



bcainsider

winter
2020

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TABLE OF CONTENTS

HIGHLIGHT OF THE TERM

BCA NEWS

Winter Concert -----	2
Floorball Tourney-----	5
Sports Day-----	7
Hoodie Design-----	8

FEATURE

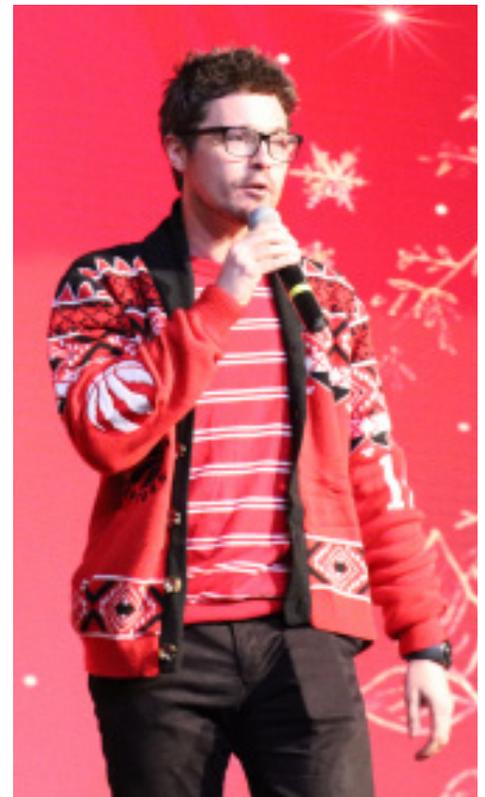
Teachers' new year resolutions -----	9
How do you keep fit during covid -----	11
Interview with Mr. Power-----	12
The things you might have wondered about as a BCAer -----	13
University in the time of Corona -----	15

ENTERTAINMENT

Remember the Titans -----	17
Taylor Swift's Evermore -----	19



HIGHLIGHTS OF THE TERM



2020 BCA Winter Concert: An Elaborately Planned Celebration 🎄

By Lyndsey Shen & Mia Ma | Reporter

BCA held its annual Winter Concert on December 19th, 2020. On this day, students of different grades practiced a lot for their stage performances and the whole school enjoyed the event in the auditorium. In particular, each grade 10 class prepared a show to celebrate Christmas, and the performances were quite creative. Some clubs like Dance club, Music Club and Chinese Dance Club signed up and performed as usual. Obviously, they all did a great job and left lasting impressions on the audience. Cindy Han said, "During this year's Concert, my favorite performance was the hip-hop dance mash-up brought by the Dance Club. Personally, I am not very good at dancing so I thought their performance was impressive." Additionally, there were also some new clubs participating this year, such as the Rock club. The club was only formed this semester, but their performance touched the hearts of the audience with its fierce drum beats and rock melodies. Gerrard Song shared that it was his first time to experience the charm of rock and roll live, which was very exciting, and it inspired him to learn more about this special type of music.

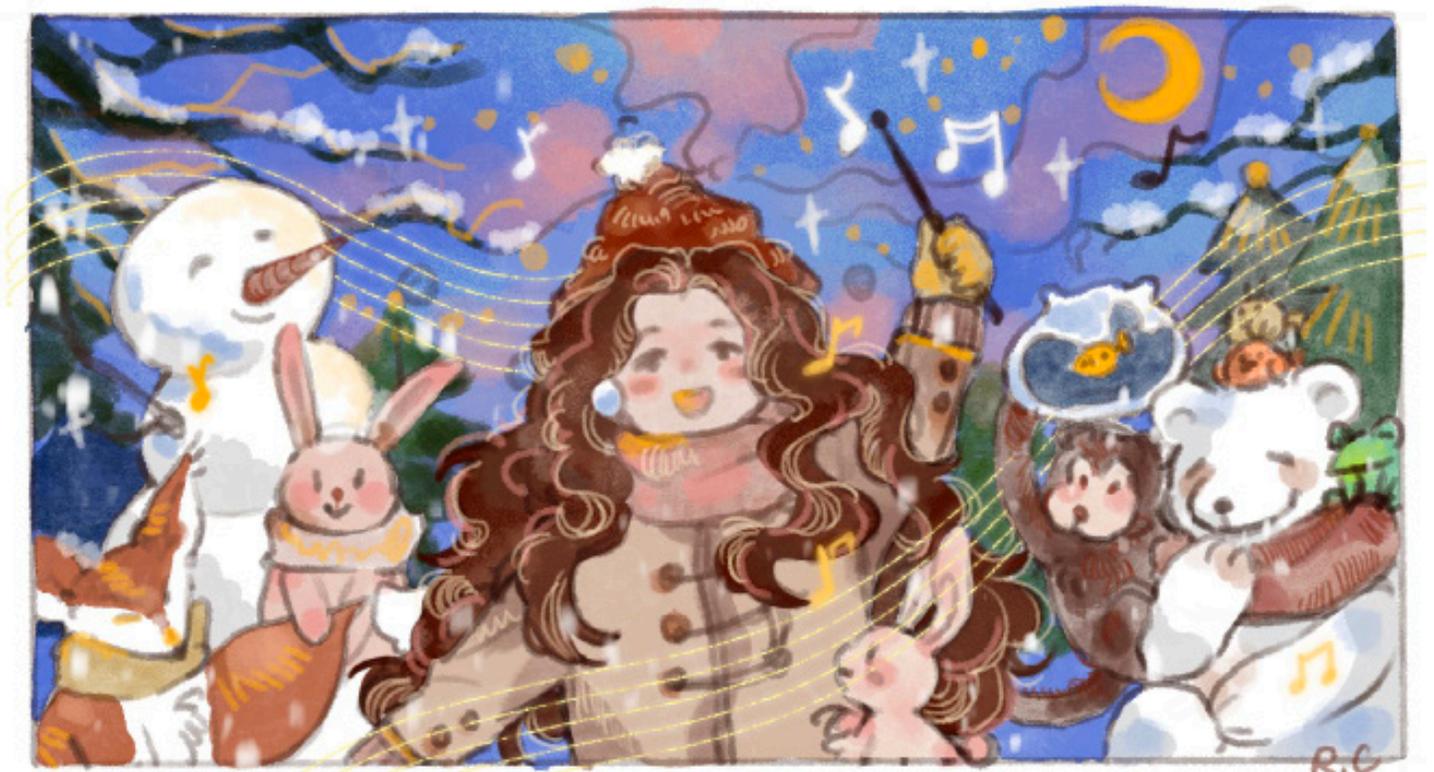
The Student Council made some innovations for Winter Concert this year. They were not only responsible for setting up the event, but they also created a new performance, choosing to dub a short video of Peppa Pig to set off the festive atmosphere. Differently from previous years, this video added freshness to the event and attracted the attention of the audience. Sylvie Wang, one of the members of the Student Council, said "We think that the Student Council is representative of all BCAers, so we need to be innovative and creative. The idea for this dubbing is something that hasn't been tried before. Also, the topic of Peppa Pig is actually familiar to everyone so we can interact with the audience easily."

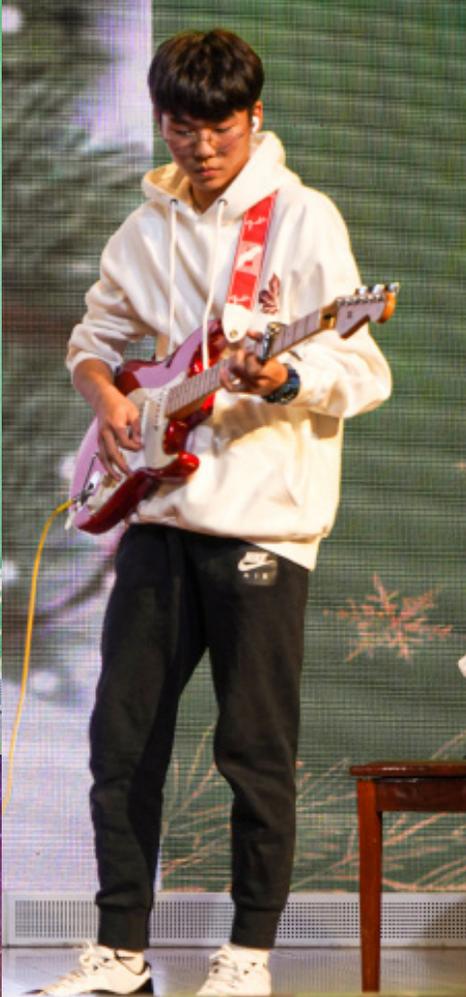
In order to prep the grade 10s for their performances, Mr. Zwirn assigned three to four BCA teachers to each class to help out. Students took time at noon or after school to rehearse their programs. These prep sessions enhanced communication between students and their teachers, which in turn enhanced their relationships. Mr. Nashi was the sponsor teacher of 10D and he shared his thoughts, stating, "It was enjoyable

to guide students in their singing show. We taught them how to display their best performance on stage, including guiding their postures and facial expressions. We spent a lot of time practicing it and we were glad to see their success." •



Iris performance | Photo Credit: Olivia Qiu





2020 Floorball Tournament

By [Ruby Gao & Lucy Liu](#) | Reporter

The bleak winter weather did not stifle the passion of BCAers; they put maximum effort into the floorball tournament held on December 15th and 16th. The audience also cheered enthusiastically for players in their Houses whenever they felt nervous or tired. Every single match kept us on the edge of our seats as we savored every second.

In the very first game between Tundra and Maritimes, Alice Li tenaciously guarded her post as goalie, allowing a victory for Maritimes. “Remember to stay away from the crowd,” she suggested. House Rockies played in the following two games, and in its game against Shield, Shield players worked hard and scored a point soon after the game started. In contrast, Rockies players were patient, waiting until later in the game to score goals. Both Chris Chen and Alex Xu demonstrated a terrific strategy in

taking the shots when their opponents’ tenacious defense loosened. Players in the Rockies embodied a strong sense of sportsmanship by functioning like a well-oiled machine.

The match between Tundra and Shield was postponed to December 16th, which meant that both students and teachers were gathered in the gym, full of anticipation. Sean Zhao from Maritimes scored three consecutive points in their game against Tundra and won the game by 5:1. The most memorable and intense game was the one between the students-all-star team and the teachers’ team. By taking advantage of his flexibility, Mr. Duggan scored a spectacular goal despite being very far from the goal. Mr. Jay also aggressively and successively scored three points in under a minute. After a short break between the first and the second half of

that game, Beckham Zhang and Lucy Liu each scored one point. As a member of the NFLS soccer team and Tundra’s goalie, the seasoned Jessica Gao made lots of great saves. She stated modestly, “We often practice playing floorball in the grade 10 P.E. class. This has contributed to my average performance today.” Although the student team lost by 2:5, we were still pretty satisfied with our score, since the teachers’ team is always tough to beat.

At the end of the tournament, Raymond Zhao announced Tundra as the champion this year, and the audience applauded everyone’s awesome performances. Work Experience 12 students have done a fantastic job in organizing this fun activity, and special appreciation goes to Mr. Wilson for taking the initiative to be the referee, making this year’s tournament fair and safe. •





NFLS Sports Meeting: A Delayed Day of Rejoicing

By Lucy Liu and Sylvia Shi | Reporter

Having been postponed due to the unexpected rain, the NFLS sports meeting was finally held on October 20th in the Olympic Sports Centre. Plenty of students and teachers gathered there early in the morning with their snacks, sports outfits and their renewed vigor, anticipating the start of an exuberant day.

The competitions in the morning were not super intense due to the limited number of participants. Michael Mi exuded relief after his 200-meter race: "I thought it was a joke when the referee blew the whistle because merely three students engaged in the 200-meter race this year, so I wasn't pressured by my opponents. It was just a piece of cake." Nina Su, who was last year's champion, won the gold medal in this year's 200-meter race as well. Recalling her fantastic performance, she stated modestly: "Actually, I wasn't in a perfect physical state since I sprained my ankle before the sports meeting. Glad that it didn't affect my performance." She was also determined to continue striving for next year's race.

Students' enthusiasm rose to the climax at noon when the annual



Photo Credit: George Gu

soccer game between students and teachers began fiercely. "Oscar was definitely the MVP in this game," said Joe Ji excitedly. "He scored one goal by himself and provided assistance to his teammates!" However, when asking Oscar to evaluate his performance during the match, he could not keep back his surprise and gratitude. "Honestly, I didn't expect myself to behave so well before the game. This is my last game at Olympic Sports Center with my teachers Mr. Kubin and Mr. Duggan as well as my coach Mr. Li. All

I wanna do is to draw a full stop for my high school soccer journey," he said.

In the afternoon, more races burst into the spotlight of our attention. Most students exhibited an air of excitement and uncertainty for the girls' 800-meter race, the boys' 1500-meter race and the 4x100-meter relay. Congratulations to Lily Guo, who brilliantly won the first place of the girls' 800-meter race. Despite finishing that run within three minutes, she was pretty humble: "This was entirely beyond my expectation, but my effort had paid off. As I was approaching the finish line, my legs were too sore to move. The sharp pain in my leg muscles felt unbearable. After the race was over, I felt immersed in utter delight by the applause from my friends." As for the relay race, the smooth cooperation between four boys in 11D deserves our appreciation. The sports meeting ended with ebullience as heavy bands of clouds eclipsed planks of sunlight. BCAers all enjoyed an unforgettable time.



George took photos. | Photo Credit: Mike Zhao

Commentary on the New BCA Hoodie Design

By Joy Tang & Egons Liu | Reporter

The sale of the BCA hoodie is one of the most anticipated events for BCAers every autumn. This year's new hoodie was designed by Enoch Wu from grade 12, and we are going to reveal the story behind the design.

On the front of the hoodie, there is a pattern of a reddish-brown maple leaf on the left side of the chest. The maple leaf stands for Canada. Unusually, instead of the normal leaf veins, half of the maple reveals the pattern of the heart's blood vessels. This subtle design embodies the vitality and energy of BCA as a school. Just like a heart that provides oxygen and nutrients to every cell of the body, BCA brings courage and support to every student. This design expresses BCAers' love towards the school. On the back of the hoodie, we can see a bear wearing a crown. The grizzly bear is the mascot of BCA and the design highlight is that the bear has a half-skeleton face. Instead of representing a specific meaning, Enoch did this to make the hoodie seem cooler and more unique. Maple leaves can also be found on the crown worn by the bear. The crown brings an

elegant touch to the whole design. As you may have noticed, the main colours of this hoodie are white and black. The reason for these simple colours is that Enoch said he was inspired by prints. He wanted to keep the design clear and concise, so black and white were his top choices for colour.

Enoch has told BCA Insider that it was not easy to make the design, as it took him over 8 hours to finish. Moreover, since the first draft was not perfect, he had to edit it several times to perfect the design. He said that he felt honoured to be asked to do the design and contribute his talents to BCA. He has also expressed willingness to contribute to future school-related artistic endeavours as well.

The hoodie design has been well-appreciated by many students. Some even bought more than one to keep as collectibles, since its design is simple and graceful, with unique characteristics. "I am very impressed by the bear image on the back, as it brings exciting wildness to the whole design," said Shirley from grade 11. •



Mr Smith and Ms K wore the hoodie well. | Photo Credit: Ginny Yan

FEATURE



BCA Teachers' New Year's Resolutions

By [Nina Shangguan](#) | Reporter

Having a New Year resolution is a tradition. This year, BCA Insider asked BCA teachers about their resolutions.

Mr. Lawlor

My New Year's resolution would be to exercise more.

Ms. Upfold

This year, I would like to eat out less and use less plastic. :)

Mr. Nashi

I haven't thought about a New Year's resolution because over the years I've learned I just don't keep them, but in general my resolution is to get more rest and play less chess.

Ms. D

To live every moment in the moment.

Ms. Smith

My New Year's resolution is to stay in better contact with friends and family and continue finding the things that make me a happier person.

Mr. Jay

This year I will try to focus on training to complete a full triathlon, learn enough Chinese to pass the HSK 3, and if possible I have plans with my dad to hike the Welsh coast trail in the UK.

Ms. Najam

1. learn to do the front splits
2. finish reading all five of the Hitchhiker's Guide to the Galaxy books by Douglas Adams
3. re-start and finish Kayla Itsines' 12 week HIIT fitness program (and possibly have a 4 pack)

Mr. Zwirn

To be as cool as Mr. Kubin.

Mr. Kubin

To spend more time with family and communicate with aliens.

Mr. Wilson

I want to lose weight.

Ms. Ince

I don't really have a resolution, but I plan to finish my master's courses in 2021.

Ms. K

Take some new classes and continue to learn Chinese and learn new hobbies.

Mr. Duggan

My New Year's resolution is very simple – get back home to Ireland to see my family!!!

Mr. Yasin

Make more time to read stories to Zara.



INTERVIEW

Interview with Teachers: How Can We Stay Healthy and Fit?

By Joslyn Hu & Sylvia Shi | Reporter

Looking back at the events of 2020, the global pandemic COVID-19 is undeniably “the event of the year”. Concerning health, we interviewed some BCA teachers about how they kept fit during the quarantine period earlier in the year and asked for some tips on how BCAers can live a healthy lifestyle.

Q1: How did you keep fit during COVID-19 lockdown?

--Mrs. Lone: You'll be shocked if I told you I did no exercise. I went for a walk for half an hour along the canal, and that's it! I don't do exercise; I'm very lazy.

--Ms. Sentance: I didn't walk that much during the quarantine. I did some indoor exercises like aerobics and resistance training with work-out videos.

Q2: What exercise do you recommend for BUSY BCAers?

--Mrs. Lone: Because students are quite busy in the classroom studying all the time, I think sometimes you can do exercise that involves long walks. You

can go out to the countryside, out to the woodlands, someplace that is not so urban. I recommend going for a walk in the woods, near the lakes or purple mountain, or rowing. There's no competition or stress there. The canal at Hanzhongmen is also very quiet. There's an old wall there, and you can keep walking along that wall. It's very nice.

--Ms. Sentance: Yeah, have a break outside, where you can think. Mrs. Lone: And you are on your own, so there are no people around. You can go there early in the morning or late at night when it is very quiet.

--Mr. Duggan: Do exercise that you enjoy, because you're more likely to stick with things that you find enjoyable.

Q3: Do you have any diet or health-related tips?

--Ms. Lone: I'm the worst! I can tell people what they should do, but I eat quite a lot of chocolate. I think eating a good balance, a lot of fish, a lot of vegetables, salad, a lot of brown

bread, a lot of beef, different soups. For breakfast, I eat porridge, and I mixed it with fruit such as banana, apple, raisins, or pears. Also a cup of coffee or tea. Sometimes I mix the porridge with whole fat cream, but that would be a luxury. I would not do that every morning, but they are so nice.

--Ms. Sentance: It is important to eat breakfast. It helps you to have more energy and help your brain to work better. You tend to eat better for the rest of the day. But that depends; people have different preferences.

--Mr. Duggan: Eat less sugar.

--Other teachers: Yogurt and whole-grain foods.

Our health is something we need to maintain as we age and move to new environments. We hope these tips can give you some ideas about developing your personalized eating habits and exercise routines. Insert a special character (bullet) to indicate the end of the article. •



INTERVIEW

An Interview with Mr. Power

By Lucia & Jason | Reporter

Q: Is this your first time in China? Why did you decide to teach at BCA?

Mr. Power: Yes. I decided to come to China because I never had a chance to come to this part of the world before, so I wanted to learn more about the culture here. Hopefully I will be able to speak Mandarin around the time I am finished teaching.

Q: Can you briefly explain why it took you so long to get to BCA?

Mr. Power: When I was in Canada, I needed to wait for the approval of my visa, which took some time. Then when I arrived in China, there were a lot of COVID-19 tests, and I also needed to do the quarantine. The place where I lived in had the policy that required my wife and I to isolate ourselves longer than 2 weeks.

Q: When you teach Grade 12 online from Canada, what was the biggest challenge to you? (The jet lag, teaching equipment, camera, microphone, internet connection device?)

Mr. Power: It was really hard to tell whether students could understand what I was talking about since I could barely hear their voices. All I could do was just count how many students were shown on the screen.

Q: How was your quarantine, and were there any memorable experiences you would like to tell us about?

Mr. Power: The nurse, who came to do the COVID test, was too short to reach me. So I had to get on my hands and knees. I also did not have a bank account set-up at that time, so I could not order anything online. Therefore, I had to message the school to have them deliver things I needed.

Q: How did you get through your quarantine period in addition to regular classes with Grade 12s? (Were there things you did at the hotel or at home?)

Mr. Power: My wife and I would watch some exercise videos on Youtube, or some films we had downloaded before. We also played card games.

Q: What was the first thing you wanted to do after your quarantine?

Mr. Power: Just something simple, like go for a walk. We were in the hotel for 14 days, and in our apartment for 14 days. We could look out of our apartment. We are on the 15th floor, so we could see so much. And every day we could see people walking their dogs, exercising, going to get something to eat, just talking to each other. It looked really fun.

Q: What is the difference between your impression of students when you were having online classes compared to actually teaching at school?

Mr. Power: The biggest difference was, you could see that students have their personalities at school. That is the fun part of teaching. But when you are teaching online, it was just 20 people in a class, and the names on a piece of paper, and somebody would send their homework to me electronically, and I just marked those.

Q: What is your impression of quarantine or online classes?

Mr. Power: It was just the two of us and it was kind of lonely. We got to talk to people, but that was on the phone, Skype, Zoom, or whatever. It was not the same as talking to people in person. But we were treated very well. The people were friendly, but with the language barrier, it was challenging. But we made the best of it, because we are positive people.

Q: The grade 12s heard that you have 30 years of teaching experience. Where else have you taught before? Is physics your favorite subject?

Mr. Power: I taught physics and math before. I've taught in Syria, the Middle East, Slovenia, Europe, of course in Canada, and then here in Nanjing. But I must say that the best Math students I've ever had are at this school.

Q: What is your overall impression of BCA so far?

Mr. Power: Very good school. I don't know everything yet, because every day I am learning something new. It is very well organized, well run. Everything just seems to flow. Students know where to go and what to do. The staff all work together to help each other. There is nothing negative about the school.

Q: Did you get used to the new ways of living in China (like using Taobao, Alipay, DiDi, and so on)? Have you gotten used to eating Chinese food?

Mr. Power: Somewhat. It is all new to me. I got to learn how to use WeChat, WeChat pay, Alipay, and how to get the green health code. So it has taken some time to get used to it. So now I have really good impression of the school and this city, because coming this far from home, you don't know what you are getting into. Not until you're there yourself, you don't know whether you will like it or not. •



Mr. Power | Photographer: Olivia Qiu

FEATURE

The things you might have wondered about as a BCAer

By Ginny Yan and Kristen Yang | Reporters

BCAers are a curious bunch! During the last SAPC topic meeting, students compiled a list of “burning questions” that students are too shy to ask about. BCA Insider has sent two student reporters to find the answers to questions that you may have wondered about.

Questions compiled by Ginny Yan and Kristen Yang

Q: Can Mr. Zhang speak Chinese or not? And What is Mr. Zhang’s nationality?

Mr. Zhang: Yes, I can speak Mandarin, and I am a Chinese Canadian.

Q: How many languages can Ms. Najam speak and what are they?

Ms. Najam: I can speak English, Urdu, Hindi, and I can understand about 75% of Bangla.

Q: How many principals there were before Mr. Lawlor?

Mr. Zhang: Two. Charlie Dillon and Dan Noble.

Q: Why is there a mirror in Ms. Najam’s classroom?

Ms. Bartell: The classroom used to serve as a dancing room.

Q: Which teacher has been at BCA for the longest time? And for how long exactly?

Mr. Zhang: Mr. Lawlor and I stay at BCA for the same nine years, except that I taught here for nine consecutive years, and Mr. Lawlor left BCA for one year taught for eight consecutive years.

Q: What is the story behind the posters on the walls of the BCA lecture hall?

Mr. Lawlor: When I was teaching Planning 10, one of the students’ projects was to do research on a university and then to present their findings to the class using a self-

made poster. Later Mr. Harris suggested that the posters should be presented in the lecture hall as some universities come to BCA and give lectures in that room. The oldest posters were from 2010, and the newest ones were from 2016.

Q: Why is the BCA building also called “日语楼”?

Mr. Zhang: My theory is that the building was funded by some Japanese company.

Q: Why are the class breaks 8 minutes long?

Mr. Lawlor: Before, classes lasted for 40 to 50 minutes, and there were many classes a day. The school wouldn’t end until around 4:30 p.m. In 2017, Mr. Noble changed the time table as he wanted longer but less classes in a day to end the school early. Also, the previous time schedule would conflict with the main NFLS campus schedule, resulting in too many students in the cafeteria during lunchtime.



Q: Why are BCA classes located in different buildings?

Mr. Lawlor: Mostly because that BCA building is too small. There are not enough classrooms for all classes. The NFLS campus have more classrooms with larger space, so why not?

Q: Why does Ms. Najam sit on a yoga ball in the office?



Love story of Mr. Yasin & Ms. Najam | Photo Credit: Ms. Najam

Ms. Najam: To fix my posture and to force myself to use my core muscles properly; it's very hard to get time to exercise when working fulltime and it's very easy to develop bad habits when sitting on a chair for a long time

Q: How was the house system settled?

Ms. Najam: BCA students are AMAZING at academics but they are not always super enthusiastic about extra-curricular activities or anything that isn't for actual grades. The house system was a way to motivate students to "think outside the textbook" and get involved/passionate about school life. After all, BCA is MORE THAN A SCHOOL.

Q: What is Mr. Yasin's nationality and where is his birthplace?

Mr. Yasin: I am a Canadian and my birthplace is Jeddah. My parents were originally from Bangladesh, a place roughly between China and India, but I was raised and born in Saudi Arabia, where I went to a British school (an international school). Later, I moved to Canada when I was 12 years old and grew up there. And now I am in China. This is my fourth year.

Q: What's the name of the librarian in the BCA library?

A: Ms. Pan.

Q: Why do laptops always fail to connect to the wifi in the BCA library?

Ms. Pan: BCA library used to share the wifi with the main campus, and it has its own wifi right now, which is actually a good thing.

But it has a limit for its user amount, so that the students may fail to connect it when there are too many students using it at the same time.

Q: Why is there a "protocol notice" stuck on the door of the toilet compartment in ladies' washroom on the second floor of BCA building? Who put it there?

A: It may remain an eternal mystery, but there is a theory explaining that, a long time ago, a BCA teacher decided to stick the protocol notice on the door, intending to make those who go to the washroom to skip classes guilty.

Q: Why does Mr. Wilson always come to Grade 10s' Social Studies classes?

Mr. Wilson: I always come to Mrs. Lone's classes because I am bored, and I also like G10 history which is Canadian history. And I like to bother Mrs. Lone.

Q: How many BCA teachers are interested in doing yoga?

Ms. Smith: Some of them don't do yoga regularly, but they do like it.(counting), I would say nine.

Q: How many tattoos does Ms. Smith have and how many of them are Harry Potter related?

Ms. Smith: Oh, not that many. I have 12 tattoos altogether, and 6 of them are Harry Potter-related.

Q: Does Mr. Zwirn feel cold wearing shorts in winter? When did you start to think that wearing shorts was not enough for the weather?

Mr. Zwirn: Haha, not that cold, because a lot of our body heat is lost from our heads and our upper bodies.

Wearing shorts is okay with me. I've got a lot of hair on my legs that protects my legs. As long as I am moving around, it is not that bad. But now in December, I am wearing pants since it's too cold outside. In the middle to the end of December and early January is a good time to start wearing long pants. When the Spring Festival is over, I will definitely wear shorts again. It's pretty warm.

Q: How often are the jerseys washed?

Mr. Zwirn: The jerseys are washed very often NOW. Our Minister of Environment, Carina, she is planning to wash them every term. They should be washed more, but we are starting to wash them, which is a good thing. •



Mr. Lawlor 2010 & 2020 | Photo Credit: Ms. Han



Yoga club | Photo Credit: Ms. Upfold

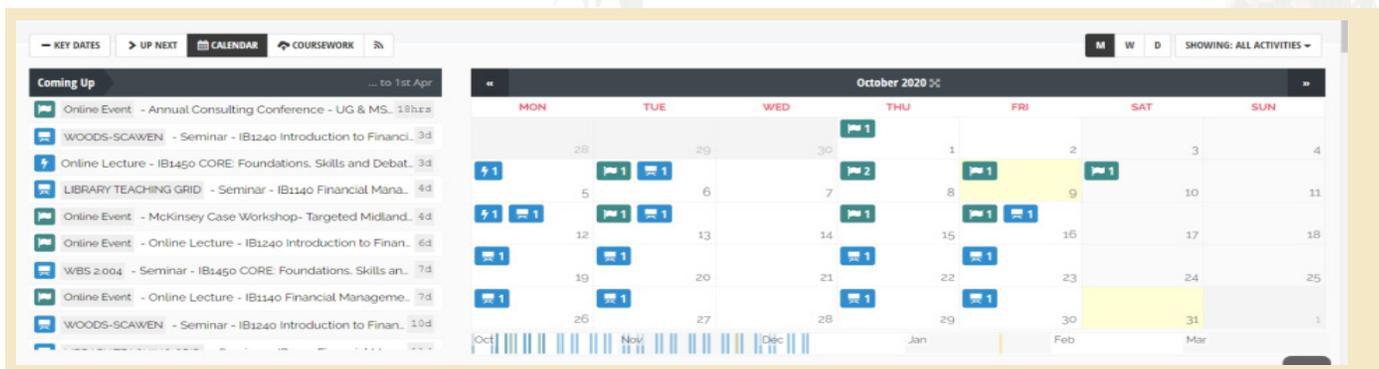
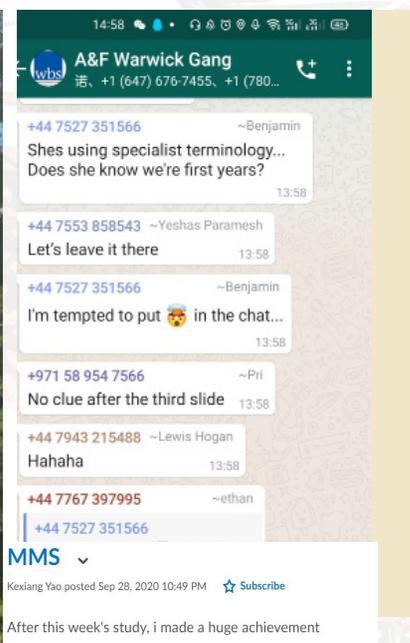
ALUMNI NEWS

University in the time of corona

By Ginny Yan, Jason Zhang | Reporter



Photo Credit: Joanna Wang



Because of the COVID-19 pandemic, most students who just graduated from BCA this year cannot travel overseas and attend university physically. Sleeping in the day and staying up at night, the graduates who are taking courses online overturn their regular schedule to adapt to a new form of classes. We invited Aragon Xu, Antony Zhou, and Joanna Wang to talk about their life at the zoom university.

Where is your university?

Ar: In Hamilton, Ontario, Canada

An: In Vancouver, British Columbia, Canada

Jo: In Coventry, UK.

Your new university schedule?

Ar: Because of the border issue, I stayed in Nanjing and take classes online. Hamilton is 12 hours behind Beijing time, and so I usually wake up at one or two in the afternoon and take my classes from 8:30 p.m. to 4:20 a.m. There is no time for breakfast, and so I only eat two meals a day.

An: I stay in Nanjing since it is not yet safe and available for me to go to Canada. Like many other students, I attend university online. My first class usually starts at 3a.m. and ends at 5 in the morning. I tend to go to sleep immediately after class, and do some review and assignments after I wake up. The cycle repeats.

Jo: Though I am now in the UK, I still need to take online classes. Every week, I have a one-hour lecture and a one-hour seminar. My earliest class starts at 9:00 a.m., and the latest class ends at 4:00 in the afternoon. Each lecture contains 200 students roughly, and each seminar has 10-20 students.

How is university life different from your high school life?

Ar: We no longer do our labs physically, but rather use some websites to simulate the experiment.

An: We take quizzes online, and to prevent cheating, our professor sets a 2-minute limit for each question, and thus we don't have time

to turn to the books for answers. There are also quizzes without a time limit for each question, and they tend to be open-book quizzes.

Jo: I live in a single room, yet I have 17 floor mates from over 7 countries, and so diversity confronted me right in the face. I was afraid to communicate with people from a different countries at first, but later I gradually adapted since people are all very nice here. Moreover, anyone who wants to get into a club or union has to apply and later attend an interview. Some clubs even take a small fee to apply, and the money goes to the university student council.

Overall, how do you feel about your university's online classes?

Al: I think McMaster University does a great job. Professors know that we are having a hard time, so they postpone our due dates a little.

An: It is neither too stressful nor too relaxed. We always have something due everyday. Also it seems easier to get credits when taking online courses, but that's not the whole story.

Jo: I feel stressed because many of my classmates type extremely fast. Typically, when the teacher finishes asking a question, there are more than 100 messages coming up in the chat box, and people all seem to be racing with time.

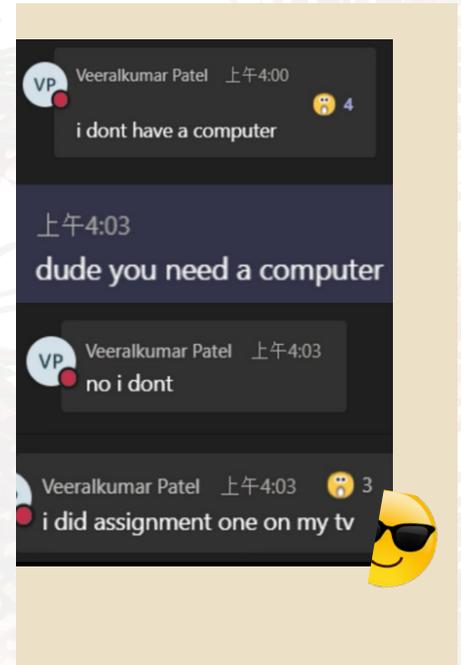


Photo Credit: Joanna Wang, Aragon Xu

Film Review: Remember the Titans

By [Sylvia Xu](#) | Reporter

When we talk about racial harmony, we may think of rights, equality, freedom and the American Civil War. Almost everyone thinks about the tensions between Caucasians and African Americans. However, the film *Remember the Titans* describes the friendship and sportsmanship between these races and shows a positive attitude towards life by narrating the story of a season of American football.

In the film *Remember the Titans*, we can see the social tensions in 1971, which refuses to accept the idea of racial equality, and which is the main issue raised in this film. At first, the Caucasian and African American football players are separated when they take the bus, even though they are on the same team. People tended to treat Caucasians better than African Americans, often looking down on the latter group. However, by

the end of the film, the players are able to treat each other well, without regard for which the race each member belongs to.

The film displays the issue of racism and illustrates how one can overcome prejudice by uniting under a common cause or goal. During the course of this film, there were many scenes that dealt with racism and discrimination. However, these obstacles did not stop the football team from overcoming their social difficulties.

In November, all grade 10 students watched this film during Mr. Zwirn's class. The film is memorable for its emotionally touching moments. After watching it, we felt moved and did not think of this film as just a video that shows some American football skills, but we also think of it as a film that taught us about the philosophy of

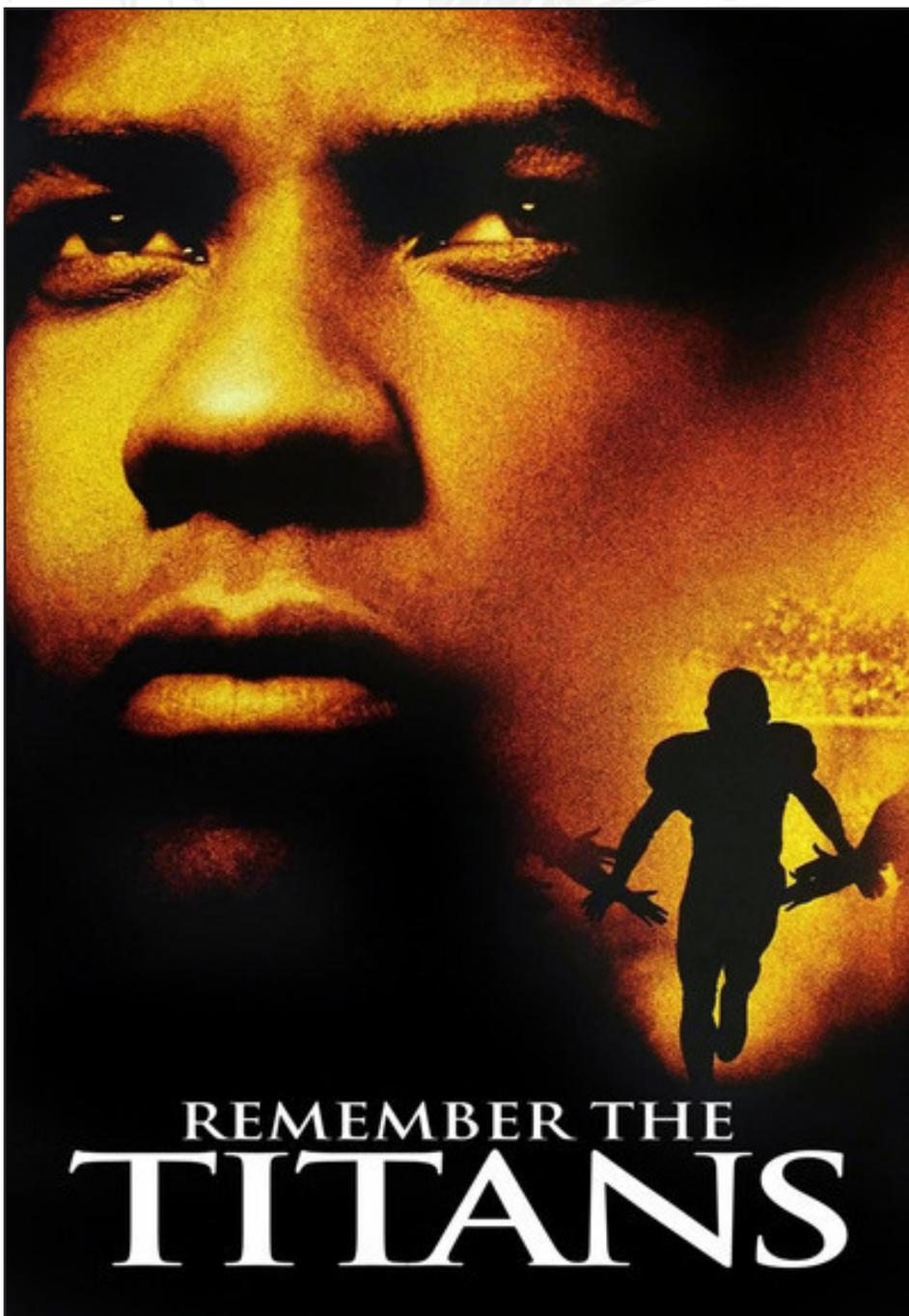
life and friendship.

Some scenes in the film were particularly memorable for BCAers. For instance, I was moved by a scene near the end where an injured Caucasian player, who once said he would not play with African Americans, now only wants his African American "brother" in the hospital room with him. And there is also a series of scenes that tells the story of the same Caucasian player breaking up with his girlfriend because he refuses to break the bonds he has formed with his teammates during training camp.

A Chinese celebrity once said, "Our lives are sometimes like silt. You may slowly sink like silt. Once you sink, you may not be energetic enough to go forward. And you will never see the sun at the same time." Our lives are full of difficulties. Some people think we should have the power of water since water can



Remember the Titans . | Photo Credit: FreePick



accumulate strength without stopping and overcome obstacles before finding an opportunity to flow down into the ocean. During our lives, we will face a lot of change in our society. While we may be unable to change our society, but we can change ourselves to improve our situation, but we can change ourselves to improve our situation.

The film teaches us that we should have a positive attitude to face societal problems and find the essence of the matter. In America, this issue of racism has existed for a long time because of its history and culture, but people can choose go against societal norms and change their behaviour. In this film, the Titans show other people in Virginia that Caucasians and African Americans are deserving of the same respect and treatment.

The team's cooperation and friendship are powerful enough to make people put their prejudice away. If we take an example from the film, a character named Gerry, who is the leader of his team, has a girlfriend who is not willing to welcome African Americans at first. But in the end, she shakes hands with them and cheers for them, showing that change is possible, and powerful.

Remember the Titans is a heartfelt movie that speaks to everyone. I recommend this film to you, not only for entertainment or to learn about American football, but also to explore ways to build a better society. •

Taylor Swift's Evermore

By Virginia Hu | Reporter



Taylor Swift's promotional photo for her new album | Photo credit: Glamour.com

Taylor Swift's new album, *Evermore*, came out on November 24th, accompanied by a recording of its studio sessions. The documentary is divided into three parts. The first part covers the thoughts of Taylor Swift, co-writer Aaron Dessner and Jack Antonoff on the inspirations behind the album's songs. The second part shows us the live recording of the album, while the third shows videos taken by the album's contributors of the musical cooperation that makes this album so special.

The session was recorded in Long Pond Studio, upstate New York, in September 2020. The album was made during lockdown, as Taylor found herself bored, with nothing to do. After three days, she talked to *The National Show's* founder Aaron Dessner, who

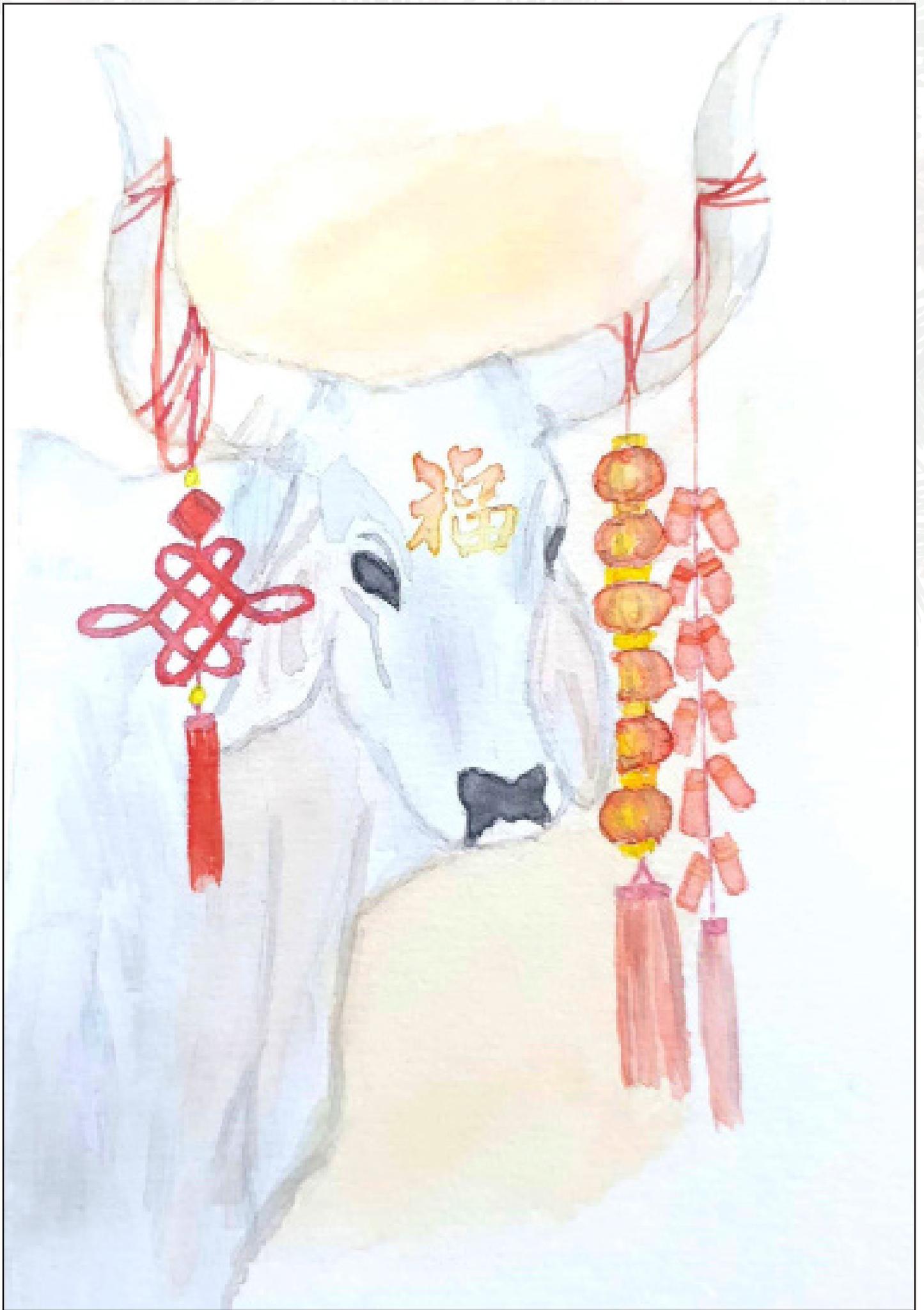
told her that he often collaborated with others remotely. Taylor immediately came out with the idea that it was a great chance not only to work with someone she was such a fan of, but also to wear down the boredom of the epidemic. Taylor then contacted Jack Antonoff, who also thought that making albums remotely was a great idea. Both of them thought that there were two ways forward during the pandemic lockdown: to cling to the old ways of doing things while trying to make it work or to chart a new path, which required a frontier mentality. Taylor said, "There's something about the complete and total certainty about life that causes endless anxiety, but there's another part that causes sort of a release of the pressure that you used to

feel." Taylor has claimed that people should start with the things they love the most if they plan on recalibrating everything.

BCA has many Swifties who responded enthusiastically to the release of Taylor's new album. Teenagers are often attracted by her lyrics and melodies. This album's soothing folk music does not only attract many BCA listeners, but it also brings cozy feelings after the tension of studying, while also using the power of music to make us more aware of different people's situations and emotional problems. One of the Swifties at our school is 11D's Lucy Liu, who said, "Taylor's getting better at surprising her fans!" after watching the recording sessions of this latest album. •



| Illustrated by Victoria cao



Illustrated by Vivian bai

Happy New Year



*Happy New Year
BGers!*



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