

The Cathedralite Press

The Arbutus

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Cathedral High School

Celebrate Diversity Month



Club Highlights

Moxie Club

Moxie Club is a club made up of passionate young women who are determined to change the world. The club and its leaders have noticed the disparity between how women are treated compared to men, and they are keen to pursue reform. Moxie is a club for young women to learn about women’s history, to identify and protect themselves from discrimination, and more. This club meets every other Friday from 1:00 pm - 1:45 pm. Since March is Women’s History Month, and this month the Cathedralite Press is celebrating diversity, Moxie Club is the perfect club to highlight.



Moxie Club is run by seniors, Ana Sufja, Brianna Holguin, Nickalia Beckford, Isabella Rukaj, and Sharon Quinn. One of the leaders, Brianna Holguin, read the book titled *Moxie*, by Jennifer Mathieu and shared the story with her friends. She found the book

to be inspiring and together the girls were able to implement the club at Cathedral.

The club is designed to feel like a sisterhood and to bring women together. In Moxie club, a recurring topic is the discrimination that women have faced and how they work to overcome it. When asked about gender discrimination in college and professional life, Sharon Quinn tells *The Cathedralite Press* “that going to an all-girls school we don’t realize how males tend to dominate over females.” To educate young women on this topic, the club oftentimes shows documentaries on how women around the world face different challenges and obstacles. To increase awareness even further, Moxie hosted a panel on March 29 for the entire student body. The panel included presentations from women who work in “male-dominated jobs.” The women discussed how to persevere through the challenges in professional life, such as overt discrimination and subtle microaggressions, that come with being a woman.

The overall goal of the Moxie club is to help young women as much as possible by creating a learning-by-discussing experience. Nickalia Beckford stated that “the vibe of the club is just like sitting at a lunch table with all of the girls.” Moxie Club is a very comfortable space for Cathedralites to discuss female-oriented stories and anecdotes. The leaders of Moxie Club achieve this goal by setting a club routine. First, the leaders ask everyone how they are doing. The leaders then share the prepared PowerPoint for that Friday. This leads to a group discussion amongst the girls in the

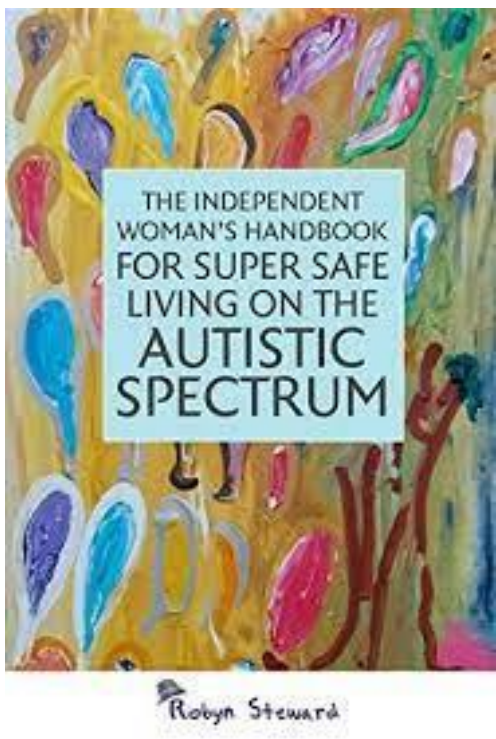
club. Ana Sufja added on by saying, “we do go off-topic sometimes, but Moxie club is a very safe space and everyone’s opinions are respected.” We also asked the leaders of Moxie what their favorite aspect of the club was and Isabella Rukaj stated that “it feels as if everyone in the club is my sister and leading the club makes me feel good about myself.” Sharon Quinn also adds that she loves the space that was created in the club.

Since last month was Women’s History Month, Moxie Club would like to share a very important and passionate message with the student body. They would like you to know that women’s history should definitely be highlighted and discussed more frequently. Women have fought for so long to get where we are today and we need to keep fighting for change. All young women should continue fighting for the rights that we deserve. If you are passionate about these topics then please do not hesitate to join Moxie Club.

Written by Sanaa Lucas (2021) and Nyla Jones (2024)

Book Review

The Independent Woman’s Handbook For Super Safe Living On The Autistic Spectrum



Robyn Steward’s *The Independent Woman’s Handbook For Super Safe Living On The Autistic Spectrum* is THE go-to guide for super safe living as an independent woman, allowing those on the spectrum to protect themselves without having to worry about compromising how they live their lives. Whether you’re on or off the autistic spectrum, you’ll find within these pages a story that relates to an experience that you’ve gone through at least once in your life. This book explores everyday issues that women encounter

and how to recognize safety threats. Included are practical abilities and procedures to circumvent these threats and focus more on the quality of your life. Some of the topics explained include different types of friendships, handling money, emotions, and drugs, alcohol, and other substances. The writing style is schematic-like and straightforward.

We live in a society where romantic relationships are a big part of our culture. All you have to do is walk outside and you’ll see and hear about romantic relationships and how they’re prioritized over most things. Chapter 3 and its 23 parts are dedicated to this topic. The chapter goes over why people worry about being single and even discusses how to point out red flags that a romantic relationship may be abusive. It’s challenging for most people to date and maintain positive romantic relationships. In a relationship where one or both individuals are on the autistic spectrum, it’s quite likely that many misunderstandings will present themselves. Romantic relationships can be an integral part of a person’s life and can provide the feeling of safety. They can provide a great deal of support and fulfill many of the emotional needs that people have. Plenty of people on the spectrum are very happy in their relationships. Romantic partners care about your wellbeing and can help you spot dangers that aren’t as clear to someone on the spectrum. However, many people on the autistic spectrum have been involved in abusive romantic relationships. Whether it’s something you want or don’t, this chapter wonderfully explains what to look for in a positive romantic relationship.

Another chapter that I believe is also very important and relevant to many people is Chapter 9: Moods, Emotions, Feelings, And Mental Health. The author begins by recounting both her personal and professional experience with mental health. She learned that many people on the autistic spectrum often experience challenges like clinical depression, loneliness, OCD, eating disorders, and social and general anxiety. Those on the spectrum also have difficulties with their gender and sexual identities. People on the autistic spectrum have so much that they can offer to this world, but sometimes, they have to navigate through things that are very difficult emotionally. Included in this chapter are many analogies that are easy to comprehend. In fact, some people on the autistic spectrum find analogies very helpful. For example, we have Stephen Fry’s weather analogy. It goes, “To me mood is the equivalent of weather. Weather is real. That’s the important thing

to remember about the weather. It is absolutely real. When it rains it rains. It is wet. You get wet. There is no question about it. It's also true that you can't control it. You can't say if I wish hard enough it won't rain and it's equally true that if the weather is bad one day it will get better and what I had to learn was to treat my moods like the weather."

I believe that the most useful part of this handbook is the activities that are included with every chapter. You get to take in the general information that you are given and personalize it. It helps to write down your experiences so that you can take them with you, wherever you go. Another useful part of the book is the diagram that summarizes each chapter. If you have a hard time taking in paragraphs of information, the diagrams are much easier to understand and there are many of them in each chapter.

The author addresses the topic of living safely for women on the autistic spectrum in an open and honest manner. Most of the material is based on her own experiences as a woman on the spectrum. If you need a bit of help navigating the social intricacies of life then this book is for you.

Review by Elani Reyes (2021), Assistant Editor

Diversity in Healthcare

As people in this world who come from different backgrounds, it is important from New York City to feel accepted and included in our everyday activities, including in health and wellness spaces. Not long ago, there was little to no diversity in our medical and health fields. The vast majority of people working as doctors in the medical field were white men, while the vast majority of women in the field were nurses. Although the medical profession evolved over the 20th century and into the 21st century, it did not really begin to diversify until recently.

The key to fixing this problem starts in medical schools, where the acceptance rate for female applicants needs to increase further.



Male and Females of mixed ethnicities in the same workspace

It is only truly in the last 15 years, that medical schools started to accept female applicants and people of different ethnic and racial groups at higher rates, which in turn has led to increased diversity in the field. With being said, diversity in the medical field is improving but remains a work in progress. Although almost two-thirds of practicing physicians and surgeons continue to be male, with the increasing diversity in medical schools, it is more than likely that diversity will expand among practicing physicians and surgeons in the coming decade.

Medical health care and diversity are closely tied together just as much as wellness and diversity are. You can ensure diversity in your own wellness space with an acronym such as DEI; Diversity, Equality, and Inclusivity. You may notice that your wellness space is not very diverse, and can be the most diverse with other people from different ethnicities or backgrounds. You can invite someone to join you and your community to help the space become different for everybody. You can make a difference in your wellness space with equality as well. If you come across a situation where someone is not being treated the same way, or is not able to have some of the same advantages as you or someone else, it is always necessary to speak up about the situation and find a solution. In terms of inclusivity, a great way to make your space diverse is to encourage other people to participate and become a part of your community. It can help create a great space where everyone feels comfortable enough to join. The acronym DEI is a great way to ensure that your wellness experience is transformative for you and everyone else as well.



Diversity in a Wellness Industry where everyone is included.

It is essential to understand why having diverse spaces and experiences are necessary in our everyday lives. Biases in these spaces can have a bad effect on anyone who is victimized by it. When you feel like you are a victim to a bias, it may make you feel that you have to work harder to become accepted. With this mindset, you can experience burnout. Burnout occurs when you are adapting to the space and surroundings you are in, yet are also uncomfortable with the people around you. Burnout causes you to work harder, and can bring unnecessary stress to your wellness space. With this being said, it is important to remember ways you can bring diversity into your wellness space so that everyone can have the best experience.

Overall, health and wellness are deeply intertwined with diversity in a variety of ways. There are many ways to increase diversity in the medical field and in wellness facilities, and change is already starting to become more visible. There are many ways we can get involved, and we should do whatever we can to make a difference.

Article written by Claudia Rodriguez (2024)

Gender Diversity Within Colleges

Women have always had the capacity for greatness but fully reaching their potential was difficult because of the many barriers erected by men. Although women have fought for many years and made tremendous progress, there are still staggering statistics showing gender inequality in the classroom. Women may have made progress but is the progress in “equality” enough? Will it prove to be enough for future generations of women? College is a

place where motivated young minds seek higher education for a brighter future. The issue of gender inequality is detrimental to the personal growth of college students but despite being a hugely important issue, very little awareness of the subject can be found within many college campuses.

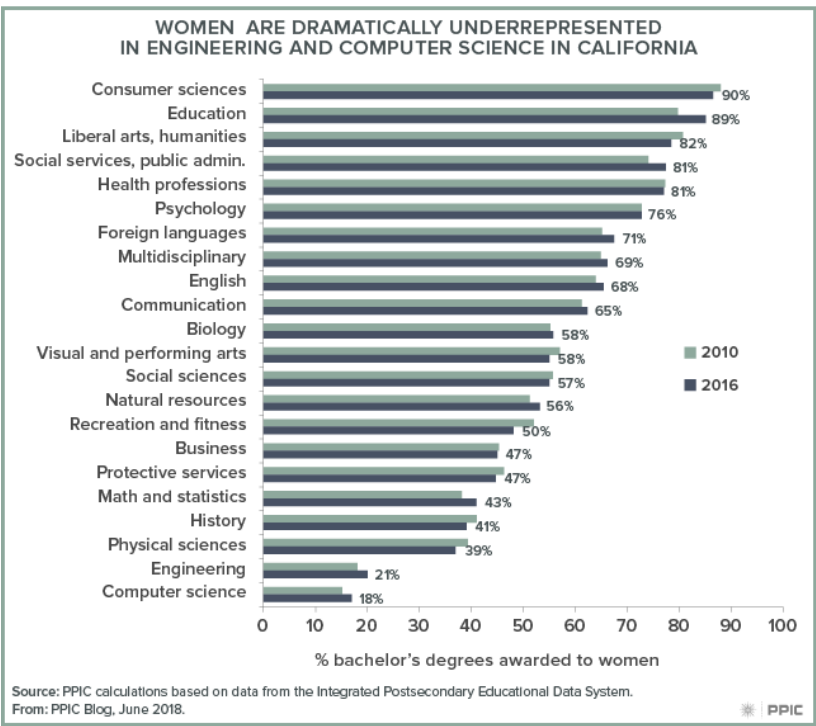
As attendees of an all-girls high school, we are all familiar with the safety and strength that is felt when a classroom is made up of young women. Most colleges are co-ed and often downplay the importance of gender diversity. Recently, Harvard University merged the Title IX Office and the Office for Sexual Assault Prevention and Response into the Office of Gender Equality. This led to fewer resources for gender equality, underrepresentation for women on campus, and an overall lack of support for women. Harvard has also laid off many workers who investigated discrimination, harassment, and assault and plan to hire only one restorative justice member to handle the Office of Gender Equality. The Title IX office covered many areas of gender issues including sexual and gender-based harassment, gender identification, sexual assault, and more. These issues are extremely significant and the importance of these issues is of course revealed through statistics. At Harvard, according to their annual Title IX report, forty-three percent of students filed allegations of sexual and/or gender-based harassment in 2020. Even with almost half of the university’s students facing sexual or gender-based harassment, these staggering statistics were still not enough for Harvard University to keep their two offices. If two offices geared toward stopping discrimination, assault, and harassment still did not have enough resources to lower these outrageous high percentages, it is unrealistic to believe that this merger into one office would be beneficial.

Gender diversity also involved club opportunities, major choices, and classroom dynamics in college. Almost all colleges have women-only clubs and women empowerment clubs to help women feel safe. Clubs, such as the Women in Business Clubs at Manhattan College, help support women developing their careers in business, a field predominantly dominated by men. Clubs foster personal development, allowing students to expand their knowledge and become empowered on campus. American University’s Democratic Society founded a club where students discuss their passion for politics while working together and sharing perspectives. Student organizations should have the capability to make the student feel safe and not threatened, whether it’s women or men. Clubs bring the student body together to discuss and share their passions and similarities, while still upholding the necessity of inclusion and diversity. As we all

know, Cathedral strengthens its student body through clubs such as Moxie, which allows students to come together and discuss issues women face currently.



Another prominent issue on college campuses is a lack of diversity in certain majors. In some majors, women outnumber men, such as nursing and social services, and this can obviously be correlated to societal stereotypes. However, a key area where women face underrepresentation is in the Science, Technology, Engineering, and Mathematics field. Men dominate the S.T.E.M. field making up more than half of the students who participate in this major. Only thirteen percent of all engineers are women. Women are extremely underrepresented in the CUNY S.T.E.M. program, where eighty percent of the graduates were men. Even more troubling was that the group most underrepresented were Hispanic women, who, according to CUNY’s S.T.E.M. Graduate survey, earned only seven percent of all S.T.E.M. degrees and four percent of degrees in technology.



At Cathedral High School, there has been a recent push to encourage all women of color to engage further with and pursue the S.T.E.M. field. Cathedral has brought teachers who share this

passion, such as Mr. Camacho, Mr. Boo, and Ms. Colon. Mr. Camacho frequently mentions that he came to Cathedral to encourage women to pursue engineering because of the divide he witnessed himself as an engineer between men and women in the field. Cathedral requires students to take a technology class in which they learn the basics of engineering and are allowed to take these courses for up to three years. Cathedral also offers thorough health classes and, of course, the Medical Gateways Academy. The Gateways program allows young women to experience clinical work, mentorship, and advanced medical courses in high school. This exposure can open up the minds of girls who have an interest in wellness, in health, or in the medical field.

I recently spoke to a friend of mine about the classroom dynamics in a top tier university, the lack of diversity in college and the difficulty of the transition for those graduating from an all-girls school. Amelia Quezada, a graduate of Aquinas High School where I attended before it closed in 2020, is now a student at Harvard University. She told me of the comfort she felt at an all-girls Catholic school, and how she had the ability to express her opinions in the classroom freely. The transition to Harvard was jarring and Amelia said that in her freshman year of college she felt the men in the class constantly talked over the women and their opinions. She did not feel comfortable getting an answer wrong in class, even though the classroom is supposed to be an environment built to allow people to learn. How are women expected to learn with the constant pressure of a man’s judgment? College is already an incredibly rough transition for most students, especially a transition from an all-girls high school to an expensive co-ed college. Women should not have to be worried about enduring judgment for their opinions or if they get an answer wrong.

All in all, a university should serve as a safe place, where both men and women are allowed to expand their knowledge and grow as people. Of course, it should be noted that this is not just a university issue but a societal issue. Gender equality cannot be fixed by simply adding an office for the emotional support of students. Instead, if we bring awareness to the issues, especially at younger ages, there will be a positive impact on society as a whole.

Article written by Lyla Velez (2022)

Entertainment & Media

Gender Diversity in Media

While women are typically underrepresented in media, social media offers more of a level playing field for the voices of women to be heard. This is especially true for women from a wide variety of backgrounds. A broad definition of feminism is the belief in social, economic, and political equality of the sexes. Until recently, it was difficult for those fighting for feminist principles to have a platform to do so.

Social media offers a new frontier for women's rights organizing as it encourages shared beliefs and experiences. A significant impact that social media made in the feminism movement is with the #MeToo movement. When the #MeToo movement began, many women felt optimistic and others felt uncomfortable as abuse and harassment stories began circulating the internet. The men accused soon began to face the consequences for their treatment of these women. Both on social media and people's regular lives, the conversation about consent began to form. Soon, people began to claim that the movement had gotten too far before it had truly started. This caused an unexpected divide in the feminist community as well. Some feminists began to urge caution in continuing the movement any further, as people began to view the movement as silly. They believed that many of the incidents were too "minor" to cause criticism. It was argued that such a wide variety of sexual misconduct was being discussed which caused the movement to lose a sense of nuance. This disagreement was characterised as generational and coming from older feminists that were too complacent. Younger feminists were then seen as naively idealistic, and this generational rift caused those who came forward to be seen as young people who wanted attention. However, there is not one single ideology in a movement, especially a movement that seeks to draw attention to negative behavior. Having a wide variety of opinions is important for cultures to prosper. When someone comes forward as a victim of assault, they stand with, and become a part of, a wider group of people who have similar experiences. This solidarity is powerful and makes the diverse opinions not a weakness, but a strength.

For a long time, feminism has been seen in a negative light, and even in today's society the "angry feminist" archetype is seen negatively. This is the stereotypical portrayal of feminists as angry and man-hating, unwillingly single, and unattractive. This is in

contrast to the common view of femininity that a woman should be gentle, kind, modest, and domestic. The angry feminist identity is often brought up in conversations about what a feminist is, how a feminist should act, and which type of feminist has the most impact. This archetype of feminism also shows how women are still being asked to conform to this idea of "true femininity" today. This stereotype also shows how women that are not passive are seen as less of a woman and how easily femininity can be taken from you. Early suffragettes were seen as mentally ill women who wanted to be men so, as a result, wanted to destroy men in bitter revenge.

In 2017, the Women's Rights March showed a unique display of feminism. The march opposed the rhetoric and political positions of Donald Trump and was the largest single-day protest in American history. Although the march demonstrated a great deal of unity, certain pro-life feminist groups were excluded. This raises questions about people who identify as a feminist and what it means for policy preferences. While there is a tendency for feminism to focus on self-identification, there is not a lot of attention to its relationship with a political ideology. While both liberals and conservatives are reluctant to identify as a feminist, there is an overall accepted view that people with liberal political views are more likely to identify as feminist as their views are more compatible with the feminist movement. Conservatives also find that issues of gender equality are less important than liberals. Before the 1960s, the women's rights agenda was limited to the Equal Rights Amendment (ERA), discrimination in employment, and equal pay. Issues such as the ERA drew support from both sides, however today the ERA is no longer supported by the Republican Party and the agenda of women's rights includes more issues. Due to these issues more feminists feel aligned with the Democratic Party and feel inclined to support Democrats.

Article written by Tigist Dagnatchew (2021)

Ableism Online

Ableism and the disregard of sign language on social media is something that has been normalized, and it's pretty infuriating. Ableism is discrimination against people with disabilities and/or people who are perceived to be disabled. As a 16 year old girl, I spend a lot of time on Tik Tok and other social media platforms. And there is a lot of good content, a lot of really funny and creative

content. But every once in a while, I come across some very disrespectful videos and discourteous creators. One creator that has disrespected the Deaf community time and time again is @Rosalice_Opsina. A few months ago she would make videos interpreting songs. As an ASL student I know it is very hard to interpret songs because interpreting in ASL is not meant to be a literal translation. When Deaf creators commented telling her that her signs were wrong, she started deleting comments, and blocking people. She even went as far as to make a diss track against her “haters”. She continuously ignored the constructive criticism that people gave her, and all they asked was for her to take more time to actually learn to sign better, and then repost the video when the signs were accurate. Instead she decided to use Deaf people’s language to gain popularity, and then tried to silence their voices when they wanted to help her.

People using signs for popularity is not something uncommon on social media. Popular YouTuber Stephen Sharer uses the “I Love You” sign on all of his merch. He took this sign and rebranded it as his own “Share The Love Merch.” As I researched him and his family I realized that he had no connection to Deaf culture, and doesn’t seem to know any other signs. When asked about how he “came up”, with this logo this is what he said, “I have always been about spreading peace, love, and positivity, so Carter searched for a logo that would symbolize that and found the sign language symbol that stands for ‘I love you.’ From there, we started our slogan ‘Stay Awesome and Share the love, Peace’ and the ‘Share The Love’ symbol and brand was created.” Stephen Sharer took this sign and now uses it as part of his brand, and makes money off of it. He has a custom Lamborghini that has his “logo” on it. It’s plastered all over his house and his instagram and throughout my research on him and his family, I haven’t seen him talk about Deaf culture, or Deaf issues, so why is it okay for him to use the “I love you sign” and profit off of it?



“Share The Love” logo



I love you sign

These attitudes towards ASL is nothing new, it’s been happening for years. For example, if we look back to the 1880 Milan Conference, this was a turning point in Deaf history because there was a ban on sign language. Many educators at that time believed oralism was superior, and did not want to teach deaf children their natural language. This decision almost destroyed sign language. The National Association for the Deaf (NAD) started a special fund to help try to preserve sign language. The Milan Conference still has a lot of negative effects today, and the Deaf community was not offered an apology until 2010, 130 years after the ban. Inventor of the telephone, Alexander Graham Bell, was a staunch promoter of oralism despite having a deaf mother. He believed that deaf people should NOT procreate with each other, because he did not want the deaf gene to be passed down. He strived for a homogeneous society, where everyone was able to speak and hear, not sign.

It wasn’t until the mid 20th century that ASL started to be recognized as a language. Many people disregarded it because they believed that it was just a signed version of English. However, that is far from the truth. ASL is a separate language, it has dialects, it has its own syntax and grammar structure. American linguist William Stokoe was a major influence in helping people understand this. But even today it’s not a respected language. Many schools still don’t teach it, many colleges and universities don’t count it as a language, and as we have seen in the past, some people use it for their own profit. ASL is a beautiful language, and has a long history, and as hearing people we need to respect it, and respect Deaf creators on social media.

These are some amazing Deaf people/businesses that you can follow on Instagram and Tik Tok:

Instagram:

@whyisign

@deafmua

@theasllab

@laurenridloff

@angel_theory

@shaheem
@cascade4ever
@bymaraily
@rosebyanderjewelry
@nyledimarco

Tik Tok:

@itscharmay
@scarlet_may.1
@ladywithredglasses
@chrissycanthearyou
@signinngwolf

Article written by Dayanara Torres(2022)

Trends

Mental Health Discourse on Social Media

Today, Americans are more accepting of mental illness due to social media being utilized as a tool to share information and resources. Although progress has been made among the young people, mental illness still carries negative connotations. The stigma of mental illness creates reluctance and shame in seeking help, and as a result many people lack a good support system.

Younger generations are more open about mental health problems and social media has been instrumental in breaking the stigma of mental health and spreading awareness. When influencers, who are content creators with a big following, are open about their mental illness on social media it gives others the motivation to be more accepting of it. On Tik Tok, Justin Puder (@amoderntherapist) speaks about mental illness in a humorous tone which helps destigmatize it. When posting about mental health conditions, an influencer is sharing knowledge that people might not have access to, due to possibly the fact they can't reach a therapist, or have no access to a trusting adult in life. Someone may not know they have a problem until they see another person who's like them or see a post about it. Dr. Gallagher who is the director of the outpatient clinic at the Center for the Treatment and Study of Anxiety (CTSA) at the University of Pennsylvania says "Getting

the information out there for people to realize that they're not alone, and to normalize things in the context of mental health conditions, can be really empowering."



Dr. Gallagher

Social media can also be a place where people cope with their mental health problems. It also allows more people to share their experiences or what helped them through a tough time. The online community allows others to feel comfortable and less alone. There are many important hashtags throughout all popular apps, such as TikTok, Instagram, and Twitter. Hashtags such as #mentalhealthmatters, #mentalhealthawareness, #mentalhealthsupport trend the most.

In addition, there has also been a body positivity movement across all platforms. It has consisted of being accepting of all body types and addressing eating disorders. For example, user @brittanilancaster on Tik Tok dedicates her platform to spreading awareness to eating disorders, along with her journey of recovery. She posts videos of what she eats during the day and helpful things to remember for those recovering from anorexia nervosa. Her videos help many people who deal with the challenges in recovery and she helps those who might feel alone in their recovery. Showing what she eats allows others to feel comfortable eating. Brittani shows her recovery in a good and positive way as many people think that recovery is hard and scary. All together, she brings body positivity to the forefront, relates to young viewers that food is fuel, and helps many people going through a difficult recovery.



Brittani Lancaster

The acceptance and understanding of mental illnesses has come a far way from where it used to be, but improvements can, and should, still be made. We must recognize that mental health

matters and having a mental illness or eating disorder is not something to be ashamed of. Although social media has spread awareness to millions of individuals, it alone cannot destigmatize mental health issues. Once mental illness is treated equally to other illnesses, more people will have the courage to get help and better their lives.

Article written by Sharon Quinn (2021) and Jonida Konjufca (2022)

Cathedral Spotlight

Tai Shiga and Gabriella Yee

For this month’s “Celebrate Diversity” issue I interviewed seniors Tai Shiga and Gabriella Yee, who are both very passionate about their cultures. Sitting down with them and discussing diversity allowed me to further consider and understand my own cultural background. While Tai and Gabby come from different cultures, they stress that people should embrace their individual identities and should respect others no matter where they come from. They are incredibly inspirational and after sitting and talking with them for a half an hour they certainly opened up my mind. Tai and Gabby are both strong, driven, and empowered women who strive to change the world. I can’t wait to see what Tai and Gabby accomplish in their future! I was so lucky to have had the opportunity to interview these young women!



Tai Shiga

Q1: Can you please state your name, grade, and clubs you are in?

Hi, my name is Tai Shiga. I’m a senior and I’m in Moxie Club.

Q2: How do you think the diversity at Cathedral affects you?

I had never met anyone from the Bronx before coming to the Cathedral so the diversity here gave me a new perspective on all the types of New Yorkers from different cultures there are. The girls here really helped shape my personality too.

Q3: What is your dream college if you are attending, if not what are your plans after high school?

My dream school was UCLA but I am committed to Macaulay Honors at Baruch.

Q4: How difficult has it been to be immersed in multiple cultures?

Other than having a lot of family to keep up with I think it only enriches me. It’s not really something that difficult or a burden necessarily.

Q5: What is your favorite tradition of your culture?

My favorite tradition is going to Matsuris or Japanese festivals in Japan and dressing up in my kimono with my cousin and sister.

Q6: What about these cultures drew you to them?

It wasn’t really a choice, it’s just kind of what I am and what I grew up with. I feel like if I didn’t have that upbringing... I don’t think I would have been drawn to any of my cultures.

Q7: How does being a part of multiple, different cultures affect your everyday life?

It’s not something that really affects me too much. I like to share my background with others. I’ve gotten made fun of for being proud of my cultures but I feel like culture is a great topic of conversation. Other than being a topic of conversations, I don’t think its had an effect on my everyday life. However, I did get to visit a lot of countries and I’m only 18 so that’s a plus.

Q8: When learning about each culture, such as the culture from your origin as well as in America, which one do you like

better?

I don't like American culture sometimes but I do like my own ethnic culture 100%.

Q9: Do you consider yourself an activist? When did you decide you start becoming an activist?

I don't fully consider myself an activist because I don't feel like I do enough for my community or the people around me. I know I use my voice and I say a lot on my social media but I think it's a lot more than that. I'm just not there yet where I can say that I'm an activist. Ever since I was in sixth grade I was always interested in current events and using my voice.

Q10: What do you both think we can do to help stop hate crimes towards Asians?

I think we need to implement anti-racism and discrimination classes early in childhood education. Those first few foundational years are very important in developing how you think about the world and people around you. I think it would really change the dynamic of how we interact with each and how we learn to celebrate our differences.

Q11: What are some ways that anti-Asian racism can be discussed and countered beyond merely raising awareness on social media?

I took this question as not what we can do but more of a bigger picture. During these times, similar to the period after George Floyd's murder, I think that it is so important that companies and schools have mandatory meetings to discuss how to counter things such as unconscious bias. Also, require employees and even students to be evaluated to see if they are a threat to others. I think that is really important as it can easily prevent these types of situations from happening.

Q12: Have you ever felt out of place or uncomfortable in a group setting or situation for being different (having a different culture)?

Not necessarily, but there have been moments when someone

won't know that my father is Japanese, my sister is Japanese, or my family is Japanese and they would say something that is racist towards Asian people. They would use some sort of slur or just talk bad about the Chinese community. I would be like you are so unaware of your surroundings. Those are the types of things that happened. So they say racist things about Hispanic people and I am Hispanic. I have those types of moments but I have never been in a situation where I felt out of place but I'm not recognized as part of that culture and I've witnessed some really uncomfortable stuff.

Q13: When visiting the two countries (Japan and Argentina), how was the overall experience with the different cultures?

When visiting Japan, I obviously didn't fit into the crowd so people usually thought I was a tourist and were surprised when they learned I was there for my family. Japanese culture is the most familiar to me, but I can never be fully comfortable knowing I stick out like a sore thumb. In Argentina, I am able to assimilate really well because I look like everyone. Argentinians are very lovey dovey and welcoming. It's two different experiences for sure.

Q14: What was it like growing up surrounded by 3 different cultures?

It gave me a lot of identity issues because I was never Irish enough for the Irish community, I was never Hispanic enough for the Hispanic community, and forget about Japan, everyone just thought I was a dumb American. I've learned to appreciate all aspects of my identity. It was hard for me freshman and sophomore year but now I think I've grown past that and I appreciate it more than I used to.

Q15: What is your favorite thing about Japanese culture?

The food. Growing up my dad always made the best Japanese food and cooking with him as a child is one of the best memories I have.

Q16: What motivated you to participate in online activism for intersectional causes? What has this platform meant to you thus far?

I've always been a bit of a hot head when it came to unfair circumstances ever since I was little and I think it turned me into an advocate for the underdog. I don't quite have a platform, but I always use my voice. You will never see someone get away with saying something controversial when I'm around. Standing up for what's right is a huge part of who I am.

Q17: What advice do you give to people who want to be more involved in their culture? How can they go about in becoming a true activist on social media?

Before you can be more involved in your culture you have to be 100% unapologetically yourself. For the longest time, especially throughout my high school experience among my classmates, my heritage was continuously invalidated because of the way I looked. It took me a long time to fight the insecurities it gave me and make the first step to learn more about who I am. Regarding social media activism, I don't think it's really easy to be an activist. Posting Instagram stories a few times a week about a certain cause isn't activism. It's getting involved in your community, making phone calls, using your voice in the real world to real faces, and more than anything: you have to vote!

Q18: Is there someone you look up too who is immersed in their culture? Why? How do they inspire you?

The girls here at Cathedral are very cultured, and that inspired me as a young girl to get involved in my cultures as well and be more prideful. Nobody knows pride better than Dominicans though.

Q19: Do you have a special message towards the girls at Cathedral High School that pertains to diversity?

Be proud of where you're from and draw on it to make yourself successful as well. Be a successful woman so you can positively represent your culture and your background.

Gabriella Yee

Q1: Can you please state your name, grade, and clubs you are in?

"Hi my name is Gabriella Yee. I'm in the 12th grade and I'm in the Mandarin Club."



Q2:How do you think the diversity at Cathedral affects you?

"I never actually met anyone outside of my own race as I always went to an all Asian school. It was really interesting to learn about different cultures and races."

Q3:What is your dream college if you are attending,if not what are your plans after high school?

"My dream school was Stony Brook but I committed to Hunter College."

Q4: How difficult has it been to be immersed in multiple cultures?

"The only thing that is difficult is keeping up with the languages because sometimes I get my languages mixed up. My father's side of the family wants to try my mom's food so it's very different."

Q5: What is your favorite tradition of your culture?

"My favorite tradition of my culture is the Lunar festival or Chinese New Year because we come together as a family and it's especially fun for the kids because we get money."

Q6: Do you consider yourself an activist? When did you decide you start becoming an activist?

"I would consider myself a soft activist because I do use my social media or I do talk to people that don't really know what is happening. I started to become a soft activist when COVID hit because that's when everything started happening."

Q7: What do you both think we can do to help stop hate crimes towards Asians?

“I think we should inform people that actually don’t really know what is happening since some people are in their own bubble. We should go to the Go Fund me pages, protest, or use your voice, and don’t just sit there and do nothing.”

Q8: What about these cultures drew you to them?

“I have two cultures. I’m half Indonesian and half Chinese. I don’t really get in touch with my Indonesian side but I grew up with my Chinese roots and culture. I guess what drew me to them was the love and how humble they are, it’s very honest and true.”

Q9: How does being a part of multiple, different cultures affect your everyday life?

“It doesn’t really affect me too much but I do get questions a lot like ‘Are you Mexican?’ or ‘Are you something else?’ Like no I’m Asian.”

Q10: When learning about each culture, such as the culture from your origin as well as in America, which one do you like better?

“I’m a little up in the air about that because American culture and my culture each have their pros and cons. One of the negative stereotypes in Asian culture there is that women should be cute and act innocent. However, in America we are bosses and we control companies or do something. At least, we have more freedom here than a one -dimensional stereotype.”

Q11: What are some ways that anti-Asian racism can be discussed and countered beyond merely raising awareness on social media?

“I agree with Tai, people should be more aware of what is happening. Discuss it, and know about what is happening so take the time to really understand the world around us.”

Q12: Have you ever felt out of place or uncomfortable in a group setting or situation for being different (having a different culture)?

“I have been in a lot of uncomfortable situations, especially back in my own middle school. I was so different. I wasn’t 100 percent Chinese I was a mix and people called me different names and I was very uncomfortable. It’s something I got used to it unfortunately, but now that I am at Cathedral, I’m strong, and I don’t have to listen to those people.”

Q13: The recent disturbing rise in anti-Asian hate crimes aside, what are some other important barriers and discrimination that Asian American women have faced historically and continue to face today?

“My answer isn’t really towards Asian American women but towards every woman out there. I feel that we face the same thing as everyone else. We get treated horribly, not enough pay, they think we act innocent, and that we are a follower but not a boss. I feel that it doesn’t matter what race it is but that all women in general from any race experience the same type of hate.”

Q14: What is your favorite cultural dish your parents make?

“My mom is Indonesian so she would always make Rendang it’s beef, potato, and coconut milk. It’s like a curry type meal but it tastes so good. For Chinese, my dad doesn’t really cook but my aunt used to make this dish for Chinese New Years and it was San Choy Bow which is a lettuce wrap. It’s so good and it’s also with oyster sauce, it’s just amazing.”

Q15: How has the recent discrimination against Asians caused you to feel in public? Are you scared or concerned when going out for daily activities?

“Yes, I have to be more aware of my surroundings and what people are doing. Especially, when I go out with my parents or if they go out by themselves. I’m one hundred percent scared like what is going to happen next or are they next.”

Q16: How have you been mentally affected by recent hate towards the Asian community?

“I just feel very upset because it’s crazy to think that just because of COVID this is starting to happen. I’m glad that more people are aware of it and it’s just crazy how people can do this to others.”

Q17: What do you think about activism online? What are the dos and don'ts?

“I think activism online is really strong. It's amazing how social media can bring people together and just come together as one just to fight for something that is just crazy. Some dos and don'ts...don't post things on social media if you don't know about what you're posting. I don't know why people do that. Don't be a follower just because someone is doing that. Some do's...go to the Go Fund Me pages for the victims' family. If you can't contribute then share the link with people and make people aware of what is going on. Also, just talk to people if this isn't right to make them aware.”

Q18: Is there a specific way you try to deal with the overwhelming feelings of hate crimes towards Asians? How has this made you feel and is there something that makes you stronger?

“I don't really know how to deal with it but when I go through social media and I learn about what is happening I go rush to my dad and tell him did you see this. I get so upset and so mad, I'm like people are crazy, I don't know how people can do this. What makes me feel stronger is knowing that there are people fighting for what is right. Many other races have come together to support the Asian community.”

Q19: Do you have a special message towards the girls at Cathedral High School that pertains to diversity?

“I would say be you and just don't try to fit in a crowd. Just be you in the sense that you shouldn't feel pressured to be something you're not.”

**Interviews conducted by Catalina Almeida (2022),
Assistant Editor**

Culture In the Classroom with Mrs. Roman



Culture and diversity are important and necessary aspects of life that are responsible for bringing people together from different backgrounds and countries. Culture is also something that connects us all in intricate ways through our traditions, customs, histories. However, what's especially important is

highlighting diversity and culture. At Cathedral, culture and diversity is not only celebrated and recognized, but it is also taught. Ms. Roman, Cathedral's Spanish profesora, passionately teaches about culture every day and is the perfect person to help shine a spotlight on the importance of diversity.

Q1: Can you tell me a little about your background? Where are you from and where did you grow up?

"So I'm from the Dominican Republic. I grew up in Dajabon which borders Haiti. This city is known for its markets which sell many things like clothing and perfumes. I grew up in a Catholic family and my parents each had 12 siblings. I have so many wonderful memories from my childhood and I especially remember that every Sunday my family would go to Church and visit my grandparents. We would share very special meals."

Q2: Describe the moment when you realized you wanted to teach Spanish professionally.

"So ever since I was five years old, I knew I wanted to become a teacher. My first-grade teacher inspired me and also happened to be my chemistry teacher in high school as well. I was able to pursue my dream after I finished high school and then went to a boarding school to become a teacher at the age of 18. I started teaching at a middle school where I had the opportunity to teach chemistry and Spanish."

Q3: What was your journey to working at Cathedral High School?

"So I went to Jersington University where I completed my four years of college. After I finished my degree, I applied for different teaching positions and I looked at a few other options, and I ended up choosing Cathedral High School because it was a Catholic School. The Catholic teachings were important to me growing up and I knew I was going to feel a sense of community with other like-minded teachers and students. While teaching at Cathedral, I also furthered my education and received a master's degree from the University of Salamanca in Spain. I received my degree in Spanish Culture and Literature."

Q4: In your opinion, what's the best part about teaching a language and culture?

"So after 17 years of teaching, this job has enabled me to have a better insight into the world and its different aspects. Through teaching language and culture, I have also been invited to travel with Cathedral students abroad and this has enriched me as an educator. The best part of teaching is definitely to be able to share these direct experiences of Hispanic culture with students. For example, we got to travel to Spain and see paintings by many famous painters which made one of the many aspects of Hispanic culture come alive. It was so much more than reading about the same paintings in a textbook and it was a moment that I experienced the beauty of Hispanic culture with students that I cherish most as a teacher."

Q5: What is your most favorite memory from school before the pandemic?

"So my favorite memory was when the students from Cathedral and I took a trip from England to Ireland. We traveled by ferry which was a unique way to get to our destination. We were able to indulge ourselves with a great view and great food. I remember

drinking my coffee and looking at the beautiful Irish sea while the students were all entertaining themselves by watching movies. It was a truly wonderful memory.”

Q6: How has your teaching style been positively affected and negatively affected during the pandemic?

“Well, my teaching style has evolved with time. The pandemic has led me to be more flexible when forming my lessons. At the same time, my teaching has been negatively affected in that I have not been able to connect with students in the same way as if I met them personally. This has led me to find more communicative ways to engage with virtual students and in-person students. Fortunately, I know most of my students.”

Q7: How do you continue to teach about something as intricate as culture remotely?

“As a teacher who values learning through experience, this pandemic has been tough in some ways, but I use various methods to engage my students including the use of visuals, verbals, music, etc. I also use different interactive platforms like Google Slides. In addition, the use of media such as movies, interviews, and documentaries are common tools that I find helpful in teaching culture remotely.”

Q8: Why is diversity important to you in the classroom and how is diversity such a valuable asset while teaching and learning?

“If there’s more diversity in the classroom, then there’s more room for growth as we can connect to each other’s backgrounds and experiences. So bringing people together with different cultures, races, and ethnicities means that each person brings a rich set of life experiences that can improve learning for everyone.”

Q9: Teaching culture and diversity in the classroom must require some different teaching methods compared to other classes/subjects. What are some of your favorite teaching methods to keep students engaged and inquisitive?

“So, one of my favorite teaching methods is having students watch a movie and then analyzing different aspects of it. I incorporate films for different countries such as Spain, Mexico, and the

Dominican Republic. When you watch these films, you can see a lot of diversity even within the individual cultures and traditions. We also play interactive games such as charades and sometimes even use a competitive buzzer if students think of the correct answer.”

Q10: Who has been the most inspiring Hispanic or Latinx figure in your life?

“Definitely one of the most inspirational figures in my life would be Isabel Allende. She is the world’s most widely read Spanish language author. I think her tenacity and perspective about life, despite all the challenges she has faced, inspired me to be a better person and teacher.”

Q11: When learning another language, one must also learn about the people to which that language belongs to. How do you teach students about the history and challenges of the Latinx and Hispanic Community?

“One of the ways that I teach about the history of our community is through reading. For example, my students typically read the book, *In the Time of the Butterflies* by Julia Alvarez. Students learn about what the Mirabal sisters went through to end Trujillo’s dictatorship. Multimedia is also very helpful where students either watch movies and documentaries or listen to music. One of the movies we just watched was *Pan’s Labyrinth* by Mexican director, Guillermo del Toro. This movie is a perfect example of awareness and we also discussed the era of dictatorship and how bloody this time of Hispanic history was. We also watched the movie, *Under the Same Moon*, and we discussed the migration of Hispanics from the past to the present. And a documentary on Francisco Franco where my students were shown the harsh reality of immigrants here in the United States, and in Mexico.”

Q12: What are some ways that students can immerse themselves in another culture and highlight diversity?

“One way is to go to restaurants. I think it’s a great way for you to experience different types of foods. In the past, I was able to take my students to try Cuban, Colombian, Caribbean, Puerto Rican, Dominican, Mexican along with other types of cuisines. Prior to the pandemic, I had students do presentations where they would bring in a type of food that would represent a country to share with the class. Some of the foods that students have brought were

Salvadorian, Venezuelan, etc. Traveling, of course, to a Hispanic country is another way to immerse yourself in another culture. I would say even learning from other Hispanics and Spanish speakers too.”

Are there any words of encouragement/inspiration you would like to say to those who wish to learn more about Hispanic and/or Latinx culture? -

I love the quote by Federico Felini, “a different language is a different vision of life.”

You can learn more about Latinx and Hispanic Culture in Ms. Roman’s Culture, Film, and Music class. Students will be able to use multimedia to explore literary topics to gain insight into Latino American culture!

Hispanic culture is one of many rich, beautiful cultures. It has so many layers, as it’s made up of people from many different countries with different dialects, different customs, and different beliefs. We can all learn from such differences. We can celebrate them, maintain their value, and show them respect. Culture and diversity are permanent parts of this world, so why not do our best to learn as much as we can from them?

Interview conducted by Jocelyne Villatoro (2022)

Hannah Arendt

Celebrating One of the Foremost Women Philosophers and Political Thinkers of the 20th Century



Hannah Arendt is perhaps not a name known to many of my students at Cathedral, but she was certainly a woman ahead of her time. Despite her unwillingness to be categorized, Arendt was truly one of the most important political philosophers, theorists, and journalists of the 20th century. Arendt’s writings frequently

dealt with important issues such as power and its relationship to politics. Her reporting on the trial of Nazi bureaucrat Adolf Eichmann, although controversial, proved to be a powerful reflection on the nature evil. Most importantly, Arendt never considered her sex as an obstacle that she needed to overcome, a sentiment that I know my fellow teachers and I try to impart on our students in their time at Cathedral.

Hannah Arendt was born into a Jewish family in Hanover, Germany in the decade prior to World War I. After her father died when she was 7, her mother invested heavily in young Hannah’s education. Arendt excelled in her studies and came under the sway of the important philosopher Martin Heidegger during her time in college. She wrote her dissertation and received her PhD from the University of Heidelberg in 1929. As she began to embark on her post-doctoral career in the early 1930s, she began to encounter increasing amounts of anti-Semitism as diversity and inclusivity in German society waned under the growing power of Nazism and Adolf Hitler. Many of her peers and former professors, in truth much of the non-Jewish German intelligentsia, came under the influence of Nazism. Once Hitler became Chancellor in 1933 and began to adopt anti-Jewish laws, Arendt turned to activism, despite the inherent dangers of speaking out against the Nazi regime. Arendt published an article that explicitly defined and condemned the state-sponsored anti-Semitism of the Nazis and she was

subsequently imprisoned for 8 days by the Gestapo. Soon after her release, she fled with her mother to France.

In her exile in France, Arendt worked to organize support and resources for those Jews fleeing Germany and seeking refuge in Palestine (now Israel). However this was short lived as the Nazis invaded France in 1940, and Arendt found that her German citizenship had been revoked. Barely escaping internment in France, which would have surely amounted to a death sentence, Arendt secured passage to New York where she turned to a mixture of serious academic writing and work for a German-Jewish newspaper reporting on the Holocaust and the war effort. After the war ended, Arendt taught at numerous prestigious universities in the United States, including Notre Dame, UC Berkeley, Princeton, Northwestern, Yale and Wesleyan, but refused tenure-track positions at each. The 1950s and 1960s saw Arendt release several important books, including her legendary study, *The Origins of Totalitarianism*, in which she investigated the emergence of racism as a tool to reinforce imperialism. Inspired by the unconscionable loss of life during World War II and the Holocaust, she famously railed against totalitarianism as more dangerous than other coercive governments. Totalitarian governments, Arendt argued, wield mass terror and ideological domination to oppress the masses.

In 1961, Arendt travelled to Israel to report for *The New Yorker* on the trial of Holocaust-organizer Adolf Eichmann. The trial of Eichmann, who had escaped to Argentina after the war and was kidnapped by Israeli agents to stand trial, proved to be a compelling subject for Arendt to investigate the nature of evil. In *Eichmann in Jerusalem*, Arendt reflected on the trial and her astonishment at Eichmann's seemingly normal personality and behavior. Arendt expected Eichmann, as one of the architects of the Holocaust, to be an evil fanatic who was rabidly anti-Semitic. The conclusion she drew from the trial, although controversial and challenged by some scholars, was that the Nazi war criminals were not psychopaths, but rather mundane followers of Hitler's cult of personality, who lacked the ability to think critically and adhered to orders, despite their gross immorality, without question.



Arendt's writing spoke to the ease at which a great evil, such as Nazism, can insidiously seize control over a group of people who blindly follow populist leaders. This is something that I have increasingly reflected on given the events in the United States over the last year. My hope in paying tribute to this tremendously important woman is that my students follow Hannah Arendt's example. That they take their studies seriously and never stop questioning the status quo and injustice when and where they encounter it. Finally, and perhaps most importantly, I believe that it is in the interest of all Americans to do some personal soul searching about the nature and presence of evil and structural sin in our own lives and communities. As we forge a path further into the 21st century, we must strive to foster diversity and inclusivity in our personal and professional relationships, and commit ourselves to standing together with those who are marginalized.

Special Article written by Mr. Yozaites