

HSFC

ISSUE 01

MAGAZINE

2023

Editor's Note

This being our maiden issue, it was important for everyone to contribute in areas that they feel strongly about and hope to embark on in the future.

This issue covered articles on biology, medical science, diverse historical figures, and so much more!

For their amazing contributions to the magazine because without them most of it wouldn't have happened.

I would love to thank:

- Jasmine Marks
- Asnave Shivasothy
- Archie-Rosselle Samson
- Max Everest

This magazine is for everyone at Sixth Form and I hope all interests can feel represented in it. I am thankful for the amazing collaboration on this issue and look forward to more issues in the future.

Constructive feedbacks are highly welcome, kindly fill the form at the back page with the QR code.

Thank you!!!!

***Sincerely,
Odetta Edoja.***

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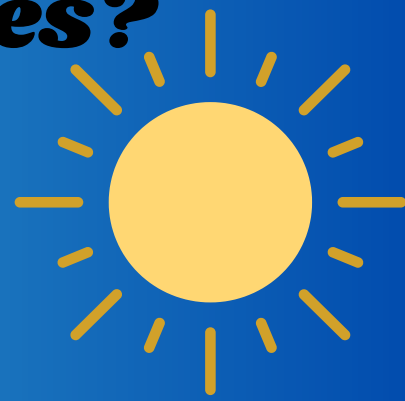
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South Asian History Month

How can we reduce the impact of heat on our bodies?

As we all know the temperatures skyrocket during the summer months which can be great: we are outside more, can stay out later and all feel happier. However, how does the increased heat and exposure to sun really affect us from a biological standing?

By **Jasmine Marks**



Positive effects:

Sunshine helps with the production of serotonin, affecting several areas of our lives most primarily as a mood stabiliser, and endorphins which are both known as the “happy hormones”. Part of the retina is stimulated when sunlight enters the eye which leads the brain to produce serotonin. The absence of serotonin can result in depression or “winter blues” as it prevents rapid mood swings, endorphins can act as natural stress relievers meaning the sun can improve how you feel physically and emotionally!

Negative effects:

Overexposure to the sun can lead to: painful sunburns which may increase the chances of developing skin cancer as the cells are effectively being cooked; heat stroke with symptoms of dizziness, nausea and confusion - this is caused when the body is unable to cool down during extreme temperatures. We can prevent these effects by wearing SPF every day, this is very important in summer but should be done all year round, and drinking lots of water.

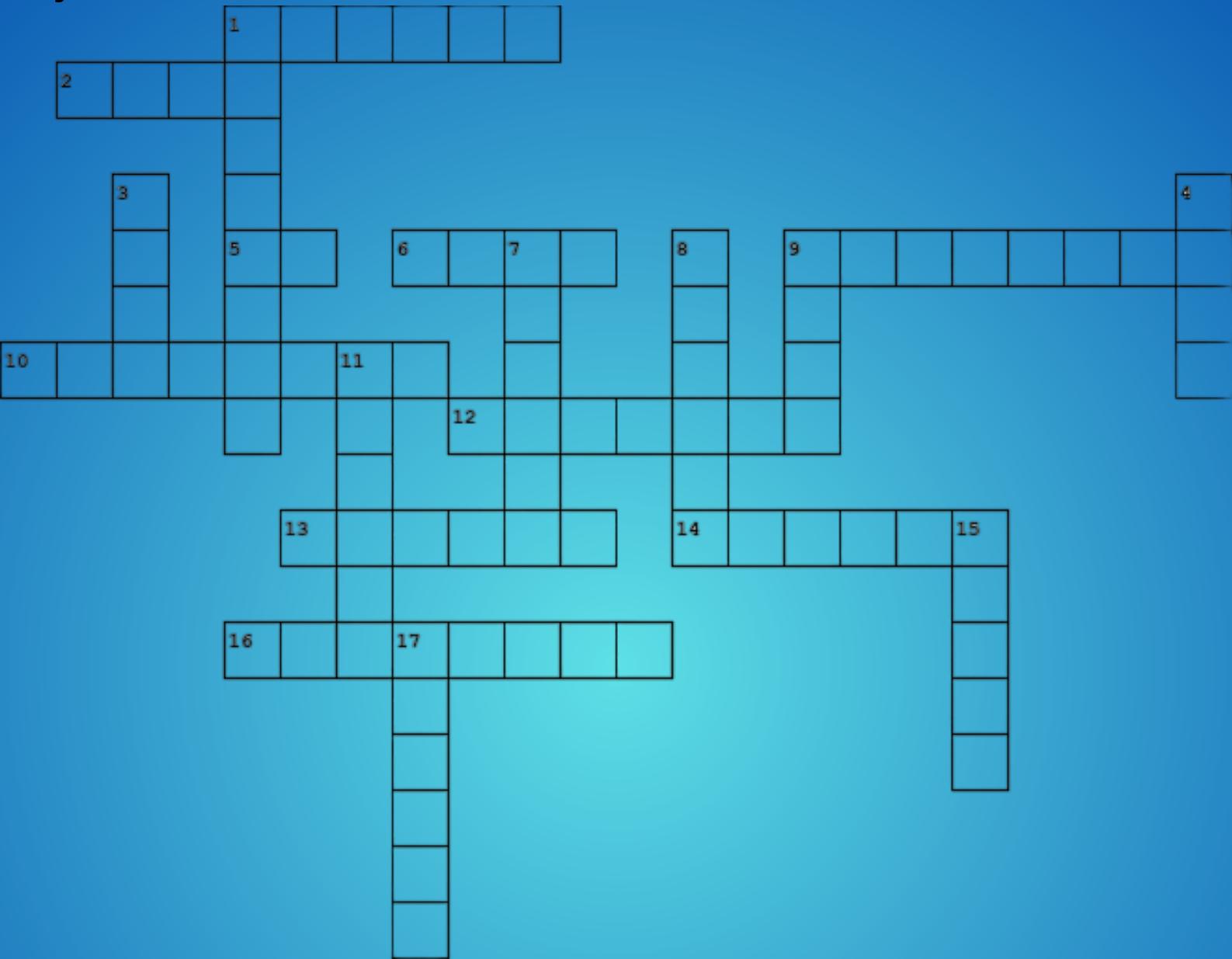
The body cools itself in several ways: sweating which evaporates and aids the body in cooling down; the expansion of blood vessels nearer to the skin’s surface allows heat to escape through the skin (this is why certain skin tones appear red when hot) and more curiously, body hair flattens with increasing temperatures to prevent trapping hot air around the body – watch out for this in the summer!

Summertime is always great and our bodies work effectively to regulate our temperature however we can help ourselves by doing the following:

- Running cold water over pulse points.
- Remaining hydrated by drinking water or eating foods with higher water contents i.e. cucumbers, celery etc.
- Aloe Vera gel to cool burns or just in general as it is absorbed into the skin 5 times quicker than water.

Science Crossword

By Max Everest



Across

1. Positively charged baryon
2. Above a pH of 7
5. Only element with a country named after it
6. Below a pH of 7
9. Atoms chemically bonded together
10. More than one element chemically bound
12. More than one element within a solution/system
13. A theoretical universal substance believed during the 19th century to act as the medium for transmission of electromagnetic waves
14. Molecular Formula C_2H_6
16. Negatively charged lepton

Down

1. Molecular Formula $C_5H_{11}OH$
3. Smallest particle of an element that can exist
4. People who get every question right!
7. Yellow halogenic precipitate, used to stain specimens
8. Dissolved in a solvent
9. SI Unit for amount of substance
11. Molecular Formula C_9H_{18}
15. R-CO-OR' functional group
17. Element from which all of organic chemistry is based

How can soft skills impact the collaboration of medical professionals in the workplace?

By Asnave Shivasothy

What are soft skills?

This term refers to characteristics that permit you to talk effectively and amicably with others. Soft talents, according to Lau and Wang in 2014, are transferable abilities together with powerful communication, bargaining etc. In the late 1960's, the American Army coined the term "soft skills." (defined as any skills that don't require the use of equipment). Comparatively, hard skills are specific and teachable abilities whereas soft skills are usually refer to the emotional aspect of human beings.

Over time, research has shown the significance of soft skills with several companies and international organisations funding training for the development of these skills. In 2012, the European Commission created the Agenda for New Skills and Jobs programme to train young people in these skills.

The effects of breakdowns in soft skills in medical science

Failings in communication between health care professionals can occur for a variety of reasons: a lack of critical information, misinterpretation of information, unclear orders over the phone, and missed changes in status – which can all jeopardise patient safety.

Breakdowns in communication can result in medical crimes, which have the potential to result in serious injury or, in the worst-case scenario, death. These are a widespread issue in today's health-care organisations mainly when involving poor concentration. According to the Joint Commission (formerly the Joint Commission on Accreditation of Healthcare Organizations, JCAHO), medical crimes rank fifth on the National Centre for Health Statistics' list of the top ten causes of death in the United States, ahead of accidents, diabetes, and Alzheimer's disease, as well as AIDS, bone cancer, and projectile injuries.

“soft skills predict success in life, that they casually produce that success, and that programs that enhance soft skills have an important place in an effective portfolio of public policies” - Nobel Laureate Economist James Heckman.

The importance of soft skills in medicine

In the world of medicine, effective communication is one of the most important soft skills, the ability to listen, comprehend and explain to patients and their caregivers effectively improves the quality of care - it is a vital part of collaboration not only between the patients and the staff but between staff too. Soft skills assist managers in resolving conflicts among team members and ensuring that disagreements do not negatively impact work, ensuring working environments promote collaboration and efficient use of time. This is why we need to use soft skills to effectively collaborate between patients and staff but also staff to staff.

In today's health-care system, delivery processes involve numerous interfaces and patient handoffs between multiple health-care practitioners with varying levels of training. During a four-day hospital stay, a patient may interact with 50 different employees, including physicians, nurses, technicians, and others. By collaborating health care professionals work together to solve problems and make decisions in order to develop and implement patient care plans, increasing team members' awareness of each other's knowledge and skills. The importance of effective teamwork cannot be overstated here because of this it is necessary for vital information to be communicated accurately, information that must be accessed via clear communication and collaboration enables the provision of life-saving diagnoses to patients. Soft skills are more significant in high pressure situations as handling situations while avoiding escalation is critical, which would be maintained throughout a health worker's daily experiences at work.

Referencing

Lau and Wang (2014) in a project study in MAP
Nobel Laureate economist James Heckman.

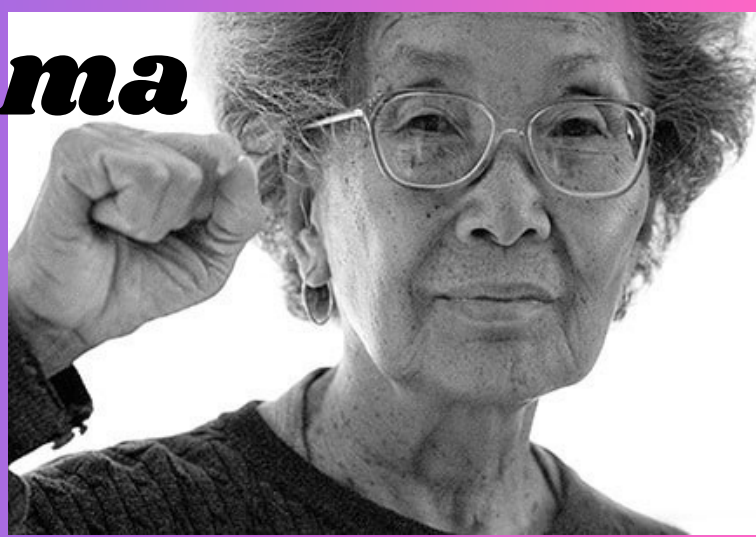
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<https://www.ncbi.nlm.nih.gov/books/NBK2637/>

Joint Commission on Accreditation of Healthcare Organizations. The Joint Commission guide to improving staff communication. Oakbrook Terrace, IL: Joint Commission Resources; 2005.

Yuri Kochiyama

By Odetta Edoja



As a child Yuri experienced a forced relocation to a Japanese internment camp, these were established by President Roosevelt during WWII via his Executive Order 9066. This policy incarcerated individuals of Japanese descent including US citizens in isolated camps, from 1942 to 1945, in response to the attack on Pearl Harbour. In an attempt to oust espionage on American soil 120,000 people of Japanese ancestry, mainly US citizens, were forcibly ripped from their homes. Subsequently Canada removed 21,000 residents of Japanese descent, Mexico followed and 2,264 more people were forcibly taken from Peru, Brazil, Chile and Argentina to the United States.

<https://www.teenvogue.com/story/4-asian-american-women-who-changed-history>



During the developments of the Civil Rights Movement in the latter 1950's and the 1960's, Kochiyama made a critical link between what Japanese Americans experienced and the systematic racism imposed on African Americans. Advocating for racial equality, she was involved with school boycotts demanding desegregated education and initiatives to improve conditions in Harlem. In my opinion, her most influential achievement was the acquisition of reparation for Japanese-Americans whom experienced incarceration during WWII and a formal apology from the US government - this culminated in the Civil Liberties Act of 1988. This dictated the Attorney General to identify all eligible individuals and "pay \$20,000 to each eligible individual"; "make payments of \$12,000 to eligible Aleuts for uncompensated property losses" which must should not be considered income and will be deemed damages for human suffering. This successfully addressed "a grave injustice was done to citizens and permanent resident aliens of Japanese ancestry" and admitted that these actions were committed "without security reasons and without any acts of espionage or sabotage.

<https://www.congress.gov/bill/100th-congress/house-bill/442>

A Japanese American girl waiting to travel with her parents to Owen Valley during the forceful removal by US Army order in Los Angeles, California (April 1942)



Four Significant Black Individuals

By Odetta Edoja

Dr. Paul

Stephenson

Led a bus boycott against the Bristol Omnibus company in 1963 after being inspired by Rosa Parks. The company refused to hire Black or Asian people in public-facing driving and conducting roles, after the boycott gathered support after 60 days the company withdrew their "colour ban" policy. In 1964, Stephenson protested against a "No Blacks" policy at a pub when arrested the court dismissed the case. However, his arrest contributed greatly to his campaigns and the eventual Race Relation Act 1965. In 2009, he was awarded an OBE for his works for racial equality in England.

Maya Angelou

Alongside her literary accomplishments, Angelou was the first black female director in Hollywood. She was also involved with the Civil rights movement working with Dr. Martin Luther King and Malcolm X; she was involved in politics serving on presidential committees for Gerald Ford in 1975 and Jimmy Carter in 1977 - by her death Angelou was awarded over 50 honorary degrees.

Viola Davis

This year, Davis won a Grammy for her "Finding Me" audio book becoming the third Black female EGOT winner. Her previous accolades resulting in this title include: Tony's for "King Hedley II" (2001) and "Fences" (2010); an Oscar for the film adaptation of "Fences" (2016) and an Emmy for "How to Get Away with Murder" (2015). On her 55th birthday she purchased the former plantation where she was born.

Marsai Martin

Began acting on the show Black-ish at 10 years old and has since become the youngest executive producer in Hollywood on the film "Little". The film made \$50 million at the box office with a budget of \$20 million. At 17 she founded her own production company and started her own press-on-nails business.

WITH
PRIDE
JUNE 2023

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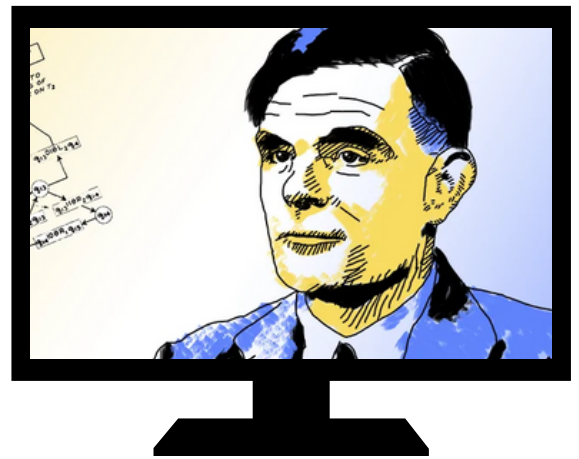
Alan Turing

By Odetta Edoja

Born - 23rd June, 1912

Died - 7th June, 1954

Studied at Cambridge and Princeton universities



Wartime efforts

- The enigma machine was used by Germans to encipher messages, the system was changed everyday after Polish mathematicians shared how to read the code with Britain.
- Invented the Bombe machine with Gordon Welchman, another code breaker, which reduced the work of code breakers.
- Led the Hut8 team at Bletchley to analyse German naval signals with Engima material meaning allied convoys could avoid German U-boats (especially significant for Britain at the Battle of the Atlantic).
- **1936** - Invented a hypothetical computing device known as the "universal Turing Machine".
- **1945** - Received an OBE for his work during WWII.

Persecution

- Turing was open about his sexuality at circles within Kings College Cambridge.
- **1952** - Arrested for homosexuality and found guilty of "gross indecency" where he did not deny the charges.
- Accepted chemical castration.
- The conviction cost him his security clearance as being gay was viewed as a security risk.
- **1954** - Ruled as suicide by cyanide poisoning by an inquest.

The legacy of Alan Turing

- Turing's pivotal role in cracking the Enigma code was concealed until the 1970's with the full story being revealed in the 1990's however, his impact has since been recognised.
- It is estimated he contributed not only revolutionised computer science for example: the publication of his design for ACE, Automatic Computing Engine, suggested as an ancestor of the modern computer.
- His story is most famously told in The Imitation Game (2014).

<https://www.youtube.com/watch?v=ynTAFPukXBk>

<https://www.iwm.org.uk/history/how-alan-turing-cracked-the-enigma-code>

<https://www.pbs.org/newshour/science/8-things-didnt-know-alan-turing>

"Don't Say Gay Day"

The legal hostility towards LGBT+ rights in the United States of America

By Odetta Edoja

In recent years there have been clashes between the rights of American members of the LGBTQ+ community and other factions of the US Constitution. This could have far-reaching consequences and has led an American LGBT+ advocacy group, The Human Rights Campaign, to call a "state of emergency" and have published a guidebook for action.

Anti-LGBT+ bills and the USA

This year alone, 525 anti-lgbt+ bills have been introduced with over 70 being signed into law most recently a Louisiana bill banning discussions of sexual and gender identity in classrooms (House Bill 466). Considering there have been 22,315 deaths related to gun violence, you think American politicians would focus on this but alas, a similar Floridian "don't say gay law" from 2022 prohibited the discussion of gender identity or sexual orientation in all grades unless required by state standards.



What now?

On the 28th and 29th June, both House Bills were vetoed by Governor John Bel Edwards this stops the bills from becoming law. So, why be concerned? Why does this matter? There is a possibility attempts could be made to override the governor's decision and research suggests that 80% of transgender youth consider suicide and 40% report at least one attempt of suicide; 38% of trans women, 39% of trans men and 35% of non-binary youth experienced homelessness due to parental rejection and the nature of these bills would have only aggravate a group that is already vulnerable. In a nation obsessed with their First Amendment right to free speech and the Second Amendment right to bear arms with "a well regulated Militia, being necessary to the security of a free State, the right of the people to keep and bear Arms, shall not be infringed" the right for people to freely discuss their identities and be correctly addressed is currently at risk of being infringed and that is why this matters.

What do these bills mean?

Thirty proposals similar to this were filed by March in 16 states and were passed by Alabama, Arkansas and Kentucky which have been framed in the lens of parental rights legislation by Republicans claiming to give parents the chance to approach "sensitive topics" at their own behest. Among the bills is a piece of legislation that would require teachers to use the pronouns and name aligning with a student's sex assigned at birth which parents can give consent to oppose; in a true segue from their "parental rights" position teachers can override a parent's request if this is against their religious or moral values (House Bill 81). This shows that the bills aimed to purposefully target transgender youths rather than protect "parental rights" by facilitating the deadnaming of children in school environments even if they are supported by their parents, deadnaming is referring to a trans person by their birth name following a name change as part of their transition.

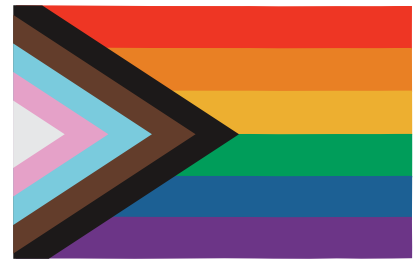


Gilbert Baker

By Archie-Rosselle Samson

Born - 5th June, 1951

Died - 31st March, 2017



Baker's early years

- Baker was born in Kansas in 1951 and felt restricted by his conservative state.
- At a young age, he had interest in art and design, but was alienated by peers
- The draft to the army was hoped to be an escape for Baker, but he faced homophobia during his training.
- Once he opted to be a medic in the US military, he stationed at the Presidio of San Francisco.

The origins of the pride flag and its meaning

- After his discharge, Gilbert Baker joined the San Francisco Gay Liberation Movement as an openly gay man.
- Baker is known for designing and creating the first Rainbow Pride flag for San Francisco Gay Freedom Day in 1978 in collaboration with his friend, Lynn Segerblom, at the suggestion of his friends, colleagues and supervisor, Harvey Milk.
- With the help of volunteers, trash cans were filled with dye in the attic of the Gay Community Center in San Francisco and pieced together the 1st flags
- Unveiling them in the parade on June 25, 1978.

Each of the original 8 colours in the first rendition of the Pride Flag had their own unique symbolism:

Hot pink: Sex

Red: Life

Orange: Healing

Yellow: Sunlight

Green: Nature

Turquoise: Magic and Art

Indigo: Serenity

Violet: Spirit



Baker's Impact

- Since its introduction, the rainbow flag has become a universal symbol for inclusion, peace and love
- Gay supporters have waved the flag in countries, where they are fighting for equality, whether they identify as a member of the LGBTQIA+ community, or not.
- The colours of the rainbow pride flag reflect the diversity of the LGBTQIA+ community in addition to the spectrum of human sexuality and gender

Marsha P. Johnson

By Archie-Rosselle Samson & Odetta Edoja

Born - 24th August, 1945

Died - 6th July, 1992



Her work and the Star Organisation

- Marsha “Pay it no mind” Johnson was one of the most prominent and admired figures of the gay rights movement of the 1960's and 1970's in New York City.
- She was an important advocate for homeless LGBTQ+ youth, those affected by HIV and AIDS, and gay and transgender rights through her organisation, Street Transgender (formerly Transvestite) Action Revolutionaries (STAR).
- Soon after moving to New York she befriended another trans girl Sylvia Rivera who encouraged her to embrace her identity.
- The STAR organisation became a sanctuary for many transgender youths and was of personal importance both Johnson and Rivera since they experienced homelessness and destitution.
- They began STAR house as a sanctuary for trans youth to feel embrace and safe, the first "house" was in the back of an abandoned truck they eventually moved to a building however were evicted after 8 months.

The Stonewall Raid

- Johnson was one of the first drag queens to go to Stonewall Inn and experience the Stonewall raid, which occurred from 28 Jun 1969 – 3 Jul 1969.
- She, like many other transgender women, were not only angered by the police raid at Stonewall but also frustrated with the oppression and fear they experienced every day.
- As a result of the raid on Stonewall, Johnson and Sylvia Rivera spearheaded the Stonewall Uprising in 1969 and led a series of protests.

Later life and Death

- In the 1970's, she had experienced mental health break downs, leading to her stays at psychiatric hospitals. She continued to engage in sex work due to not knowing any other way to make money, however she was arrested numerous times because of this.
- She spoke publicly about her diagnosis of HIV in a 1992 interview, after being diagnosed in 1990, and how people should not be afraid of those with HIV.
- July 6, 1992 - At 46, Johnson’s body was found in the Hudson River which was initially ruled as a suicide however several felt there was foul play.
- 1992 was recorded as the worst year for anti-LGBTQ violence according to the New York Anti-Violence Project.
- In 2012, the New York Police Department reopened the case into Johnson’s death.
- In 2019, New York City announced that Johnson and Rivera would be the subject of a monument commissioned by the Public Arts Campaign “She Built NYC”. This would be one the first monuments in New York to honour transgender women.
- Marsha P. Johnson has also been commemorated through New York naming a waterfront park in Brooklyn for Johnson.

Image - <https://www.queerportraits.com/bio/johnson>

Bayard Rustin

By Archie-Rosselle Samson



Born - 17th March, 1912

Died - 24th August, 1987

Rustin and the Civil Rights Movement

- Bayard Rustin is known for his most notable contributions to the African American Civil Rights Movement, which was his planning of the 1963 March on Washington for Jobs and Freedom.
- This march popularly associated with Martin Luther King's "I Have a Dream" speech, and it helped pave the way for the passage of the 1964 Civil Rights Act.
- Rustin was one of Martin Luther King Jr's closest and key advisors in the 1960s, especially on techniques on nonviolent resistance as he promoted the Gandhian nonviolent direct action.
- He was extremely active in the Congress of Racial Equality and helped to create the Southern Christian Leadership Conference.

Isolation

- Early in his career in 1953, he was arrested for "moral cause" which led to his outing to the public, and as a result, he was forced to leave the Fellowship of Reconciliation
- After being outed, he was completely open about his sexuality and was not ashamed.
- However, he had been criticised and discriminated against over his sexuality by some fellow pacifist and civil-rights leaders and others outside of the movement, which led to Rustin becoming a background role in the Civil Rights Movement.
- Rustin's efforts are often overlooked due to the negative perspective on his sexuality, even though he never wanted his sexuality to have a negative effect on the Movement.

Later Life

- From 1965-1979, Rustin served as the head of the A. Philip Randolph Institute, which was the AFL-CIO's African American constituency group.
- He served alongside A. Philip Randolph until his passing in 1979, Rustin worked to integrate unions and promote unions among African Americans. Later in his life in the 1980s, Rustin advocated for gay rights and AIDS education as he also became a member of the LGBTQ+ movement.
- He served on several humanitarian missions to Vietnam, Cambodia and Haiti in the 1970s and 1980s.

"We are all one – and if we don't know it, we will learn it the hard way"

Oscar Wilde

By Archie-Rosselle Samson & Odetta Edoja

Born - 16th October, 1854

Died - 30th November, 1900



Literary Career

- Oscar Wilde emerged in the late 19th century London as the living embodiment of the Aesthetic movement
- He won fame as a dramatist, poet and novelist.
- He often combined his perception of human morals versus social etiquettes of the time period.
- He challenged societal formalities and showcased human morality in Victorian England, which transcends generations.
- For the time, his work was seen as controversial, yet he drew in large audiences and readers through the satire, scandal and humour in his plays, although his work was seen as unconventional.

Life and Persecution

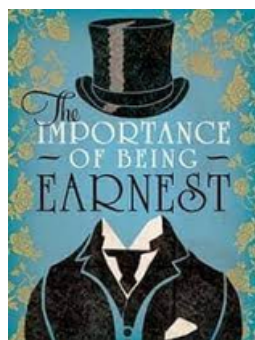
- Wilde's life was often reflected through the themes in his literature such as luxury, decadence and debauchery. After 7 years of marriage to his wife, Constance Lloyd, he began an affair with Lord Alfred Douglas, a young aristocrat and poet.
- Homosexuality was criminalised at the time, and their affair was kept a secret until Douglas' father discovered their relationship and threatened to ruin Wilde's career.
- It was arranged by Douglas' father to disrupt Wilde's play at the West End, but he was intervened by Wilde and prevented him from entering.
- The quarrel escalated as the Marquess of Queensberry left a card at the Albemarle Club which exposed and accused Wilde of homosexuality.
- Wilde went to court to sue Queensberry for defamation despite his friends advising him to flee to France where homosexuality was decriminalised.
- He lost the case, which costed his career, but also a conviction for gross indecency and a sentence of two years of hard labour.
- Upon his release, he was exiled to Paris, France until his death in 1900.



The Picture of Dorian Grey

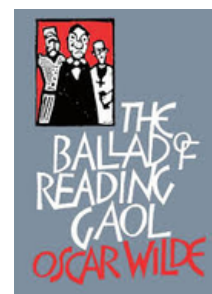
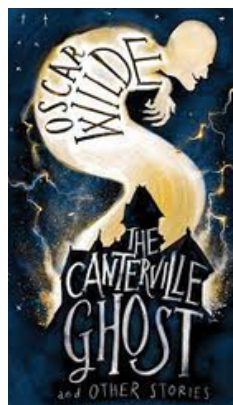


An Ideal Husband



The Importance of Being Earnest

The Canterville Ghost



The Ballad of Reading Gaol

The Selfish Giant



LGBTIA+ charities to access and support

By Odetta Edoja



Please note - All of these websites have emergency exit buttons for you to leave the website immediately, if needed.



Offer support to LGBTQ+ survivors of domestic violence , sexual violence and hate crime with their helpline

0800 999 5428

help@galop.org.uk

<https://galop.org.uk/>



Work specifically to support with mental health in the LGBTQ+ community with an online support service.

<https://mindout.org.uk/>



Offers support and services to LGBT+ youth who are at risk of homelessness, are homeless or living in an abusive hostile environment. They offer emergency accommodation, specialist support and peer support.

<https://www.akt.org.uk/>



Offer specialist services for children and young people aged 11-25 years old identifying as lesbian, gay, bisexual, transgender and other sexual orientations or gender identities (LGBT+). For example, they have weekly groups and can offer counselling.

https://www.lgbtplusnotts.org.uk/#xl_top

Other charities offering support (that don't have immediate exit buttons):

- Switchboard LGBT+ helpline: <https://switchboard.lgbt/>
- Notts LGBT+ Network: <https://www.nottslgbt.com/>

South Asian Heritage Month (SAHM)

18th July - 17th August

By Odetta Edoja

This was first held in 2020 to celebrate and understand the diverse cultural impacts of South Asia on Britain.

<https://southasianheritage.org.uk/>



The dates coincide with the Indian Independence Act 1947 (18th July) and ends when Radcliffe Line was published formally setting borders between India, West Pakistan and East Pakistan (17th August). The dates also consider the main South Asian monsoon month of Saravan/Sawan when habitats renew and independence days of various countries.

British governed areas of British India:

- Bangladesh
- India
- Pakistan

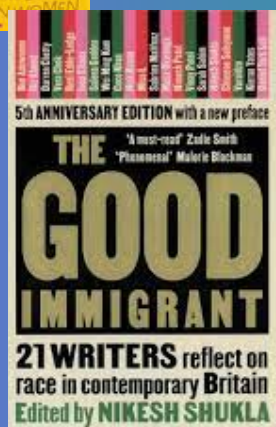
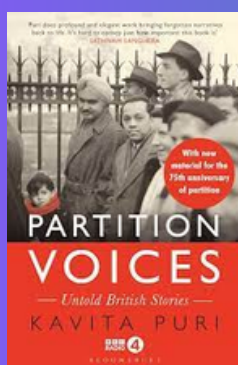
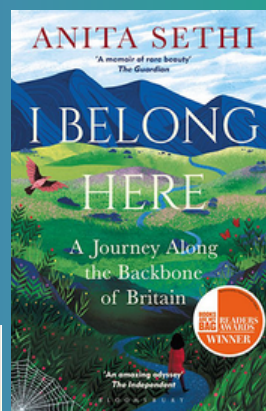
Countries with British controlled foreign policy that were part of British India:

- Afghanistan (1879 - 1919)
- Bhutan (1910 - 1949)
- Nepal (1816 - 1923)

This years theme: "Stories to tell"

This mainly focuses on acknowledging the untold stories of individuals of South Asian heritage in Britain for example, soldiers who fought for Britain in the World Wars.

SAHM Literature:



Let us know how we can improve!

