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# The Drumbeat



“What’s in it for you?”

Spring 2021

Parsippany High School

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## Women’s History Month

By Sumaiya Rehman

Originally marked as a national month to celebrate women back in 1981, Women’s History Month has continued to strive for a change and development in the lives of women, honoring their achievements and dedications for such a long time. The theme for the year 2021 is “Choose To Challenge”. Let’s talk about it!

For centuries, women have broken the stereotypes and barriers that society has placed in front of them. For centuries, women have been silenced of their rights all over the world, but having a month dedicated to women allows us to literally choose to challenge the stereotypes in front of us, as well as be the change we want to see for

ourselves. The month is dedicated to reflect on women’s overlooked efforts. The timeline of women who have created a difference in the world can stretch as far back to Rosa Parks, Susan B. Anthony, and to the founding of the United States itself.

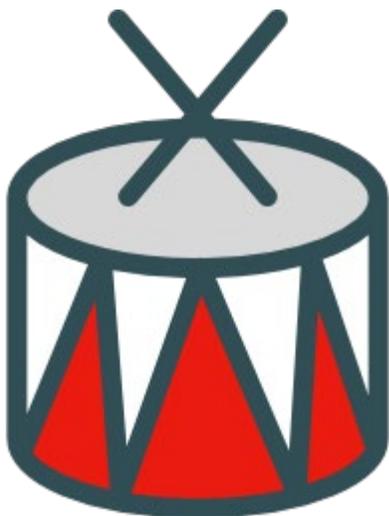
The celebration originally started as a week-long event, and soon turned into a month long honor of women and their achievements. At the time that Women’s History Month was originally created, women submitted essays based on a contest titled “Real Women” and would be chosen and rewarded based on their empowering essays. Parades and celebrations were held all throughout California, where the week-long celebration was initially launched!

see WHM page 2

## WHM from page 1

As time went on, the ideas shared in California spread all over the counties in other states and in total, all states soon implemented ideas based on what California had done in 1981. March 8 was officially declared as International Women's Day, and a few weeks later, a women's group petitioned the idea of women's history to congress and soon, became an event to expand all throughout the month of March.

Why should we Choose To Challenge? The theme of 2021 allows us to highlight and acknowledge how many women have contributed to making society theirs as well. A challenged world is an alert world. We are all responsible for each and every one of our thoughts- every minute and second of every day. With this theme, we can choose to defeat and call out the stereotypes that surround gender bias and inequality. International Women's Day and Women's History Month allows us to seek out and celebrate the accomplishments and challenges women have pushed through the obstacles surrounding them. Collectively, we can all work together to create one, inclusive world.

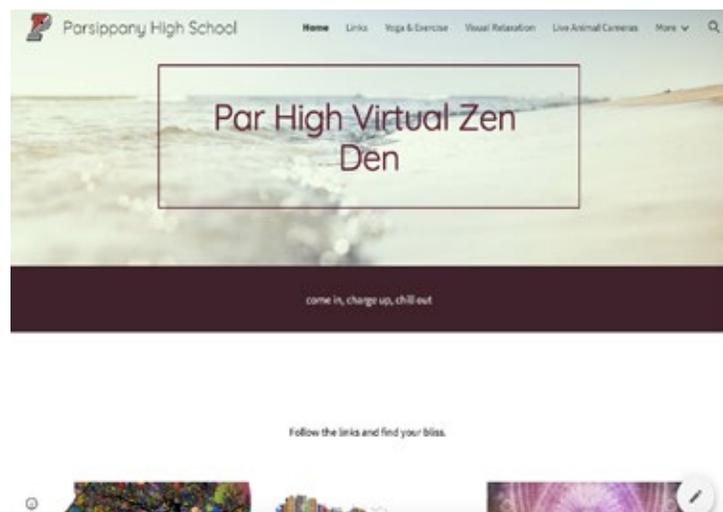


# The Zen Den: Parsippany High's latest addition to the SEL digi-scape

Are you feeling overwhelmed with all the latest news of the coronavirus, vaccines, business, politics, pop culture and much more? If you are, I have a solution for you. Ms. Doyle and Mr. Reidinger wanted to help Parsippany High School's students out, therefore they have put together a website, called Par High Virtual Zen Den just for the students to use. The website was created to provide a safe calming space for students to visit when things are feeling a little tense. The website has all sorts of calming activities, such as yoga and exercise, visual relaxation, puzzles and games, journaling and much more. This website has it all just for you to ease your mind and body! The website can be found via Google search or on Parsippany High School's website. Tell your friends about this website, use it yourself, but through all this I hope this website helps you all out and I hope you enjoy it!

Here is the website link: <https://sites.google.com/pthsd.net/phszen-den/home>

Don't be shy to reach out to a teacher, guidance counselor or anyone when you need to talk or need help with anything because they are here for you !



# TOTEM presents:

## Women in Poetry



### HER TIME

She has been feeling it for awhile now—that sense of awakening. There is a gentle rage simmering inside her, and it is getting stronger by the day. She will hold it close to her—she will nurture it and let it grow. She won't let anyone take it away from her. It is her rocket fuel and finally, she is going places. She can feel it down to her very core—this is her time. She will not only climb mountains—she will move them too.

—LANG LEAV



Lang Leav is a contemporary poet based in New Zealand. She started writing poetry at a really young age. She developed an award-winning fashion line called “Akina” before she took up writing again. After releasing a poetry book called “Love and Misadventures,” she got a publishing deal. Her book “Lullabies” won the Goodreads Best Poetry award.

### *Still I Rise*

Maya Angelou, 1928 - 2014

You may write me down in history  
With your bitter, twisted lies,  
You may trod me in the very dirt  
But still, like dust, I'll rise.

Does my sassiness upset you?  
Why are you beset with gloom?  
'Cause I walk like I've got oil wells  
Pumping in my living room.

Just like moons and like suns,  
With the certainty of tides,  
Just like hopes springing high,  
Still I'll rise.



Maya Angelou was a talented poet, writer, songwriter, and civil rights activist. Her powerful poetry has impacted both society and the genre itself. Some of her volumes include *A Brave and Startling Truth*, *I Shall Not Be Moved*, and *The Complete Collected Poems of Maya Angelou*. She is a recipient of numerous honorable accolades, including the Langston Hughes Medal and the NAACP Image award for outstanding literature.

### Admonition

If you dissect a bird  
To diagram the tongue  
You'll cut the chord  
Articulating song.

If you flay a beast  
To marvel at the mane  
You'll wreck the rest  
From which the fur began.

If you pluck out the heart  
To find what makes it move,  
You'll halt the clock  
That syncopates our love.

SYLVIA PLATH



Sylvia Plath was an American poet, short story writer, and novelist. Some of her works are “The Bell Jar,” “Ariel,” and “The Colossus and Other Poems,” out of which the latter was the one published while she was alive. Plath’s poetry features important topics like gender inequality and mental health. Her writing style was a unique expansion of confessional poetry.

# F E A T U R E



## False Equivalencies: BLM vs. Capitol protests

By Jui Amin

As the chaotic year of 2020 has ended, there were many eventful things documented in the media. Two of the major events were the BLM protests as well as the protest in the Capitol building that recently happened in December. While both events are similar as they were both protests, the causes and effects of both situations were different.

Before I start talking more about the protests individually, let's talk about protesting in general. A protest is when a group of people usually gather to express their opinion on a certain topic. The goal of protests can vary from speaking against rules or laws to spreading awareness of human issues. There are also several ways to protest, such as marches, boycotts, speeches, etc. Another creative way of protesting is a performance such as a dance or

a theatrical act. There can also be two types of protest-- destructive and peaceful. Many protests have to be organized before so it can happen without any inconveniences. A time, place, and date have to be determined. Not only that but for a protest, you need people to participate. In this generation, people use social media to gather attention for the event.

There are also rights and rules when it comes to protesting. Protesting is a right everyone has, according to the First Amendment. A legal protest is allowed to be set up on public property, such as a sidewalk, the streets, outside a public building, etc. If you are having a protest on or outside the private property, you would have to talk with the owners. A permit isn't needed unless it's on the streets and interfering with the traffic. The police can also be in-

involved, although they have to treat everyone at the event equally. They are also allowed to shut down the protest, but they must have a valid reason, such as the danger of a riot and violence. Protesters have also been known to get arrested. Other people at the event, such as photographers, can take pictures on public property. On the other hand, videotaping is more restricted in some areas.

With the background information out of the way, let's start with the protests that happened in the middle of the year. The BLM protests started around May 26, 2020. The main cause of these was the death of George Floyd, a 46-year-old black man. BLM is a movement that spreads awareness and speaks against the injustice of black people. So why did the death of George Floyd trigger so many

protests this year? First, let's cover his death itself. On May 25, George Floyd was arrested by the Minneapolis police. The reason was that an employee of a local convenience store reported that he paid for cigarettes using a counterfeit bill. There were four police officers involved in the arrest, and they were all present for his death. According to the footage, Officer Chauvin pinned down Floyd during the arrest. Floyd showed discomfort and repeatedly said, "I can't breathe!" Within about 8 minutes, he was dead. After the unfortunate incident, the four officers were fired, as they violated the Minneapolis Police Department's policies. On May 29, Derek Chauvin, the man responsible, was also later charged with 3rd-degree unintentional murder and manslaughter. The other officers were also arrested for aiding the murder.

After his death, protests began rapidly across the U.S. Starting in Minneapolis, hundreds of people flooded the streets to express their disbelief and sorrow over what had happened. In their eyes, they saw the death of an innocent man with a family and five kids. In the past, countless black lives have been lost, and the people blamed the police system for being so corrupt. In many cases, the police officers themselves are the cause of the death, like the Breonna Taylor case. However, the BLM protests caused a lot of controversies. During many of the protests, police used tear gas to break up the crowds. As the protests continued, people started to criticize the protests, saying they destroyed too much property as some protesters harmed and vandalized buildings. On May 28, the governor of Minne-

sota activated the National Guard. He says he does this because he believes the protests have turned into riots and "it is no longer...about the murder of George Floyd." (New York Times). The National Guard takes action by using rubber bullets and tear gas, harming many of the protesters. However, the movement continues, and officers are injured in New York as well. The first death occurs in Indianapolis. Hundreds get arrested, and in an attempt to decrease the protests, states install curfews. While the protests are still going on, they have decreased since June. More than 14,000 people got arrested because of the protests, and the amount of damage the protests cost around 2 million.

Moving on to the second event, which was the Capitol protest. On January 6th, a mob of people gathered at the state capitals. The reason for this was because of the election results and the electoral count. They also believed President Trump's claim that the "election was stolen". Among the group, many seemed to be supporters of President Trump. Many of the protesters show up with guns and other weapons. Although there were guards and police officers around the building, the rioters managed to break in. There were pictures of protesters sitting on desks as well as them breaking doors. The rioters also resisted the police. National Guard troops were sent to prevent any more commotion. A woman was also shot by the police after the mob reached the building and tried to break in, which resulted in death. There have been 5 deaths in total from the protests. After former president Donald Trump fails to address many of his supporters

who participated in the riot, Twitter bans him permanently.

Now, let's compare both protests. To first start off, the difference between the goals were very different. The BLM and George Floyd protests started because of a black man's death, whom people believed was innocent and killed because of his race. It focused more on the police system. The Capitol protests started because of the election results and how many people felt as though they were cheated. The rioters were also more fixated on their freedom of speech, and how they thought their right was being suppressed. While the BLM protests caused more damage, the Capitol protests were seen as a serious crime, since they did break into a federal building. The BLM protests also had more of an impact on everyday life, as they went on for months in several states. The Capitol protest was more of a shocking event, as something like it hadn't really happened before. As you can see, both protests had a meaningful effect on the year, whether it was negative or positive.

Sources-

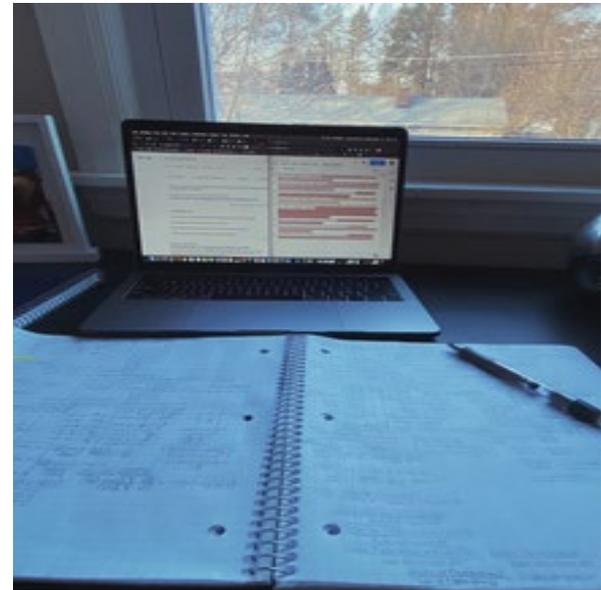
<https://www.aclu.org/know-your-rights/protesters-rights/>  
<https://www.adl.org/education/resources/tools-and-strategies/the-purpose-and-power-of-protest>  
<https://www.nytimes.com/article/george-floyd-protests-timeline.html>

PHOTO  
ESSAY

# COVID HIGH

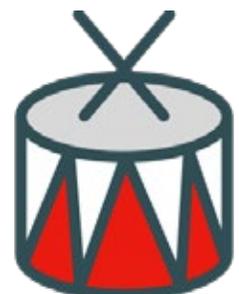
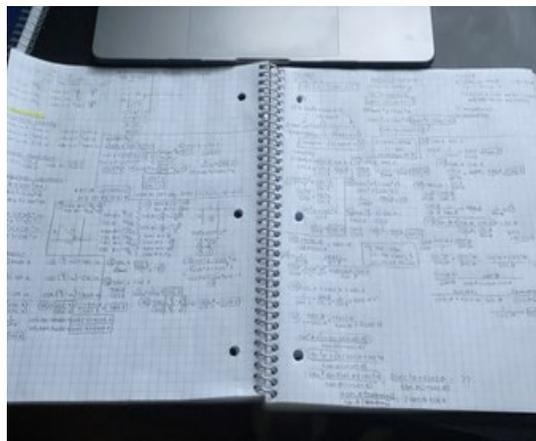
By Emily Adawi

Due to Covid-19, school is nearly forced to resort to completely remote learning. This is the set up for the majority of students, waking up from bed and staying in their room every day staring at the computer.

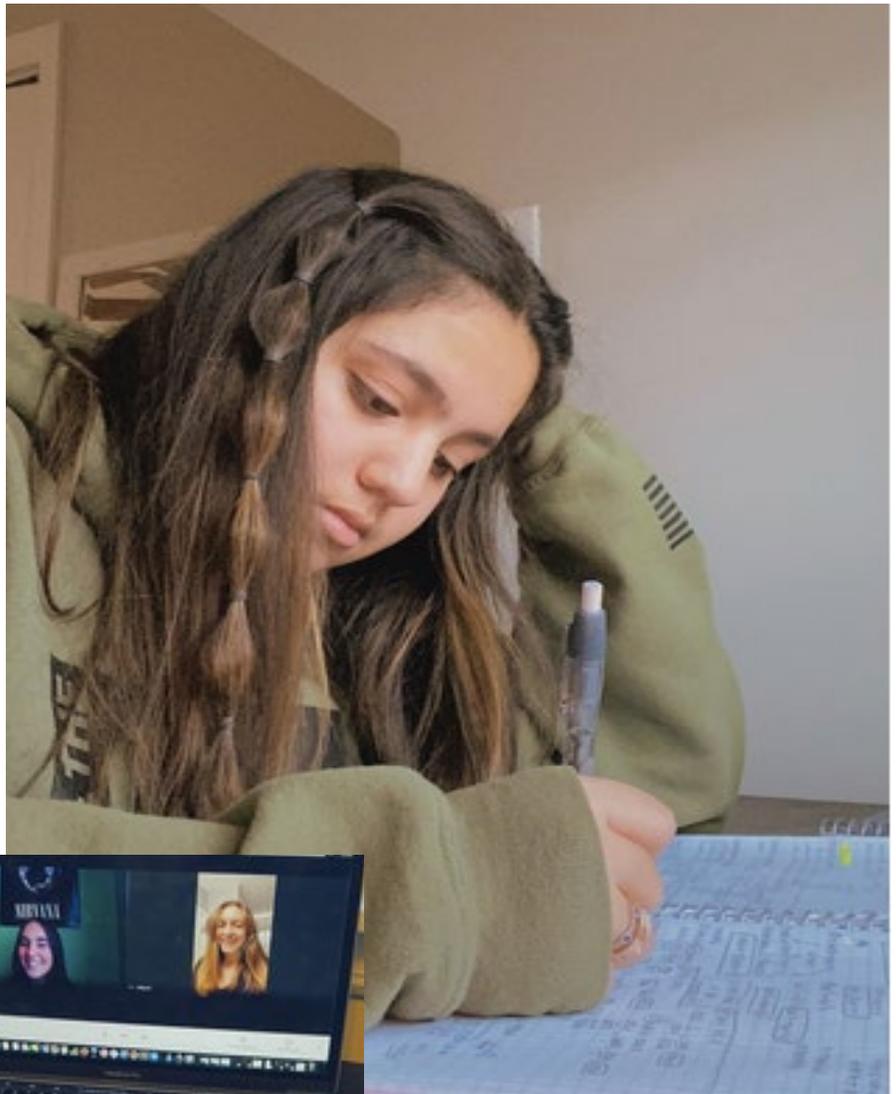


The essential set up for every day online school – notebook, pencil and computer.

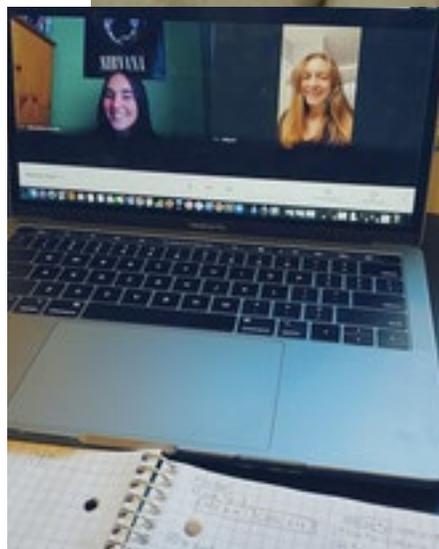
Notes from the current chapter in a senior Pre Calculus class, students have to take more notes now to make sure they master the topic when the class meeting is so short.



The look of a student trying to understand the material given on line, not all information is easier to retain on a screen than in person.



Reminiscing the lost school activities where students can gather and cheer on their school's teams, due to Coronavirus, crowds have not been allowed.



Rather than the usual group project where students meet up at a friend's house, the new norm is virtual group video calls.



The "hallway" of home schooled students.



## Solitude

n. The state or situation of being alone

## Loneliness

n. Sadness from having no company

## Isolation

n. The state of being isolated - far away from people or places

## Poetry Competition

What does being alone mean to you? Write a poem answering the prompt and submit it to [ihearttotem@gmail.com](mailto:ihearttotem@gmail.com). Get creative with the prompt, there are no restrictions on the style of writing!

Totem is always accepting writing and artwork!  
You can always choose to keep your entries anonymous.

