

Full House *THE SHOW THAT GETS ME THROUGH IT ALL*

POP UP LUNCH for CEBU

TREVOR NOAH'S BORN A CRIME EDUCATES AS IT ENTERTAINS

Pokemon Scarlet and Violet

Numbers in my Head

TEA TIME WITH TANISHKA

CHANGING HABITS

ARK

THIS YEAR IN ANIMAL RESCUE KANSAI

幼水夢

TANGO

Academic study may be the most important aspect that students prioritize in their life. But there's another aspect that is as important as academic study, which we all must be considering. That is, 'physical safety'. What do I mean by physical safety? We all, as humans, live in a grouped society, and are constantly exposed to external threats. We all face many conflicts and confrontations with other people in our life. It would be ideal to resolve these problems in a peaceful way, but at the end of the day, if someone starts using aggression, there is no chance of trying to convince or negotiate. There's been many We are physically under threat in such cases, and therefore there is a necessity in being able to defend ourselves, by learning martial arts.

I had a moment like this in my life, when I was almost about to fight someone who was bigger than me, for colliding shoulder with him when I was walking in the corridor in school. Thank goodness there was a teacher near us, and warned us not to fight each other, but the result could have been detrimental if I had actually had a confrontation with him. I was thinking about this little incident later, and I thought and realized that sometimes power dominates over rationality, which raised my first interest in learning martial arts.

Many of you may think that martial arts is all about fighting, and it might discourage you from learning, because none of us like to get hurt. But we learn martial arts so that we don't have to fight, it's about learning what it means to possess the ability to use power. Martial arts are not necessarily all about strength, as martial arts like Jujutsu, require deep understanding about how the human body works (If you are interested in Jujutsu, there is QR code to a document that introduces what Jujutsu is). My intention in this article is to get people interested in learning about martial arts, and promoting the importance of being able to defend ourselves. Therefore, as a first step to learning about martial arts for those who are reading, I am introducing some of the mindset and practical techniques for self-defense that everyone can implement, when encountering a threat.

As not all of us are trained in martial arts; the first thing you should do when encountering a threat, like confronting someone with a knife, is to run away from the threat, especially if someone is armed. There's no chance of being able to fight against a threat, if the person is armed. Run as fast as you can to get away from them. As long as you are alive, you win the battle. In some cases, however, you may not be able to run away, because of a close environment. In such a case, the next thing you should be considering is distancing yourself. The images included show the distance you should be taking, and distance you should not be taking. The most dangerous distance

from the threat is keeping a middle range distance. At this distance, you're most likely to get hit, because the threat has a longer range with a knife, while you are unarmed. Keep a distance that the threat can not reach you, distance more than you think it is enough, so as to ensure you are safe. If the threat approaches you, back off and keep your distance. Look for any chance of running away, and if there seems to be no escape from the situation, you need to be prepared to fight (

further information on how to defend yourself is linked to the document). Even before encountering a situation like this, you should pay attention to your surroundings if there's any potential threat, in case there is anyone that is behaving suspiciously.

Overall, these introduced techniques should be learned, even if you are not interested in martial arts. It is the basic need as an individual to ensure physical safety. If you scan the QR code, or go to the following links, there is further information on what you should know about self-defense, and for those who are interested in learning martial arts, a brief introduction to different kinds of martial arts are given as a guide for you to start learning.



EQUIPPED TO RESIST

TANGO

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SOURCES

ARK

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Quiz Quiz Quiz Quiz....

Which illustration was NOT supplied by and AI in this issue?

The hamburger in Numbers in my Head
was made by Natsumi Mochizuki
ANSWER

TANGO

Welcome to the fifth and final part of 'Tea Time with Tanishka' where we sit back, grab a cup of tea (or coffee, if tea isn't your cup of 'tea'...nevermind that was an awful joke), and listen to me going on about some of my favorite quotes. このコーナーは今回が最終回になります〜最後まで読んでくれたみなさん、ありがとうございました！

Image Provided by Tango Production Staff

'We don't see things as they are. We see them as we are'

To be honest, for the longest time, I didn't understand what this meant. It didn't make sense to me until I experienced it myself. You see, at one point in my life I remember being quite irritable and I'd find fault in many things around me. It seemed as though everything was getting on my nerves. The truth is, nothing was really going wrong. When I look back at that time, I was overwhelmed with schoolwork, probably wasn't getting enough sleep and was wasting my time thinking about everything that was bothering me. I saw everything around me as a nuisance because I was overwhelmed. I didn't have that mental capacity to take a deep breath and see my surroundings for what they really were. I was irritated with myself, and that caused me to become irritated with the rest of the world. That's what this means; we see things as we are. To this day, whenever I feel bothered by something or someone in my life, I take a deep breath, clear my head and ask myself whether I'm feeling this way because of what's really happening or because of my own mental capacity. Spoiler alert; most of the time, it's the latter.

「戦いには強いものが勝つ。辛抱の強い者が」一徳川家康

ここでいう戦いは徳川家康の時代の本当の戦いのことかもしれませんが、私たちの生活にも当てはまる言葉だと思います。正直書きたくないようなエッセイや、あんまり興味ないなあと感じる教科の試験勉強など、なんとかしてやらないといけないことってありますよね。気づいているひともいるかもしれませんが、辛いことややりたくないこと、それらは全て自分との戦いです。そして、その戦いに勝てるのは辛抱の強い者、つまり最後までやりきる覚悟をもてるひとです。大学の出願が現在続いている私やクラスメートですが、私たちも今戦っています。過去の自分に勝つために、そして将来の自分のために。皆さんも辛い日、何もやりたくない日、とにかく帰りたい日、色々あると思います。しっかり休むのも大事ですが、休めたら、また辛抱強く、最後までやりきってください。私は皆さんを心の底から応援しています。一緒に乗り越えましょう！！

Tea
Time
With
Tanishka

Tanishka Murthy

マルチタニシカ

NUMBERS IN MY HEAD

BY MELODY MELINE

I immediately wrap myself around with a towel as I exit the showers. I feel the droplets of water running down my body sink into the strands of cotton. I rush over to my locker and my fingers fumble as I try to enter my combination. Once it opens, I hurriedly pull out my clothes. A girl walks by and I tighten my grip on my towel, another girl walks by and I impulsively pull my towel up higher, making sure my whole body is covered. I turn away from everyone and corner myself between the wall and my locker. I try to change into my clothes without showing my body to everyone, but my towel keeps on slipping. I put one leg through my sweatpants, and my towel slid down a little. I pull it back up, but it just slides back down again when I pull the sweatpants over my other leg.

I can't change here.

I grab my clothes and rush to the bathrooms. I lock the door and lean against the bathroom wall. Finally, no one can see me.

I hang my towel on the hook and change quickly. As I pull my hoodie over my head I hear girls enter the bathroom.

"God, did you see Emma?"

"Of course I did, how can anyone not see her, she practically took up half the benches," she giggles.

"Yeah exactly," she laughs, "I would never wear a swimsuit if I had a body like hers," the other girl says. I recognize her voice, it's Brenna from chemistry class.

"C'mon Brenna let's go. We're actually going to be late." the other girl says, I'm assuming it's Natasha, Brenna's close friend.

Tears start flowing down my face not even a minute after their footsteps descend out of the bathroom. I try to wipe them away, but it's no use, a new tear just replaces the one I just wiped away. Stop crying Emma. You can cry later, just not now. Stop. Crying.

I get my backpack from inside my locker and rush to my next class.

I'm not quite sure what the teacher was talking about in that class. She could have been talking about something completely unrelated to History and I would not have known. There was only one thing I thought about for that whole hour. Brenna and Natasha.

"Is something wrong Emma?" someone asks me abruptly, as I walk down the hallway. I look up and see Hannah.

"Nothing, it's nothing." I say.

"Are you sure, Emma? You don't look okay. I have to get to class, I have lunch 5th period today. But let's talk later."

I nod and she walks away with a worried look on her face. I head to the cafeteria and pull out my phone. I walk towards the food and look at all of the options.

...BUT THAT'S STILL 100 CALORIES.

Ham and Cheese sandwich, I look up how many calories that would be, it's 352 calories. A slice of pizza, 285 calories. Bowl of pasta, 280 calories.

I'll just go with the salad. But that's still 100 calories.

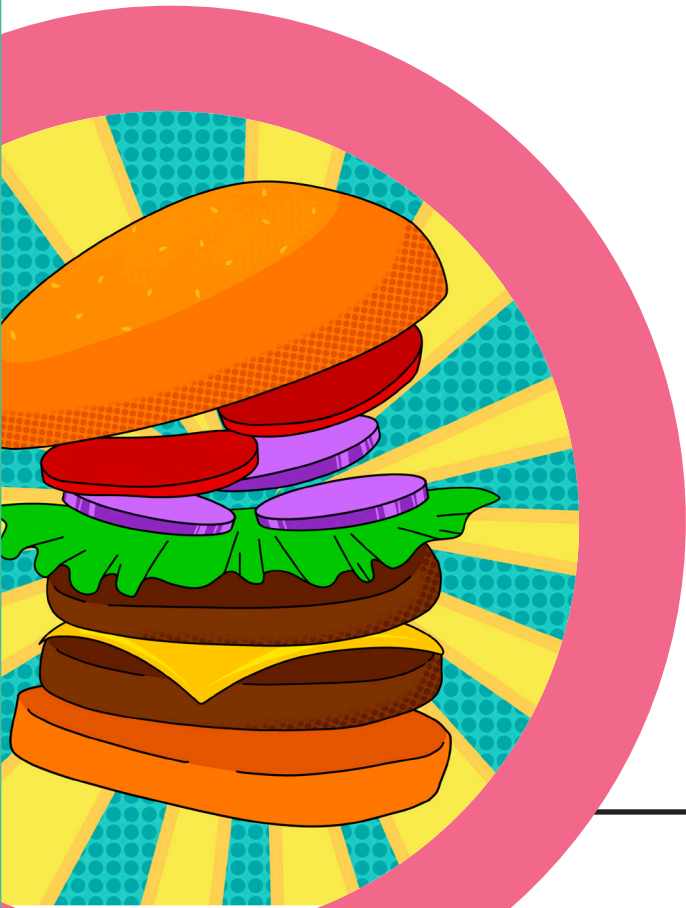
I ended up not eating lunch that day or the day after or any day after that. It was for the better. In fact, I've completely forgotten about there being an option of eating at lunch time. It's actually been quite beneficial, I study in the library during the time I usually would have spent eating. I feel more productive. Besides, I've lost 10 pounds since then. After school, I have a soccer game against a nearby high school. I'm looking forward to it since my body has been exercising more and I've been in shape. I feel like I can play much better than the previous game.

It's minutes before the game and I'm stretching. How many calories will I burn today? About 350? No it's gotta be more, I hope it's more.

If I play the entire game, I'll probably burn about 400. But what if the coach sits me out. Then I'll only be able to burn about 300. I sigh.

I NEED to get that whole hour of exercise, I don't want to have to workout after the game.

The coach gathers the whole team together and we huddle. He calls out the names of the players who will be on the field first.



I'LL JUST GO WITH THE SALAD. BUT THAT'S STILL 100 CALORIES.

"Sienna - goalkeeper. Maddie - right back. Hannah - left back. Mia - center back. Charlotte you're also center back. Amelia - Left midfield. Ava - Central Midfield. Sopheen - Right midfield. Isabella - Left Wing. Lea - Center forward. And Emma - Right wing."

Yes, I'm playing.

"Good luck!" Hannah says as she pats my back and walks to her position.

I grin and walk onto the field and get into my position too. Soon the game starts and the whole field is chaos. The crowd is wild, us players are running around, the coaches are yelling, the cheerleaders are chanting. I don't remember much of the game, I just remember thinking to myself, "How many calories have I burned so far?" "Should I do a workout after this?" I guess I did burn a lot of calories though because our team played hard and we won. Our team is about to go out for a celebration dinner and I'm carpooling there with Hannah. In the car, Hannah's mom is asking us questions about the game.

"So you girls must be all tired out then huh?" I can't focus on her question, I'm busy checking on my fitbit how many calories I burned.

"Yep, I'm pretty exhausted," Hannah says.

"What about you, Emma?" 474 calories. I grin.

Hannah shoulders me and I look up, startled. I look from Hannah to Hannah's mom.

"Sorry, what did you say?" I ask.

"Are you tired?" Hannah asks.

"Oh yeah, I'm all worn out." I replied.

EVERYONE STARTS ORDERING AND MY HEAD IS A MESS.

TREVOR NOAH'S BORN A CRIME EDUCATES AS IT ENTERTAINS

by Ethan Jones

Trevor Noah's memoir, *Born a Crime*, is a unique, great read that provides a balance of education mixed with humor. Trevor Noah describes his childhood stories of growing up during the regime of the apartheid state in South Africa. These childhood stories vary, touching on subjects such as racial segregation, identity, single-parent homes, and internal division, just to name a few. The wide variety of subjects that

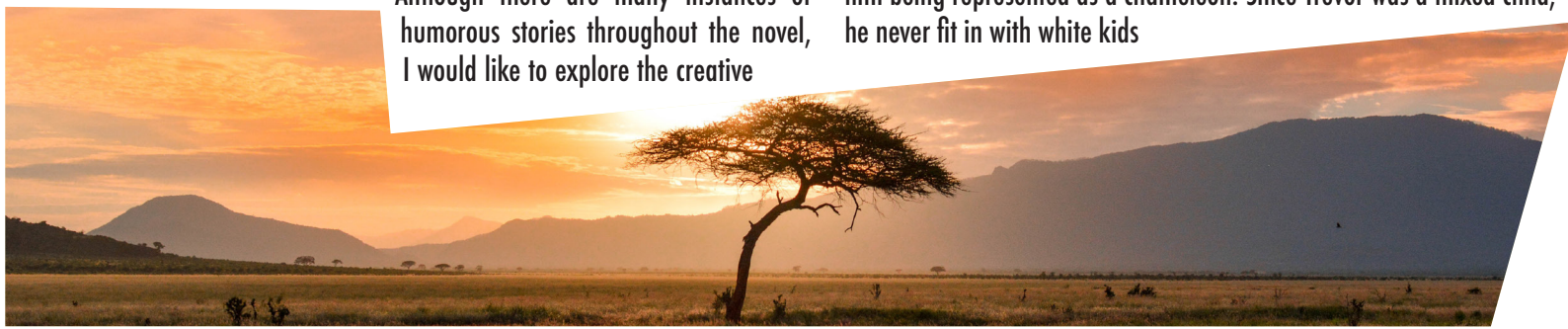
APARTHEID MADE
IT IMPOSSIBLE FOR
TREVOR'S FAMILY
TO EVEN EXIST IN
THE SOCIETY THAT IT
CREATED.

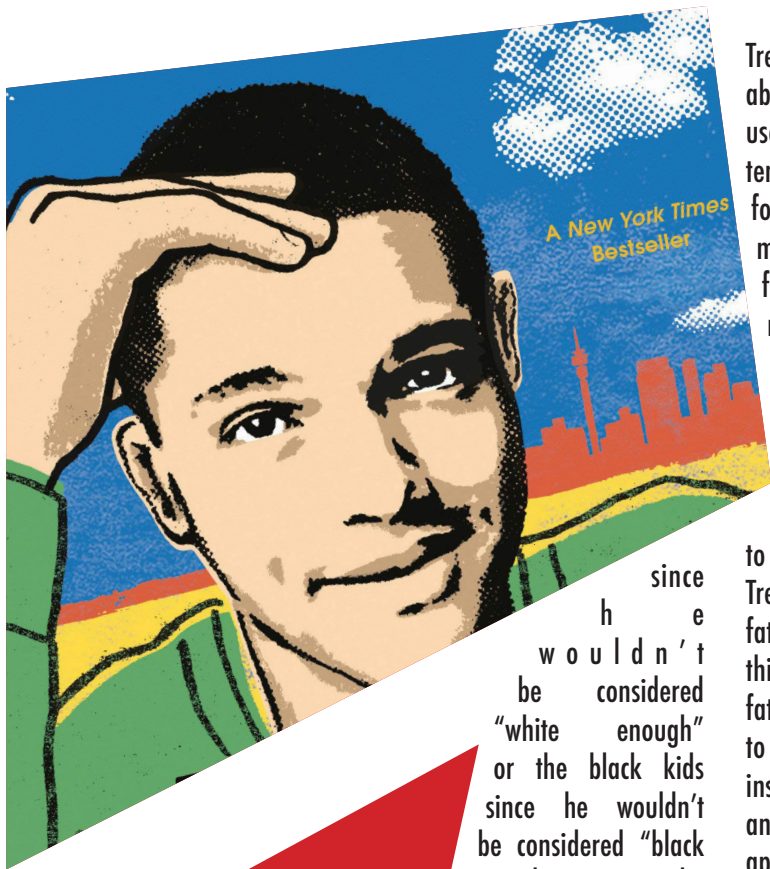
Trevor explores makes the memoir extremely diverse and gives many perspectives on his upbringing. Along with this, the cohesion and interconnectivity of the ideas of the memoir play nicely off of each other such as the idea of how racial segregation has an impact on Trevor's identity, for example. Having seen Trevor Noah's recent success over the years through the media, the memoir also provides inspiration for anyone who is facing hardship or challenges in their own personal lives. Overall, reading it was a very enjoyable experience and provided a new insight for me personally into the culture and life of South African people.

Although there are many instances of humorous stories throughout the novel, I would like to explore the creative

ways in which Trevor incorporates humor into the novel to effectively communicate messages about Global Issues. As mentioned previously, Trevor explores multiple global issues through his experiences such as racial segregation, manipulation, identity, and single-parent homes. To communicate this issue effectively and uniquely, Trevor utilizes techniques like structure, sarcasm, metaphors, and self-deprecation throughout the entirety of his memoir. Trevor also uses his own story to give insight into these struggles that make the memoir easy to conceptualize.

Obviously, the issues of racial segregation were prominent as a result of apartheid rule in South Africa. However, as the memoir progresses, almost everything in the book is somewhat related and ties back to the effects of apartheid. Even the choice of the name of the memoir itself, "*Born a Crime*" shows that even the existence and presence of being alive went against the rules of the apartheid. This feeling of not belonging anywhere in South African society since it was not acceptable, in itself became part of his identity. This creates this interesting dynamic since technically, Trevor's identity in itself formed to be a kid who couldn't find his own identity. This aspect of the story can emphasize the personal impacts on lives that apartheid created by destroying identities. In turn, this affects his identity, and the unity of his family detrimentally. In the case of apartheid's influence on his identity, Trevor uses the metaphor of him being represented as a chameleon. Since Trevor was a mixed child, he never fit in with white kids



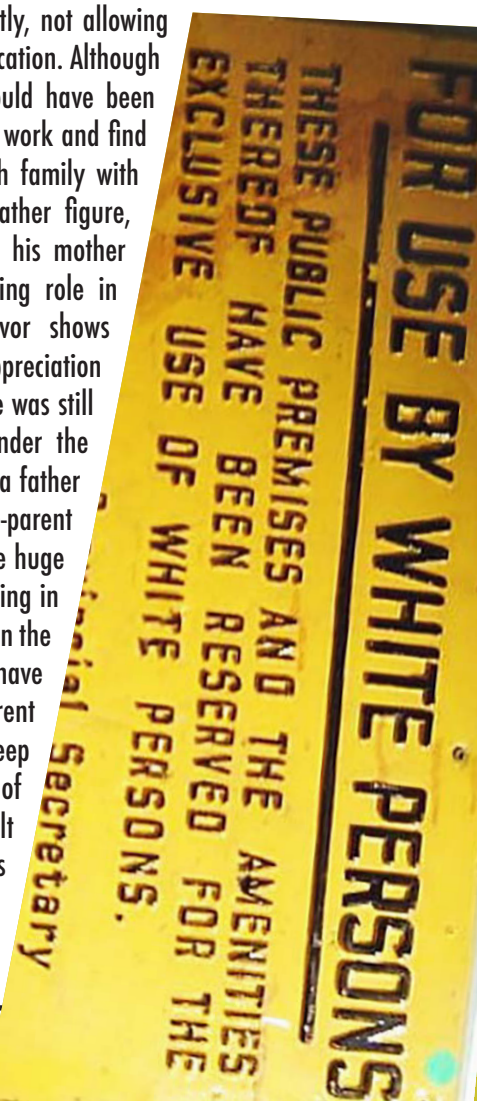


since he wouldn't be considered "white enough" or the black kids since he wouldn't be considered "black enough". Using the metaphor of being a chameleon, reduces the intensity of the subject and possibly made it easier for Trevor himself to cope with the lack of identity he was experiencing. Even though Trevor experiences his own loss of identity on a much larger scale, many people across the world can relate to this universal concept of trying to find an identity. From different areas of religion, culture, and ethnicity in Trevor's case, a lot of people have some kind of experience dealing with an identity crisis or trying to find defining features about themselves. Throughout the memoir, although Trevor deals with this problem more than anyone, people can somewhat relate to what he is trying to get at about identity.

Trevor's family to even exist in the society that it created. Despite the absence of Trevor's father being a sensitive area of discussion, Trevor uses numerous humorous remarks to make the awkward situation less tense. For example, during Trevor's trip to Cape Town, when searching for his father, he states "I was looking in the face of every old white man who passed me, like, are you my daddy?". This downplays the fact that he may not be able to actually recognize his own father as a result of not seeing him for basically his whole life. Another dynamic between Trevor and his father as a result of him not being able to be in Trevor's life is the lack of knowing each other. Trevor makes an attempt to get to know his father by "interrogating" but this irritates Trevor's father. Trevor's father would rather spend time with him to get to know each other. However, Trevor does not find much about his father through this and they conclude this in a joking manner as Trevor's father states, "You see you're getting to know me already". This could give insight into the lost time that Trevor and his father had as a result of the apartheid to grow and create an actual relationship where they could know each other. The memoir may be suggesting that relationships can not be fully repaired when detrimental events like the apartheid regime interfere creating blocks where they can not be built in the first place.

...EFFECTS OF THE
APARTHEID REGIME THAT
DIVIDED SOUTH AFRICA
INTO FRAGMENTS.

Another aspect of the single-parent homes that the memoir discusses is the lack of stability throughout the Noah family. A common occurrence is Trevor moving around constantly, not allowing him to fit in and settle into one location. Although not explicitly mentioned, this could have been due to Trevor's mother having to work and find jobs that could provide the Noah family with enough to survive. Without a father figure, this puts more responsibility on his mother who takes on the main parenting role in Trevor's life. Even though Trevor shows infinite amounts of love and appreciation for what his mom did for him, he was still somewhat a victim of abuse under the parenting of his mother. Without a father figure, this shows that single-parent homes are dangerous and put the huge responsibility of a child's upbringing in the hands of a single individual. On the other hand, two-parent families have more of a balance where a parent could rely on another parent to keep them in check. Another example of instability in the memoir as a result of a single-parent household is when Trevor's mother gives birth to him. Even when something



Trevor also discusses the issue of single-parent homes and their relation to apartheid. Trevor's father was a white Swiss man who could not legally live with Trevor's South African mother. Due to this, Trevor's upbringing lacked a father figure and he could not visit his father throughout his childhood at all. It wasn't until his adulthood that Trevor decided to reach out to visit and get to know his father. This theme shows that once again, the apartheid made it impossible for

CHANGING HABITS

by Nao Noguchi

Have you ever wondered why you have trouble finishing your work or completing tasks that you know you have to get done but can't seem to get yourself in the mood for?

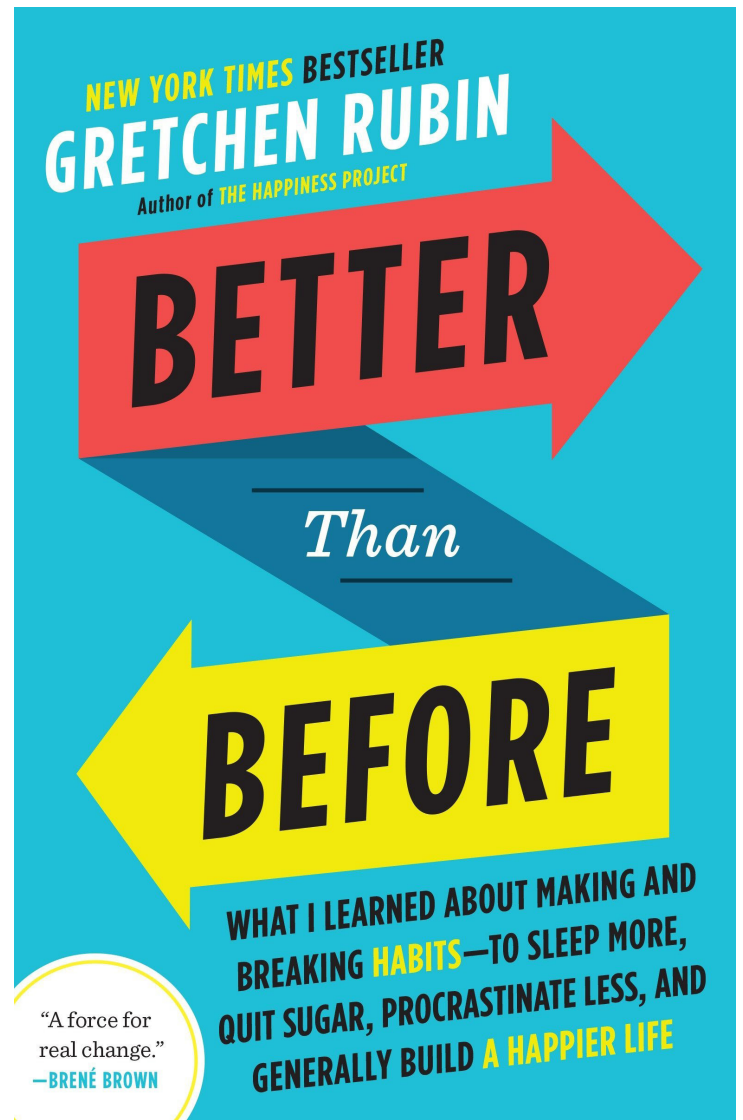
These are questions that I come across now and then. It frustrates me often that every time I plan to do a task, I try to leave it until the last minute. I figured this was all because of my habit of doing so, but the next question that occurred to me was, "How am I supposed to change the habit that I have been sticking with for so long?"

This was when I decided to drop by the bookstore to find a solution to this question that has been on my mind, so I went to the psychology section and picked out a book called, *Better Than Before* by Gretchen Rubin. I flipped through a couple of pages and found out this book was about habits, so then decided to read it.

This article will provide an overview of this book and how it helped me change habits I never thought I could break out of. This book is about habits but doesn't tell the readers what particular habit is best suited for an individual (there is only one part that does, but just that one) because the author believes that each individual is unique, therefore concluding that there are different ways to form habits.

Rubin believes that, "The most important thing is to know ourselves" and to choose what works best for ourselves. She observes that there are four distinct groups of people in the world: Upholders, Questioners, Obligers, and Rebels. According to the book, Upholders are the ones who tend to respond willingly to both outer and inner expectations, and Questioners are the people who question all expectations, and will meet an expectation if they think is justified, Obligers respond willingly to outer expectations but find it challenging to meet inner expectations, and finally, Rebels are the individuals that resist all expectations. The expression, "outer expectations" describes things such as meeting work deadlines and expectations that you are not in control of, whereas "inner expectations" are things you decide on your own, like stopping yourself taking naps.

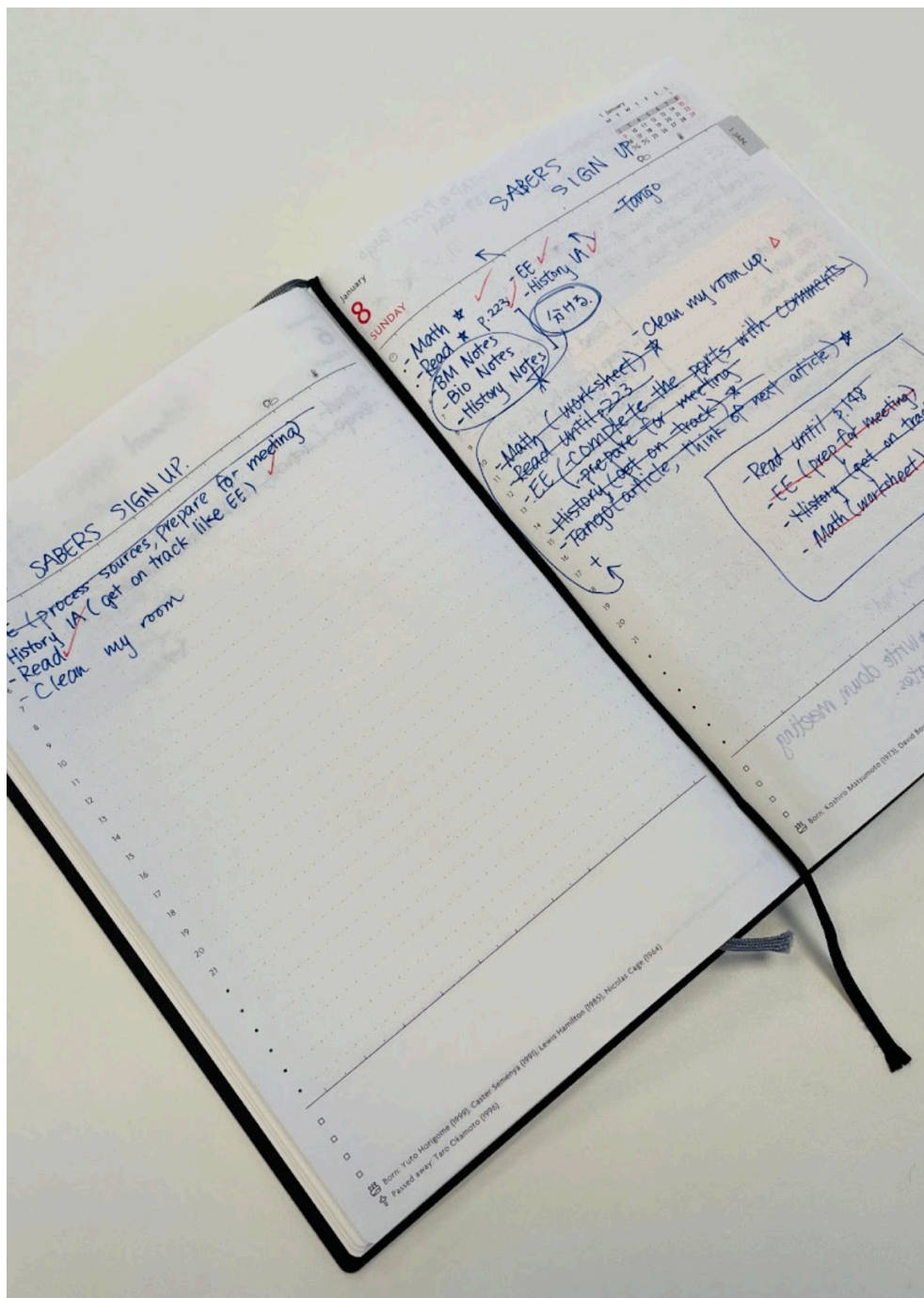
The author says that these four types of people each have their struggle to formulate habits. When I read this section of the book, I thought about which category I



HABITS ARE THE INVISIBLE ARCHITECTURE OF DAILY LIFE

might fit under. This is when I became sure that I am an Obliger, where I'm able to satisfy outer expectations but always find myself struggling to meet my own expectations. This explains why I keep track of all of the deadlines for homework and assignments, a list of what people asked me to do, and all my schedules on my notorious calendar that literally has everything. Now I realize that all of this is for meeting outer expectations and not missing anything that people ask me to do and to remind myself about it.

In this calendar, I turn everything into a to-do list format and check things off when I've completed something. Inside the list, I tend to include things that I mentioned above (outer expectations) and things that I want to get done for my benefit (inner expectations) like cleaning up my room, completing some notes for a certain subject, or going out for a walk. However, I always end up with a similar pattern where I see that the checks are mostly marked beside the task that involves other people and nothing for the ones that I write down for myself because I know that it will not impact others except for myself. When I know that the thing I need to do only concerns myself, I'll say to myself, "well, I



know I need to do it, but it won't hurt anyone, so why not leave it for another day", and so goes this vicious cycle that I just can't get out of.

This is when I thought of the method of involving others in the things that I want to get done for myself. This way, I would have the pressure that I need to get things done because it will affect others, which is the same approach that this book is introducing. Say that I would like to clean my room, this is when I use the method of "let's take a picture and send it to my friend" with a deadline to it or I would simply invite my friends over to my house so that I would be forced to clean my room and other rooms too. I discovered that this was the best way to get myself to do something, so this is the new habit I'm trying to involve others (external accountability) when I want to get something done for myself.

For the other three tendencies Upholders, Questioners, and Rebels, I won't be including a personal account about it, but here are ways how to form your habits.

According to the book, Upholders "avoid making mistakes or letting people down—including themselves" and also tend to want to

"WE REPEAT ABOUT 40% OF OUR BEHAVIOR ALMOST DAILY, SO OUR HABITS SHAPE OUR EXISTENCE, AND OUR FUTURE."

know what is expected of them to meet them. It means that when they don't have all the information or when they are in a place where expectations are unclear they are more likely to struggle because they don't know what is expected of them. Another thing to note about Upholders is that they might get overly concerned when breaking the rules which makes them tired at certain times.

Questioners only meet an expectation when they have a motivation of "reason, logic, and fairness" and when they don't think there is a legitimate reason for doing it, they wouldn't pursue it and when they find a good reason that is justified, they would. They tend to question all expectations. Since questioners draw their conclusions to their decisions, "they're intellectually engaged". Rubin says that a Questioner will be able to stick to a habit as long as they are satisfied with the efficacy of the habit.

Rebels are the ones that resist both inner and outer expectations because they prefer to act based on what they feel and like the freedom they have. They would wake up in the morning and wonder what they want to do for the day. According to Rubin, Questioners "resist control, even self-control" and would go against rules and what is expected of them. Rebels are also good at working towards their own goals in their unique way. Since rebels resist having to follow habits, another thing they could do instead is to embrace a habit-like behavior by trying actions that are choices they made.

With animal welfare week in the SOIS community around the corner, it's important that we not only listen and partake in these activities but also truly understand what animal welfare is, the issues of animal welfare in Japan, and what ARK does as an organization to help.

Animal welfare can be defined as the well-being of animals, specifically regarding their physical and psychological health, and ethical treatment. It's vital to understand that animals are beings that can experience pain, fear, and suffering. It is therefore important to ensure that their welfare needs are met so that they can lead healthy, comfortable, and fulfilling lives. Animal welfare also has broader implications on many aspects of human lives, especially on the environment. By practicing animal welfare activities, we can reduce the negative externality of production affecting the environment. By lowering the use of harmful practices such as factory farming, we can reduce greenhouse gas emissions (methane and nitrous oxide), reduce the amount of land needed for farming, and reduce the amount of waste generated by factory farms (in particular water waste). This would, in turn, reduce carbon emissions that are greatly affecting our environment and climate today. We can start to help by turning to other alternatives that don't result in these negative effects on the environment, one being veganism. You can show your support towards animal welfare as well as the preservation of the environment by enjoying some vegan foods prepared by the SOIS members of the ARK club.

Animal welfare is an issue that wraps around the world, however, it is seen to be particularly prevalent in Japan and has been the subject of criticism for various reasons. This can be seen in the treatment of companion animals, animals used for food production, and those used for entertainment purposes such as circuses and marine parks. In Japan, there are limited animal welfare laws and regulations, and enforcement of these laws can be lenient. For example, the Animal Welfare Law, which was enacted in 2006, does not include provisions for the proper treatment of animals used for food production, and there are no penalties for cruelty to animals ("Society and Animal Welfare - Japan"). Additionally, the issue of pet overpopulation and abandonment is also prevalent in Japan, with many pets being abandoned and left to fend for themselves on the streets. Some animal welfare organizations have reported instances of animal abuse and neglect in pet stores and breeding facilities.

In recent years, there have been efforts to improve animal welfare in Japan, including the aims at improving the treatment of companion animals and the creation of animal welfare organizations working to educate the public and advocate for animal rights. However, it's evident from the following statistics that much more needs to be done to ensure that all animals in Japan are treated with dignity and respect. "The number of animal abuse cases in

Japan in which police took action rose by 68 to 170 in 2021 from the previous year, marking the highest level since data became available in 2010" (Press).

This is where a significant and important organization known as ARK is involved. ARK (Animal Refuge Kansai) is a non-profit organization aiming to "form a network of people who love animals, believe in sharing their lives with them, and who work actively to rescue them from suffering" ("Animal Refuge Kansai | Caring. Rescuing. Rehoming."). ARK facilitates rehabilitating and offering refuge for abandoned, stray, unwanted, and ill-treated animals. They are able to tend to these animals through your donations/contributions

that may give an animal in need things such as; surgery, vaccinations, and medicines to give animals better living standards. In addition to donating, you can also directly get involved by volunteering to help the staff at ARK by helping to walk dogs, giving regular health checks for animals, cleaning the shelters,

etc. Physical or psychological trouble for many animals is an unfortunate after-effect of being neglected and thus ARK helps to rehabilitate these animals while finding suitable, loving homes for adoption.

By purchasing official ARK merchandise such as calendars, folders, keychains, etc, (that will be on sale throughout the month of February) you can show your support towards ARK and animal welfare. ARK also has a mission to educate the public, especially schools about the importance of animal welfare so that the number of homeless and ill-treated animals reduces. You can contribute to this aim by spreading the word and telling others about the importance of animal welfare and its impacts it has on our society. As the SOIS community has demonstrated many times before, it is important for us to be vocal and advocate for issues of global significance. The SOIS ARK club members therefore humbly ask for your kind donations that will ultimately contribute to giving animals in need a better quality of life.



THIS YEAR IN ANIMAL RESCUE KANSAI



by Sam Tamizu

BITY's Drink Review

Xi Gong—"Bity"—tells you all you need to know about teas, soft drinks and other non-alcoholic beverages available here in Japan. So, before you hit the combini, make sure you read her latest review.

生茶(RAW GREEN TEA)

Price: 84 yen (varies depending on the store and occasion)
Capacity: 575 ml

RATING (OUT OF A TOTAL 5 STARS)



Possible improvement

The company could make the notice on the bottle about shaking the bottle before drinking bigger, so that it is more obvious for people to see, and will thus allow them to get the full taste experience from the drink.

APPEARANCE: THE APPEARANCE OF THE DRINK IS NICE AND SIMPLE. THE SHAPE OF THE BOTTLE AND THE COLORING GIVES AN ELEGANT FEELING, WHICH I WOULD HAVE TO SAY IS VERY APPEALING.

TASTE: THE DRINK TASTES LIKE QUALITY GREEN TEA TO ME, AT LEAST. THE PLAIN, CONCENTRATED BITTERNESS AND THE FRESHNESS OF THE GREEN TEA WAS FULLY PRESENTED IN THIS DRINK.

SCENT: NOT A PLUS IN THIS CASE. I DIDN'T NOTICE ANY AROMA OF GREEN TEA AFTER OPENING THE LID, EVEN THOUGH ON THE BOTTLE IT CLEARLY STATED THAT THERE WOULD BE.

ATTENTION PLEASE!

Two heads-up: The first is to fully shake the bottle before drinking, or you will get a watery-tasting version of this drink like I did after taking the first few gulps without checking the instructions. The second heads up is only for people who dislike the strong taste of bitterness in tea, green tea especially. Raw Green Tea is just like its name, completely raw green tea without any sugar or other seasoning added. This, however, can be distressing for people who prefer to savor their tea a wee bit rather than having it raw with the strong, bitter taste of its very original flavor. So, if you happened to be one of the members in that club, it is my humble recommendation that you might want to avoid this tea.



ある田舎の町では、緑の絨毯を背景にして、バケツをひっくり返したような大きな入道雲が上がり、蝉が元気よく鳴いていた。田んぼの真ん中に立つ小さな一軒家の窓へ夏の湿気を含んだ風が入る。その風は寝息をたて、心地良さそうに眠る少女に朝を知らせる。

目覚まし時計がけたたましく鳴り響く部屋の中、少女は大きく屈伸をして起き上がった。

むわりと熱い部屋を逃げるように出た少女はぺたぺたと階段を降り、洗面台へと向かう。鏡には黒い艶やかな髪を持つ幼い少女がひょっこりと顔を覗かせていた。踏み台を上がると冷水で顔を洗った。ひんやりとした水が少女の熱い顔を包み込み、気持ちまで新しくしてくれるようだった。

人の声のするリビングへ向かい、大きな扉を開けると冷たい人工的な冷気が少女の頬を撫でた。その冷気に全身でつつまれ、ソファーにとすっと座ると目の前にはテレビと呼ばれる小さな箱があった。テレビの中では原稿を読んでいる人の姿が映し出されている。彼女の母は、これは小さい小人がリアルタイムで演じる劇なのだと saying いた。少女は食い入るようにその小さな箱をじっと見つめた。

コツンと皿をおく音がして、ふと台の上を見るとスイカがのっていた。赤い果肉に真っ黒の種が映え、きらきら光り、まるで宝石のように少女を誘いかけてきた。テーブルに近づき、ぱくっとその小さい口で頬張る。口の中に甘い液がジュワツと溢れ、スイカ独特の味が広がる。

少女は咀嚼しながら、不意に硬いものに気がついた。危ない。種を飲み込むところだった。先程も種を誤飲して、スイカが体内で生成され死んだ人のニュースが流れていた。危ないところだった。

スイカを数個食べると、少女はお気に入りのワンピースを着て家を出た。ふわふわと真っ白のスカートが青々とした空に舞う。少女の白い肌は周りの景色に溶け込むほど透き通っていた。頭にかぶったピンクのリボンの麦わら帽子は強い日差しを遮り、少女はそれでも防ぎきれない太陽の熱い熱を感じながら、田園を歩く。

少女が上を向くと、田園の所々に赤と白のタワーが立っていた。彼女の母は言っていた。あれは東京タワーなんだと。ここは東京ではないのに面白い名前だなとふふっと笑い、スキップしながら風を切り、ふわふわと歩く。

切符を改札に通し、挨拶する。改札の小さい銀色の箱の中には小さいおじさんがいて、切符を切っているのだ。「こんにちは」と挨拶すると、中の人は「こんにちは。いってらっしゃい」と返してくれた。少女は浮き足立ちながら電車に乗り込んだ。じんわりと汗が滲んだ額は電車の中の冷気で冷やされていた。

ガタンゴトンと電車が揺れる。田園の緑翠を窓ガラスに反射させ、まるで小さな映画館のようだった。幸い、この幸せな時間を邪魔するものはいない。ガラリとした車内には少女を含めて数人の乗客しか乗っていないかった。

電車は心地よい音と共に揺れ、少女は眠気に耐えきれず、目を閉じた。目を開けると、田園風景とは打って違って空を覆い隠すように無機質な四角いビル群が立ち並んでいた。

「次は夢中駅、夢中駅」

電車のアナウンスがそう告げると少女は立ち上がり、電車を降りた。少女の乗った駅よりよほど都会である駅のホームに降り立つ。そう、少女は彼女の母に会いにきたのだ。

彼女の母は都心の病院にいるそうだ。昨日彼女の祖母がメモしていた紙には病院の名前があった。漢字を読めない少女にはイラストの地図だけが頼りだった。

改札を挨拶して通り抜けると地面からじりじりと熱が伝わり、またじんわりと汗をかいてきた。少女は大きな交差点を横切り、小さな公園へ入った。彼女のような小さい体にはたった一キロの道のりでも相当な時間をかけなくてはいいけない。

公園では一組の男女がベンチで会話をし、数人の子供が鬼ごっこをして遊んでいた。蛇口を捻り、水道に口をつけ飲む。水は真夏の太陽に熱され、それほど冷たくはなかったが、炎天下の中歩き続けた少女の体には今まで飲んだことのないくらい美味しく感じられた。

生憎、ベンチが空いてなかったのも少女は木陰の下に座り込んだ。日向は暑い木陰は思ったよりも涼しかった。少し風が吹き、空の入道雲に隠れていた太陽が顔を覗かせる。ぼんやり

していると公園の時計が十二時を指しているのが見えた。慌てて腰を上げ、純白のスカートについた砂を手でさっと払うと日向へ出る。そのまま公園を抜け、病院への道を急ぐ。

少し歩くと大きな建物が見えた。白に赤の十字架。あれが病院だろう。自動ドアを抜けて院内へ足を進めた。

カウンターの看護師に声をかけるが幼い体はカウンターの向こうから見えなかったらしく看護師たちは反応を示してくれなかった。

どうしようかと悩む少女は、はっと思い出して、メモを取り出した。メモには病室番号が書かれていた。二つ折りにしたメモを広げ、病室番号を確認する。しかし、彼女は文字を読むことがまだできなかった。

熱気が入ってくる方を見ると一人の男が院内に入ってくるのが見えた。彼は少女の父親だった。少女は歩き出す父親の後をついていった。

父親の後に続き、階段をトントンと駆け上がり、病室の前で止まる。病室の前にあるプレートには漢字が書かれていた。漢字でしか名前は書かれていなかったが、家の前にある名前と一緒に、ここだと少女は確信した。名前は一人分しかないからきっと個室なのだろう。一人でいるから寂しかったかな、などと考えながら中を覗く。

中には影が二つ見えた。大きな影と小さな影だ。太陽の光は大きい方の影の顔を映し出した。

「お母さん！」

少女はそう叫ぶと母の元へ走り出した。女性はハッと少女を見るとほんのりと笑った。少女はそれがうれしくて駆け寄ると母の顔を覗き込んだ。母は自分ではなく遠くを見ているようだった。

そこで少女は違和感に気づいた。母が入院しているはずなのになぜ母がベットの横の椅子に座っているのか。パッとベッドを見ると一人の少女が様々な器具を体に取り付けられながら眠りについていて。

少女はあることに気づくと、ベッドに近づき、もう一人の少女の顔を覗き込んだ。

誰が見ても彼女たちの顔は全く一緒だった。

幼水夢

Japanese Literature Club



by Haruna Yusa

The video game industry is one that is moving, growing and evolving constantly. New games come out all the time, and you might find it hard to keep up with what is good and what isn't worth it. For the sake of both entertainment and information, I've decided to review games that I find or hear of, and inform you on whether they are worth their price tag.

To get to the point: here I'll be reviewing the most recent Pokemon game, Pokemon Scarlet and Violet. For those unaware, mainline Pokemon games always come with two versions, other examples being "Ruby and Sapphire" or "Black and White". The different versions are more-or-less the same story-wise, most of the difference is in what creatures, or pokemon, appear in the game.

Pokemon is one of the highest grossing franchises in the world. It's loved internationally and is backed by one of the most well-known video game companies, Nintendo. You wouldn't be in the wrong for assuming this sort of reputation would be grounds for some amazing, groundbreaking video game content. Unfortunately, that assumption hasn't exactly stayed true for Pokemon's most recent games. Although I haven't been following the franchise for that long, just from online reviews, it's clear that there seems to be a general consensus that the quality of games has decreased in recent years. And I, personally, don't see the benefit in buying a game I wouldn't like, because I am normal.

So you would wonder: how on earth am I writing this? If recent Pokemon games have been getting worse, and I don't buy games I don't want to play, then did I even play Scarlet and Violet, the newest game in the franchise?

The answer to that question, of course, is yes. Which could lead you to assuming that Pokemon Scarlet and Violet is the best game in creation and that you should go buy it immediately, if you trust whatever you think my opinion is. However, that is not entirely true and this is a review, so I will be stating my final, conclusive thoughts on the game after some explanation.

One of the biggest new features of Pokemon Scarlet and Violet is that the game is now what is called "open world". Open world games have variation within the genre, but as a whole the term refers to games that give the player the freedom to follow their preferred storyline, without having to follow a linear story. Traditional Pokemon games follow a linear structure, where the player will complete event A which leads them to event B, so on and so forth until completion. And though Pokemon Scarlet and Violet has a linear story, there are three separate storylines that can be completed in random order. Additionally, open world games typically feature worlds that are completely free to explore. This means that the player is able to travel wherever they want, whenever they please. Locations are not locked by the storyline, which is what would occur in a "linear style" game.

For a Pokemon game, if done well, this feature can be a major selling point. Pokemon games are set in a world that, though similar to our modern one, is undeniably fantasy. And fantasy is something that, when explored, can be an extremely

captivating experience. However, this is only if the open world features are handled well. If the quality of the experience is poor, the appeal fades and the world becomes boring.

Scarlet and Violet handle this to a varying degree of success. The various storylines, without going into too much detail, are written fairly well. Each storyline features compelling characters, and the freedom to choose gives the player the power to pursue whatever is most interesting to themselves. The story is rather simple, so for beginners to the franchise, it's a decent starting point. However, while the writing and story are solid, the main issue many people, as well as myself, have with the game is its handling of the open world setting, specifically in regards to its more technical elements.

To elaborate, 3D games are heavier and require more work than 2D games. Mainline Pokemon games have mostly been 2D, until recently. That added to the open world feature, making the world much larger, means that the technical aspects of the game suffer. These aspects can be handled successfully, however Pokemon Scarlet and Violet fails in many of these technical aspects, such as loading times and frame rates. Loading times refer to how long it takes for the game to load certain areas or gameplay features, and the framerate refers to how smooth the animation of the 3D models, within the game, are. The longer the loading time is and the lower the frame rate gets, the less enjoyable a game can become, if not intentional.

As a whole, the game isn't bad. There have been bad pokemon games, ones that I wouldn't recommend wasting money on at all, and Pokemon Scarlet and Violet is definitely enjoyable. As a starting point to the series, it works well, as the storylines are fairly simple. However, for a game backed by Nintendo and made by a major game developer, Game Freak, and for its price, the technical quality of the game does not achieve the standard it should be meeting. Had the game been delayed to improve the quality of technical elements, it would have been a much more well received and enjoyable game, however as it is currently, the long load times and laggy animations serve as a detriment to the overall gameplay experience. Additionally, the game costs \$59.99, and so for people who aren't fans of the series or are on the fence buying, this price might put them off. These are understandable reasons for not enjoying or not wishing to play the game, but these points notwithstanding, the game was still enjoyable.

As someone who has never experienced a Pokemon game first hand, I found I was able to neglect the less than perfect technical aspects out of pure excitement. Being able to grow and build a team of pokemon and battle opponents while planning out, on the spot, what strategies I could use were aspects of the game that I felt overpowered its mediocre technical quality. That being said, I understand why people would be put off from buying the game, especially with its price. In conclusion: for people like me who are just starting with the pokemon series, it's an enjoyable game, however for more pessimistic people, or for those who want the best for their buck, they might be more inclined to skip out on this installment of the Pokemon series.



NUMBERS IN MY HEAD... CONTINUED FROM PAGE 4

Hannah's mom grins, "Well, you girls enjoy your dinner then," she says as she drops us off. I thank Hannah's mom and step out of the car. As soon as I step foot outside and see where we're eating dinner, my stomach drops.

In N Out.

Immediately thoughts start rushing through my head.

Soccer was not enough. I need to workout later, and tomorrow, and the day after tomorrow. God, of course we're eating here. Why did I think I could just eat a few vegetable sticks and be fine? Let alone, in front of the whole team. The team is a group of teenagers, of course we're not going to eat at a salad bar.

It's okay, Emma. You can just eat a salad. Do they even have salad though? What will I eat if they don't have salads?

We meet the rest of the team and enter the restaurant. Everyone starts ordering and my head is a mess.

It's okay Emma. Be normal. Be a typical teenager and enjoy a hamburger with your friends. You can just exercise more tomorrow. Calm down.

"So, what're you gonna get Emma?" Hannah asks me.

"Um, I don't know yet." What will that be, 350 calories? But with fries, it'll be even more. Should I just get a salad? That would be weird though. Everyone's getting a burger. All I can think of are digits. It'll be 100 more calories with a slice of cheese. It'll be 10 more calories if I dip it in ketchup. Maybe I just won't eat the ketchup, that's still normal right?

The line gets shorter and soon it's my turn. I'll just get a salad. I can say I had the stomach flu a few days ago.

"Um, I'll have a-" Just order, Emma. Act like an ordinary teenager.

"I'll have a plain burger."

"That'll come with fries, would you like a drink as well?" It's okay Emma, just don't eat the fries.

"Um, no that's okay, just some water please."

I get handed my food and head over to the table where the team is at. My tray contains about 900 calories. Don't worry, Emma. It's not that big of a deal. Just exercise more tomorrow. I look up and everyone's eating their burgers. See? Everyone's eating without hesitation, you can too.

Hannah waves at me, grease drips onto her burger wrapper, 9 calories. She takes a bite, 30 calories. She taps on the seat next to her and I sit there.

"Aren't you going to eat?" she questions me.

"Oh, yeah, of course." I slowly pick up the burger. I examine the gooey cheese, the fat filled patty and the lettuce that no longer has any nutritional value.

Just breathe. Just take a bite. It's okay. I take a bite of the fatty burger. 30 calories. I set the burger down and close my eyes. I just want the numbers to stop.

CHANGING HABITS... CONTINUED FROM PAGE 8

I hope you have found out why you might have trouble completing tasks and getting things done and out of your way! Since these are things that I struggle with daily, I hope this brief book review and my account will help you change habits that you might want to consider modifying!

Memorable quotes from this book: (Thinking of placing these on the page somewhere)

"Habits are the invisible architecture of daily life"

"We repeat about 40% of our behavior almost daily, so our habits shape our existence, and our future."

"If we change our habits, we change our lives."

"Habits mean we don't restrain ourselves to make decisions, weigh choices, dole out rewards, or prod ourselves to begin"

"Our tendency colors the way we see the world and therefore has enormous consequences of our habits"

幼水夢... CONTINUED FROM PAGE 11

硬い革靴の音を響かせながら病室の中に花を持って入ってきたのは彼女の父親だった。両親はまるで少女がいないかのように話を続ける。ベッドに半身乗り込んでいいる少女を気にも止めず、ベッドの中にいるもう一人の少女をチラチラと見ながら話を続けた。

「今日も変化はないのか」

「ええ、今日でこの子が眠りについてからもう五年が経つのね」

「お義母さんはまだなのか」

「もうすぐのはずだけれど、迷っているのかもしれないわ」

少女はようやく気がついた。自分はこのベッドで眠る少女と同一人物なのだと。

ふらふらと窓際に近づき、足をかけ長い長い髪の間から両親を見た。彼らは自分の娘がそこにいることを知らない。ただ、ベッドの上の少女を愛おしそうに見つめていた。

先ほどまであんなに爛々と輝いていた太陽は姿を消し、厚い厚い雲が空を覆っていた。ジメジメした空気が充満して、ぽつりぽつりと雨が降り始めた。次第に強くなっていく雨を横目に少女はその小さな身を投げた。

夏の雨は落ちていく少女をたたきながらその姿をふっと消していった。

少女が目を開けると田園の中の小さな家のベッドの上にいた。

相変わらず目覚まし時計は八時を知らせている。少女は今までの出来事を忘れたかのようにけたたましく鳴り響く時計を止めると屈伸をし、自室を駆け出していった。

窓には水滴が滴り、雨上がりのカラッとした陽の光を反射させ、キラキラと輝いていた。

as stressful as giving birth occurs, apartheid made it impossible for Trevor's white father to be seen with Trevor's South-African mother. This shows that even in the most emotionally significant moments of both parent's lives, they simply could not be together. Along with this, Trevor's mother cannot receive financial support from Trevor's father which puts the Noah family in poverty throughout the entirety of his upbringing. This could also show as a representation of the financial challenges that occur and the lifestyle of living under a single parent.

Although Trevor's mother was a strong enough figure to take care of a child by herself, the challenges of single-parent homes could have been significantly more prominent in this memoir. For example, if the wrong parent were to take control of a child's life, this could result in emotional and behavioral challenges for the child. As for Trevor, he does not seem to acquire any of these due to a good upbringing, however, he could have adopted traits like being aggressive, engaging in high-risk activities, depression, etc. Born a Crime in itself is a tribute to his mother as he states before the memoir starts, "For my mother. My first Fan. Thank you for making me a man". This could possibly show the respect and appreciation he has for his mother for being strong and not allowing him to fall victim to the possible dangers of being a child in a single-parent household.

Trevor also discusses the internal division in South Africa created by political and cultural infighting among the South-African people. In South Africa, despite the black South-African population being five times as large as the white South-African people, they were still being manipulated and used. Trevor Noah uses listing to name the many South-African tribes such as "Zulu, Xhosa, Tswana, Sotho, Venda, Ndebele, Tsonga, Pedi, and more". Along with this, with each tribe having its own languages and cultural ideologies, Trevor expresses that this creates conflict. This political infighting allowed the white to take advantage of all of the black South-African since they were already in conflict with each other. To explain the conflict of cultures, Trevor classifies the Zulu, Xhosa, and Whites as single humans. This could show how one-dimensional and irrational the mentalities of people of all parties were during this time period. Trevor describes the Zulu as "He is proud". This short three-word sentence could also provide a similar effect to show the simplicity of the Zulu in this case. The short punchy sentence also gathers the audience's attention and creates a simple but effective image of the Zulu people. On the other hand,

Trevor describes the Xhosa as ones who took pride in their thinking abilities. Trevor proceeds to use a parallel structure to show the contrast between the two prominent tribes of South Africa, "The Zulu went to war with the white man. The Xhosa played chess with the white man. This parallel structure also includes a metaphor by stating that the Xhosa people "played chess with the white man". This metaphor shows a reflection of the thinking and the nimble-like approach utilized by the Xhosa. Just like every other prominent Global Issue shown in the memoir, this is another obvious example of the effects of the apartheid regime that divided South Africa into fragments. Rather than working together to fight a common cause, Trevor explains that different parties blamed each other for the Apartheid regime which is natural considering the very different approaches that the Xhosa and Zulu both took. Along with this, Trevor's list which is previously stated of the several tribes, also shows how many parties needed to be satisfied, showing the difficulties that the apartheid created to form unity amongst the many tribes.

Another technique Trevor uses throughout the memoir is the structure of the memoir itself. Before every chapter, Trevor includes a short entry of information normally about the history of the apartheid to give context to the audience. Generally, most people may not have a great amount of knowledge of the cultural history of South Africa and the apartheid. This consistency and effectiveness of these entries allow the audience to build their own knowledge needed to understand the memoir. Trevor uses this consistently throughout the memoir to get off-topic at times and communicate essential pieces of information.

In conclusion, Trevor Noah's memoir Born a Crime, gives many insightful views through his life experience into global issues such as racial segregation, loss of identity, single-parent homes, and internal division. Trevor expands and gives his audience his knowledge in these areas through humor techniques, structure, and personal insights to provide various different perspectives. Showing that all the global issues are interconnected due to the ruling of the apartheid in South Africa, this shows the extremely negative influence and effects that authoritarian states can have on society and minorities. Despite Trevor discussing these areas of conflict in something as extreme as the apartheid rule, he makes efforts to make it relatable so the audience can get a grasp of what it may have been like. Overall, the memoir personally provided great insights and broadened my understanding of the life of black and mixed South African people.



When I was a little girl, my dad would run to Tsutaya every weekend and borrow a few of these DVDs. We'd watch multiple episodes at a time, and before I knew it Full House had become like a second family to me. I know I know, it's an old show, the story progresses slowly, and there isn't a lot of excitement in it like many of the more modern shows. But I don't care. The minute I turn it on, seeing Jesse play his guitar, Joey doing his impressions or Danny being the neat-freak he is, my heart becomes full. There's something about this show that just makes me feel...happy, calm, grounded, and honestly, like a little kid again. It's interesting too because I have almost nothing in common with this family. I grew up to Indian parents, lived in Japan my whole life, and am an only child. I couldn't possibly be more different to these people I'm watching on screen, yet I treat them as if they were my own family. They bring me comfort when I need it the most.

The question is, why does any of this matter? Well, it's certainly not to give you a hint as to what I want for my birthday(a t-shirt with John Stamos's picture on it wouldn't hurt).

Here's the thing. In the past year and a half, I, along with my classmates have been drowning in assignment after assignment, and test after test. The decision to do the IB was our own, but we would be lying if we said it didn't change our priorities. It suddenly became so easy to stress about one small grade, or one small comment on an essay. We were suddenly having to juggle university applications(our literal futures) with Internal Assessments(which, if we don't submit, we would fail the IB so, essentially our literal futures as well) amongst many others.

Stay with me here, I have a point, I promise.

During Year 2 of IB, I started to watch Full House more. By "more", I mean almost one episode every day(I wish I was joking). I don't know why, but I did. And, surprise surprise, I started to feel happier, and less stressed(at least for a while).

Full House was one of the few things that reminded me of a time when things were a lot simpler and less stressful. It gave me comfort, motivation and happiness. The theme song telling me everywhere I go "there's always a hand to hold on to", seeing celebrities like Little Richard or the Beach Boys make guest appearances, or seeing Kimmy get dumber as the show progressed, somehow all made me happy.

So here's my piece of advice for IB students, future IB students, or honestly, anyone in general that wants to find more happiness. Find that one thing that reminds you of your childhood(or a time when you remember being stress free and happy) and incorporate that into your daily or weekly routine. Trust me, you'll need it.

And if you end up realizing that Full House is your comfort show too, you know who to call.



Fred Mecklem is an 11th grade student from the SOIS community who has taken on an admirable CAS project. Fred's CAS project was to hold a 3 course Filipino pop up restaurant for parents and teachers to enjoy. The aim of this project was to raise money for the grade 11 service trip, taking place in March. For the service trip, the grade 11 class will go to Cebu, Philippines in order to help out local organizations and communities. The organizations and communities include the Gawad Kalinga Organization, scavenger children in the Mandaue Dumpsite, the Caohagan Island School House, and the Yellow Boat of Hope Foundation.

The process of initiating this project was not an easy one, and required great effort. Fred's first step was to browse Filipino cookbooks in order to determine what kind of menu he wanted to serve. After careful consideration, Fred decided to make and serve lumpia as the appetizer, sinigang soup and pork adobo as the main courses, and biko for desert. This 3 course meal consisted of staple Filipino foods that encapsulated Filipino culture. After deciding upon the menu, Fred sought out volunteer chefs and servers who wanted to assist the project.

The overall service went perfectly. The service took place on February 4th, from 11:30 AM to 1 PM. In all, 12 guests attended and enjoyed the food. Though it was a busy day, Fred had a clear plan and the service ran smoothly. Fred stated that this service was an amazing experience, and that cooking these delicious Filipino dishes was nostalgic as Fred had lived in the Philippines prior to living in Japan. Guests were encouraged to donate, and by the end, Fred's Filipino pop up restaurant was a success raising up to 90,816 yen for the service trip. Fred has expressed great thanks and gratitude to everyone who came to enjoy the food and to donate, as well as to all the volunteers who helped out during the service.

Fred's service project not only raised a significant amount of money for a good cause, but it also brought people together to enjoy and celebrate Filipino culture. Fred's project is a great example of the positive impacts student-initiated projects can have on the community.

by Chiharu Nagasaka

UP FOR LUNCH for CEBU





TANGO

IS LOOKING FOR CONTRIBUTORS

We would love to hear from you if you are interested in writing, drawing or taking photos for this SOIS student magazine. If you would like to take part in any of these ways, please talk to Chiharu Nagasaka, or Mr. Algje about how you could help.

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