hair blew all around her, cradling her face in the wind.

She looked straight at Hero.

*To be continued.....*

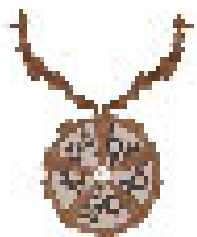
If you have any questions, contact the creators:

***Melody Meline***

***Anju Manfred***

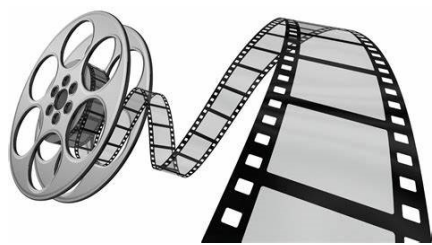
***Karina Oyama***

***Haruna Yusa***





# Film Reviews



Movie Review: *Dead Poets Society* Japan: PG12 (US: PG)

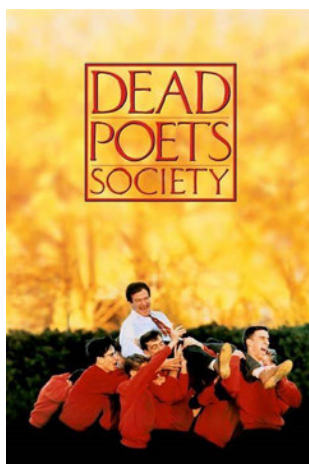
Reviewed by Mary Yang

*Dead Poets Society* (1989) is a film directed by Peter Weir, set in 1959 at a boarding school called Welton Academy. It follows a shy transfer student named Todd Anderson, who meets his roommate, Neil Perry, and his friends. An English teacher named Professor Keating inspires his students through his teaching of poetry, and encourages them to “seize the day.”

Although disliked by his colleagues for his unconventional teaching methods, Professor Keating is well-liked by his students for encouraging them to be free-thinkers. This theme is emphasized by the setting of the film, an elite conservative boarding school, where the rules are strictly enforced. The school's motto is “Tradition, honour, discipline, and excellence.” Both Todd and Neil are under pressure from their parents to pursue their careers in law and medicine. The main characters all change in their ways influenced by Professor Keating's teachings, which could be simplified to “carpe diem” (Latin) or “seize the day.”

Professor Keating also teaches the students to learn and study, not just for better grades, but to improve and enrich their lives. In the film, he says, “Medicine, law, business, engineering; these are noble pursuits and necessary to stay alive. But poetry, beauty, romance, love... these are what we stay alive for.”

On top of the powerful messages of this film, the overall aesthetics are visually pleasing. This film inspired me a lot, and it is one of my favorites now. Overall, I would recommend this movie to everyone, *especially students*.



Movie Review: *The Terminal*

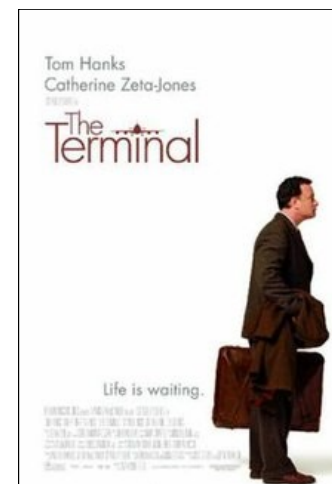
Reviewed by Chiharu Nagasaka

*The Terminal* is a romantic comedy directed by award winning director, Steven Spielberg. It has a cast filled with notable actors such as Tom Hanks, Catherine Zeta-Jones, Zoe Saldana, and Stanley Tucci.

The film revolves around a man named Viktor Navorski, played by Tom Hanks, who is stranded in an airport and cannot leave due to some unfortunate events that are occurring in his home country. During his stay at the airport, he falls in love with a flight attendant, and meets a wide variety of fun and unique characters. This movie focuses on the growth of Viktor as a person through the hardships he faces and the people he meets.

*The Terminal* is a charming, feel good film that will leave you with a smile throughout the whole movie. Each character is so well developed and likeable, the jokes are funny and fresh, and the acting is superb. Not only will this movie spark laughter, but it can also be a tear-jerking film. Though this movie is great, there are some times when it might feel a bit dragging or slow, but the film does a good job picking itself back up.

Overall, *The Terminal* is a touching movie with a lot of good morals. It has funny and very moving moments. This is a film I would definitely recommend. I would give it a 7.6/10.



# Keeping You App-to-Date

with Dave Algie



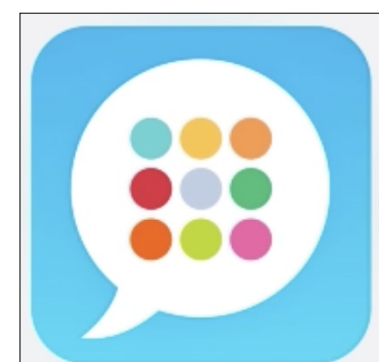
The “Innovative” app is the app that allows access to JPod 101, a website which provides Japanese lessons. I have been a subscribing member to JPod 101 for about 10 years, and I got the app about five years ago when JPod 101 first released it.

The Japanese lessons provided through this website and app are fantastic for developing your Japanese understanding and vocabulary. The lessons are well put together and are not too long (About 15 minutes each lesson).

Although JPod 101 started out as a Japanese learning website, there are now lessons in a range of languages available to learn: English, Korean, Chinese, Hindi, Swahili etc.


One downside to this app and website is that you have to pay, and it is reasonably expensive. It costs \$4 US pre month for the basic subscription, \$10 US per month for the premium subscription (This is the subscription I have, and for what I'm looking for, it's worthwhile in my view), and \$US 23 per month for “Premium Plus”. This last one would get you your own online personal tutor available for one-on-one help

Another drawback is that JPod 101 and its sister sites only really develop passive ability in a language, i.e. your ability to understand what is being said. To really become fluent you will need to get out of your comfort zone and practice with speakers of the language. So let's be risk-takers—whether or not we sign up for JPod 101 and the Innovative app—and get out there and communicate as much as we can in Japanese and all the other languages available for us to learn in our international community.



# The Beauty of Math

with Yoshi Kamegai

$\sqrt{-1}$   Math

The field of Mathematical Beauty explores the idea in which pleasure can be obtained through mathematics. Many describe mathematics as a beautiful medium to understanding the true nature of our existence. Hence, the idea of beauty within this field is often compared with music and poetry. Paul Erdos expressed his views by once stating, "Why are numbers beautiful? It's like asking why Beethoven's Ninth Symphony is beautiful. If you don't see why, someone can't tell you. I *know* numbers are beautiful." (Nowlan, 179)

Beauty in mathematics comes in many different forms, whether that is from the method, results, experience, or even philosophy. The most common one is from the method, where one would simply describe the solution as elegant. This could mean that they are minimal, unique, surprising, or can even be generalized. A famous example of this is the Pythagorean theorem, in which countless proofs have been created to date. Another example can be the quadratic reciprocity, where Carl Friedrich Gauss alone came up with a total of eight proofs. In contrast, many proofs which are logically correct yet require massive calculations, or work through many axioms of previous results can even be considered as ugly.

Another common form of beauty is in results, in which mathematicians connect multiple branches unrelated at first glance. These results are often considered as deep, though there is no definition on whether one can be considered deep. One which may be more commonly cited than others in this field include ideas such as Euler's identity. This is a special case within the generalized Euler's formula, and sometimes referred to as 'The Most Beautiful Equation', or as Richard Feynman called, 'Our Jewel.' (Wilson, 2) Conversely, theorems which can be obtained through a straightforward method for specific results are called 'trivial', though some may be unique enough to be considered deep.

From many civilizations ago, back to the ancient Greeks, mathematics had a form of beauty in experience. The aesthetic feel which is brought from experience is often correlated with Einstein's theory of general relativity. It is a beautiful experience when the physical reality of our world is represented in mathematical models. Group theory, developed only to solve polynomial equations, became a way of understanding about particles. Studies into knots have created outlooks into loop quantum gravity, and string theory.

A more common example is origami, the art of paper folding, has many mathematical connections and aesthetic qualities within it.

Some, including myself believe that mathematics is closer to discovery than invention. William Clifford during a lecture stated, "there is no scientific discoverer, no poet, no painter, no musician who will not tell you that he found ready made his discovery or poem or picture, that it came to him from outside, and that he did not consciously create it from within." (Royal Institution, 325) Plato's philosophy also exhibited a similar idea, that there is a physical world where we live, and another world containing the truth, including mathematics. Paul Erdos spoke of an imaginary book where, "God had written all the most beautiful mathematical proofs" (Bernhardt, xiii). When Erdos saw a beautiful proof, he would say, "This one's from The Book!" (Forisek, vi)

Mathematics is a broad field. Just within the beauty of mathematics, there is still more which can be explained, from the mathematical beauty within arts and music, to its beauty in information theory. We have natural occurring instances of mathematical beauty including the golden ratio, and the reason in which mathematics is being researched, to uncover our world. All we know for now, is that there is more to be discovered in the future.

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## Talking TOK

with Dave Algie



Black Lives Matter. We at Tango affirm the peaceful but uncompromising protesters who have taken a courageous stand against the systemic, racist injustices that exist in the United States.

The statement "All Lives Matter" has been thrown back by people that feel singling out Black lives as being precious is unfair. Fundamentally, though, the slogan "All lives matter" is a failure of reasoning. Saying this as a riposte to the statement "Black lives matter" is symptomatic of a logical fallacy.

"All lives matter" fails as a retort because it is a logical error. It doesn't counter the claim "Black lives matter" at all, because it isn't a contradiction of that statement. Neither is the opposite true. "Black lives Matter" as a statement doesn't seek to suggest that all lives aren't precious.

Simply, "All lives" are not consistently under threat in the same way that Black lives are. I'm a white man and I have walked past police in New Zealand, Japan and the US without a second thought. I have been approached by police officers, and I have approached police officers and I can say without hesitation that I haven't ever been scared. I swear that I have never even been nervous in these situations.

My friend Dusty, who is African American, from Philadelphia, has never been fortunate enough to have that experience. He has told me about how he feels sick with fear *every time* a police officer is nearby. It's terrifying for him.

I've heard people say "If you don't want to get in trouble with the cops, don't do anything wrong and you'll have no problems". If you are Black, this is just not true.

Dusty is the least threatening person you would ever meet. He wouldn't hurt a fly. It's obvious. So why does he feel in danger from the police? It's because it doesn't matter how threatening a person of color is, or even seems to be, because that isn't the issue. What is putting them in danger is the color of their skin.

In this context, what is the point of saying, "Dave's life matters"? There is no point. Dave's life isn't in danger. Dusty's life is the one under threat. That's the situation that needs attention. In this case, to declare that "All lives matter" is vacuous and illogical.

This is not a just a problem in the US. My friend Te Aroha, in New Zealand, is Maori. Almost every week he posts on Facebook about systemic racism in New Zealand. It's laughable how often white friends and acquaintances of his say, "No, Te Aroha. There's no systemic racism in New Zealand. I've never seen it." Too often, those in the majority think something doesn't happen *because it doesn't happen to them*. How reasonable or logical is that?

Black Lives Matter. It's an emotional statement. It's an ethical statement. In the light of what's happening in the world, it is also a logical, reasoned statement to make. "All lives matter" is true, but meaningless when used to counter "Black lives matter". In this context, "All lives matter" is an empty platitude. There is no critical thinking behind it.



# Paleontologist's Report

with Leiko Tajiri



I guess nobody has ever heard of a meat-eater creature, the "Killer Pig", also called the "Hell Pig", which lived in the North. The scientific name of this creature is Entelodont, and it was not actually a type of pig. Of course, it did *look* like a pig, as some paleontologists said. However, this image of this living creature is from the imagination of some of the paleontologists.

When one of the paleontologists found the fossil, many were wondering why Entelodont had teeth which meat-eaters usually have. They at first, believed that Entelodont was the ancestor of pigs, which would have meant that the ancestor should also have been a plant eater.

13 million years ago, there were monsters, beasts and animals that cannot be imagined, running through the world. This creature, Entelodont was one of the furious creatures in that time period. It was also the largest crazy animal which lived in North America, since the dinosaurs went extinct.

The size of the skull and the number of teeth had never been seen before by paleontologists.

In the skull in the picture below, you can see that there are incisors (front teeth), canines (dog teeth), premolars, and even the teeth which plant eaters have which are molars at the back.



Image source : <https://www.artstation.com/artwork/L2JzO5>

Check out the size of the body:

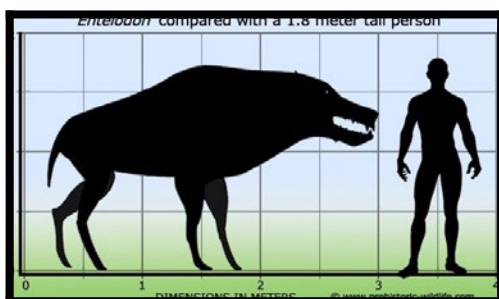


Image source : <http://www.prehistoric-wildlife.com/species/e/entelodon.html>

And the skeleton:

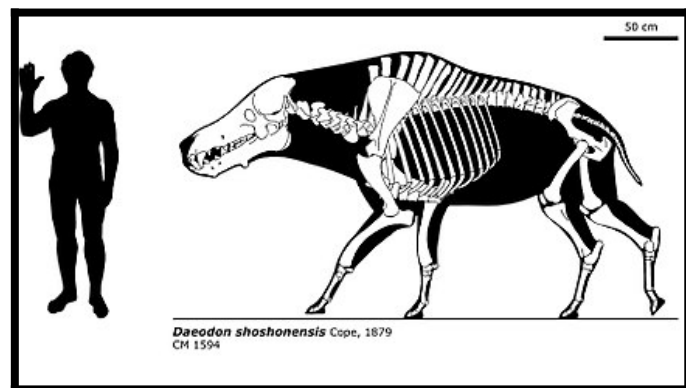


Image source: [https://commons.wikimedia.org/wiki/File:Daeodon\\_shoshonensis\\_skeletal.jpg](https://commons.wikimedia.org/wiki/File:Daeodon_shoshonensis_skeletal.jpg)

The skull was large, compared to other animals and compared to its body. Because the head was gigantic compared to its body, it had muscles around the neck to its backbone, so that it could control its neck.

Paleontologists now know that the Entelodont hunted other animals. This is because they have found fossil bones from other animals that have tooth marks, and these match with the teeth of the Entelodont. These bones are from animals that were the fastest in that period such as camels and early horses, which means that Entelodont was a fast runner.

## How did Entelodont hunt?

There are 2 different opinions about hunting methods. One is that it bit its prey on the neck and threw it on the ground, which most meat eater animals do. Another theory is that it knocked over its prey, and cracked its skull so that it could not move. Entelodonts had large brains, compared to dinosaurs, which means that they used their brains to hunt, without using too much power. They were also scavengers like hyenas, and ate food that other animals hunted, such as Dire Wolves.

## Did they evolve?

Yes, they did. The glacial epoch era had started, and to make a journey to the east, it evolved larger. Larger and larger, like dinosaurs did.

I think this was the mistake. Creatures such as phorusrhacidae (terror birds), white rhinoceros, and mammoths which evolved to larger sizes, became extinct because of their size. Smaller sized creatures survive from natural disasters, using their skills of digging a house inside the ground. They do not use much calories and do not need to eat much.

As for Entelodont, most paleontologists say that it died out because of competition for food. This is because, there were new creatures, which used their front feet to hold the meat, which they hunted or scavenged, and they had larger brains than the Entelodont.

Citations:

Dinosaur Pig - Wild Prehistoric Monsters | Predator Pigs. Performance by Greg McDonald, Richard Stucky, Scott E. Foss, National Geographic, 2018. YouTube. [www.youtube.com/watch?v=ON9CwTvHo2o](https://www.youtube.com/watch?v=ON9CwTvHo2o)



## Tango Team

President:  
Vice Presidents:  
Editor:

Tyus Sheriff  
Yu Takahashi, Tasuku Azuma  
Dave Algie

### The Tango team:

Noah Izumi  
Karin Shimoo  
Skye Inada  
Aimi Mizuno  
Aoto Utsugi  
Hana Manfred  
Tanishka Murthy  
Melody Meline  
Anju Manfred  
Mary Yang  
Lindsay Yoo  
Yoshi Kamegai  
Tomoka Matsushima

Nanami Hasegawa  
Antonio Kogata  
Mina Allen  
Hyo-Jin Kim  
Minami Matsushima  
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Rena Kawasaki  
Chiharu Nagasaka  
Miu Watase  
Karina Oyama  
Erika Hatsuda  
Haruna Yusa  
Leiko Tajiri

Special contributions were made to this edition by:

Peter Heimer

Kaori Algie

Sekino Photography

# Quarantine Baking

with Tomoka Matsushima



Like many others, during these days of quarantine, I found a new hobby, baking. By no means do I claim to be a baking expert, but I have baked much more than usual these last two months. In doing so I learned (tasted) some things I thought would be worth sharing in Tango. So, here I am. If anyone is looking for new things to do, consider baking as an option. It's a great way to pass time and usually, the hard work pays off with a tasty treat.

In this edition I will be sharing my experience with making blueberry muffins. I choose what I want to bake pretty randomly and this was no exception. The recipe I followed was To Die For Blueberry Muffins on allrecipes.com by Colleen. I made a few alterations with the recipe using frozen blueberries instead of fresh and switching the white sugar for brown like one of the comments recommended. From what I remember the process only took about an hour, but as I only had frozen blueberries, it took some time to defrost them. It is important to cool the butter and preheat the oven when making the batter, to save time. The batter itself was fairly easy to make. I was surprised to see that it didn't use any butter unlike most of the treats with baking, although it did require a good amount of oil. The crumble was what made me question if the muffin was going to turn out well. Instead of becoming crumbly like it should, mine turned into soft, cohesive chunks. Forgetting to cube the butter is likely, the reason why. I ended up smushing them into flat pieces just adding layers of it on top of the muffins. Putting them into the oven, I was worried due to the situation of the crumble and since I altered one of the key ingredients.

In the end, they turned out to be very tasty and delicious. The crumble did spill onto the tray, but other than that it really made the muffin flavorful. The alternative, frozen blueberries, seemed to work as well. If I will be making it again (which I probably would since it is really good) I will lessen the amount of butter in the crumble, to prevent it from overflowing, and use more berries, fresh if possible. If anybody is willing to try this I definitely recommend making it with the crumble. The crumble made a crunchy, sweet and buttery layer to the top and the muffin itself was soft and full of moisture. I encourage anybody to give this a try, it's simple and delectable.

<https://www.allrecipes.com/video/2654/to-die-for-blueberry-muffins/>

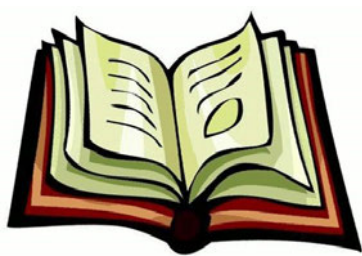
You will have to convert the measurements to the metric scale)



Image from allrecipes.com

# Book Reviews

by Dave Algie



*Beloved* by Toni Morrison

This novel tells the tragic, horrifying story of Sethe, her family and friends—slaves and escaped slaves in the United States—in the 1860s. Sethe “escapes” from slavery in the South, but once a person—or a people—have ever been enslaved, their fear, the suffering and their trauma can hang over them still.

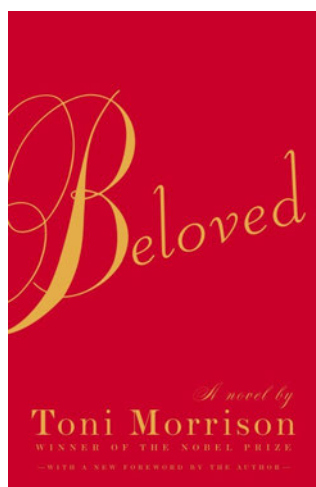
The soul-destroying impact of slavery on individuals and peoples is explored in unflinching detail. The harrowing story draws on real life events. It won the 1988 Pulitzer Prize for fiction.

I found this novel deeply compelling. Its unforgettable, multifaceted central character Sethe is surrounded by other fascinating characters that come alive on the page in all their complexity and humanity.

The blend of genres here is also intriguing. It's a historical novel, ghost story, horror story and love story all in one.

This novel is not an easy read. It contains several realistic scenes of violence, abuse and oppression. It also is written in a style that requires a lot of concentration. The prose can be quite dense and challenging. Information is held back at times in a way that can be quite puzzling and baffling, only to be given to the reader later in the novel, almost as a reward for persevering.

I would recommend this to confident readers in Grades 11 and 12.



*Go Tell it on The Mountain* by James Baldwin

The author James Baldwin was a huge influence on Toni Morrison, and it's interesting to read his novel *Go Tell it On the Mountain*, alongside *Beloved*, and see the connections between them, as well as the significant differences.

Baldwin, who was African-American and gay, fought tirelessly for human rights, at great personal cost.

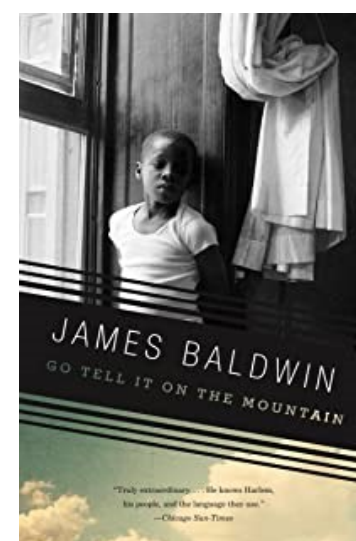
He came from a religious family, and his mother and stepfather were often cruel to him. In spite of their harsh treatment of him, he was still drawn to religious faith from a young age.

Fraught family relationships, and the power of religious experience are central themes in this novel, as the protagonist, John, wrestles with his spirituality and struggles to negotiate his relationship with his parents.

The suffering that the African American community endures, and their courage and strength in the face of these hardships is also central to the story. In the background there are also suggestions of the protagonist needing to face up to his sexuality. This is a theme Baldwin returned to more overtly in his later works.

I love this book for its uncompromising but nuanced exploration of the aforementioned themes. I also find the lyrical language mesmerizing. Baldwin draws on Biblical imagery and phrasing and it is spellbinding, particularly in a scene later in the book where John has a mystical religious experience,

Again, this is not an easy book to read. It's not as graphic or confrontational as *Beloved*, but the style takes some getting used to. I recommend it to confident readers in Grades 11 and 12.







*"If You Build It They Will Come"*

*Sabers Field of Dreams Takes Shape in Reality*

Some of you know this famous movie line, "If you build it, they will come." ([Field of Dreams](#), 1989)

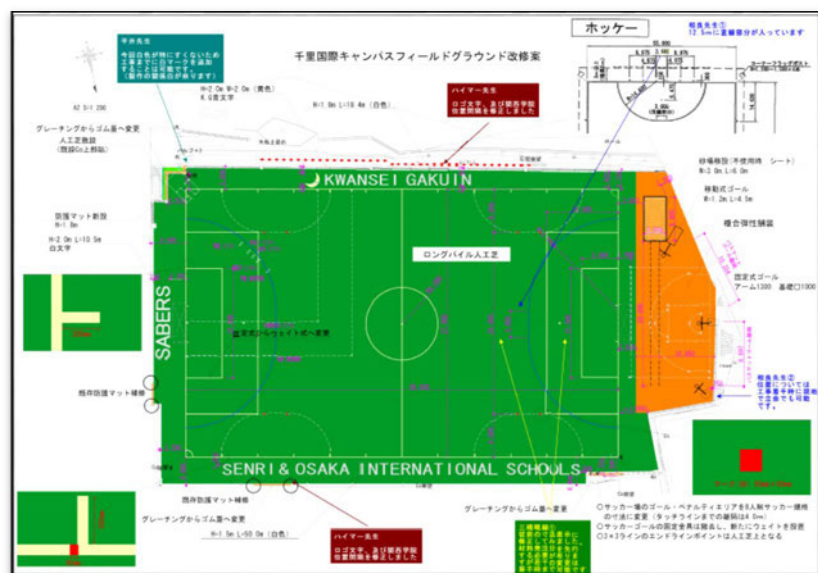


Field of Dreams. 1989



Old turf dug up from Sabers field

Well, they are building it, and SOIS students and Sabers athletes will definitely come. No, not a baseball diamond in the middle of an Iowa corn field; a new Sabers field on the edge of Minoh, complete with upgraded turf, new long jump pit, permanent lines, Sabers and KG logos, and 3 basketball hoops. After missing so much school due to the coronavirus, we will all be especially excited to return to school in August, and the new field will make it even better. "Is this heaven? No, it's the Sabers field."



Design of new Sabers field.



Rapid progress is being made.



Former Sabers athletes visit the original "Field of Dreams" in Iowa.





## Sabers "Sports Shorts"

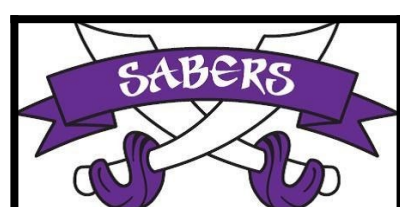
**Coach Heimer, AD**

Sabers Athletics Facebook page: "Like," please.

<https://www.facebook.com/groups/SabersAthletics/>

Follow us on Instagram.

<https://www.instagram.com/sabersathletics/>



### SABERS SHOUT OUTS

1. To Coach Nikolic: *Once a Saber, always a Saber. Good luck, がんばって, срећно.*
2. To Coach Sala: *Once a Saber, always a Saber. Goodbye, さよなら, tot-siens.*
3. To SIS and OIS graduates: *Once a Saber, always a Saber. Come "home" and visit often, please.*
4. To SSCers: *Who are we?! Thank you for everything.*
5. To Sabers TV personalities and production people: *Until next time, go-o-o-o Sabers. Great work, everyone.*
6. To all Fitness Floor devotees: *Be strong, SABERStrong! Don't lose your gains over the summer.*
7. To Mitsuhashi-sensei: *おめでとう ! Can't wait to see Lily in a Sabers uniform.*
8. To Coach Entwistle and Coach Nikolic: *Thank you for coaching the HS boys soccer team.*
9. To Coach Kono: *Thank you for single-handedly (again) coaching the HS girls soccer team.*
10. To Coach Avery and Coach Ishiuchi-Ray: *Thank you for coaching the HS badminton team..*



### 2020-21 SABERS SCHEDULE: cancellations

<http://sabers.senri.ed.jp/news/2020-21-sabers-schedule-cancellations>

### AISA: Sabers will not participate.

It is disappointing to announce that, due to safety concerns related to the COVID-19 pandemic, the Sabers will not participate in any 2020-21 AISA events. All five of the AISA schools have agreed to cancel the 2020 fall events. The 2020 winter and spring events *might be held by the other four schools, but SOIS will not compete. This will be tough news for our Sabers athletes and coaches.*

### WJAA: fall season to be limited.

The 2020 fall season for WJAA sports will be limited. All midseason festivals and end-of-season tournaments - middle school and high school - have been cancelled. This affects HS volleyball and cross country, and MS volleyball and baseball. Tournaments may be replaced with smaller one-day events including only nearby Kansai schools (CA, KCS, KIUA, OYIS, MBIS, SOLICS, SOIS). Teams from further away (Nagoya, Yokohama, Hokkaido, Fukuoka, Iwakuni, Sasebo) will not travel to Kansai. As of now, we plan to hold usual Saturday "friendly" games and matches among the Kansai teams, with new safety precautions planned. This might change depending on the coronavirus situation. More information will be announced in August.

### PUSHUP CHALLENGE

<http://sabers.senri.ed.jp/strength.html>

Thank you, Sabers Nation, for your participation in the coronavirus SABERStrong Pushup Challenge. Sabers students, teachers, graduates, and parents showed their mental and physical fortitude by doing pushups regularly during the spring trimester while the school was closed. In the end, thousands of pushups were performed, pecs were tightened, triceps toned, and core muscles strengthened. Pandemic or not, let's continue to be strong, Sabers strong.

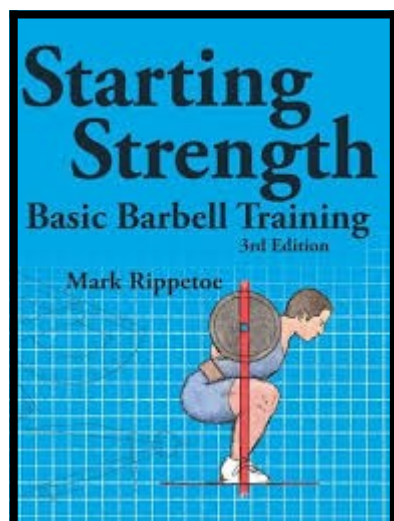
### SABERS WEBSITE TRIVIA TREASURE HUNT

<http://sabers.senri.ed.jp/news/sabers-website-trivia-treasure-hunt-2020>

Thank you to everyone who participated in the Sabers Website Trivial Treasure Hunt. We had nearly double-digit entries. Our winners: Aoi Uchikata and Yuka Aoyama. Aoi and Yuka received original Sabers goods. Congratulations!



# Sabers Sports



## AD BLOG: Evan Shore

<http://sabers.senri.ed.jp/ad-blog>

Did you know that there is a Sabers athletic director blog? Of course you did! Check out the latest entry about Evan Shore, 2006 OIS graduate and legendary Sabers basketball player, and his connection to the famous *Starting Strength* “bible”, barbell training, and winner of the first two World’s Strongest Man competitions.

## SABERS ATHLETIC AWARDS 2019-20

<http://sabers.senri.ed.jp/awards.html>

Every year, in late May or early June, we hold our annual Sabers Awards Celebration. Normally, this event is held in the theater and the cafeteria. Of course, this year has been unusual. With the closing of the school due to the COVID-19 pandemic, we held the awards celebration “virtually” during the last week of June.

## SOISチーム表彰、学校表彰 Team & School Awards

SOISでは、チームのコーチより選ばれたチーム表彰、すべてのコーチ、学校管理職によって選ばれた学校表彰のふたつの賞をもってハイスクールのスポーツ選手を表彰します。チーム表彰にはMVPとMIP、SSAあり、学校表彰には最優秀スポーツ選手賞と学園長表彰選手賞があります。MVPとMIP、SSAの選手には表彰状が授与されます。最優秀選手と学園長表彰選手には表彰状とトロフィーが授与されます。

We honor our student athletes with two kinds of awards: 1) three team awards – MVP, MIP, and SSA, chosen by coaches; and 2) two school awards – Sabers Outstanding Athlete and Dr. Fukuda Scholar Athlete, chosen by coaches and administrators.

### 若竹賞 Most Improved Player (MIP)

シーズン中最も努力し、その結果成長した選手に授与されます。

This team member makes the most improvement during the season through hard work and determination.

### 最優秀選手賞 Most Valuable Player (MVP)

スポーツの技能、スポーツシップ、リーダーシップ全てに優れ、チームの向上、活躍に貢献した選手に授与されます。This team member exhibits extraordinary skill, leadership, effort, and fair play.

### セイバーズの精神 Sabers Spirit Award (SSA)

シーズン中、積極的に、また一所懸命、試合や練習に取り組み、思いやりのある行動を取るなど、常に最高水準のスポーツマンシップを実践し、他の選手の模範となるような行動を示した選手に授与されます。

This team member exhibits the best of Sabers Spirit: exemplary effort, positive attitude, thoughtful sportsmanship.

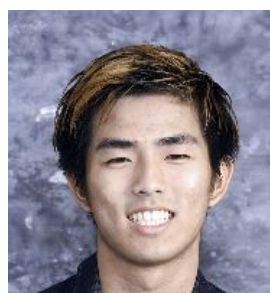
### セイバーズ最優秀スポーツ選手賞 Sabers Outstanding Athlete award

男女各一名ずつ選ばれます。年間を通じふたつ以上のバーシティーチームに参加し、スポーツ技能に優れ、リーダーシップを発揮し、努力を惜まず、そのスポーツに取り組む姿勢で周囲を引き付け、なおかつ、学業をおろそかにすることなく、学校内外の種々の活動にも積極的に参加する選手に授与されます。Sabers female and male student athletes who have shown a high level of athletic skill, team leadership, and personal determination as a member of at least 2 varsity teams.

#### • Sabers Outstanding Athlete (female) : Do Hee Kwan



#### • Sabers Outstanding Athlete (male): Yumekichiro Urasaki



### ドクター福田表彰選手賞 Dr. Fukuda Scholar Athlete award

男女1または2名ずつ選ばれます。いわゆる文武両道を修めた選手に贈られます。ふたつ以上のバーシティーチームに参加し、かつ、年間を通じ、高い学力・成績を維持し、スポーツ以外にも、生徒会やクラブ、行事、ボランティア活動などにも積極的に関わっている選手に授与されます。Sabers female and male student athletes who have achieved high academic levels and have contributed to school and community service while a member of at least 2 varsity teams. The recipients of this top award show that one can maintain high academic standards and contribute to the community while participating in sports.

#### • Dr. Fukuda Scholar Athlete of the Year (female): Nanami Hasegawa, Karin Tomiyama



#### • Dr. Fukuda Scholar Athlete of the Year (male): Riki Sampson



***Congratulations to these deserving Sabers student athletes.***





## “Can I Have a Word?” interview

**Peter Heimer, SIS English teacher, Sabers AD and coach**

Mr. Djordje Nikolic came to SOIS in August 2018 as an SOIS PE teacher. He now leaves Osaka and moves on to his next adventure in his home country of Serbia. (Actually, Coach Nikolic already left Osaka in March during spring break, and since then has not been able to return to Japan due to COVID-19 travel restrictions.) In addition to his main role in the PE department, Mr. Nikolic has been a big part of the Sabers soccer program. Coach Nikolic coached both MS girls and HS boys soccer during his two years at SOIS. For this edition of “Can I have a word?” I recently traveled to Belgrade to visit with Coach Nikolic and asked him: Могу ли да разговарам са вама?

**Coach Heimer:** Coach Nikolic, могу ли да разговарам са вама?

**Coach Nikolic:** Yes, please. I've been lonely here during the lockdown in Belgrade.

**Heimer:** Coach, you came to Osaka after a previous international school stint in Vienna, Austria, right?

**Nikolic:** That's right, Coach Heimer.

**H:** And before that, you lived and worked in your hometown Belgrade, Serbia. Is that correct?

**N:** You got it.

**H:** What brought you to Japan?

**N:** I think it was an Airbus A380. Flight Number EK317, I believe. Also, I had heard great things about Japan and I wanted to come and see for myself. It's true what they say, the sushi here is way better than in Europe!

**H:** Can you tell us some favorite memories of coaching at SOIS?

**N:** Sure. My first season coaching MS girls soccer with Coach Rumble. We had players sleeping during practice, eating during practice, hugging and dancing during practice. It was super cute!

**H:** Who were your favorite Sabers soccer players?

**N:** Too many to name.

**H:** You then coached the HS boys team with Coach Entwistle. That must have been challenging. You must have had so much fun, the two of you.

**N:** Yeah, Coach E helped me a lot! I'll never forget sleeping next to him on a hard, cold floor in Yokohama! He was a great roommate in that small PE office.

**H:** What challenges have you faced working, coaching, and living here?

**N:** Mostly language challenges. And I couldn't find any teachers who could dance as well as I can. Everything else was great!

**H:** What makes SOIS different from other international schools?

**N:** Definitely the “two schools together” part.

**H:** If there is one thing you could change at SOIS, what would it be?

**N:** The outside field, haha. Wait, that will change soon, right? I'm leaving, so *now they replace it?*



Pictured: The interviewer (Left) and interviewee (Right). Photo courtesy of Peter Heimer.

**H:** How many kinds of sportsmanship are there?

**N:** That's easy: three. Poor sportsmanship, good sportsmanship, and *Sabers Sportsmanship*.

**H:** What will you miss most about SOIS and Japan?

**N:** I will miss all my students and colleagues.

**H:** Will the Bucks win the NBA title this year?

**N:** No way! They don't stand a chance. Of course. Giannis is my favorite basketball player of all time.

**H:** Nikola Jokic or Vlade Divac?

**N:** I'll go old school with Vlade.

**H:** Novak Djokovic or Rafael Nadal?

**N:** Come on! Do you even need to ask?

**H:** What will you do now after leaving SOIS?

**N:** I have a dream of starting my own business. Something that is not related to education. I'm interested in agriculture and food, so we'll see!

**H:** Any last words of wisdom for the Sabers?

**N:** Don't just stay strong, kids, stay SUPER STRONG like Mr. Heimer! And don't forget to have fun in life, explore the world, meet new people!

**Heimer:** Wise words from a wise man. Thank you for your service to SOIS, Coach Nikolic. Your youthful, positive energy and sense of humor will be missed. Best wishes in the future.

**Nikolic:** Go Sabers!





# Sabers Sports



## “Can I Have a Word?” interview

**Peter Heimer, SIS English teacher, Sabers AD and coach**

Mr. Oscar Sala came to SOIS in August 2018 along with his wife, Ms. Michelle Vogel (OIS school counselor), and their daughter, Trinity (OIS high school student), as the OIS technology coach. He and his family now leave Osaka as they move on to their next adventure in South Africa. In addition to his main role in technology, Mr. Sala has been a big part of Sabers TV and Sabers basketball. Coach Sala coached both MS and HS boys basketball during his two years at SOIS. For this edition of “Can I have a word?” I recently sat down with Coach Sala outside the front door of his Onohara home and asked him: Can I have a word?

**Coach Heimer:** Coach Sala, can I have a word?

**Coach Sala:** Yeah, but make it quick. I have to help a few people set up Google Meet and Zoom meetings, and I need to troubleshoot our online learning stuff. This “working from home” business is not easy. Plus, someone’s got to help you pull out that banana you have stuck in your ear.

**Heimer:** Coach, you came to Osaka after previous international school stints in Thailand and Angola, right?

**Sala:** Right. Eight years in ice-cold Bangkok and four years in the heart of African bush country.

**H:** And before that you were a lawyer in Toronto, a hockey league operator in Denver, and an elementary teacher in a tough neighborhood of Oakland, California. Is that correct?

**S:** You got it.

**H:** Wow. Impressive résumé. What brought you to Japan?

**S:** I think it was a Boeing 747. Also, I’d always wanted to experience the Japanese culture and cuisine firsthand. And you can tell by my silhouette, I’ve enjoyed the cuisine, for sure!

**H:** Can you tell us about some favorite memories of coaching at SOIS?

**S:** Well, during my season coaching MS basketball with Rodney “Rocket” Ray, it was a pleasure learning how he viewed the Xs and Os of the game. And near the end of that year, getting to help out Coach Morioka with the JV WJAA tournament team was a blast! But, working alongside a legend like “Pistol Pete” Heimer (ever heard of the guy???) with the varsity team was the highlight of coaching here. Great squad of hard-working players and finding the best pork in Japan on Tokyo roadtrip was just gravy!

**H:** Who was your favorite basketball player?

**S:** Too many to name: Jason Kidd, Steph Curry, Steve Nash. But, for sure, G.O.A.T. is Larry Bird!

**H:** I mean, Sabers players.

**S:** Again, lots of great kids - Keita, Achyuta, Harry, Yumekichiro, Eojin, Mao - too many to name. But, for sure, the G.O.A.T. is Yuki KOJIIIIIMAAAA!

**H:** What challenges have you faced working, coaching, and living here?

**S:** The same challenges as each time you move to a new country and culture. Learning to understand the culture better and language challenges.

But we’ve really enjoyed our time in Japan!

**H:** What makes SOIS different from other international schools?

**S:** Certainly, the “two schools together” dynamic makes SOIS unique and brings a very cool and different experience for the students and teachers (and coaches)!

**H:** How many kinds of sportsmanship are there?

**S:** That’s easy: three. Poor sportsmanship, good sportsmanship, and *Sabers Sportsmanship*.

**H:** What will you miss most about SOIS and Japan?

**S:** The great people at SOIS - terrific fellow teachers, great students are the best part of SOIS! And, I’m gonna miss me some sushi!

**H:** Will the Packers win the Super Bowl this year?

**S:** Who cares. Better question is “when will Giannis become a Warrior or Raptor?” Rumors are rampant!

**H:** That’s not funny. Maple Leafs or Canadiens?

**S:** Pittsburgh Penguins. But, still a hidden soft spot for the hometown Leafs.

**H:** Where are you going now from Japan?

**S:** We are heading back to the continent of Africa, specifically to Johannesburg, South Africa, to join the community at American International School of Johannesburg.

**H:** Any last words of wisdom for the Sabers?

**S:** Be Strong! Sabers Strong!

**Heimer:** Wise words from a wise man. Thank you for your service to SOIS, Coach Sala, and, on a personal note, special thanks to you for helping me and the Sabers in many ways, and to you and Ms. Michelle for being such good friends to the Heimer family. Best wishes in the future.

**Sala:** Go Sabers!



Pictured: Mr. Sala with the GOAT, Yuki Kojima.

Photo by Peter Heimer