

THE CHEMUN CHATTER

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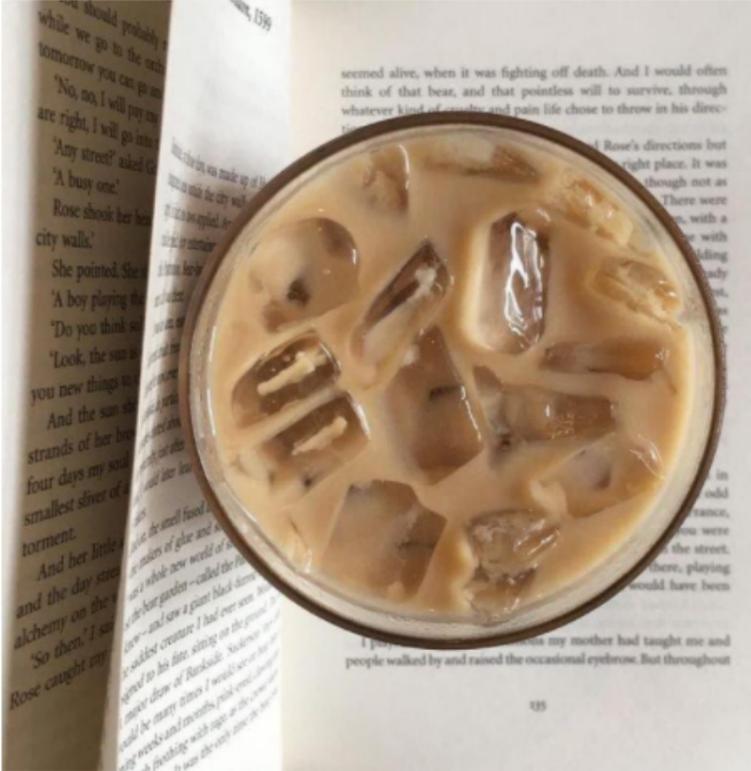
Why Did Apple Get Rid Of It's Charging Port and Headphone Jack For The iPhone 12?

Caffeine & COVID

Coffee is cool. There are so many teenagers drinking coffee nowadays, whether it be the staple Starbucks or the trending Dalgona (Whipped Coffee). If you are a high school student (Or older), you've probably tried coffee, and it doesn't matter whether you liked it or not, either way, the caffeine in it stimulates your nervous system and makes you a little more alert. For this reason, many students, who are up to working late nights sometimes or just don't get enough sleep need a boost during the day. Many parents may argue that coffee and strong teas shouldn't be consumed by teenagers, and while there are the negative effects of coffee, there are health benefits as well.

Davis Allen Cripe, a South Carolina 16 year old, dropped dead after drinking a large cafe latte, a large Diet Mountain Dew, and a large energy drink within 2 hours. Yes, dead. He died of a cardiac induced arrhythmia sometime later at school. Davis also did not have any other health problems at the time: he did not do drugs, smoke, or drink alcohol.

While this story is shocking and scary, the moral is to be careful about your intake of caffeine. For example, for the average healthy adult (Over 18), 400 milligrams (4-5 cups of coffee) daily is the recommended maximum; for teenagers (12-18) the recommended maximum is 100mg (1 cup) daily. Under 12 it is not recommended to drink coffee at all as the amount of caffeine is far more than it is in normal sugary drinks. children that drink coffee before hitting puberty (0-12) do not have fully developed bodies and caffeine will make them prone to seizures, high blood pressure, blood toxicity, and many more problems that will affect them as they grow up (Johns Hopkins Medical).



Now, on that somber note, let's talk about the many health benefits of coffee. Just to list a few, Coffee in moderation can aid in the Prevention of Alzheimer's, heart diseases, internal inflammation, kidney diseases, strokes, diabetes, Parkinson's. You can develop a faster metabolism (specifically, the ability to process sugar faster), protected liver, aid in losing weight, excretion of harmful substances in your liver, Other benefits include decrease the probability of DNA breakage (common, but can lead to tumors and other grave diseases), and many more perks that coffee's nutrients and antioxidants provide. In conclusion, there are many health issues and benefits

that coffee can provide, not to step on the apple's metaphorical toes, but your average cup of joe a day might be able to make the doctor go away. Everything considered, drink regarding your age and in moderation, if you're just looking for that caffeine boost, perhaps try a green tea, I hear they're refreshing.

- Kavya Krishnan, Press Team



How COVID-19 Affected The BLM Movement

Since COVID-19 affected the whole world and life has become more restricted, many things have changed and stopped to prevent the virus from spreading. Most activities are losing popularity and are no longer continuing, but there is one force that never stops. Even though COVID-19 has interrupted them many times, the Black Lives Matter movement keeps going. How could BLM protesters continue to protest without stopping, despite many distractions being blocked?



In the UK, Matt Hancock who is a Secretary of State for Health and Social Care renewed his calls for protesters not to attend protests if physical distancing cannot be observed and said: "the virus itself doesn't discriminate and gathering in large groups is temporarily against the rules precisely because it increases the risk of the spread of this virus." But thousands of BLM protesters gathered peacefully across the UK and defied requests from ministers and police chiefs to avoid mass gatherings.

And one protester argued, “There are still parts of society that are more concerned about the status quo than justice and humanity.” Moreover by checking the results by race, 69 percent of Black respondents reported that they suffered financial damage from the pandemic which is higher than the 46 percent of White respondents. And people who reported financial damage from it expressed their intention to attend the protest and post positive comments about the protest and BLM.

Also, since people may not be able to work and various social stores have been banned, the COVID may be increasing attendance at demonstrations because people have more free time. Even a pandemic can't stop BLM protesters' passion trying to get wrong things right. Whoever they are, or whatever the reason is, people should not discriminate against and they deserve equal treatment as a human. People do need to understand and accept the differences and respect each other. People are looking forward to the day when everyone is equal as soon as possible.

Eris Kang, Press Team

Black Lives Matter In India

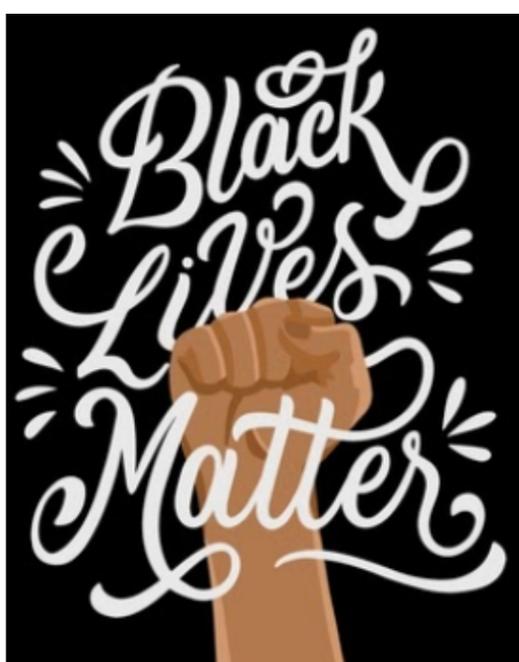
The death of George Floyd in Minnesota sparked outrage around the world and it was possibly the last straw on the camel's back. Black people in America have been fighting discrimination due to their skin colour for generations. However, this tragic death reverberated around the world and people decided to stand up and fight the injustice this time. In other countries too, people have finally now realised that prejudices exist against skin colour.

In India, the black lives movement highlighted the discrimination that people with darker skin colour experience. The cosmetic cream “fair and lovely” is a highly used product by women in India to make themselves fairer and therefore they believe they are more beautiful. However, there was a backlash against the product and people turned against the advertising which promoted the idea that fair is more beautiful and now the name of the product is being changed. Hundreds of women in India are rejected in marriage because they are dark and not considered beautiful.



The movie industry and Bollywood also promote this discriminating practice and darker actors do not find work easily. The BLM shone a spotlight on this ugly practice and suddenly there was a change in people's attitudes and understanding that this was oppressive behaviour. A lot of this behaviour goes back to the Colonial British rule. The British looked down upon the darker-skinned Indian and subjugated him because of his/her skin colour. This practice has then continued for hundreds of years in India. The BLM has brought a lot of change in the modern Indian who now feels that this sort of discrimination should be banned. This movement is a catalyst for the prejudice that exists in India against dark-skinned people. We should use this opportunity to fight this bias and emerge as an equal and progressive nation

- Samira Mani, Press Team



How Tech Stocks Have Been Carrying The US Economy

How often have you used a product from Amazon, Microsoft, or Netflix over the past couple of months? The answer is most likely more than you can count. Well, you're not alone! Five stocks: Microsoft, Apple, Amazon, Google Parent Alphabet, and Facebook account for more than 20% of the market cap of the entire S&P 500 index, according to BofA Global Research, throughout COVID. Furthermore, Netflix shares have climbed 35% in 2020 and Amazon has risen nearly 30%. Strong balance sheets and business models allow these companies to weather the fallout from the outbreak which further appeals to stockholders, creating a cycle of fiscal gain for these companies.

Currently, other markets such as oil are seeing prices turn negative and are showing signs of distress. When non-essential businesses and transportation were shut down from mid-March to August, most vehicles requiring oil have been out of commission, resulting in a rapid decrease in stock value. Moreover, tech and other internet companies make sense to some investors, especially when the future of our economy is very uncertain. However, as countries open up and other markets pick up, stockholders may bail out of



winning shares to lock in their gains, causing steep inclines in stock values. Especially as non-essential businesses and schools open, the need for some tech companies will begin to diminish, creating a reverse cycle and a continuous drop in stock prices.

Moreover, markets were already oversaturated and narrow with technology at the beginning of the year, this has only increased after COVID. As we continue making new technological advances and grow accustomed to staring at screens for long periods of time, these companies may leave the increase in competing market traction relatively unscathed, leading our economy toward stability, but at the cost of physical interactions.

- Anya Mall, Press Team

The Companies That Benefitted From COVID-19

Have you thought about all the different products that you suddenly learned about when we started to live in a pandemic hit world? Well, there are the obvious ones like masks, Gloves, medication, and sanitisers. Who would have ever thought that tissue companies would sell a record number of toilet paper?

Netflix and other media companies have had their stocks soaring up as more people find ways to keep themselves entertained in homes. In India for instance Apple reduced their subscription services to be the cheapest in the world to gain as many users as it can. The service apple One costs \$2.6(₹195) in India vs \$14.95 (₹ 1110) in the US. This might not only be because of COVID but as a plan to grow in India, but one cannot deny the fact that COVID will help them boost sales in India



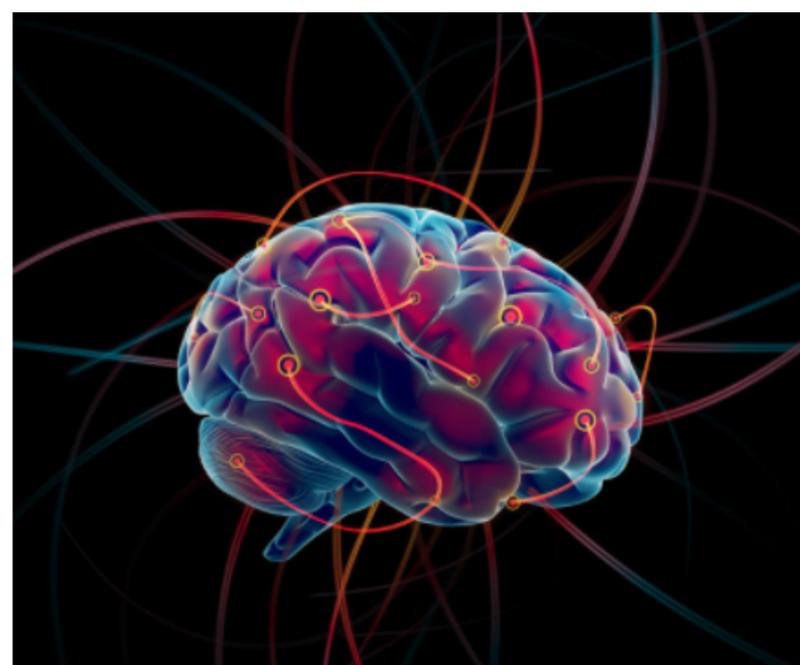
Overall services have had an easy victory in this pandemic, but someone needs to talk about how even goods are being sold through the internet at record numbers. Amazon's valuation grew by 63.3% from March up until only June. This pace would have been unimaginable a few months ago. It is a period of tremendous loss for some and unthinkable gain for others.

The hospitality industry has moved back almost 30 years in sales in most nations. Airlines like IndiGo have taken a new approach by transporting cargo instead of passengers on some flights. Business in the modern world is all about capitalising on change. The leaders who allocated their money to find innovative solutions to create and sell products are the rail ones who gained.

- Johaan Mittra, Press Team

The Impact Of Music On the Human Brain

Did you know that a 4-minute piece of music that you hear every day has a great effect on you both mentally and physically? Music can be someone's memory, alarm, or even something that one starts their everyday morning with. According to the experiment the University of Alberta researchers finished, it was found that "out of 42 children from ages 3 to 11, children who listened to relaxing music while getting an IV inserted reported less pain compared to patients who did not listen to music at all." The complex effect of music on our brain and body is more than anyone can imagine. From childhood, anyone could have experienced using music for memorising certain things such as the ABCs.



Music makes memorising easier and a study made in 2014 also proves this. In this study, 89 patients with dementia were each assigned with a 10-week music listening coaching group, a 10-week singing coaching group, or regular care. After the experiment, it was shown that "both singing and music listening improved mood, orientation, and remote episodic memory and to a lesser extent, also attention and executive function and general cognition." In addition, doctors say music helps in illness and diseases.



Music may look and seem simple, but it is actually more complicated in our brain system. Music sticks in the brain for the long term affects someone's mood, and it can also calm people down when they have anxiety. They are able to relieve stress, help control pain, bring creativity, and even treat illnesses and diseases simply through listening to music. There's no limit to the type of music someone can like. You can like jazz but also listen to EDM. Or, you can like rock but listen to rap. Everyone's music taste is unique, so embrace it with pride.

- Jueun Cho, Press Team

Why Did Apple Get Rid Of It's Charging Port and Headphone Jack For The iPhone 12?

The iPhone 12 was released on October 30th in India and pre-booking for iPhone 12 mini is in development, yet there are still many bad with the 12 series. It seems consumers will appreciate the thinner and lighter 12 series compared to iPhone 11, but the new design has some kinks to resolve. If the brightness is lowered, the screen changes to pink and light green colours, and, surprisingly the battery depletes quickly when using 5G. And the most controversial thing was the components, or lack thereof, inside the box.

We reduced our carbon footprint. By thinking inside the box.



Apple decided to remove chargers and earphones from iPhone boxes in an effort to protect the environment and to join in on carbon emissions degradation. Because there are more than two billion iPhone chargers in the world, removing them can reduce the packaging by 70%, allowing the company to deliver more devices at the same time which means there will be 450,000 fewer delivery vehicles on the road every year. Apple said this development will help reduce shipment-related emissions and consumers can clearly see the reduced size of the box by half and feel the change in weight. But one funny thing is that there is still a charger on the iPad and other packaged products.

Couldn't they think about the deliveries that occur when consumers buy chargers and earphones because they don't have a charger? As more people buy earphones and chargers they don't have, the more delivery vehicles will move and moreover, each charger, each earphone boxes, and plastic will also be wasted. To further its efforts to develop more environmentally friendly products, Apple created a new way to charge wirelessly called Magsafe. A round charging dock sticks like a magnet to the back of the phone and charges it. It is effective to reduce product components to protect the environment and create a new wireless charger, but the carbon that's going to come from the charger delivery is questionable and it's a shame that iPhone consumers can't get chargers and earphones anymore.



- Eris Kang, Press Team

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