

Jolene Osztian, Photographer

## SPECIAL ISSUE: COVID-19

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# CLASSES CANCELLED THIS WEEK

Kai Neiman, Editor-in-Chief

With many going into self-isolation over the COVID-19 making its way into Manitoba, many schools, places of work and public events have been cancelled. While university campuses are remaining open, the classes themselves have been cancelled. At the very least, Brandon University will have its classes and events cancelled and/or postponed.

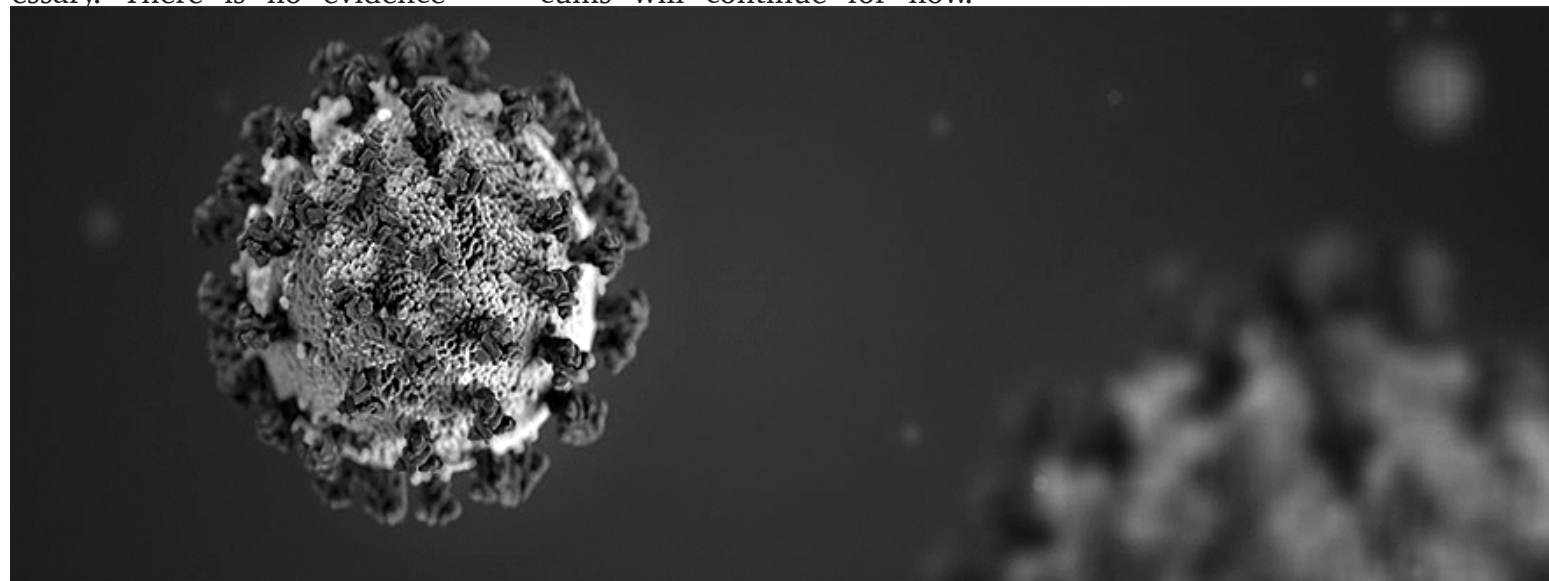
This precautionary measure is being taken to prevent opportunities for coronavirus spread before it becomes necessary. There is no evidence

to suggest that there is any current risk on campus. However, at this time, given Manitoba Health guidance to reduce close and prolonged contact, it is prudent for classes to be suspended and events postponed. The priority is to keep students and the community safe.

The campus will operate in a similar fashion to Reading Week. Offices, services and the library will be open. Staff are expected to and will continue their work. Classes and labs will be suspended, but practicum will continue for now.

Those in residence who have an alternate place to live for the week are encouraged to consider staying there. For those remaining on campus, social distancing strategies will be employed to further limit any potential for virus spread. This includes more video conferencing instead of in-person meetings and encouraging people to spread out in areas where they might gather, like Harvest Hall and the library.

Remember; be cautious and stay safe.



# WHAT IS THE CORONAVIRUS?

Kai Neiman, Editor-in-Chief

This information on the Coronavirus what taken directly from the World Health Organization website and is printed word for word.

Coronaviruses (CoV) are a large family of viruses that cause illness ranging from the common cold to more severe diseases such as Middle East Respiratory Syndrome (MERS-CoV) and Severe Acute Respiratory

Syndrome (SARS-CoV). Coronavirus disease (COVID-19) is a new strain that was discovered in 2019 and has not been previously identified in humans. Coronaviruses are zoonotic, meaning they are transmitted between animals and people. Detailed investigations found that SARS-CoV was transmitted from civet cats to humans and MERS-CoV from

dromedary camels to humans. Several known coronaviruses are circulating in animals that have not yet infected humans.

Common signs of infection include respiratory symptoms, fever, cough, shortness of breath and breathing difficulties. In more severe cases, infection can cause pneumonia, severe acute respiratory syndrome, kidney failure and even

death.

Standard recommendations to prevent infection spread include regular hand washing, covering mouth and nose when coughing and sneezing, thoroughly cooking meat and eggs. Avoid close contact with anyone showing symptoms of respiratory illness such as coughing and sneezing.



# HOW TO STAY SAFE AND SANE FROM COVID-19

Lulu Maria de Lourdes Garcia Manzano, Assistant Editor-in-Chief



Over the last couple of weeks, we have been exposed to multiple school, business and country as a result of the fast spreading pandemic COVID-19. COVID-19 is a severe acute respiratory syndrome that is 3x more contagious than a common flu. In the worst of cases it can cause pneumonia and death. However, many cases only display common-cold symptoms and it does not result in death. While there have been only about 200 cases in Canada, and more specifically only one in Manitoba our school has followed the example of U of M and U of W and acted in the best interest of its students and faculty and has decided to suspend classes for a week. From March 16 to the 20th BU students will receive a second Reading week. We hope to receive updates by March 19th and we will hopefully be told how exams and classes will be affected by this decision.

While there are no confirmed cases in Brandon, we must still be careful without letting panic getting in the way of our judgement. Furthermore, we must not let this outbreak be an excuse to partake in any sort of racist and xenophobic comments

and actions. With the aforementioned established there are a couple of ways you can reduce your fear of the spread of the disease.

Those who are infected with COVID-19 may have little to no symptoms. You may not know you have symptoms of COVID-19 because they are similar to a cold or flu. Symptoms may take up to 14 days to appear after exposure to COVID-19. This is the longest known infectious period for this disease.

Symptoms have included:

- fever
- cough
- difficulty breathing
- pneumonia in both lungs

In severe cases, infection can lead to

death

Jolene Osztian, Photographer

In case you fear the spread of the virus, there are simple things you can do to help keep yourself and others healthy. However, keep in mid that there is a low risk in Manitoba.

Wash your hands often with soap and water for at least 20 seconds, especially after blowing your nose, coughing, or sneezing; going to the bathroom; and before eating or preparing food.

Avoid touching your eyes, nose, and mouth with unwashed hands.

Stay home when you are sick.

Cover your cough or sneeze with a tissue, then throw the tissue in the trash.

Please, keep yourself and others safe and do not let panic and ignorance cloud your judgement.



Jolene Osztian, Photographer



# TRYING TO ASSURE OURSELVES DURING COV-19 PANDEMIC

Kai Neiman, Editor-in-Chief

## Should I worry about COVID-19?

Illness due to COVID-19 infection is generally mild, especially for children and young adults. However, it can cause serious illness: about 1 in every 5 people who catch it need hospital care. It is therefore quite normal for people to worry about how the COVID-19 outbreak will affect them and their loved ones.

We can channel our concerns into actions to protect ourselves, our loved ones and our communities. First and foremost among these actions is regular and thorough hand-washing and good respiratory hygiene. Secondly, keep informed and follow the advice of the local health authorities including any restrictions put in place on travel, movement and gatherings.

## Are there any medicines or therapies that can prevent or cure COVID-19?

While some western, traditional or home remedies may provide comfort and alleviate symptoms of COVID-19, there is no evidence that current medicine can prevent or cure the disease. WHO does not recommend self-medication with any medicines, including antibiotics, as a prevention or cure for COVID-19. However, there are several ongoing clinical trials that include both western and traditional medicines. WHO will continue to provide updated information as soon as clinical findings are available.

## Who is at risk of developing severe illness?

While we are still learning about how COVID-2019 affects people, older persons and persons with pre-existing medical conditions (such as high blood pressure, heart disease, lung disease, cancer or diabetes) appear to develop serious illness more often than others.

## Is there anything I should not do?

The following measures ARE NOT effective against COVID-2019 and can be harmful:

- Smoking
- Wearing multiple masks
- Taking antibiotics

In any case, if you have fever, cough and difficulty breathing seek medical care early to reduce the risk of developing a more severe infection and be sure to share your recent travel history with your health care provider.

This information is available in more detail at: <https://www.who.int/news-room/q-a-detail/q-a-coronaviruses>.





Artist: Guolixuan Mao

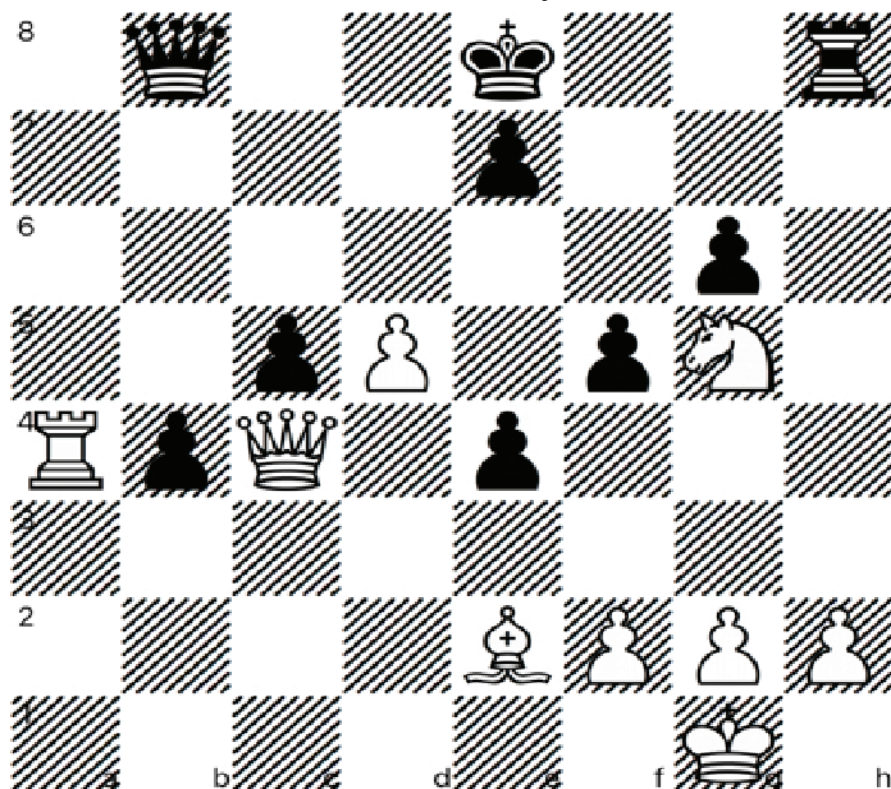
### CHESS PUZZLE

From

N.N. vs. A. Murray

(2020)

Black To Play



You've NEVER SEEN STAR TREK? MAN! YOU'RE MISSING OUT. I'D START WITH THE NEXT GENERATION, AND...



Tyler Clarke, Artist

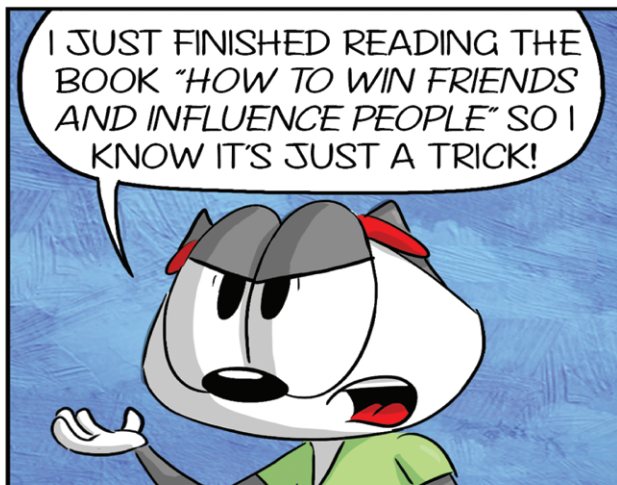
HELLO DARKNESS  MY OLD FRIEND



### SPEED DATING: ROUND TWO



Anthony Labonte, Artist



@FilbertCartoons



# 2020 CHESS CANDIDATES TOURNAMENT

By N. Monk, a Chess Enthusiast

With the 2020 world championship matches happening later this year many chess fans are in excitement for the 2020 candidates tournament so that current world champion, Magnus Carlsen's challenger will be found. The 2020 candidates match is a 14 round tournament between 8 players, and the first round starts March 17th, and will go to April 4th. (Assuming it is not cancelled.) The tournament will be taking place in Yekaterinburg, Russia. The time controls of this tournament are classical time controls and a total prize money of 500,000 euros, but I think everyone can agree the prize of this tournament is not money, it is a chance to win the crown from Carlsen.

Enough of that, this year has a tough set of candidates. The winner of the previous candidates tournament and current world number two, Fabiano Caruana (2842 elo) is returning to play again. World number three and possibly the greatest Chinese chess player of all time Ding Liren (2805 elo) is playing. Three-time world champion of blitz chess, Alexander Grishuk (2777 elo) has made it into the candidates tournament again. Grishuk is also the oldest player in the tournament. After a successful year of chess Ian

Nepomniachtchi (2774 elo); and yes, that is his name, will be playing his first candidates tournament. The French chess player Maxime Vachier-Lagrave (2767 elo), after being in the top ten ratings for many years has finally managed to get into the candidates tournament. The so-called prodigy that is supposed to beat Magnus, Anish Giri (2763 elo) has also made a return to the candidates tournament. Another Chinese player after his success in the Grand Swiss Isle of Man, Wang Hao (2758 elo) will be playing his first candidates tournament. Lastly, the mysterious Russian wild card Krill Alekseenko (2704 elo) will be playing his first tournament.

Despite having eight players in the candidates tournament, there are only two of the eight that people are really talking about. The cool headed and calm under pressure Caruana and the super solid player Liren. So far between Caruana and Carlsen this year, every game has ended in a draw. This leaves people wanting a resolution between the two players, making Caruana the clear favourite of this tournament. However, at the same time, Ding Liren has become the first person to ever beat Magnus Carlsen in a tie break match, and Ding Liren has been playing some

high level chess this year, leaving him with great chances this year. Ding Liren is the one player of this tournament Magnus Carlsen does not want to play against the most in the world championship matches, due to the fact Ding Liren is one of the few players that can withstand the pressure of a world champion. However, Ding Liren can perform poorly against other players, but Fabiano is much more known for being extremely hard to beat. A lot of players never know when they are winning or losing against Caruana because of how emotionless he is at the board. If I had to pick, I reckon that Fabiano will win in again, and Ding will come in second. Who do you think will win?



## OL' IRISH SNACKS

Donnovan Hillman, Senior Advisor

Everyone's favorite Irish holiday is just around the corner. St. Patty's Day is but a nick away, so its time to start planning the celebrations. Almost any St. Patrick's Day celebration I have been to includes loads of alcoholic beverages. Even if you aren't into drinking on a school night you can still enjoy a classic Irish drink by switching out the alcohol for a smoothie or milkshake. However, one key thing always seems to be missing in these celebrations, snacks. In order to keep the party going, you need some type of snacks and what better snack is there than traditional Irish brownies. Below are two of my favorite brownie recipes to use once St. Patrick's Day comes around.

### Mint Chocolate Brownies

#### Ingredients

- 1 cup of white sugar
- 1/2 cup of butter
- 4 eggs
- 1 1/2 cups of chocolate syrup
- 1 cup of white flour
- 10 drops of green food colouring
- 3 teaspoons of mint extract
- 2 cups of confectioners' sugar
- 1/2 cup of butter
- 6 tablespoons of butter

- 1 cup of chocolate chips

#### Directions

Most baked treats on St. Patrick's Day have a green tint to them. However, these brownies aren't only coloured green, they also have a green minty kick. That way you not only get a tasty snack but a breath mint in the process. This recipe will teach you how to make your own St. Patty's mint brownies. To start preheat the oven to 350 F. Grease a 9x13 baking pan with butter or shortening. In a large bowl cream together the white sugar and butter. Then proceed to beat in the 4 eggs one at a time. Proceed to add in the chocolate syrup and green food colouring. Mix well until ingredients are well blended. Then add in the flour and mint extract. Once mixed spread the batter evenly into the prepared pan bake the brownies for 30 minutes. Meanwhile in a small bowl beat together the confectioners' sugar and 1/2 cup of butter. In a separate small bowl melt the 6 tablespoons of butter and 1 cup of chocolate chips in the microwave. Allow this mixture to cool slightly. Once the brownies are out the oven and have cooled spread the confectioners' sugar mixture over the brownies. Then proceed to spread the chocolate mixture on top. Chill in the refrigerator for 1 hour. Cut into squares and enjoy!

### Irish Sweet and Chewy Brownies

#### Ingredients

- 1 cup of butter
- 4 squares of baking semi-sweet chocolate
- 2 teaspoons of hot water
- 2 teaspoons of instant coffee
- 2 cups of brown sugar
- 1 cup of flour
- 1/2 cup of cocoa
- 3 eggs

#### Directions

Few things in life compare to the immense pleasure one gets by biting into a soft and chewy brownie. These brownies will make a perfect addition to your St. Patty's Day festivities. Best of all they are fairly simple to make. To begin grease a 9x13 pan with butter and preheat the oven to 350 F. In a large saucepan melt the butter and chocolate together over

low heat. As the mixture is melting, dissolve the instant coffee in the hot water and add it into the saucepan. Once the mixture is completely melted stir in the brown sugar and remove from heat. In a large bowl sift together the flour and cocoa. Set this mixture aside. Once the chocolate mixture is lukewarm add in the eggs one at a time. Pour the chocolate mixture into the large bowl containing the flour and cocoa. Mix well until ingredients are combined. Proceed to scoop the mixture into the prepared pan and spread evenly. Bake for 25 minutes and let cool. Cut into tiny squares and enjoy!

With St. Patty's Day right around the corner there's no time like the present to whip out those oven mitts and bake a batch of homemade brownies. Whether you go with the sweet and chewy Irish option or side for the mint flavoured brownies, your sure to have a lucky St. Patrick's Day.



# ST. PATRICKS DAY DRINKS

Donnovan Hillman , Senior Advisor

St. Patrick's Day is coming and students are looking forward to celebrating the Irish holiday. Often, St. Patrick's Day is associated with alcoholic beverages. That sounds fantastic, unless you aren't into drinking alcohol. Rest assured there is still a way for you to enjoy this cheerful Irish holiday without a beer in your grasp. There are plenty of Irish drinks out there, even ones that you can make yourself. Every year there are a few go to recipes I have on hand every time March 17th rolls around. Below are recipes for not only a delicious and nutritious Irish smoothie but also a creamy and mint tinted shamrock shake.

## Classic Irish Smoothie

### Ingredients

- 1 1/2 oz. (A handful) of baby spinach
- 2 pears
- 1/2 teaspoon of cinnamon
- 1/2 cup of cashews

- 1 cup of water
- 1 1/2 cup of ice

### Directions

Smoothies are both a great treat and a nutritious snack. Smoothies are packed full of vitamins and minerals and give you that boost of energy you need to get through those three-hour classes. This smoothie in particular is full of healthy greens but still packs a powerful flavour punch. This green glass of delight will let you celebrate St. Patty's Day without sacrificing nutrition. To begin grab a handful of baby spinach and throw it into a blender. Then take two freshly washed pears and chop them into fine pieces. Blend the spinach and pears in the blender for about 30 seconds. Proceed to add in 1/2 teaspoon of cinnamon, 1/2 cup of cashews, 1 cup of cold water and 1 1/2 cups of ice. Blend until smoothie is well mixed and thick. Grab a glass and enjoy your very own Classic Irish Smoothie!

## Minty Shamrock Shakes

### Ingredients

- 2 cups of old fashioned vanilla ice cream
- 1/4 cup of white milk
- 1/2 teaspoon of peppermint extract
- 1/2 teaspoon of vanilla extract
- 5-6 drops of green food colouring
- 2 tablespoons of whipped cream

### Directions

One of the main reasons as to why people look forward to St. Patrick's Day is those delicious shamrock shakes from McDonald's! However, this recipe will allow you to make your own minty fresh shamrock shakes. Best of all, its really simple and quick to do. To get started making your own St. Patrick's Day milkshake grab a

blender and place two cups of old fashioned vanilla ice cream in it. Add 1/4 cup of milk and blend for about 10 seconds. Then proceed to add in the peppermint extract, vanilla extract and green food colouring. Blend for 1 to 2 minutes or until the milkshake is creamy and thick. Once the desired texture has been achieved pour into a serving glass and top with 2 tablespoons of whipped cream. Enjoy!

You now have two, non-alcoholic, St. Patty's Day drink recipes at your disposal. Rest assured that you can celebrate the Irish holiday without bringing out the booze. Crack open that blender and whip up a green smoothie or if your feeling like a sweet treat make your own shamrock shake! Either way your sure to have a fine time this St. Patrick's Day!



# THE QUILL WEBSITE MANAGER

The Board of Directors and executive staff of The Quill are actively seeking candidates for the position of Website Manager for the 2020/2021 academic year. The Website Manager is responsible for overseeing The Quill's website and online presence. Duties include posting edited articles to the website on a weekly basis as well as managing The Quill's online surveys. The Website Manager will also write an online exclusive article every week and work to promote The Quill's digital presence. The successful candidate will possess some experience in website design and development.

This is a casual, paid position. The current remuneration for the Website Manager is \$150.00 a month from September 1st to April 30th. Individuals interested in applying for the Website Manager position are encouraged to send their resumes and any questions they may have to The Quill's editorial team at [eic.thequill@gmail.com](mailto:eic.thequill@gmail.com). Deadline to apply for the position of Website Manager is March 31st at 4:30 p.m.

## Advertisement Manager

Looking for an exciting and rewarding job on campus?

The Quill is currently seeking candidates for the position of Advertisement Manager. The Advertisement Manager is responsible for actively seeking and establishing connections with the local business community. The Advertisement Manager will fully explain the benefits and opportunities of advertising with The Quill to all perspective organizations and work towards securing advertisement sales for the newspaper. The ideal candidate will have excellent communication skills and have experience in sales.

This is a casual, paid position. The Advertisement Manager will make a 15% commission based on the total advertising fee for any contracts they secure.


The successful candidate must be able to start as soon as possible. There is no deadline associated with this job advertisement as the position will remain open until filled.

To apply please send your resume and any questions you may have to The Quill's editorial team at [eic.thequill@gmail.com](mailto:eic.thequill@gmail.com)

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# THE QUILL

## CLASSIFIEDS

**Issue Disclaimer!**

This issue was originally meant to be themed around St. Patrick's Day ... However with the closure of numerous events and classes, this issue will be more aimed towards informing the student population about COVID-19.

**Answer for Noah's Chess Puzzle From Issue # 21:**

Answer: 1.Qh6+! Kxh6 2. Rh8# (If 1...gxf6 2. Rf7#)

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