

# J.D's Comic Corner

Mr. Pencil and Ms. Eraser



Editor: Bella Mares Sanchez

# CARDINAL



# VOICES

Brought to you by the 7th grade Spanish class

March 2021

## National Women's Day, what is it?



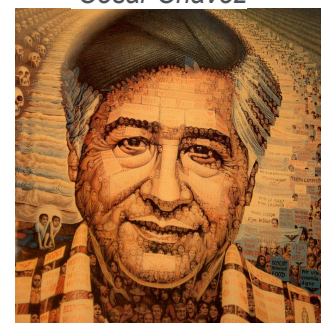
A day to eat corndogs? A day to celebrate sports? No! National Women's day, and month, is important because this is the one month where women get to be recognized for all they did, like Mothers Day but for a month. This is the month where we look at all the women such as Kamala Harris. She was the first woman from Black Asian descent to be Vice President. Or Shirley Chisholm, she was the first Black woman to be elected to the United States Congress. We celebrate Women's History Month to remind ourselves of the accomplishments of women throughout the years to our culture and society. From science to politics, it's a chance to reflect on the trailblazing women who lead the way for change. In 1987, Congress declared March as National Women's History Month in perpetuity. A special Presidential Proclamation is issued every year which honors the extraordinary achievements of American women. President Jimmy Carter's Message to the nation designating March 2-8, 1980 as National Women's History Week. While figures such as Elizabeth Cady Stanton, Harriet Tubman, Amelia Earhart, Eleanor Roosevelt, Margaret Thatcher, Rosie the Riveter and Betty Friedan are often associated with Women's History Month, there are countless extraordinary women who have earned their place at the table.

By Sophia Valles



## César Chávez, who is he?

"The fight is never about grapes or lettuce. It is always about people."  
- Cesar Chavez



Why is it important to learn this history? What can we do as a school community to improve the lives of farmworkers? Did you know that we have a street downtown named after him?

César Chávez is best known for his efforts to gain better working conditions for the thousands of workers who labored on farms for low wages and under severe conditions. Chavez got the idea for nonviolent actions from Martin Luther King Jr., who was a leader in the struggle for civil rights for African Americans. César Estrada Chávez was an American labor leader, community organizer, businessman, and Latino-American civil rights activist, born on March 31st, 1927, Yuma, AZ. Cesar made people aware of the struggles of farm workers for better pay and safer working conditions. Caesar devoted his life to correcting these injustices, rallying through boycotts, marches and hunger strikes to secure pay raises and improve conditions for farm workers across the nation. He succeeded through nonviolent tactics. César Chávez and the union sought recognition of the importance and dignity of all farm workers. Caesar and his company were very successful and the organization is still up and running today. Conditions have improved since César Chávez founded the National Farm Workers Association in 1962, but we still have a long way to go. César Chávez helped many people. He was an amazing man.

By Sophia Valles

## Opinion

The women of the world are so incredibly strong that people need to appreciate the hard part of their lives. Let's take for example the women of World War II. It mostly started when women had to do the "men's" work while they were off at war in 1943. It was a hard journey, however, when the word got out that the tides have turned, and the Nazis are starting to lose, confidence and hope grew within the strong women of the world. That's when the iconic "We can do it!" poster came out.

Women around the world realized that they can do more than was expected. They can do better, yet they are treated worse. So they protested and fought, and by then, women were considered equal to men in the United States. There are still inequalities between men and women in the world. For example, you've probably heard of Malala Yousafzai, an activist from Pakistan who is fighting through mud and dirt for women's rights everywhere. Malala is quite possibly one of the strongest people I could ever imagine. She got shot in the head for an attempt on her life when she was 15, however, she survived, and continued to fight for rights. She is the youngest Nobel Peace Prize winner and has had countless books made about her. I love the story about Malala, however, I feel like she only became famous because she got shot, and that is messed up. As if you can only get noticed if someone is terribly injured or has been killed.

And now, we have had our first woman Vice-President, Kamala Harris. She has been a good role model for women all over the world. Recently Sarah Fuller, is a senior in college at Vanderbilt University in Nashville. She recently made history as the first woman college football player. All this proves that you can be an ordinary senior in college, someone who can climb the ladder to become the Vice President or someone who has decided to keep teaching and protesting.

By William Glenn

## National Days in March

Did you know that there are days in March that you never knew. Like, If Pets Had Thumbs Day, National Anthem Day, International Find a Pay Phone Booth Day, and many more. Here are some days of March you never knew about:

**National Anthem Day-** We celebrate our anthem, The Star Spangled Banner, on March 3, written by Francis Scott Key on September 14, 1814 during the Battle of Fort MCHenry in the War of 1812. Many Americans love the song and it gave it popularity. The United States still didn't have a national anthem for a long time. 100 years later, President Herbert Hoover declared it as our national anthem.

**St. Patrick's Day-** Well you probably know what St. Patrick's day is, but we couldn't leave this one out. Celebrated on March 17th, this holiday is to honor the patron saint of Ireland, St. Patrick. There are symbols that represent St. Patrick's day, such as: Shamrocks, and Leprechauns.

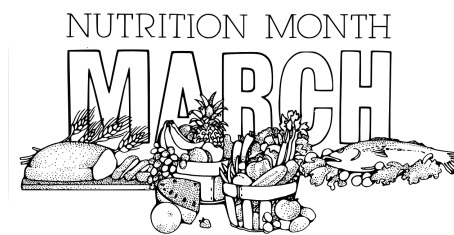
**International Fanny Pack Day-** On the second Saturday of March, we celebrate fanny packs. This holiday started in 2007 when Nike Yates of Portland came across a homeless person. Nick felt pity on the man and gave the man a piece of fruitcake out of his fanny pack. After this event, Nick got an idea to begin a charitable campaign to give food to those who are poor or in need. You ask, how do you celebrate this holiday, well the answer is easy: get a fanny pack and put food in it and give it to the people who are in need.

By Lupita Medina

## National Irish-American Month

March is National Month of Irish-Americans! This is especially exciting for me, since my family is not only Swedish, but also very Irish. This is amazing because there's so many festivities along with this month including St. Patrick's day! This is extremely important since a lot of Americans are Irish. In case you are curious, there is also a meaning behind the color green. Green is in the Irish flag, and it represents the Catholics in Ireland. The four-leaf clover, as you may know, is a symbol of good luck and fortune. This information is also very fun and an important thing to know and carry around with you. Irish-Americans make up about 10.1% (33 million people) of America's population. So, this is a very important month. On the slower and darker side of things, there is another important piece of information. When Irish immigrants first came to the U.S., America despised them. There was a Refugee Crisis, the Irish were refugees forced into exile by a humanitarian and political disaster. This may not be as happy and exciting, but it is important to know since not many people do. An important Irish figure is St. Patrick, which is who the holiday is named after. He is important because he brought Catholicism to Ireland. This month is very important and I hope you will celebrate it with me.

Story By Georgia Ohman



## National Nutrition Month

National Nutrition Month is the month to personalize your palate. National Nutrition Month is an annual campaign created by the Academy of Nutrition and Dietetics. It was started in 1973 as National Nutrition Week but it evolved and became a month-long observance in 1980 in response to the growing interest in nutrition. You can try a variety of fruits like stone fruits, berries, fleshy fruits, pome fruits and melons. Protein is a macronutrient that your body needs in order to function. Some good protein-packed foods are seafood, meats, beans, peas, eggs, nuts and seeds. All of the foods in the dairy groups are good sources of calcium, which helps build and maintain bone health. For example some foods from the dairy group are: milk, yogurt, and cheeses. Many other countries celebrate National Nutrition Month, for example the Philippines but they celebrate it in July. You can start by eating a well-rounded meal that has protein, fruit/veggies, and dairy. National Nutrition Month is a great time to cleanse your diet with healthy food.

By Amelie Tan



## March Playlist

**Telescope-Cavetown**

**Skinny Love- Bon Iver**

**Bruno is orange- Hop Along**

**Ego- Scruffy Puppy**

**Revin my cj7-summer salt**

**Mrs.magic- strawberry guy**

**The world at large- Modest Mouse**

**Starting Now- Ingrid Michaelson**

**San Cristobal-Mal Bum**



By Bridget Walsh