



THE **ROYAL**
register

ISSUE 002
MAR-APR ISSUE

Letter from The Editors

Uncertainty. Seeming chaos. In such unprecedented times, it is more important than ever to strengthen our sense of community, collaborating to support one another. While aiming to elevate the student voice, every member of The Royal Register has considered the needs of the student body.

The need to remain informed, receiving fact-checking updates on news events happening in our community and beyond. The need to take a break from the seemingly endless homework and assignments by watching movies, reading new books, or listening to a song. The need to destress by baking, painting, or perhaps playing a game.

The second issue of the year features over 30 pieces from our team who's incredible effort to deliver quality articles is recognized and appreciated. From the culture feud between Generation Z and Millennials to the COVID-19 outbreak at the Milton Correctional Complex, the contributors have covered it all. Each article is uniquely rich, portraying the writer's passion for the subject and, when strung with the rest of the articles, immensely contributing to the unity and coherence the Royal Register aims to foster in our community.

We are infinitely proud of the work that the team has put into this issue. We hope you enjoy it.

-Nada Elhossiny and Paige Hogan

Co-Editors in Chief of The Royal Register

THE ROYAL REGISTER

Mar/Apr Issue

Bishop Reding's one and only newspaper aiming to elevate the student voice. Featuring all types of content, from local to global news, entertainment, and advice.

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What's

FEATURED?

BAKED TREATS FROM *around the world*

BY: MAIRA SIDDIQUI, GRADE 10

Food brings together different cultures, ethnicities, and nationalities from all around the world. With COVID-19 in swing, it's difficult to travel to different places or restaurants to try new dishes, so why not bring the culture to your own kitchen? Recipes enjoyed from around the globe not only serve delicious food, but also bring us knowledge and understanding of different cultures and their history. Oven-baked dishes are practical and accessible and are also a healthier option rather than fried food. These simple oven-baked dishes are sure to keep you busy in the kitchen and bring diverse tastes and traditions to your home!

1. Egyptian Feteer Meshaltet

Feteer Meshaltet is a popular Egyptian pastry made with multiple layers of pastry dough and butter. It is said that the feteer was what inspired the well-known french pastry known as the croissant today. It represents the hospitality and affection which can be seen in its people and its culture. Feteer Meshaltet is found in cafes and restaurants all over the country. This soft and delicious pastry can be eaten with condiments such as jam, cream or even just plain. Comforting and warm to eat, the Feteer Meshaltet is a definite must-have!



2. German Pfeffernüsse

Known for its delicious baked goods, Germany never fails to provide us with tasty baked recipes. The German Pfeffernüsse is a spiced and iced cookie made with Lebkuchengewürz, a traditional german gingerbread spice blend. The cookies are baked and eaten on December 6th in honour of the arrival of St. Nicholas. It is German tradition for Santa Claus to arrive on the 6th of December instead of on Christmas day, which is why the cookies are made especially during that time. However, this delicious and heartwarming treat can be enjoyed all year round!



3. Italian Biscotti

Biscotti are Italian biscuits or cookies made with nuts and cinnamon. Biscotti was first made in Tuscany, Italy in the 14th century. These biscuits were baked twice to create a firm and non-perishable texture that was resistant to mold. It made the perfect item of food to bring along during long journeys or battles. Today, there are several variations of this historical dessert, including chocolate biscotti, the French croquant, and the Valencian rosegons. Perfectly balanced sweet and buttery, biscotti is something you would definitely want to have with your morning coffee.



4. Japanese Cotton Cheesecake

The western cheesecake is known for its dense, creamy texture and is normally quite heavy on the stomach. Japan, known for its incredible healthy and nutritious food, has made possibly the best cheesecake recipe to not only combat the heaviness of the cake but also taste even better! This light and airy souffle-like cheesecake was created in the 1960s by Tomotaro Kuzuno, a Japanese chef who was inspired when encountering cheesecake on his visit to Berlin. It uses less cheese and sugar, making it a significantly lighter and healthier option. Whether you're on a diet or not, the mouth-watering Japanese cotton cheesecake is worth a try!



5. Moroccan Meskouta

This decadent Moroccan dessert is a cake made with fresh oranges, giving it the perfect soft and tangy flavour. Meskouta developed in Morocco during French/Spanish colonization in the early 20th century. Because butter was scarce and oranges were abundant, this butterless and citrus-filled cake became a sweet saviour during those difficult times. Along with orange, there are yogurt and other citrus varieties of Meskouta as well. It can be served for breakfast, dessert and more commonly, paired with the famous Moroccan tea for a delectable snack. Meskouta is the most refreshing and extremely moist cake and is rarely served with icing due to the incredible flavour it brings!



6. Nigerian Meat Pies

Nigerian meat pies are pockets of pastry with a meat filling. The pastry is soft and flaky and the filling is moist and flavoursome. Influenced by cornish pasties during the British colonization, Nigerian meat pies have evolved into a signature West African dish full of rich flavour, culture, and history. They are perfect for picnics, family meals and are quick to prepare as well! The warm and delicious Nigerian meat pies make for the perfect comfort food!



7. Palestinian Spinach Fatayer

Fatayer is a popular middle eastern pastry that comes in all sorts of shapes, fillings, and toppings. One of the most common and enjoyed fatayers is the spinach fatayer made primarily in Palestine and other countries in the region such as Lebanon, Jordan, Syria and Iraq. Fatayers are made using soft bread and filled with spinach and cheese filling. The filling is moist and creamy, and the strong flavour of the spinach is balanced with the sweetness of the dough. Fatayer can be eaten for breakfast, lunch or even as a light snack. The combination of the creamy spinach and cheese is just *chef's kiss* and is always worth making!



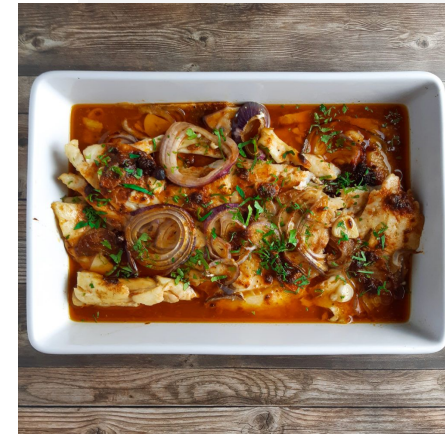
8. Pakistani Baked Seekh Kabab

Pakistan, the place for barbequed meat and just meat dishes in general. One of the most popular meat dishes eaten in Pakistan is Seekh kabab. The word Seekh in Urdu means "skewer" and is essentially what these kababs are cooked on, giving them a cylindrical shape. Seekh kabab are normally made of lamb, goat, chicken or beef. They are mixed with several traditional spices and are served best with naan, raita (yogurt sauce), and some mint chutney. Though they are traditionally barbequed, there's no saying that you cannot enjoy this delicious dish without a barbeque or grill. Baking Seekh kebab is a perfect alternative, simple to do and certainly worth making.



9. Portuguese Baked Fish

Portugal is a beautiful, colourful country surrounded by water, so it's no surprise that it has some of the best seafood recipes to offer. This dish is baked in a single pan or glass dish and is topped with some refreshing and relishing herbs. With a burst of flavours and spices along with soft and tender fish, Portuguese baked fish is a delicious dish worth the time and effort.



10. Turkish Baklava

Baklava is a delicacy that has been enjoyed by the Turks for centuries, tracing back to the Ottoman empire. It is now one of the world's most popular desserts! It is made with layers and layers of crisp-thin phyllo pastry, nuts such as pistachios, and the crucial sweet and decadent syrup that is generously poured onto the pastry. Elegantly sliced and decorated, baklava is a must-try dessert for whenever you're craving something rich and sweet.



**"NOTHING BRINGS
PEOPLE *together*
LIKE GOOD FOOD"**

- Unknown

BOARD GAMES TO *add to your collection*

BY: AUDRIE MEREDITH, GRADE 11

If you're anything like me, you love a good board game! Board games are an excellent way to take a break from your computer screen, busy daily life and stretch your brain. They are also an awesome way to connect with your family and friends - both of which are important during a pandemic.

Monopoly Deal

If you are a huge fan of *Monopoly* consider this quicker card version, called *Monopoly deal*. The game is for two to five players and lasts approximately 20 minutes. Players race to complete three properties by using the card's abilities and stealing from sets from other players!



Qwixx

Looking for a fun, quick, dice rolling game? Look no further! *Qwixx* is all that and so much more. The game is for two to five players and takes roughly fifteen minutes to play. The game is portable, easy to learn and works well over zoom calls with friends and family. If you enjoy dice games like *Yahtzee* and *Zilch*, I would definitely recommend getting *Qwixx*.

Speed Scrabble

You are likely familiar with the classic game *Scrabble* and probably have it at home right now! *Speed Scrabble* is a fun, competitive twist on the original game. Some of the key differences between the original game and *speed Scrabble* include: no game board is used to play, players build letter grids in front of them and race to create the most words before their opponent does! It's a fast, fun and competitive way to stretch your mind!



Cubirds

This adorable, simplistic game is sure to have players fighting for a flock. The game typically lasts 20 minutes and is compatible with two to five players. By carefully placing bird types, players collect sets of birds with an end goal of seven different breeds or two sets of three.

Consider purchasing any of these awesome games to add to your board game collection!

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The Rise, Fall,
and rise
Again of 2011
NBA MVP
Derrick Rose

APRIL FOOLS' day

BY: YOUSIR AL-SAFFAR, GRADE 9

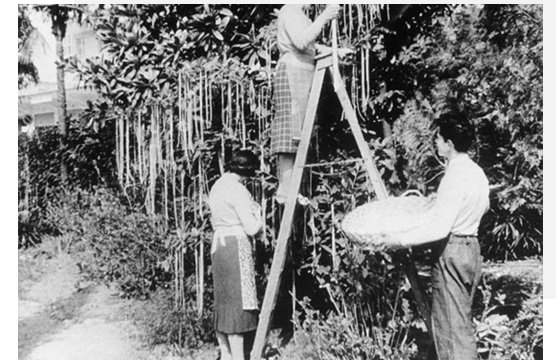
Held on April 1st is April Fools' Day, an occasion celebrated by people all over the world. It is a day to pull pranks, make jokes, and much more but have you ever wondered where it all started? Where did April Fools' Day come from? Well, I will be answering those questions as well as telling you about some of the best April Fools' pranks in history.

Although it is not determined where April Fools' Day actually originated from there are still many theories on how it may have started. One of these theories is that this day started way back in 1582 in France when they switched from using the Julian calendar to the Gregorian calendar. On the Julian calendar, the new year was celebrated around April first, but then when they switched to the Gregorian calendar they started celebrating it on January 1st. There were many people who were not aware of the change and kept on going off of the original calendar, so others made fun of them and made jokes about them on April 1st. Another theory to the origin of this holiday involves a book written in 1300 called *The Canterbury Tales*. In one of these tales, one of the characters tricks another character on a day that was described as "syn March bigan thritty dayes and two" which translates to March 32nd or April 1st. Although many people think that this was simply a typo in the text and that it was supposed to be 32 days after March, which is May 2nd. These are of course only a few of the many other theories that were made about this day.

Now that you have some sort of an idea about how April Fools' Day originated, I will now be telling you about some of the most exciting and interesting April Fools' pranks there ever was in history.

During the year 1957, a broadcast of around three minutes appeared on BBC' talking about the spaghetti harvest.

The video displayed farmers picking spaghetti out of trees and bushes and collecting them and putting them in baskets. Since spaghetti isn't a plant and can't be harvested, this caught the attention of many people watching. This was called the "spaghetti tree hoax" and was shot at a hotel where they hung spaghetti on the trees near the lake.



This next prank was orchestrated by the founder of the Virgin Group, billionaire Richard Branson, on March 31, 1989. Branson really enjoyed April Fools' Day, and when you're a billionaire, you can make anything happen. On March 31st of that year, many people reported a UFO sighting and when it landed police went to investigate and they were very surprised and scared when they saw two people walking out of it. The UFO was actually a hot air balloon and in it were Branson and his friend Don Cameron. It was later discovered that the prank was not supposed to happen till the next day on April 1st, but the winds that day made them land a bit faster.



Some other pranks that are also very amusing are in 1986, in France, when a newspaper called *Le Parisien* said that the Eiffel tower was to be taken down and rebuilt. In Britain, BBC told the public that Big Ben was going digital, as well as when people in Alabama were told that a law was passed to change the ongoing number of pi to just the number three!

As you can see April Fools' Day is a day for fun and games and is enjoyed by many all over the globe. It is a great holiday to make jokes and pull pranks on your family and friends, and maybe even some complete strangers!

**"LAUGHTER IS THE
LANGUAGE OF THE *soul*"**
- PABLO NERUDA

EASTER traditions AROUND THE WORLD

BY NICOLE RODRIGUEZ, GRADE 10

All throughout Canada, we celebrate Easter by dying eggs, hosting dinners with families and planning or participating in Easter egg hunts. However, like many holidays, different parts of the world have unique traditions to celebrate this holiday.

Greece

In Corfu, Greece, people throw clay pots filled with water out of the window, pot and all. As the pots smash onto the ground, it is said that this tradition symbolizes the welcome of spring and that crops will be gathered in new pots.



Poland

In Poland, a custom known as *smigus dyngus*, which translates to wet Monday, takes place among residents. On Easter Monday, it is tradition that girls have water poured over their head. The following Tuesday is for vice versa. People will use anything from water guns or buckets full of water to get each other wet. It is said that girls who get drenched on wet Monday will be married within the year.



Mexico

Easter celebrations vary in the different regions of Mexico. For example, in the region of Taxco, reenactments of the crucifixion are held. In the town of San Miguel de Allende, it is common to make large wooden dolls called Judases. They are stuffed with fireworks or set on fire.

Bermuda

On Good Friday, locals and tourists take part in a large gathering where they fly colorful homemade kites. All throughout the Easter weekend, they eat codfish and hot cross buns, and attend services on Easter Sunday.



France

In France, a special food-related tradition is said to have originated after Napoleon's army was marching through the town of Haux and ate omelets. Napoleon liked them so much that he ordered the townspeople to make a single, large one for his army. Today, the residents of Haux use over 4,500 eggs to create one giant omelet that can feed up to 1,000 people!

Unfortunately due to the pandemic, many of these traditions have been cancelled. However that doesn't mean you and your family can't celebrate. You can modify some traditions, such as having an Easter egg hunt around your home, or video calling your family for an Easter dinner.

Happy Easter Royals!

GENERATION Z VERSUS MILLENNIALS: *a culture feud*

BY SARAH JAVED, GRADE 9

Generation gaps have existed for decades. Now, the seemingly alike Gen Z, or generation Z, and Millennials seem to have found differences among themselves as well, and the key notions of this hilarious and moronic e-battle are being seen on their favourite apps: TikTok and Twitter.

Who are Millennials?

Although the media has previously portrayed generation Z and millennials as the same, there are some key differences between the two generations. Millennials were born between 1981 and 1996, causing many of them to be over 30. This means that they have experienced many "adult" issues, such as taxes, budgeting, unemployment and parenting.

Okay, so who are Generation Z?

Generation Z is younger, consisting of primarily high schoolers and junior high students. Specifically, anyone born between 1997 and 2012. This younger generation has had internet access at a young age especially in western countries like Canada and the United States. They are generally more inclined to advocate for social change.



What differences could there possibly be between the two generations?

The main difference between Gen Z and Millennials is their fashion choices. A stereotypical view of Millennials includes them dressing in skinny jeans and side-parted hair, captioned with #adulting. However, many Gen Z individuals, predominantly tiktokers, think otherwise, claiming that flared jeans and middle parts are the superior dress choices, and that the adulting hashtag is cringe-worthy. In fact, some videos on TikTok portray the younger generation burning their skinny jeans!



That's not all, some generation Z individuals are declaring that Harry Potter is not as great as millennials make it out to be, and that the ever-so-popular laughing emoji be cancelled. Instead, randomly typing on your phone is a better alternative, like so: SHFKJUFD.

The Millennial View.

According to *Dazed*, many Millennials have taken an amused perspective to the situation, saying that they couldn't possibly care about things that a generation with people who "eat tide pods and drink bleach", referencing previous Tik Tok trends. They also find the prospect that the younger generation has created thousands of side hustles to be immature and annoying. Not to mention, Millennials also critique Generation Z's makeup and their obsession with social media activism. And flared jeans? Those are old fashioned to the Millennial eye.

On the other hand, some of them took the insults offensively and shared their more serious thoughts about the actual harshness of being an adult sometimes, and that generation Z shouldn't comment on things they don't know much about.

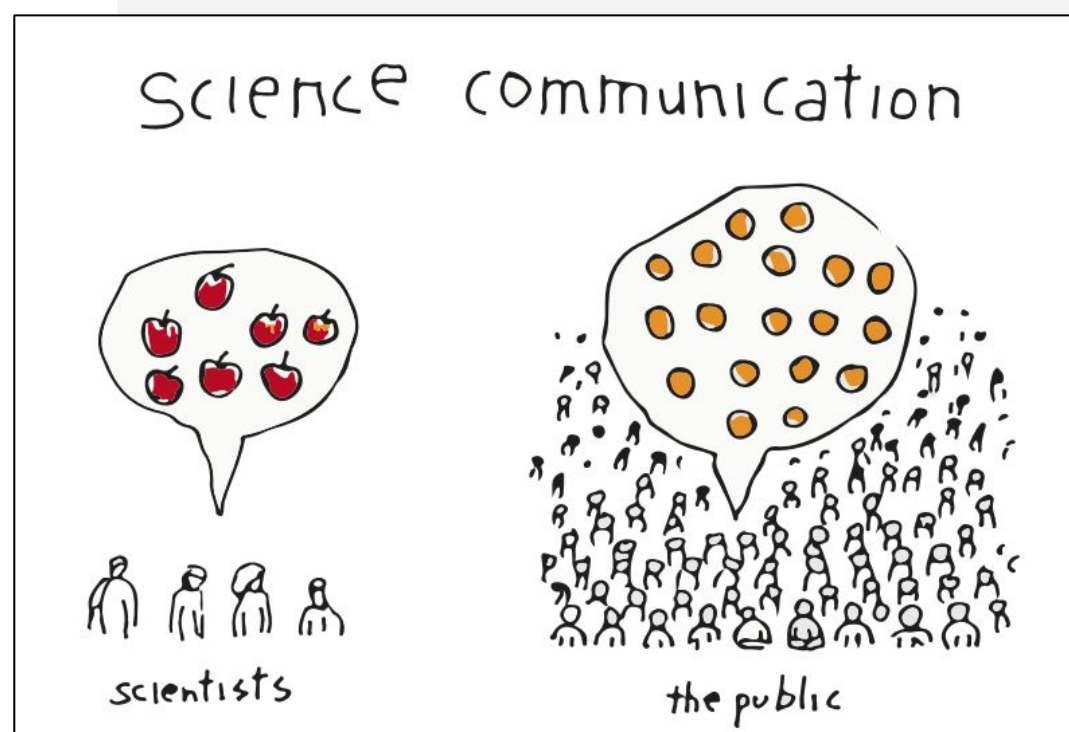
My take on the issue

Personally, I think that this is just some friendly quarrel between the two generations meant to add some spice to TikTok trends, not something to be taken seriously. After all, I am just as obsessed with Harry Potter as some millennials, and vice versa! Other than being mildly annoyed with TikToks that mention it, I am indifferent to people's style preferences.

What are your thoughts on this generation war, should it cease to exist, or do you enjoy watching this generation gap unfold?

THE IMPORTANCE OF *science* *communication*

BY: ADYA DUTT, GRADE 11



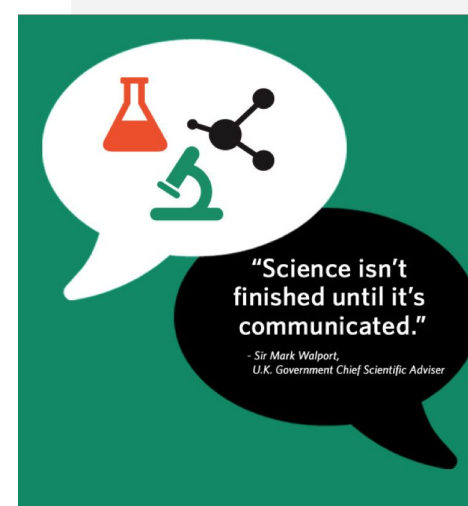
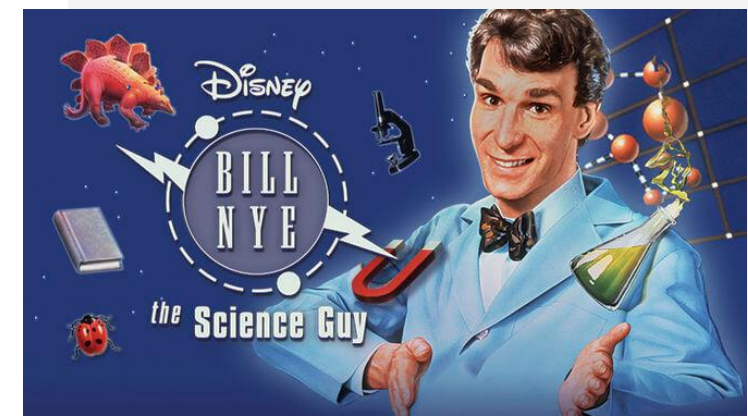
FLASHBACK: Your elementary school teacher just announced that the whole class will be watching an episode of Bill Nye the Science Guy. Everyone's ecstatic. Times were simpler then. After all, who doesn't love that amazing scientific communicator? Wait... scientific communicator? Bill Nye?

It's true! He is the beloved star of one of the most famous science communication productions ever. Yet many people are unaware of that aspect. In fact, many people don't know what science communication even is! [A 2016 study](#) funded by NASA and conducted by the University of Michigan found that only 28 percent of Americans possess adequate comprehension skills to understand current scientific subject matter.

Clearly, public scientific literacy is substandard. How can we overcome this? Ironically, the answer lies in scientific communication itself.

Scientific communication simply involves the ability to effectively explain scientific concepts to the public or other scientists. Effective communication means delivering

information concisely and clearly, no matter the target audience. However, depending on the audience, different levels of comprehension must be considered. To accomplish this, we can ask ourselves: can content consumers grasp the concept with ease? Additionally, to engage the audience, the message must be presented in a way that is contextual and exciting. Accurate representation of information is also crucial, and avoiding extreme simplification is key. Too much simplification can lead to incorrect assumptions, most notable in the early stages of the pandemic, where many online sources compared COVID-19 severity to the flu. Concise delivery should be the main priority when communicating anything.



Spreading the definition of science communication can help clarify the importance of it. Scientific communication is powerful. Exhibiting compelling communication will result in a greater ability to reach a wider audience, leading to better collaboration and innovation overall. This wider audience can consist of the general public or even minorities who traditionally lack access to scientific resources, allowing a spotlight to be cast on science and related issues. Since research is interdisciplinary, sending a coherent message to people across various areas of knowledge can help scientists spread their viewpoints to

other scientists, the public, or other professionals. For instance, to combat falsehoods on climate change, many sources promote a scientifically accurate explanation of the issue, including [government campaigns](#), [credible works](#), and [educating content](#). Arguably, the most significant impact science communication has on the public is the capability to limit misinformation and fake news. The past few years have demonstrated the sheer influence of false information, whether that be COVID-19 conspiracy theories or misrepresentation in the election. Using science communication to inform non-scientists can raise a better understanding in society of the credibility science has. This will garner more support for science in general, leading to the application of scientific knowledge in fields like policymaking.

Well, you now know that Bill Nye the Science Guy was a science communication show. But where else is science literacy promoted? Research papers, viewpoints, essays, videos, podcasts, and social media content are all examples of science communication content. These examples can be used to inform other fellow scientists, daily citizens, or both.

From dissertations to tweets, scientific communication is everywhere. But how can one gain experience and knowledge by actively participating in the creation of scientific communication content? After all, BR students aren't scientists (yet)! Unfortunately, most science communication programs are tailored to those participating in higher education. To provide more opportunities for high school students to learn about this field, I am planning to run a workshop series focusing on just that! Through my organization "Speak Your Piece", I will provide a concise introduction to scientific literacy and communication, along with guidance on creating science communication content. You can learn more by contacting @/speakyourpiece_org on Instagram or by emailing contactsspeakyourpiece@gmail.com.



Regardless, I've provided some great resources down below to bring out your inner Bill Nye.

Some great examples of science communicators include:

- John and Hank Green who are most well-known for their series "Crash Course"
- Sal Khan a.k.a. the founder of Khan Academy
- Neil deGrasse Tyson (check out his docuseries, Cosmos!) and Stephen Hawking
- Youtube channels like Veritasium, SciShow, ASAPscience

More information on the use of science:

[Science Communication to the General Public](#)
[Talking Tech with Neil deGrasse Tyson!](#)

What science communication is like and how to participate, as told by science communicators:

[Switching from Academia to Science Communication](#)
[UC Davis Alumni Share How to Break into Science Communication](#)



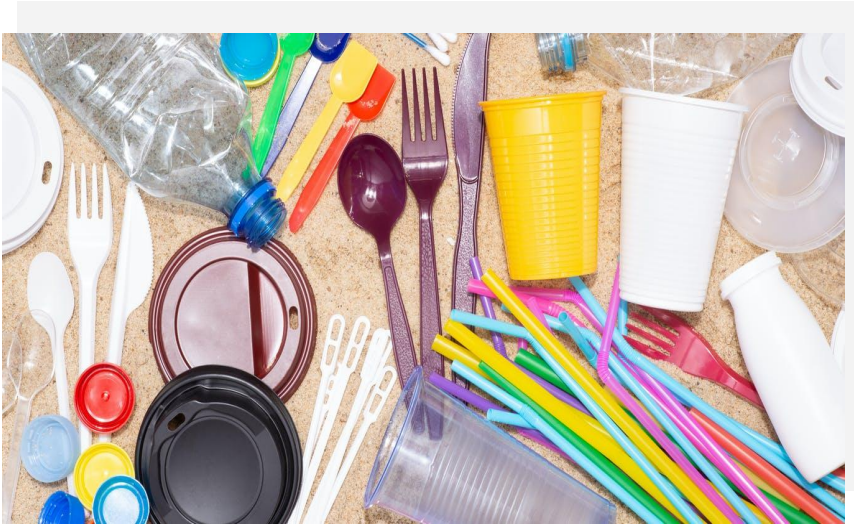
BY BISHOP REDING'S ECO TEAM

This year at Bishop Reding we are celebrating Earth Week for the entire month of April! What better way to kick off Earth month than discuss the harmful effects of single-use plastics?

Straws, plastic bags and plastic water bottles are all examples of the single-use plastics that are constantly being used and then improperly disposed of across Canada. Here are some quick facts that will blow your mind:

- Over 56 million straws are used by Canadians every day
- Almost 15 billion (you read that right... billion!) plastic bags are used by Canadians alone each year
- Every year, Canadians throw away 3 million tonnes worth of plastic and less than 10% is actually recycled
- As a result, 29,000 tonnes of plastic ends up in the environment

As a community, we can work together to reduce our impact by using metal straws, reusable water bottles, and cloth bags as alternatives to harmful plastics. For more information about environmental initiatives check out the Eco Team on Instagram at @ecoteambr.



Looking
Ahead...

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Fun and
Easy
Painting
Projects

“

DO
ANYTHING,
BUT LET IT
PRODUCE
JOY

”

WALT WHITMAN



LIFESTYLE

THE BEST APPS FOR A *healthy lifestyle*

BY: IRMA AHMED, GRADE 9



Flora

What is one thing that we can never have enough of? Time! It seems as though the root of all human problems is the lack of time, and this app ensures that precious seconds of our lives are spent more usefully. This is a free version of Forest, available to download on your phone and most computers. Through a tree-planting reward system and a to-do list option, this app ensures that we start building positive habits at a young age. You can set a timer depending on your workload, and any time you leave the app, your plant starts to die. Want to take it to the next step? Pay \$1.99 to have a real tree planted if you ever slack off. A free way to be productive, does it really get better than that?



Headspace

We've been told all through our life that mental health is the basis of our healthy well being. Meditation may not be something you consider "cool," but would it change your mind if you knew that famous personalities like Emma Watson and Harry Styles are head over heels when it comes to this app. With customizable settings anywhere from a stress relief session to a morning one, *Headspace* ensures that we can fit in a little me time in even the busiest days. Remember BR, if you are ever struggling with your mental health, just know that there are so many people in your life: your friends, teachers, guidance counsellors and even principles that would love to listen to whatever you have to share. A healthy mind always comes first.



Any Educational App



Yes, a healthy lifestyle does involve healthy habits, but it also requires a balance between wants and needs. Apps like Webtoon, duolingo, charades and maybe even TikTok (emphasis on maybe) are often shoved under the rug for their "unhealthy" content, but believe it or not, all of these apps benefit us in one way or the other - if used safely. We've heard of the five must have hobbies: one to keep you creative, one to keep you connected, one to keep you in shape, one to make you money and one to freely give back; but our mind also requires activities like physical activity, relaxation, happiness/laughter and gratitude. Any time you find yourself mindlessly scrolling through Instagram or TikTok, switch to reading a virtual comic or learning a language; just as fun but twice as beneficial.

"What is one thing that we can
never have enough of?
time! It seems as though the
root of all human problems is the
lack of time"

THE ULTIMATE *dairy alternatives*

BY: ISABELLA GALANTE, GRADE 12

If someone were to tell you that the milk you drink and put in your cereal is a contributor to climate change, would you believe them? The answer is probably not. For the longest time, I didn't think much about the milk I drank either until I made a New Year resolution to be more eco-conscious.

One of the first things I changed about my lifestyle was my diet. I had previous knowledge that dairy from cows was not the best for the environment because of the methane cows produce, so I started to look for alternatives. Along with cow's milk, I've also had almond milk and naturally, I thought that I would just switch over to almond milk, which would solve the eco-friendly milk problem.

However, I was shocked to find out that almond milk and other dairy alternatives are harmful to the environment. **Milk is a large part of many people's diets, and if we keep consuming it at the rate we do now, we are just accelerating the pace of climate change.** I want to rank dairy alternatives from least to most harmful based on greenhouse gas emissions, water consumption in production, and land use.

First, I want to lay out the stats for cow's milk as a base for comparing the alternatives. The greenhouse gas emissions for one glass are around 0.6kg per 200 ml glass. As I mentioned before, cows are a significant methane producer, which is around 20x more potent than carbon dioxide as a greenhouse gas.



To make one litre of cow's milk, 1050 litres of water is needed. Finally, the land required in the making of dairy milk is astronomical. With 270 million dairy cows, the land needed for production is incredible.

In terms of greenhouse gas emissions for oat milk, 200ml glass is responsible for around 0.18kg of CO₂e. **Oat milk uses only 48 litres of water which is comparatively less to other alternatives on the list.** Finally, oats use 80% less land to grow than dairy milk requires.

Coming in second is soy milk. A 200ml glass of soy milk is responsible for around 0.195kg of CO₂e, and one litre of soy milk needs 297 litres of water to produce. The main issue with soy milk is the land required in the production. More specifically, large parts of the Amazon rainforest are being cut down for soy plantations and production.

The final dairy alternative, and possibly the worst for the environment, is almond milk. While almond milk produces a lesser amount of greenhouse gas emissions than soy milk or cow milk (0.14kg of CO₂e/200 ml glass), they use more land and water than soy, cow's, or oat milk, and on average need 14.5 litres of water to grow one almond!

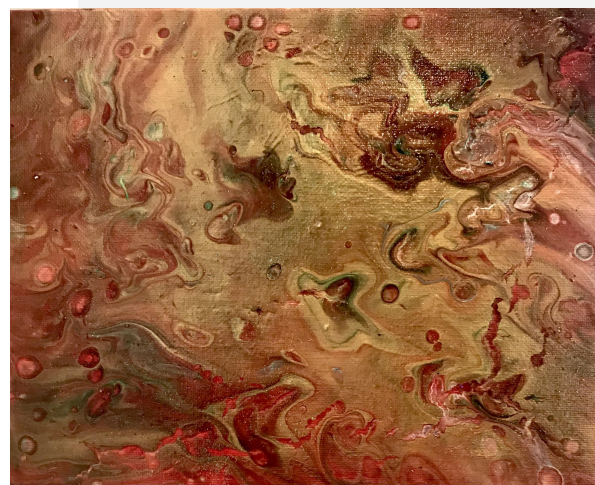
Climate change has become a magnified issue in the past few years, and when I made a promise to myself on January 1st, 2021, that I would be more conscious in the choices I make to respect the environment more, I was overwhelmed. **I started small, like really small, by changing the type of milk I drank.** It's easy to care for our planet and maybe you can use my ranking on milk alternatives as inspiration to get started..

FUN AND EASY PAINTING PROJECTS

BROUGHT TO YOU BY ZOYA SYED, GRADE 10

pouring paint

Since we can't go see our friends, go on trips, or have fun after school, finding fun plans to do at home will be quite difficult. Check out these four fun painting projects which include a list of materials, how to create it, some tips and examples created by me.



Materials:

- Artist
- loft deluxe paint pouring kit which includes
 - 10 ready mixed pouring paint (has both the paint and pouring medium mixed)
 - 10 cups
 - 10 popsicle sticks
 - 4 canvas
 - 3 glitter packs
 - 1 bottle of silicone oil
 - 5 pipettes
 - 1 stand
 - 4 plastic gloves
 - 3 painting spatulas

Steps:

1. Pick out your colours and make sure to include white as one of them
2. Get different cups for each colour and pour some paint into each
3. Using the pipette drop 2-3 drops of silicone oil in each cup and mix
4. Pour your colours into one cup and make sure to add white on the bottom and middle, DO NOT MIX
5. Grab your canvas and place it on top of the cup then flip it over
6. Pick up the cup and make sure all the paint is out
7. Move the canvas around to cover all areas
8. Optional: add glitter
9. Let it dry and now you're done!

Tips:

1. Pick colors that will complement each other - For example, blue and purple
2. Don't hesitate when deciding how much paint to put it's better to have more than less
3. Need a video explanation look here: [Acrylic Pour Painting](#)

Note that she is explaining to those who don't have pre-mixed paint so skip the first step

galaxy diamond painting

Materials

- | | |
|-------------------|--------------------|
| - Canvas | - Purple paint |
| - Tape | - Pink paint |
| - Sponge | - Light blue paint |
| - Dark blue paint | - White paint |

Steps:

1. Use tape to create the outline of a diamond. Cover any spaces outside of the diamond with tape
2. For the inside of the diamond put tape lines to look like this diagram
3. Pick up the sponge and dab on your colours all over the canvas making sure that the darker colours (like blue and purple) cover the most, if you choose to, add colours that are not on the list
4. Add stars by splattering the white paint
5. Take off the tape to see your masterpiece



Tips

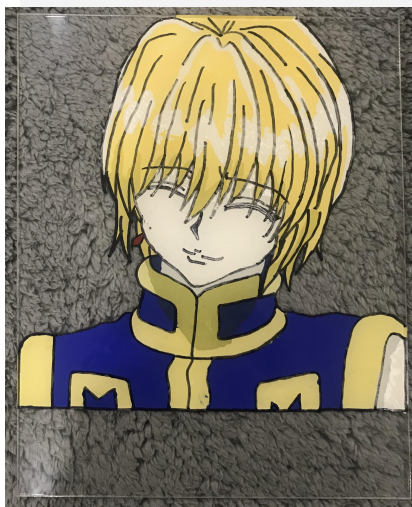
1. Don't be shy with how many colours you want to use
2. Don't be afraid of messing up! Since it's a galaxy it can look any way you want it too
3. Link to video explanation: [Galaxy Diamond Painting](#)



glass painting

Materials:

- Glass
- Black permanent marker
- Reference picture
- Acrylic paint
- Brushes



Steps:

1. Find a picture that you would like to use as a reference, then either print it out or draw it
2. Put your reference picture under your glass and use the permanent marker to draw the image onto the glass
3. Paint your small details and shading
4. Then move on to painting any big spots like the hair, clothes and skin
5. Wait for it to fully dry and you're done!

Tips:

1. When painting don't use strokes you have to make sure to splotch the paint
2. Try to make your lines as clean as possible
3. When adding paint on top of the shadings make sure they are completely dry or else your paint might mix
4. Link to video explanation: [Anime Glass Painting](#)

minimalism oceanscape

Materials

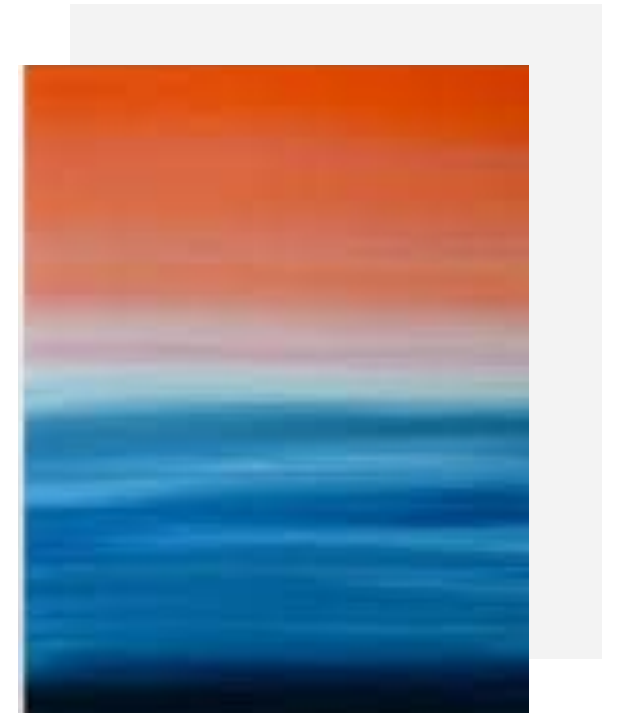
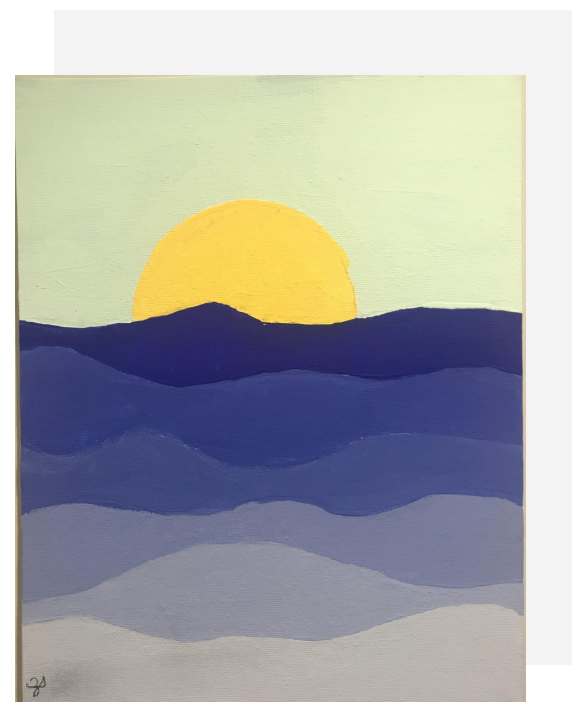
- Acrylic paint
- White
- yellow
- One color as your main theme
- Brushes
- Canvas

Steps

1. Outline your painting first by creating six levels of wave-like lines. Make them as different as possible
2. For the first row of waves, create a very light version of your colour by mixing white with a little bit of your other colour and as you go through the rows keep adding more of your main colour to darken it
3. Paint a semi circle for a sun in the background
4. Optional: add a background colour

Tips

1. Pick a colour that won't change into a different color along the way example red when lightened becomes pink
2. Make sure the colour change between the mountains is not too crazy as you want it to look like it's gradually getting lighter
3. Do not outline the sun as the pencil can stain
4. Link to video explanation: [Oceanscape Painting](#)



Looking
Ahead...

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All About
“Fearless
(Taylor’s
Version”

47

The Best
Easter Eggs
in
“Wandavision”

“

*Today is the
Future we
Promised
Ourselves Last
Month*

”

Mark Williams



The latest

& GREATEST

songs, movies and books

THE TRUTH BEHIND *the grammys*

BY: JILLIAN D'MELLO, GRADE 9

For the past 63 years, the Grammys has been the greatest music award show of all time. Although many may agree, The Recording Academy has received extensive backlash which even includes accusations of gender discrimination, influencing of award winners, sexual harassment allegations, racial bias, and the award show all in all being "rigged" and "corrupt".

Behind the scenes of the fancy production and organized show, the industry is waging a war for the soul of the Grammys. In January of 2020, Deborah Dugan, former CEO of the Recording Academy, filed a discrimination lawsuit against her former employer, Neil Portnow. The legal complaint consisted of 46 pages and included allegations of gender discrimination, sexual conduct, and corruption in the Academy. Due to these allegations, many viewers are now in doubt and mistrust of the award system, which is supposedly reserved as music's highest honor.



RECORDING ACADEMY™
**GRAMMY
AWARDS®**

More recently, popular RnB artist, The Weeknd, released his new project "After Hours" in March of 2020, which has sold 460,000 copies and has racked up more than 1.7 billion streams – enough to make it the third-most-consumed album of the year. His hit song from the album "Blinding Lights" had broken chart records and drove high critical acclaim. He also performed in the halftime super bowl show in February of 2021, a great deal in the music industry. Yet, when it came to Grammy nominations, The Weeknd got nothing. The Academy's decision not to nominate any of his albums left shock waves throughout the music industry. The Weeknd being as disappointed and angry as many viewers were, tweeted, telling his 13.5 million followers, "The Grammys remain corrupt. You owe me, my fans and the industry transparency."

However, the Weeknd is not the only artist to be let down by the Grammys. In 2005, popular hip hop artist Kanye West was let down not once, but twice. Firstly, he lost the "Best New Artist" award to: Maroon 5 and the secondly his song "Jesus Walks" was defeated for the "Song of The Year" award by John Mayer's "Daughters".



Many other black artists have also felt the racial bias standard the Grammys have set, specifically in the 2020 Grammys. Tyler The Creator had just won best rap album for his 2019 release "Igor", and while he was still pumped up and got to talking backstage with interviewers he expresses his dissatisfaction regarding the category, "It sucks that whenever we – and I mean guys that look like me – do anything that's genre-bending they always put it in a 'rap' or 'urban' category," he said. "I don't like that 'urban' word – it's just a politically correct way to say the n-word to me. ... Half of me feels like the rap nomination was just a backhanded compliment. Like, my little cousin wants to play the game. Let's give him the unplugged controller so he can shut up and feel good about it." Hip-hop and R&B artists account for more than 30% of all music streaming activity, more than double the next nearest genres (rock and pop at 14 percent each). However, it wasn't until 2014 that the Grammys allowed samples – a staple of hip-hop composition – to participate in songwriting categories, including song of the year.

Whether or not the Grammys are rigged, they still seem to be a lost cause when it comes to judging the most important contemporary music. Hip-hop, in particular, is sometimes viewed as though it were a passing fad or novelty, rather than an art form that has been evolving and redefining mainstream music for more than four decades. All I know is that if key artists aren't getting their fair share at the Grammys, the fans may tune out for good.

If key artists aren't getting their fair share at the Grammys, the fans may tune out for good.

ALL ABOUT "FEARLESS (Taylor's version)"

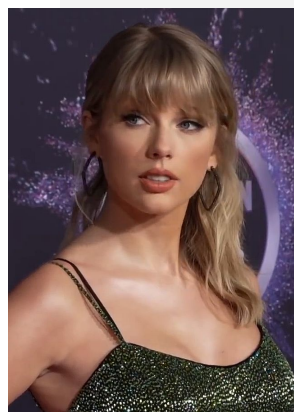
BY: DANICA CARATAO, GRADE 9

It's likely you've listened to some of Taylor Swift's chart-topping singles, such as "Love Story" or "You Belong with Me", which are some of the artist's highest-grossing songs. These are some notable titles from her album *Fearless*. *Fearless* is Taylor Swift's second and most successful studio album, released in 2008. The album as a whole was her initial breakthrough into the music industry and won a total of 4 Grammy's and was named Album of the Year in 2010.



Taylor Swift's first 6 albums (in order): *Taylor Swift*, *Fearless*, *Speak Now*, *Red*, *1989* and *Lover* were recorded by Big Machine Records. After leaving the record label for Republic Records in 2019, the masters of her first six albums and the rights to most of her work were acquired by Scooter Braun, the owner of Big Machine Records in 2019.

Swift attempted and was unable to gain ownership of the master recordings, which Braun claimed was incorrect, and that she had had the opportunity to purchase them. Taylor Swift said herself in a Twitter post on November 16th, 2020 "These master recordings were not for sale to me." In either case, the deal offered to Swift was reported to be highly unfavourable to the artist, contingent on her signing of another long-term contract.



After the significant controversy surrounding the ownership, Taylor Swift decided to re-record her first 6 albums, entitling them "Taylor's Version", which will be fully owned by her. She chose to begin the re-recordings starting with what was her second studio album, *Fearless* which was announced on Twitter on February 11th, 2021. Swift told her followers, "I'm thrilled to tell you that my new version of *Fearless* is done and will be with you soon. It's called *Fearless (Taylor's Version)* and it includes 26 songs. I've spoken a lot about why I'm remaking my first six albums, but the way I've chosen to do this will hopefully help illuminate where I'm coming from. Artists should own their own work for so many reasons, but the most screamingly obvious one is that the artist is the only one who really *knows* that body of work."



The new *Fearless* will include all of the album's original discography, as well as some never-before-seen songs that never made it into the final copy of the album. The first single released was "*Love Story (Taylor's Version)*," on the day after the re-recording was announced, on February 12th. The next single released was "*You All Over Me (From the Vault)*" an unreleased song that was not included in the original album, and debuted for the first time on March 26th.

Thirteen years after the album's initial release, and after Swift has shifted through genres growing and maturing as an artist, it's exciting to see the classic songs from a new perspective. The highly anticipated release date of the new album was not officially released, but predicted from a secret series of emphasized letters in her February 11st twitter post (attached [here](#)) spelling out "APRIL NINTH" leading fans to anticipate its release then.

EPIC ROCK SONG

recommendations

BY JOLOE MOJICA, GRADE 12

A bunch of rock songs to spice up your playlist. Listen to them all, you won't regret it!

1. **The Strokes - Automatic Stop**: Put this on repeat, it is honestly powerful. If you like it, listen to "I Can't Win" and "Someday" also by The Strokes.
2. **The Stone Roses - This Is the One (Remastered)**: This track is "the one" and the drums are a bonus.
3. **The Smashing Pumpkins - Luna**: Underrated band with a stunning track.
4. **New Order - Love Less**: Moving, wonderful, and hauntingly beautiful.
5. **Ramones - Needles and Pins (2018 Remaster)**: Fantastic tune. This band is simply awesome with a refreshing and impressive discography.
6. **The Undertones - Hypnotised**: Purely addicting and brilliant.
7. **Duster - Stars Will Fall**: Heartbreaking and breathtaking.
8. **The Smiths - What Difference Does It Make?**: A masterpiece by a classic band. Never will go out of style.
9. **Arcade Fire - Intervention**: Wow. A beautiful song that everyone needs to hear.
10. **Pink Floyd - In The Flesh?**: A true gem. One of their most famous songs, but still incredible nonetheless. It has an odd ending though.



Are old songs really not your thing? Here are some modern honourable mentions:

Harry Styles - Only Angel: All songs by Harry Styles are epic. Listen to "Kiwi" by him if you haven't already.

Arctic Monkeys - Black Treacle: It's sadly overlooked and is truly unforgettable. I recommend "Fireside" by them as well.

The Vaccines - No Hope: Fresh beat. An amazing song to replay and jam out to.

The Neighbourhood - Pretty Boy: A very mellow tune that you can listen to while studying! But, want more rock? Listen to "Female Robbery", "How", and "Devil's Advocate"; all by The Neighbourhood.



"I must admit I thought I'd like to make you mine /
As I went about my business through the warning
signs / End up meeting in the hallway every single
time / And there's nothing we can do about it"

LYRICS FROM "ONLY ANGEL" BY HARRY STYLES

Teenagers Learning to Find Their Voice in netflix's "Moxie"

BY: TANISHA LAHANE, GRADE 11

Trigger Warning: This article contains mention of sexual assault

On March 3, 2021, Netflix released a movie called Moxie. This Netflix Original directed by Amy Poehler stars Hadley Robinson, Patrick Schwarzenegger, Alycia Pascual-Peña, Nico Hiraga and many more! The movie was released right in time for Women's History Month since it focuses on Gen Z feminism. It can be seen as a source of inspiration for many female teenagers to speak out and stand up against gender inequality.

What is Moxie?

Moxie follows the life of a teenage girl named Vivian (Hadley Robinson). Vivian is inspired by her mother's (Amy Poehler) rebellious past and the riot grrrl era of the '90s, from Bikini Kill (the punk rock feminist band) to call out sexism at her high school. Vivian observed the new girl Lucy (Alycia Pascual-Peña) getting harassed by the "popular jock" Mitchell (Patrick Schwarzenegger) for speaking her mind. Vivian made the decision to start a feminist movement after a list was posted that objectified girls at the school by ranking them based on appearances. The school staff did not take any action against the list so Vivian took matters into her own hands. She begins by anonymously creating zines titled "Moxie" and stocking them in all the girls washrooms throughout the school to raise awareness about the issue. Girls throughout the school start by holding silent protests such as doodling on their arms to show support or wearing crop tops to go against sexist dress policies. These protests inspired girls to raise their voices and speak out on how they have been affected by the sexist administration and boorish behaviour of boys at their school. Team captain Kiera (Sydney Park) and her team brought home more wins on the girls' soccer team than the boys' football team but they do not get nearly as much recognition. A transgender girl, CJ (Josie Totah), is not allowed to audition for a female role in the school play and Caitlin (Sabrina Haskett) gets sent home for wearing a tanktop. The feminist movement takes over the school and a cheerleader and Emma (Josephine Langford), anonymously writes to the creator of the Moxie zines. In the note, she writes that she was sexually assaulted by Mitchell but the quarterback did not face consequences for his actions since his father had covered it up. The next issue of Moxie included the anonymous note and this caused an outrage leading to a walkout to protest the corrupt administration.

At the walkout, Vivian reveals herself as the author of Moxie and many other girls take turns to step up and talk about how the school has treated them unjustly. The Moxie movement proves to be successful as the movie ends with the resignation of the sexist principal (Marcia Gay Harden) and Mitchell having to finally pay for his actions.



Moxie's Interesting Use of Characters

The stereotypical characters of the mean jock, Mitchell, and ignorant principal, Principal Shelley, created a very toxic dynamic within the school which helped portray the severity of the issue. As well as, the refreshing character of the supportive boyfriend, Seth played by Nico Hiraga. Seth is a great addition to the movie as he was not blinded by the illusion Mitchell had created within the school of inducing popularity by violating girls. This is crucial because in high school, those who are left out just want to fit in but they end up following a wrong example set by the popular crowd without realizing it.

Where Moxie Missed the Mark...

Moxie had an amazing message however, it lacked a certain perspective of women of colour. Although the cast is very diverse, the movie is mostly centered around the character of Vivian. Vivian provides a limited point of view and perhaps the story would be more interesting from the lenses of the supporting characters of Lucy (Alycia Pascual-Peña), the new girl who keeps her head up despite Mitchell's bullying or even Claudia (Lauren Tsai), Vivian's best friend whose mother has worked very hard for her education. She is cautious to cause commotion within school and risk suspension because she comes from a first-generation Chinese family. Claudia's reluctance causes conflict between her and her best friend, Vivian, since Claudia's intentions are misunderstood. Vivian is not able to be empathetic towards Claudia because she doesn't understand that minorities don't always have the same freedom that Vivian has had all her life.

Overall, the film has a solid story and message. It is inspiring, especially for young girls and leaves you with a sense of content and victory. If you enjoy comedy-drama and coming of age films you should definitely watch Moxie on Netflix!

“ALWAYS AND FOREVER”

movie review

BY: SEPHRAH LUKE, GRADE 10

The third and final movie of the trilogy “*To All the Boys I’ve Loved Before*” was finally released on February 12, 2021. The movie features the one and only, Lana Condor who plays the role of Lara Jean along with Noah Centenio who plays the role of every

girl’s dream guy, Peter Kavinsky. Since the release of “*P.S. I Still Love You*” fans have been left wondering how the last and final movie would come together. Speculations and questions emerged when the trailer was released a month before the movie: *Would Lara Jean and Peter Kavinsky attend the same college? Will he propose? Will they break up? I hope this movie is worth the watch. She better not break his heart.*

Well, from someone who has both read the book and watched the movie, here is what I personally think of the movie, when compared to the book:

I, like many other people, enjoy rom-com movies and books. When the first movie of the trilogy, *To All the Boys I’ve Loved Before*, was released in 2018, I was super excited! I enjoyed watching both the first and second movies. Now, we’ve finally reached the third and final chapter of the series. To be quite honest, if I were to compare the final movie to the first two movies, *Always and Forever* would be the last movie on my list. “Why?” you may ask. Well, let’s start with the beginning plot. The beginning of the movie immediately kicks off with Lara Jean and her family on their trip to South Korea. This plot is very different when compared to the book.

In the book, the trip to South Korea is brought up as a gift for Lara Jean’s high school graduation. This trip created tension between Peter Kavinsky and Lara Jean because the trip was one whole month (and it was the summer before college)! I saw this event as the perfect opportunity for it to be incorporated into the movie, as viewers would have loved to see the challenges that this brought to Peter Kavinsky and Lara Jean’s relationship. I was also disappointed that the movie did not include Beach Week! Beach Week, from the book, was a traditional and fun “party” week after graduation where all the seniors would rent a beach house to celebrate their graduation. I guess it’s a bit selfish of me to wish

for the incorporation of Beach Week into the movie because I was honestly just looking forward to the appearance of the charming John Ambrose McClaren.

Overall, this movie was not bad at all. I personally just prefer the first two movies and was just a little disappointed that some characters (eg. Ravi, and John Ambrose McClaren) and events completely diminished in the film when compared to the books. There were still cute/romantic moments

between Lara Jean and Peter Kavinsky that will forever be remembered: the promposal in the movie was honestly a hundred times better than the book’s promposal, and the hatbox of memories that Lara Jean gave to Peter was way more creative than a scrapbook.

While it does hurt to say goodbye to our beloved Lara Jean and Peter Kavinsky, I still look forward to what the future brings for these amazing actors that played their role!

P.S- Who do you prefer: John Ambrose McClaren or Peter Kavinsky?



EXCITING BOOKS COMING OUT *this spring!*

BY: HAMNAH KASHIF, GRADE 10

Step into spring and find a book that will melt your heart. There were thousands of fantastic 2020 book launches, as well as a slew of fantastic winter 2021 book releases. Check out the many exciting upcoming spring 2021 book releases between late March and late June.

Instructions For Dancing by Nicola yoon

Release date: June 1, 2021

Genre: YA romance

Summary: In this book, we are introduced to Evie Thomas. Evie Thomas has lost faith in love and affection and is anything but a major lover. The best love stories, she says, conclude with a shattered heart. As she goes to La Brea Dance Studio to sort out why this is going on, she finds herself attempting to three-step dance, foxtrot, and tango with a tall, mysterious and intriguing guy named X. Not at all like Evie, X is courageous, eager, and bold. He has the mentality of saying yes to anything, despite the fact that it implies partaking in a traditional dancing rivalry with a girl he's barely met. As all of this is going on, Evie finds herself falling for X and is pressured to reconsider her romantic philosophy. Is love worth taking the risk? Will X change her philosophy about love?

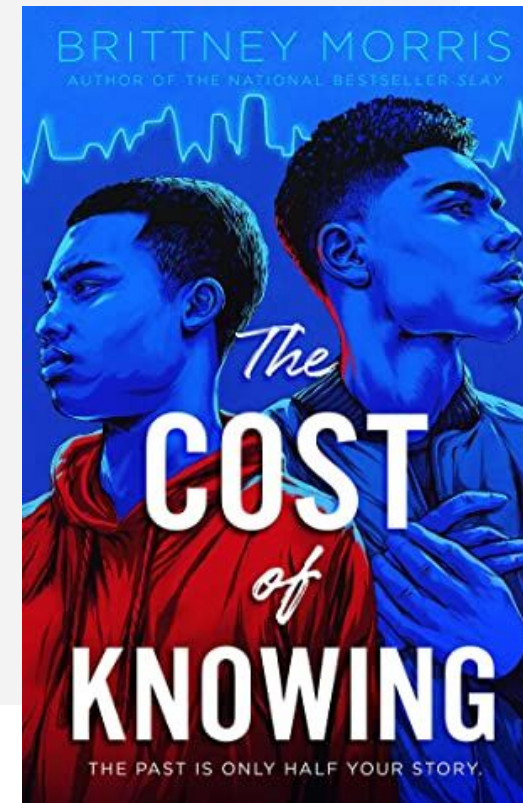


The Cost of Knowing by Brittney Morris

Release date: April 6, 2021

Genre: YA fiction

Summary: Alex Rufus, a 16-year-old boy, is introduced in this novel. But Alex is not like any other adolescent; once he touches an object or human, he sees into the future. Since Alex possesses this ability, he has already predicted the death of his parents and his friend, Shaun. A few years ago, after his parent's death, Alex and his brother, Isaiah began living with their aunt. These visions, Alex insists, are a curse, causing him to be disturbed, restless, and unable to live a normal life. All changes, though, when Alex touches a photograph depicting his brother's premature death. Alex and Isaiah must face their past, their future, and what it means to be a young Black man in America.

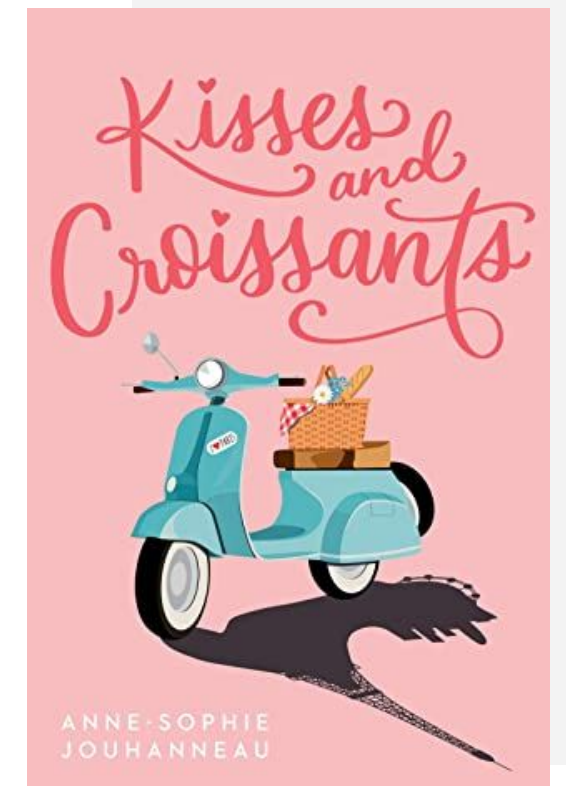


Kisses and Croissants by Anne-Sophie Jouhanneau

Release Date: April 6, 2021

Genre: Romance

Summary: Mia is a 17-year-old, American student at a prestigious summer ballet program in Paris. She has six weeks to win an audition for one of the world's most prestigious ballet companies. Mia learns that there's more to Paris than ballet, particularly when Louis, a charming French boy, offers to be her tour guide, and the two discover a city full of secrets. Will she continue to dance? Is their love going to last? It is an enchanting young adult novel!



“A book is like a *garden*
carried in the pocket”

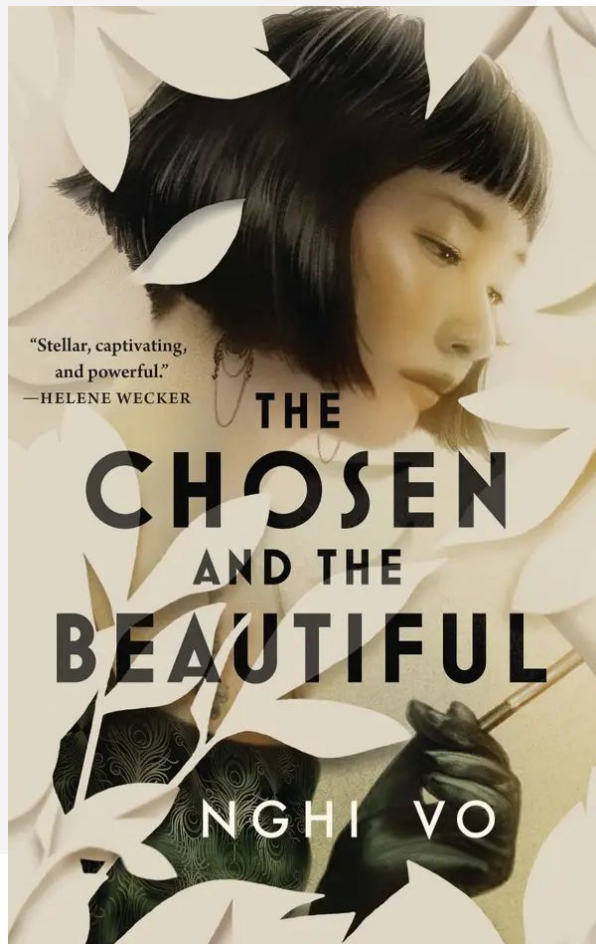
- Chinese Proverb

The Chosen and the Beautiful by Nghi Vo

Genre: Historical fiction/Historical fantasy

Release date: June 1, 2021

Summary: This adaptation of *The Great Gatsby* tells the story from the eyes of Jordan Baker, a queer Asian adoptee who is reimagined as a side character. Jordan is welcomed to the most glamorous events, but her peers see her as an exotic prop, and she remains on the outskirts of society. However, there is a lot of magic in the Jazz Age: devilish pacts, mystical visions, and paper that can come to life. Jordan discovers she can channel this fire magic as she navigates Fitzgerald's glitzy luxurious life in the 1920s – she only needs to learn how.

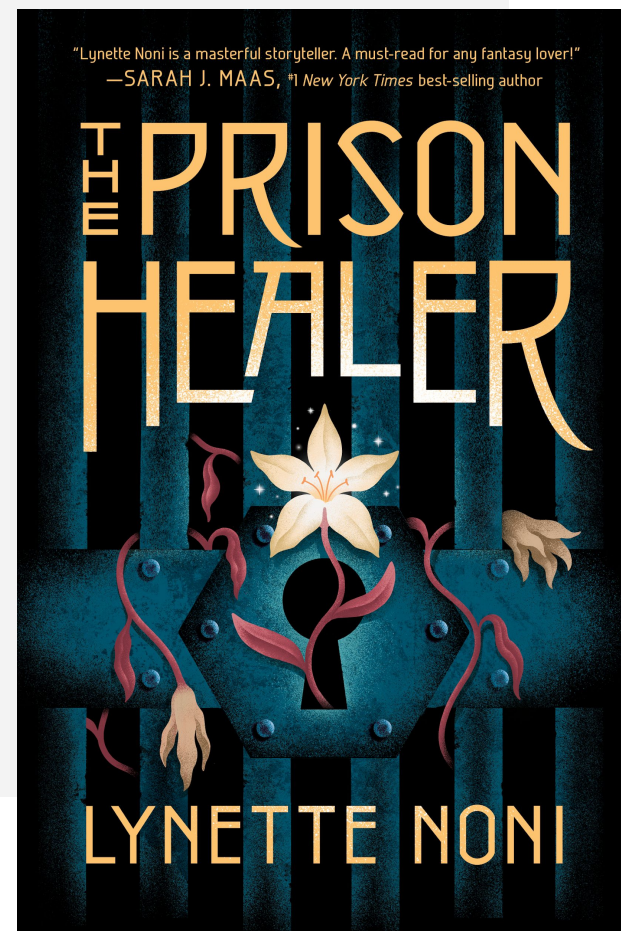


The Prison Healer by Lynette Noni

Release date: March 30, 2021

Genre: Fantasy, Romance

Summary: Kiva Meridan, a seventeen-year-old jail healer, has spent the last ten years struggling for life in the infamous death prison, Zalindov. When the Rebel Queen is captured, Kiva is tasked with holding the terminally ill woman alive long enough to face the Trial by Ordeal. A series of elemental tests reserved for only the most dangerous criminals. Then Kiva's family sends a coded message with a simple command: "Don't let her die, we're on our way." Kiva risks her own life to volunteer in place of the sickly queen, knowing that the Trials would ruin her. Both Kiva and the queen will be awarded their rights if she succeeds. However, no one has ever lived to tell the story.

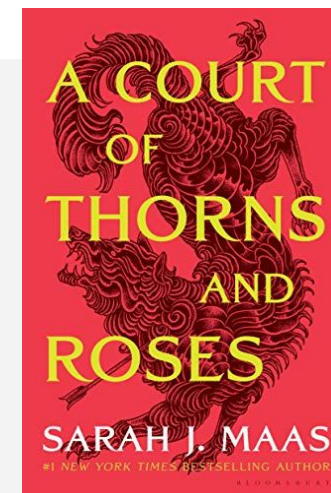


BOOK ADAPTATIONS

in the works

BY HADIL AMLEH & SAMA AL-SAFFAR,, GRADE 10

In recent years, we have seen so many great books adapted to the big screen and unfortunately, some... not so great ones. We know that there are a lot of readers here at Bishop Reding, so we have compiled a list of all the great adaptations that are in the works and that you might be able to see soon. These are generally more popular books that people might know so hopefully you're all excited for them!



A Court of Thorns and Roses

A Court of Thorns a Roses is a series written by #1 New York Times Bestselling author, Sarah J. Maas. It is one of the most popular series in the fantasy genre. The series revolves around a 19-year-old huntress named Feyre Archeron. It was originally meant to be a loose retelling of *Beauty and the Beast*. We go on many unexpected adventures with twists, turns, and jaw dropping events throughout the entire series.

Her story begins in *A Court of Thorns and Roses*, the first book in this series. She kills a wolf in the woods, and a beast-like creature confronts her to demande retribution for it. She is soon taken to a magical land she has only heard about in legends. She discovers she has not been captured by an animal, but instead, Tamlin, one of the immortal faeries who once ruled their world. Through many events, she begins to develop feelings for Tamlin that overpower all the lies and warnings she's been told about his kind and the world of the fae. But an ancient shadow over the faerie land is growing, and it's up to her to find a way to stop it. Or else Tamlin and his world will suffer through an endless doom.

On Friday, March 26th, 2021, Sara J. Mass released an Instagram post confirming that *A Court of Thorns and Roses* will be adapted into a TV series. The project comes from Ron Moore, who successfully adapted another Bestselling book series, *Outlander*. They both will co-adapt the novels for Hulu. This is part of what she mentioned under her instagram post "I'm currently hard at work writing the pilot with Ron (!!!!!), and while there is SO much more news to share with you guys about bringing this series to life, it just feels so great to finally be able to talk about this!" she added, "Stay tuned for more details!!". There is no set release date, and no news of filming or casting have been mentioned yet, for now we just know that this adaption is confirmed and will be hitting the screens at some point.

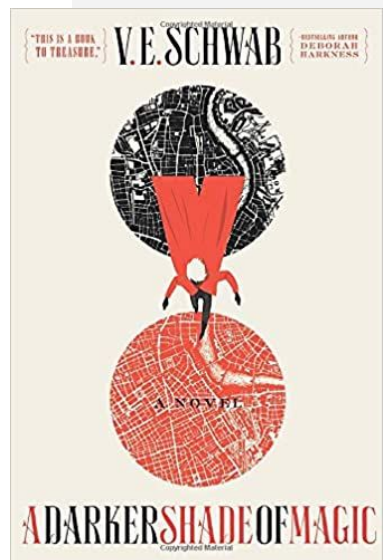
The ACOTAR fandom has mixed emotions and opinions about this series being adapted. While some people are beyond excited to see the books portrayed on screen, others are terrified that the show is going to take the wrong turns and mess everything up. But we will just have to be patient and wait for more news to come our way.



In the first book, war is on its way, and the Arz sweeps closer with each passing day. When Zafira is on a quest, determined to uncover a lost artifact that can restore magic to her suffering world and defeat the Arz. Nazir is commanded by the sultan to undertake a similar mission: retrieve the artifact and kill the Hunter. But through many events, an ancient evil stirs as their journey unfolds, posing a threat greater than either can imagine. This book is full of adventure, romance, and darkness that is sure to capture your attention.

On February 18, 2021 Hafsah Faizal announced on her Instagram through a post that the *We Hunt The Flame* duology is going to be adapted into a TV series. She also mentioned that she has been holding this existing news since December 2019! All the information we have received as of today is that STXtv will be developing the TV adaptation of this duology. In her caption on her Instagram post that reviled this news, she said "This does not mean we have a release date for the show, or that we've even started filming. It just means a TV series is THAT MUCH MORE possible, that we've made one big leap into the extensive, expansive process that is an adaptation." Fans of the book are extremely excited to experience the adventures of Zafira and Nasir through a TV screen, and cannot wait for more news of what's to come!

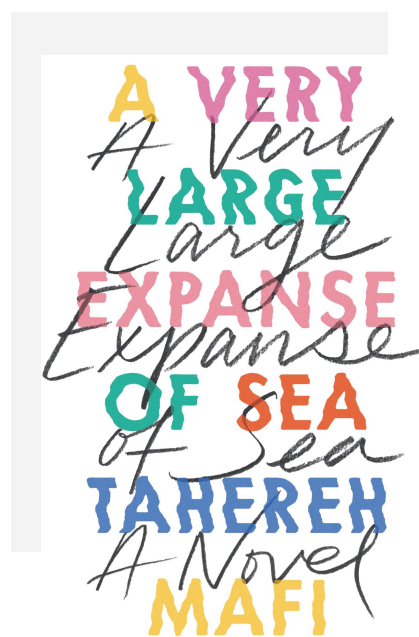
A Darker Shade of Magic



Darker Shade of Magic is a series by New York Times bestselling author, V.E. Schwab. The series revolves around a character named Kell who has the ability to travel between parallel Londons: Red, Grey, White, and Black London. Kell serves as an ambassador and his job involves travelling between the Londons. On the other hand, Kell also works as a smuggler and services people by giving them a chance to have a glimpse of a world they've never seen. When he meets Delilah Bard, a girl who saves his life, she forces Kell to take her to another world for a proper adventure.

Sony won the right to adapt *A Darker Shade of Magic* into a movie back in 2016/2017. In October 2019, it was announced that Derek Kolstand, who is known for the John Wick series, will be writing the script for the movie. There hasn't been any information released about casting details or trailers. The adaptation is currently in the early stages and there's no word about a potential date for when it might be released. You should definitely go pick up the *A Darker Shade of Magic* while you're waiting for the movie as it is an excellent read!

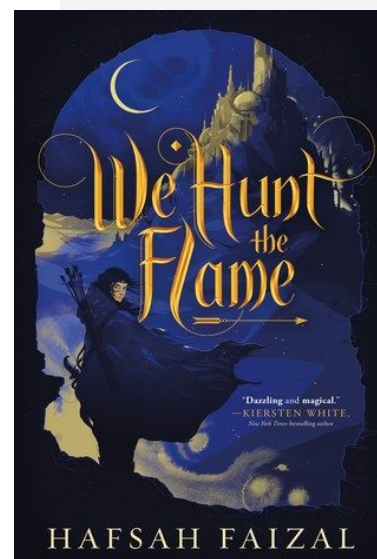
A Very Large Expanse of Sea



A Very Large Expanse of Sea by Taherah Mafi explores the story of a teenage Muslim girl after the tragedy of 9/11. Sixteen-year-old Shirin is sick of being stereotyped and tired of the rude stares, the degrading comments, and sometimes even physical violence she endures because of her religion. All this has caused her to refuse letting anyone close enough to her, so instead, she pours out her emotions in music and spends her afternoons break-dancing with her brother. When Shirin meets someone who seems to want to know her, she is terrified of letting down the guard she's had up for so long. Currently, Levantine Films has the rights for the movie, who have also produced the Oscar-nominated *Hidden Figures*. There has been a screenwriter appointed for the soon-to-be movie. Unfortunately, there isn't much more info about the project, but I know we're all excited to see this literary masterpiece piece come to life on the screen.

We Hunt The Flame

We Hunt the Flame is a duology by New York Times bestselling author, Hafsha Faizal. The duology is set in a fantasy world inspired by ancient Arabia, and revolves around a hunter named Zafira and an assassin named Nasir. Zafira disguises herself as a man when she ventures the cursed forest of the Arz to feed her people. This is because if she was exposed as a girl, all of her achievements would be rejected. Nasir is known as The Prince of Death, as he assassinated those who are foolish enough to defy the sultan, his autocratic father. If Nasir displayed his compassion, his father would punish him with violence.



"Books are uniquely portable
magic"

- Stephen King

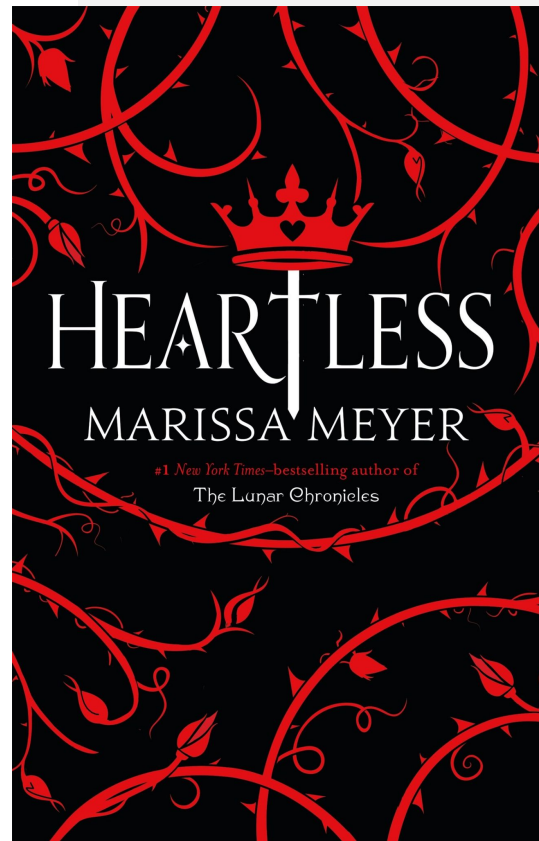
THE HIDDEN BEGINNING *of an old tale*

BY: HANIYA KASHIF, GRADE 9

Villains are misunderstood and misjudged. Most of the time, we do not get to see their whole story, or their origin story, for if we knew it, the heroes might not seem so full of glory, and the villains so corrupt. Monsters are made, not born, and anyone tortured, hurt, confused, even abused mentally and physically would not have time to mourn. So I defend the villains of tales, and as does Marissa Meyer, author of the phenomenal standalone book, *Heartless*. Because villains are just broken from all the difficulties life made them face, just like the one's Cath, the book's main character, faces.

Heartless is a book filled with baking, romance, adventure, dreams, fantasies, cruelty, and grief.

The book is the heartbreaking yet enlightening origin story of the Queen of Hearts and how Cath came to be the villain we know today. It opens the reader's heart towards the villain, and we find a newfound respect for her. The story does not start off as tragic; in fact, the opposite, entirely innocent and light. In the wondrous land of Wonderland, Cath, daughter of nobility, just dreams of opening a bakery with her best friend/maid, Mary Ann, and marrying for love rather than accept a proposal from the short and wimpy King of Hearts, especially after meeting the handsome and mysterious court jester, Jest. But to her mother, such dreams are unthinkable for the young woman who could be the next queen. Catherine is a desired girl in Wonderland and a favorite of the King of Hearts. Still, her interests lie elsewhere because when Cath meets Jest for the first time, she feels the pull of true love. Jest and her enter an intense, secret courtship at the risk of offending the King and infuriating her parents. The story is placed in a period before *Alice in Wonderland* and *Alice Through the Looking Glass*, so we also get to read some other backstories of other important characters, such as the Mad Hatter. Cath is determined to define her own destiny and fall in love with someone she truly adores, but in a land thriving with magic, madness, and monsters, fate has other plans.



If you love romance, fantasy, and fictional books, this is the book for you, that is if you do not mind a sad ending. There are tons of twists and turns. The text is full of love, humour, happiness, sadness, and a bit of betrayal. There's a rollercoaster of emotions and a wide range of character personalities that evolve as you read the book. Marissa Meyer has done an outstanding job in writing this book and how well she describes the story. You can clearly picture Wonderland in your mind as you're reading the book and can make connections with this book and *Alice in Wonderland*. The way she portrays how Cath, a teenage girl, feels as she faces

these obstacles or falls in love for the first time is really well done and is relatable to the teenagers reading the book. I really felt like I was experiencing all her emotions with her as I read the book. All the characters were very complex and well-rounded. It was hard to label anyone as the villain or the hero because everyone had their reasons and sides to the story, making the book's theme stronger of not



labeling/judging anyone from a first glance or before knowing the whole story. Personally, I loved the book, and my heart cannot move on since the book has stolen both my tears and heart against my own will. I recommend this to anyone but be warned that it may be the most tragic book you will ever encounter.

If you have read the *Lunar Chronicles* series, also written by Marissa Meyer, and liked the writing style, this book may be for you. The author's process of writing this, her first standalone novel, was different from that of writing *The Lunar Chronicles* series as she says, "It was a completely different process! Perhaps the only real similarity between writing *Heartless* and *The Lunar Chronicles* is that they both had these classic source materials to draw on for inspiration (*Alice in Wonderland* and fairy tales). Still, even that was different, in that writing fairy tale retellings requires you to follow the known plot at least to some degree. In contrast, *Alice* provided an endpoint for the events in *Heartless* but very little guidance as to what the story or plot should be. And, of course, the worlds are about as opposite as they could get - from the very technology-heavy world of the *Lunar Chronicles* and inspirations taken from multiple real-world cultures to the fantastical, slightly Victorian England-based world of Wonderland, in which the more ridiculous something is, the better!"

When Marissa Meyer was asked how her readers responded to Cath, she replied by saying that, "I've really loved hearing from readers who tell me that Cath's story has given them an entirely new perspective on the Queen of Hearts... That feels like an amazing accomplishment as a writer, and of course, was something that I was hoping to achieve in writing this origin story of such a well-known villain!" I agree with these readers because "before she was the Queen of Hearts, she was just a girl who wanted to fall in love."

The best easter eggs in WANDAVISION

BY MURTAZA RIZVI, GRADE 10

The new Disney Plus Show, *WandaVision*, is quite a strange addition to the Marvel Cinematic Universe, to say the least. Until it starts to make sense, of course. The show is about Wanda Maximoff (The Scarlet Witch) and her husband, Vision, living together in an 80's sitcom-style suburban setting. The show revolves around Wanda and Vision being a regular, funny couple in the '80s... Until you start to realize that something isn't right. The show may be very confusing and all, but it is also packed full of references and hints towards other aspects of the Marvel Cinematic Universe (MCU) or the Marvel comics. Luckily for you, we decided to compile the most interesting of the easter eggs from each episode and go over what they mean and their significance.

Date Marked on Calendar (Episode 1)

In the first episode, you see August 23rd marked on Wanda and Vision's calendar with a little heart. The number 23 is significant to Marvel for two reasons. The first being that, there were a total of 23 Marvel movies before *Wandavision* before this series. This is not as intriguing as the other possible meaning for this number, but it still is interesting. The comic *Avengers no. 238* (the date on the calendar is 23/8), is about Vision being deactivated and then activated again. This is similar to his fate in *Avengers: Infinity War*.



Toy Helicopter (Episode 2)

In this episode, a red toy helicopter ruins the black-and-white theme of the show. The helicopter has a visible S.W.O.R.D logo on it and the colours resemble the iconic colours of Iron Man's suit. Red is also used very often in the show, as it symbolizes Wanda's powers.



Question on the Radio (Episode 2)

In this episode, Wanda hears a man on the radio after meeting up with Dottie. The man says "Who's doing this to you, Wanda?" The voice in the audio is actually Randall Park's character, Jimmy Woo. Jimmy Woo was a S.H.I.E.L.D agent in *Ant-Man and the Wasp* and he is now most likely working for S.W.O.R.D.



Simser Paint (Episode 3)

Fans originally thought that the use of the word "sim" was a reference to the mysterious simulation that Wanda and Vision were in. However, this is probably not the case. This is most likely a reference to Jeremy Simser, the storyboard artist on *WandaVision*. Jeremy Simser is also working on *Doctor Strange in the Multiverse of Madness*. This could be an indication of *WandaVision* having something to do with *Doctor Strange* in the future of the MCU.



Skrulls (Episode 4)

Jimmy Woo uses a whiteboard in a scene in which he is trying to figure out what is really happening in the odd town of Westview. On the bottom-left corner of the whiteboard, you can see the word "Skrulls" which was probably written by Jimmy Woo. As most MCU fans know, *Captain Marvel* is centred around Skrulls and their abilities to deceive and manipulate reality with their shape-shifting abilities. This leads to the possibility of Skrulls having to do something with *WandaVision*.



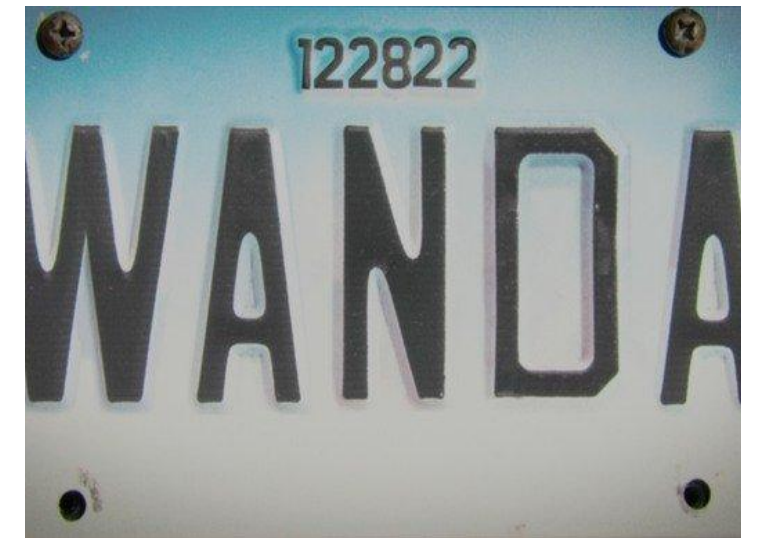
Sparky (Episode 5)

In this episode, Wanda's family adopts a stray dog. They, later on, decide to name the dog Sparky, making a reference to Tom King's comic series, *Vision*. In the 2016 book, Vision creates a synthezoid named Sparky. In the comic, the dog dies and Scarlet Witch brings it back to life. In *WandaVision*, Wanda's sons were encouraging her to do the same for their poor dog after he died.



License Plate Date (Episode 7)

In the opening credits, there are many images of Wanda's name written in different places and there is one shot with Wanda's name on a license plate. There is a number on top of the license plate: 122822. This can also be seen as the date January 28th, 1922, which is Stan Lee's (the creator of Marvel) birthday!



Halloween Costumes (Episode 6)

When Wanda and her family dress up for Halloween in their costumes, many fans did not notice that Wanda and Vision were literally wearing their original outfits in the early stages of the Marvel Comics Universe. The outfit Quicksilver wears is also the same as his original character design.



The Brady Bunch Episode (Episode 8)

You can clearly see an episode of the classic television show in Wanda's flashbacks of her life. The episode that is playing is called "Kitty Karry-all Is Missing." The reason this episode is used in *WandaVision* is that the plot resembles Wanda's current situation. In the episode of *The Brady Bunch*, Cindy gets upset when she loses her doll, who she treats like her real baby. In *WandaVision*, Wanda is trying to control her own little world and now that she is slowly starting to lose it, she is freaking out like Cindy.



Wizard of Oz References

There were many references to the famous movie in this final episode. To be fair, it is a show about witches so the references make perfect sense. The most noticeable reference is when Wanda throws a car at Agatha, sending her flying into a house with her boots sticking out from under the rubble. This is a nod to the scene in *The Wizard of Oz*, in which the Wicked Witch of the East has her legs sticking out from under Dorothy's house, which she got crushed under.



Tombstone (Episode 6)

Wanda flings Pietro across the square and he flies past a fake tombstone for Janell Sammelman, who was originally the first assistant director of *WandaVision*.

Those are the best and most intriguing easter eggs, references, and clues from *WandaVision*. Some of these may be related to future MCU TV shows or movies and that is why these small little details are very important in shows and movies. We truly hope that this list has helped you understand the show a bit better, as it can get a bit confusing at times.

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Meghan
Markle and
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Interview with
Oprah Winfrey

“

The artist
is the
only one
who really
knows that
body of work.

”

TAYLOR SWIFT



World

NEWS

And Global Figures

COVID-19 *outbreak* AT MILTON'S MAPLEHURST JAIL

BY: ISABELLA GALANTE, GRADE 12

There is no doubt that the COVID-19 pandemic has irreversible consequences on the mental health of Canadians. According to the Centre for Addiction and Mental Health (CAMH), 50% percent of Canadians report worsening mental health since the beginning of the pandemic. These figures are disconcerting, and unfortunately, these mental health challenges intensify where treatment is most hostile— in prisons. Maplehurst is a correctional complex here in Milton. Over the last few months, COVID-19 cases have skyrocketed within the facility. The measures used to combat the outbreak are doing more harm than good to the inmates.

CBC covered the facility's situation earlier this year through insiders' eyes— the families of inmates as well as lawyers. Their article gives insight into how mental health in prisons is being overlooked, especially during the pandemic.



From mid-January to February 3, 2021, when the article was published, 116 inmates and 59 staff members tested positive for COVID-19. That is a total of 175 positive cases in a population of roughly 1500, which according to "The Star", is the highest amount of cases in all correctional facilities across Ontario. By the end of January, the Ontario Government decided that Maplehurst will not accept any more inmates. The facility was placed in complete lockdown.

The lockdown measures as described by the Government are standard and seem normal at first. They include; testing inmates, separating positive cases from the general population for a required isolation period and, increased cleaning protocols. However, as the CBC article, "Family members and lawyers alike in the dark as COVID-19 outbreak rages at Milton jail" uncovers, these measures go way beyond that, to the point where it has impacted the mental well-being of inmates and those connected to them.



One mother of an inmate at Maplehurst is hoping to get in touch with her son, as he has tested positive for COVID-19. They have not spoken to each other in almost two weeks. She says she is worried about her son's condition. Insiders have said that isolation cells are packed full of COVID-positive inmates. Many inmates have not been able to shower or leave their cells for a couple of weeks, and there is no one to reach out to to get help because access to phones is limited. The lack of communication between the prison, inmate families, and council is causing significant stress. Inmates are also experiencing declining mental health, becoming anxious locked in their cells all day, a feeling which most of us can relate to.

With Maplehurst being so close to home for us, we can see the impacts of COVID-19 on Canadians' the mental health and how it affects not only the individual but also their family. Unfortunately, because prisons are so disconnected from the world, it is not easy to see the rapid decline in mental health. According to a study by CAMH, "mental illness rates are about 4 to 7 times more common in prison than in the community". Let us imagine how much more noticeable declines in mental health right now when they are more isolated and cannot access resources to help. While mental health may get overlooked among the stress of the pandemic and continuous lockdowns, it is especially overlooked in prisons.

INDIA'S *farmers* PROTEST

BY SELENA KHOKHAR, GRADE 12

****Trigger Warning: This article contains mention of suicide****

Over the past few months, about any Canadian resident can safely say that the country has shown a predominant role in supporting India's farmer protests. What began as a major issue in the rural areas of Punjab, Haryana, and Uttar Pradesh has now evolved into an international fight for the rights of Indian farmers.

Since November 26 of last year, thousands of farmers have been camping at several Delhi border points demanding an immediate repeal of three implemented farm laws - Farmers' Produce Trade and Commerce (Promotion and Facilitation) Act, 2020; the Farmers Empowerment and Protection Agreement on Price Assurance and farm Services Act 2020 and the Essential Commodities (Amendment) Act, 2020. Under the previous laws, farmers sold their goods at auction at their state's Agricultural Produce Market Committee, however, under the three new laws, farmers can sell their goods at any price they'd like. The issue with this is that the laws can allow big companies to drive down prices, which means farmers do not have the guarantee of earning minimum prices for their goods. This is inevitably driving the farmers out of business.



The continuation of the protests throughout the past few months have been difficult on the entire nation of India. The majority of protestors and leaders have admitted to wanting a peaceful resolution, however, some protests have led to violence between the Indian government and its protestors. On January 26, India's Republic Day, one protestor was left dead with hundreds of others injured. The protests have even made their way internationally to Canada, in heavily-Indian populated places such as Brampton ON, and Surrey BC.

Thousands of Canadians have been attending protests and car rallies, and Prime Minister Trudeau has backed up the rights of farmers to peacefully protest numerous times.

Unfortunately, the laws are taking their toll on the farmers of India, lodging them into debt and bankruptcy. Debt and bankruptcy are considered a root cause for suicide and is highlighted in the government's data which shows livelihood to be a leading cause of despair in India. The latest data from the National Crime Records Bureau shows more than 10,000 farmers and agricultural labourers killed themselves in 2019 (Shivji, 2021). That is 7.4 percent of India's total suicide victims which means an average of 28 suicides in India's farming community each day. This is very alarming, and it is clear to see why protesters around the world are enraged by the Indian government's decisions.

Numerous celebrities have taken advantage of their large social media following to help raise awareness for this underlying issue. Priyanka Chopra took to Twitter stating "Our farmers are India's Food Soldiers. Their fears need to be allayed. Their hopes need to be met. As a thriving democracy, we must ensure that this crisis is resolved sooner than later." Famous Bollywood Actress Sonam Kapoor quoted Daniel Webster tweeting "When tillage begins, other arts follow. The farmers, therefore, are the founders of human civilization." Furthermore, inspiring Bollywood Actor Riteish Deshmukh wrote "If you eat today, thank a farmer. I stand in solidarity with every farmer in our country. #JaiKisaan." India's greatest names are coming together to stand in solidarity with the farmers against the Indian government, which truly shows how significant of an issue this is.

The protests are continuing and it seems that neither sides have been able to come to an agreement. The government has held 11 rounds of talks, however, the farmers nor the government have reached a final decision. We can only hope that both sides can come to a reasonable agreement and help end the emotional suffering that the Indian farmers are going through.

"India's greatest names are coming together to stand in solidarity with the farmers against the Indian government, which truly shows how significant of an issue this is."

FACEBOOK LIFTS BAN ON *political* ADVERTISING

BY HEEBAH KASHIF, GRADE 10



Many of the most popular social media apps, such as Instagram, Tiktok, and Twitter, can be found on the internet. You probably use these apps on a regular basis, and have most likely seen advertisements when doing so. Believe me, we've all seen them, from advertisements that try to convince you to purchase the latest items to those attempting to persuade you to believe certain things. You might have also seen ads promoting a certain politician/party and asking for your vote.

These are known as campaign ads, and they are used to manipulate a national discussion by targeting voters via media sources. Although they may be useful in certain situations, they can also propagate confusion and cause conflict. These ads are constantly visible on Twitter, Instagram, Youtube, and Google. In reality, some of these tech giants have a long history of secretly blocking these kinds of advertising. So, let's take a look at what people think about Facebook's latest decision to lift the ban on political ads!

On March 4, Facebook announced that it would restart national, electoral, and social issue advertising in the United States. The ban was put in place to avoid the spread of misleading information and inflaming voters during the November 3rd election. In a blog post, Facebook said, "We placed this temporary ban in effect after the November 2020 election to prevent misunderstanding or harassment after Election Day." Facebook's campaign ad restriction has been in effect since the Nov. 3 election, with the exception of the Senate runoffs in Georgia in January. So, how long has this prohibition been in existence and why is it being lifted?

During the 2016 presidential election, U.S. business intelligence officials learned that Russians had used Facebook advertisements to spread discord among Americans. Former President Donald J. Trump has used Facebook campaign advertisements to amplify claims of a 2019 "invasion" on the Mexican border, among many other things. Every political season, major platforms find that voter enragement and disinformation are common issues which is why they planned to impose a temporary ban on campaign advertising.

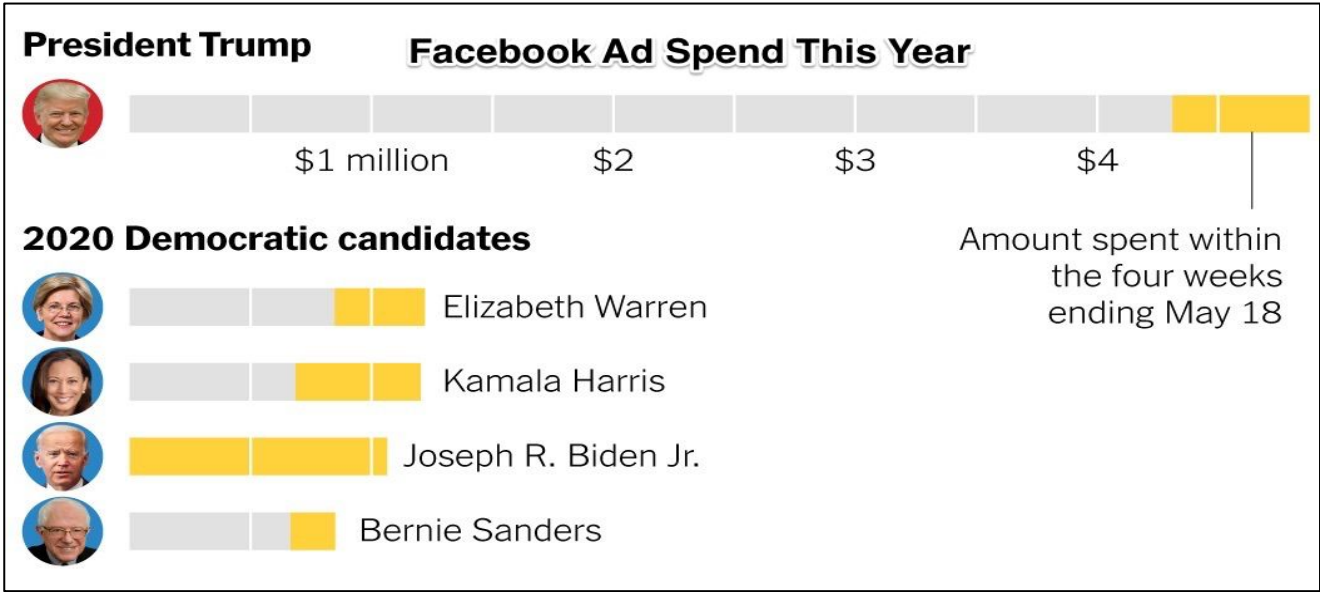


In an attempt to fight disinformation, Facebook and Google, which together received more than \$3 billion in campaign spending during the 2020 election cycle, implemented political and issue-advocacy ad bans around the general election. Furthermore, many nations, including the United Kingdom, Ireland, and the European Union, have either outlawed or severely limited television campaign advertisements. On Oct. 27, the week before the election, Facebook started accepting new political or topic advertising. "We appreciate how critical it is for candidates to run get-out-the-vote campaigns, but there might not be enough time to challenge new arguments in the final days of an election," Mark Zuckerberg said. Many people believed the ban was appropriate, given the amount of disinformation posted on social media after the last election and the violent assault on the United States Capitol on January 6. Commercial advertisements are okay, according to an Atlanta reporter, but campaign ads that "can be used to sway elections and change the lives of millions" are not.

However, the ban had a negative effect on companies and policymakers. The Democratic Congressional Campaign Committee and the Democratic Senatorial Campaign Committee released a statement condemning Facebook for failing to agree to a specific date for lifting the suspension, claiming that the moratorium had made it more difficult for candidates and groups to contact voters.

Americans have voiced their frustration with political ad bans on the most open outlets, arguing that it tilts the playing field in favour of candidates who can afford radio and television. Senator Ted Cruz recently argued, "Incumbent lawmakers have plenty of money and a massive megaphone to spread their word. How on earth is any upstart candidate going to defeat an incumbent if campaign messaging is banned from social media?"

When it comes to election advertising, one aspect to remember is how much money candidates spend on them. The Trump and Clinton campaigns spent a whopping \$81 million on political ads in 2016, a pittance relative to Facebook's \$27 billion in sales. And the results for this year are much more shocking. Because of all the moderators hired to root out electoral manipulation from international parties, Mark Zuckerberg also claimed that Facebook would lose money advertising campaign advertisements.



As we all know, America is filled with challenges and injustices, and the fact that political parties in the United States waste too much money on advertisements is concerning. It is however, also not surprising. Personally, I believe that these commercials are a perfect way to reach out to people, but they do have a number of drawbacks. Thousands of targeted social network ads are paired with donation connections form a never-ending propaganda system. Politicians may use frightening lies to manipulate disadvantaged demographics, resulting in more money to purchase more advertising.

Political ads come with its advantages and drawbacks whether you dislike or like them. These social media platforms may continue the pattern of banning and then reversing the ban of campaign ads throughout the years. I mean who knows? What's your stance on the regulation of political advertising?

WHAT WE CAN EXPECT FROM NASA'S PERSEVERANCE

BY OLIVIA ORTLIEB, GRADE 11

On February 18th, 2021, NASA's newest rover, Perseverance, touched down on the surface of Mars after a 470 million kilometre journey. Perseverance is a 1-ton rover that's roughly the size of a small car. It's solar powered and will navigate its way over the Martian landscape with the help of six wheels. As its NASA's latest project and carries a rather hefty cost of 2.7 billion USD, many are interested in what the rover will aim to accomplish during its time on the red planet. Here are the key details on Perseverance's mission!

Perseverance's primary task is to search for signs of life. Previous NASA missions have determined that the red planet once held liquid water and fostered conditions that could potentially have supported earth-like organisms. Accordingly, Perseverance was programmed to land in Mars' Jezero crater, an impact site that was once a lake. The crater contains carbonate mineral deposits, which could conceal evidence of life. Additionally, the rover will search the lakebed for fossils. Perseverance is equipped with cameras mounted to its robotic arm that can detect tiny impressions in rocks. It also has a radar system that can detect water up to 10 meters underground. Particularly interesting samples will be collected and encased in tubes, which will be left on the surface of Mars and returned to Earth at a later date.

Furthermore, Perseverance is carrying technology that will help scientists to better understand the practicalities of living on Mars. For instance, the rover landed with a drone called Ingenuity, which will fly around Mars for thirty days and collect data on the feasibility of flying other such devices on the red planet. The rover also contains microphones that will collect and transmit the first-ever audio clips recorded on Mars. Additionally, it has a device that will collect carbon dioxide from the air and convert it into oxygen, paving the way for systems that will provide eventual human visitors with breathable air.

With any luck, Perseverance will contribute to many interesting discoveries, and it's exciting to think about what NASA may uncover next.

MEGHAN MARKLE AND PRINCE HARRY'S INTERVIEW

with Oprah Winfrey

BY OLIVIA HEENAN, GRADE 11

Trigger Warning: This article contains mention of suicide

Meghan Markle and Prince Harry recently announced that they have chosen to distance themselves from the Royal family, after leaving their roles nearly two years ago. Their interview, with their close friend and neighbour Oprah Winfrey, reveals the hardships they have faced within the Royal family. They discussed Prince Harry's strained relationship with Prince William and Prince Charles, and the disinformation that falsely claimed that Duchess Meghan made Kate Middleton cry prior to the royal wedding. Most significantly, Meghan, the Duchess of Sussex, revealed the Royal family's concern about her son's skin colour, taking away security protection from her family, and his son's lack of a royal title. She states she experienced oppressive racism and discrimination within the palace, which led to a decline in her mental health. Meghan, so courageously revealed her constant suicidal thoughts during her pregnancy with her first son Archie. She spoke about how life within the Royal family was consistently isolating and lonely, which made her feel extremely unsupported by the institution. When looking for guidance, she was silenced, due to the stigma around mental health in the institution, despite the many mental health events they have hosted.



The family was trapped, all experiencing severe mental health issues, not having anyone to turn to that fully understood their life circumstances. Throughout their time in the UK, they had a lack of support and understanding from the family, including Meghan not being taught their ways, and being cut off financially. Markle reveals she and her husband were not protected, but the Royal family was willing to lie to protect other members of the institution.



Buckingham Palace issued a brief statement on behalf of the Queen, who did not take accountability and stated these issues would be handled privately. The couple is receiving immense criticism worldwide, but specifically from the Royal family, including Prince Albert, Prince Charles, Prince William, Kate Middleton, and Queen Elizabeth II. Prince Albert found the couple's "public display of dissatisfaction" inappropriate, although he "can understand the pressure that they were under." He believes "these types of conversations should be held within the intimate quarters of the family." While Prince Charles has not given an official statement, it is clear he is upset about the interview. He also believes this should have been handled privately, scared that this is "the first of many interviews coming in the future that will bash the crown and the royals' way of life." Additionally, Prince William is devastated, claiming they are not a racist family, having yet to speak to his brother since the interview. Kate Middleton has not responded to Markle's comment about the false claims of Megan making her cry during the week of wedding preparations. William and Kate professed they did not know the extent to which the couple struggled, both agreeing that this should have been handled privately. Shockingly enough, Queen Elizabeth II has forbidden palace staff from getting involved in the aftermath of the interview and opened up communication lines between herself, and Meghan and Harry. No other members of the royal family have yet to respond to the major step Prince Harry and Meghan Markle have made. Who will be next to respond?

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Amanda
Gorman: An
Inspiring Icon
of Activism &
Success

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The Tokyo
Olympics

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*The First Thing
Anyone Can
Do, About Any
Issue, is Get
Informed*

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ADORA SVITAK

FEATURING



INSPIRING WOMEN

AMANDA GORMAN: AN INSPIRING ICON OF *activism* & SUCCESS

BY RESHELLE PEETAM, GRADE 11

Poet. Activist. Author. Wielder of words.

Amanda Gorman, the sixth and youngest inaugural poet in US history, has gained worldwide attention for her moving and powerful recital of her poem at the recent presidential inauguration. In light of the harrowing invasion of the U.S capitol a few weeks before her performance, Amanda's speech provided a beacon of hope for many young black Americans. In an interview with CNN, she specified that her poem was inspired by the recent events saying "We've seen a force that would shatter our nation rather than share it... While democracy can be periodically delayed, it can never be permanently defeated." She also found inspiration from respected American leaders, Abraham Lincoln and Martin Luther King Jr, who performed speeches during grueling circumstances. Her poem, called "The Hill We Climb," shares a narrative of political strife, injustice, and despair, but ends with redemption, hope, and determination.



Achievements:

While Amanda Gorman is widely known for her inauguration speech, she has several other impressive accomplishments under her belt. The activist and poet graduated from Harvard University where she studied sociology. In 2017, she was presented with the title of the National Youth Poet Laureate. The title was appointed by Urban Word, a program supporting Youth Poets Laureate in several regions of the world. She has also received many awards for her writing, including the Poets & Writers Barnes & Noble Writers for Writers Award and the Genius Grant from OZY Media. Additionally, she sets the record for being, yet again, the youngest board member of 826 National, an organization dedicated to youth writers.

After the inauguration, she has performed for accomplished figures such as Lin-Manuel Miranda, Al Gore, Hillary Clinton, and Malala Yousafzai. Amanda even went on to write for Nike's Black History Month campaign and the New York Times newsletter. To add to her notable list of accomplishments, Amanda also wrote her first children's book called "Change Sings," and published a poetry collection including "The Hill We Climb." Her book reminds children to make use of their capabilities, urging them to use their voice to evoke change in the world. Similarly, her poetry collection focuses on the theme of hope and healing.

Early Life & Past Struggles:

Despite her countless achievements at a young age, Amanda's success was not handed to her on a silver platter; she shares with the world many struggles that have shaped her into the person she is today. Born in 1998 in Los Angeles and raised by a single mother, Amanda started writing at a very young age. She battled with a speech impediment in her younger years, stating that she used to be "that skinny girl with a speech impediment who needed a mentor." However, in an interview with Oprah, she expresses that she does not view her speech impediment as a weakness or a disability, but rather, one of her greatest strengths as a writer. She also shared that one of her icons, Maya Angelou, struggled with speech complications as well. Upon learning this, Angelou's books became even more so a source of hope in her life.

Later on, as a junior in high school, Amanda joined an organization called WriteGirl which introduced teenage girls to female writers who would become their mentors. Amanda's mentor, Dinah Berland, is a poet and editor in L.A who had seen Amanda perform at the Museum of Contemporary Art for the first time. In an interview, she commented on Amanda's incredible way with words, saying that "she was far superior to any of the other kids in terms of her ability, not only her reading, but her writing."

As Berland noted, Amanda's refined, fierce, and insightful approach to her writing has drawn a large audience towards her passion for justice, representation, and revolution. The powerful words she spoke on the day of Joe Biden's inauguration will not be forgotten by millions of people around the world; the words of a young, black woman with the desire and ability to initiate change in her community, her nation, and the world.

THREE *inspiring* WOMEN YOU MIGHT NOT KNOW ABOUT

BY MANASVI MITAL, GRADE 11

It is important for young girls to see women making an impact in the world so that they are inspired to do the same. We know of the amazing women like Serena Williams, Michelle Obama, Malala Yousafzai, and countless others, who have changed the world forever, however, it is also important to acknowledge the other women who do so much but are not talked about enough.

Dr. Courtney Howard

Dr. Courtney Howard is an emergency doctor in Yellowknife, Northwest Territories, and she has been dedicated to researching the effects climate change has on human health. She is recognized nationally and globally as an expert on the impacts of climate change on healthcare. She became involved in this issue after speaking to many of her Indigenous patients who revealed to her that climate change has caused their landscape to change rapidly thus affecting their food security and physical safety on land. She realized she could kill two birds with one stone, help save the planet and save people's lives as well. Dr. Howard worked with Doctors Without Borders for 6 months in 2010 in Djibouti, where she treated many malnourished children, but sadly many of them died. Being a mother herself, this greatly impacted her and drove her to work to change the situation and stop preventable child deaths. Then, after the extreme wildfires in 2014 in the Northwest Territories, Dr. Howard studied the impacts the wildfire smoke had on people, which was funded by Health-Canada. She said in an interview that "Climate change increases the risk and the frequency of wildfires. Their impacts of our communities can be devastating, as demonstrated in this new study. As healthcare providers, we need to be more aware of the growing threats posed by climate change on our health and the subsequent potential burden on our already overcrowded healthcare services". She treated many people who were suffering from smoke inhalation and knew that this problem would only get worse if it did not get treated.

Dr. Howard also led studies on menstrual products and their effect on climate change. She found that tampons and pads are left in dumps and do not break down and that cups are much better for the environment and more comfortable for many women. Dr. Howard also became the first female president of CAPE, Canadian Association of Physicians for the Environment, in 2017.

She became the lead author of the Lancet Countdown report in 2017-2019, which tracked how the world was responding to climate change, and used this to persuade Canadian lawmakers to create change to tackle the issues at hand. Last year, when the first wave of coronavirus hit, Dr. Howard was inspired to get involved and ran for the leadership position of the Green Party to replace Elizabeth May. She raised over \$140 000 for her campaign and ended up coming in third. After the second wave hit, she thought it best to return to her clinical work in the ER and use her national and global leadership roles to promote more health recovery. Dr. Courtney Howard is inspiring because she is an advocate for human health and the environment, which is a role that not many people take on.



Dr. Courtney Howard

She is the first female president of an influential organization for physicians involved in the environment.



Kawennáhere Devery Jacobs

Kawennáhere Devery Jacobs is an actress, writer, and director from Kanien'kehá:ka in Mohawk Territory in Quebec. She had a passion for acting from a young age and on her reserve there was a community theatre called Turtle Island Theatre Company where she performed. Her mother was very supportive and even sent in her resume to an agency in Quebec that accepted her. Jacobs went to John Abbott College in Montreal to be a counsellor and after she graduated, she worked at the Native Women's Shelter in Montreal. She knew that she had to be prepared to have a stable career in case acting did not work out. Nevertheless, while she was working at the shelter, she was cast in a leading role as Alia in "Rhymes for Young Girls". The writer/director was Indigenous and Jacobs was able to relate the story to herself which is why she was very excited for the role. She was nominated for Performance by an Actress in a Leading Role in the Canadian Screen Awards in 2014 for her role in "Rhymes for Young Girls". She worked on many films and television shows after that. She won Best Actor for her role in "The Sun at Midnight" in the Whistler Film Festival in 2016 and won best actress for the same movie in the American Indian Film Festival in 2017. Jacobs also wrote, directed and produced her own film. It was a short film called "Stolen" which was released in October of 2016 and is available to watch on Amazon Prime. It is about a 14 year old girl who runs away from her group home. IMDb describes it as "a small glimpse into a typical Native girl's life before becoming one of 1200+ Missing and Murdered Indigenous Women in Canada."

“She had a passion for acting from a young age and on her reserve there was a community theatre called Turtle Island Theatre Company where she performed.”

Jacobs identifies as queer and she says she has to deal with many microaggressions from people due to prejudice around her identity as a queer Indigenous individual. She shares that this external pressure made it a necessity to build up a wall of defense that protects her from this aggression. She is extremely proud of her culture and says, “I have to go in knowing that, because there isn’t anybody who looks like me or has a similar cultural background, that I have to represent so much more than just myself.” She loves doing movies about Indigenous culture but sometimes she likes to do projects that are just for fun with less cultural meaning to them.

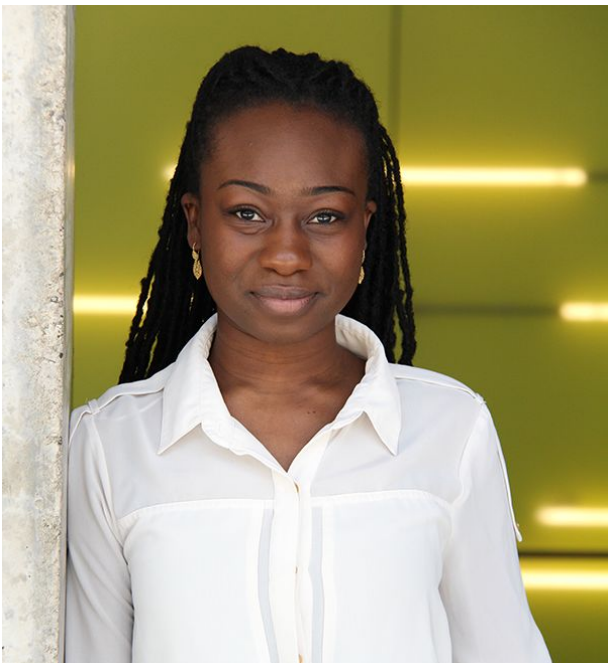


Kawennáhere Devery Jacobs

She is one of the leads in the Netflix show, “The Order” and plays the role of a werewolf. It is a very good show that you must check out. She also was in several episodes of Cardinal. Kawennáhere Devery Jacobs is a role model for all Indigenous girls, and shows them that they can be successful in pursuing their dreams.

Dr. Eugenia Duodu

Dr. Eugenia Duodu is the CEO of Visions of Science Network for Learning which helps kids from low-income communities get involved in STEM programs, hoping to spark some interest and guide the kids through it. Sometimes kids from these communities are not granted the same opportunities as others because of economic, social and system issues and Dr. Duodu wants to break these barriers Visions of Science Network for Learning has a small staff and over 120 volunteers, and it helps over 700 youth across the GTA.



Dr. Eugenia Duodu

She has an HB.Sc in Chemistry and Biology and also has a PhD in Chemistry which she earned at the University of Toronto. When she was in high school, she was told by a teacher about a summer mentorship program that the University of Toronto ran for students of Indigenous and African ancestry. The program brought students who were interested in similar things could come together, and when Dr. Duodu was accepted, it helped fuel her passion even more for science.

Dr. Duodu is committed to having equitable education so that children can get to their full potential because she believes in the future of the world, and believes the future lies with the success of children. Dr. Duodu has experienced sexism and racism, and has overcome both to get to the position she is at right now. Once, her guidance counselor told her that science would be too difficult for her and that she should go into cosmetology instead, even though she expressed an interest in science. She believed it was due to her race and gender, but she did not listen to the counselor, and decided to pursue her dream. She grew up in a Toronto community housing complex with her mom. Her mom supported her in her studies and never let her believe that she wasn’t able to do anything she could put her mind to. A fun fact is Dr. Duodu grew up watching Bill Nye the Science Guy which was her only real exposure to science when she was young. People now still watch the show because it shows science in the most entertaining way possible. Dr. Duodu was a finalist for the 2020 Canadian Women Entrepreneur Awards in the Social Changes category. Dr. Duodu said, “I’m passionate about science and teaching others about it. Being able to inspire kids on a daily basis about something I’m passionate about is really cool.” Dr. Eugenia Duodu is a role model for all little girls who have been told they can’t do something based on their gender or appearance. She is an inspiration and demonstrates that if you are truly passionate about something, you can do it as long as you put in the work. It is also amazing to see her giving back to the community and helping children get the opportunities that she was not able to receive.

Dr. Courtney Howard, Kawennáhere Devery Jacobs, and Dr. Eugenia Duodu are three Canadian females that are not shown enough appreciation for what they do for the world. They bring positive change to the world and inspire little girls to do the same by pursuing their passions.

“Dr. Courtney Howard, Kawennáhere Devery Jacobs, and Dr. Eugenia Duodu are three Canadian females that are not shown enough appreciation for what they do for the world.”



The world of **SPORTS**

The Rise, Fall, and Rise Again of 2011

NBA MVP

Derrick

Rose



BY KEVIN DANIEL AND ASHWIN
KRISHNATHASAN, GRADE 12

Derrick Rose was arguably the best player in the NBA at one point in time, but due to injuries his career took a sharp turn downwards, he lost his greatest asset and seemed to be at the lowest point in his career. Recently Rose has gotten much better and seems to have found his place in a playoff team. An underdog loved by fans all around the world, this is the story of Derrick Rose.

Born in Southside Chicago to a single mother, he lived with his three brothers in a rough neighbourhood. Rose began playing basketball at a young age and with the help of his three brothers his skills began to sharpen and his potential became incredibly evident. By his final year in high school, he was considered the best high school point guard in the country, and eventually was recruited by the University of Memphis in 2007. In his first and only season with the school, he was able to lead the team to a 38 and 2 record and in the playoffs was able to storm through the competition, eventually losing in the finals to the Kansas Jayhawks.

The same year Rose signed up for the NBA draft and was selected first overall by his hometown team, the Chicago Bulls. His first season with the Bulls was an incredible success, Rose averaged nearly 17 points with 6 assists a game on an incredibly efficient 48% field goal percentage. Rose was able to lead the Bulls to the seventh seed when in the playoffs they faced off against the Boston Celtics, an incredibly powerful team that had just won the championship the year before. In his first-ever playoff game, Rose dropped 36 points, the most ever by a rookie in the first round. The Bulls were very close to upsetting the former champion Celtics, but lost in the final game of the series. Although the loss stung, this entire season showed the immense potential Rose had, with him going on to win the Rookie of the Year and All-Rookie First Team. The next season Rose had gotten even better, averaging nearly 21 points with 6 assists on 50% field goal percentage. Rose was able to earn his first All-Star appearance and lead his team to the eighth seed, barely edging out the Raptors for the spot by a single win.



The playoffs were much more anti-climatic, with the Bulls losing to the LeBron led Cleveland to win in 5 games. Rose's third season with the Bulls was the most iconic season, this was the season he said his famous quote while being questioned about future goals and expectations, "(The expectation) is high. The way I look at it in myself is why not? Why can't I be the MVP of the league? Why can't I be the best player in the league? I don't see why. Why can't I do that? I think I work hard, I think I dedicate myself to the game and sacrifice a lot of things at a young age and I know that if I continue to - like - do good what I can get out of it. And that's me now, doing whatever. I'm willing to do it because I know in the long run it's going to help," Rose said. This is the season where Rose truly proved himself to be one of the greatest players in the league, averaging 25 points and 8 assists a game on 49% field goal percentage, and helped lead the team to the first seed in the league, from 41-41 last year, to 62-20 this year. This incredible performance was seen by the world and Rose was awarded the 2011 NBA MVP trophy, and was labeled the youngest player to ever win the MVP. In the playoffs, the Bulls were able to knock out the Indiana Pacers in the first round in 5 games.



In the playoffs, the Bulls were able to knock out the Indiana Pacers in the first round in 5 games. In the second round (and Rose's first time getting out of the first round) the Bulls were able to beat the Atlanta Hawks in 6 games and eventually ended up in the Eastern Conference Finals against the Miami Heat and their big three of LeBron James, Dwyane Wade and Chris Bosh. Although they put up a valiant effort, the Bulls ended up losing in 5 games to the Heat. This would be Rose's best year, and his career slowly started a downward spiral after this.

In 2012, Rose averaged 22 points and 8 assists on 48% field goal percent, the Bulls were the first seed yet again, but this time during the playoffs something terrible occurred. During the first round of the first game against the Philadelphia 76ers, in the final minutes of the game, Rose was coming down from a jump and landed awkwardly on his leg, falling to the ground and clenching his leg. It turned out to be a torn ACL and caused him to miss the rest of the playoffs.

Without Rose, the Bulls were defeated in an upset by the 8th seed 76ers and the Bulls season came to an end. During the 2012-2013 season, Rose sat out for the entire season while recovering from the injury, and when he returned for the 2013-2014 season he was a shell of his former self. His final years with the Bulls were uneventful as well as filled with mediocrity and injuries, with the only glimmer of hope being in 2015 when Rose and the Bulls went head to head with LeBron and the Cavs in the second round, with the Bulls eventually losing in 6 games.

After the 2016 season, the Bulls front office decided to trade Rose to the New York Knicks and despite the outrage from the Bulls' fanbase, Rose was traded. He was devastated by the news, as Chicago was his home and he put his heart and soul into the team. Rose's year with the Knicks was underwhelming, averaging 18 points on 47% efficiency, and eventually had a season-ending injury with a torn meniscus. He was then signed to the Cleveland Cavaliers but, after 16 games was traded to the Utah Jazz, where he was immediately waived. This entire situation had really affected Rose's mental health, who wondered if he'd ever be the same again and even contemplated retirement.

Towards the end of the season, he eventually signed with the Minnesota Timberwolves, where he played decently well for the last couple games, averaging 14 points in 23 minutes, but his comeback story starts in the 2018-2019 season, where we were able to see flashes of his old self, with many new skills he sharpened over the years. On October 31st 2018, Rose went off and dropped a sensational 50 points, achieving a new career high. The night was incredibly emotional for everybody, especially after proving to many doubters that he still had the talent. Rose went on to average 18 points on 52% and became a solid player that any team would want. Rose then signed with the Detroit Pistons during the 2018-2019 season, and averaged 18 points on the most efficient scoring he's ever done with 52% efficiency. During the 2020 season Rose was eventually traded to a true playoff team, and in ironic fashion, the team he was traded to was the same team he got traded to back in his Chicago Bull days, but this time around he had Knicks as one of his destinations he would like to go if he was ever traded. Currently the Knicks are the 5th seed, playing the best basketball they've ever had in a long time, and Derrick Rose has been an incredibly crucial part for that position. Rose's comeback proved that anything is possible as long as you put your mind to it, coming back from many trials and tribulations. He looked adversity straight in the eyes and never flinched, truly an inspiration for everyone fighting their own battles.

"The night was incredibly emotional for everybody, especially after proving to many doubters that he still had the talent."

THE TOKYO *olympics*

BY ZOHA ALI, GRADE 10

Many are aware that with this pandemic occurring, important parts of our lives have been altered, from essential needs, to ongoing events we partake in every year, this pandemic has been relentless - so much so, that the notable olympics which date back to nearly 2,800 years has been affected.

For those who are unaware, the Olympics is a multi-sport event celebrated by countries all over the globe. These games take place both in the summer and winter, and their initial goal is to promote peace through unity of different nations. The Olympics started 2,800 years ago in Olympia, Greece and was referred to as the Olympiad. These games unfortunately came to an end in 393 AD due to multiple conflicts within the community. Baron Pierre De Coubertin was a French educator who brought back these games by starting an "Olympic revival movement" in 1892. Four years later, his proposal was approved and the Olympics began in Athens Greece once more. Pierre was also responsible for designing the five ring symbol which represents the connection between the five continents. His vision for a united world was such a notable movement that he fathered the term "Olympism" which refers to overcoming differences between various cultures and promoting peace. This philosophy still exists today through the IOC organization, who promote betterment between nations and recognize nearly 205 countries and regions.

This year's Olympics will take place in Tokyo for the second time, adding to the overall count of four olympics being held in Asia. Tokyo first hosted this event in Kasumigaoka stadium marking the first ever Olympics hosted in Asia. Around 5,000 athletes attended the event from nearly 93 regions who partook in 163 events in about 20 sporting competitions. Due to the games being hosted in Tokyo, Tokyo's experienced major economic growth as large express routes such as the Metropolitan expressway were constructed.



The Olympics at the time also promoted sports within Japan, eventually making sports an important part for many in their daily lives. The 2020 Tokyo games was set to introduce many new ideas within the summer Olympics. Skateboarding, karate, surfing and sport climbing are all new events that were set to be introduced within the 2020 event. The Tokyo organization also reported a new statistic of the first ever gender-balanced Olympics with a large number of female Paralympic participants. This made the 2020 Tokyo Olympics an exciting event for many to partake in, however the pandemic caused worry between nations, and many countries eventually took themselves out of the event, including Canada. As a result, a conclusive decision to push the event to the summer of 2021 was made. However, the wait is over as the Tokyo Olympic organization confirms that the Olympics will be starting on July 23 and lasting till August 8 of 2021. Although this year's Olympic event may look different as compared to previous years, hopefully we may never lose this global event, and from that, never lose the message of a united world.

"However, the wait is over as the Tokyo Olympic organization confirms that the Olympics will be starting on July 23 and lasting till August 8 of 2021."



The **ARTS**

I love you, Mommy



This is a representative piece that uses the juxtaposition of colours to focus on displaying the intimate bond between a mother and her child. The warm primary colour that the child wears helps to put emphasis on him in the piece. The colour represents the emotions of happiness and friendship. The cool colours of blue around the mother and son symbolize serenity, stability, reliability, calmness, wisdom and inspiration, representing the intimate relationship between mother and son. This is a horizontal photograph taken from their front while the mother and son are embracing. The bright tone in the photograph portrays the loving, colourful and bright relationship between a mother and son.

ARTWORK BY ZAIRAH KHAN, GRADE 12

Cosmos Flower

*In spring, you told me that I was a cosmos flower.
You said to wait until fall and then I'll bloom beautifully.
Be patient.
It's winter now.
I thought I would grow.
But I'm falling before I get to bloom.
Will I bloom next year?
Somehow I found myself right where I started.
I rushed.
This sudden happiness I found has been ripped from its roots.
And has fallen to the ground.
Should I let the petals fall?
Or should I keep them to remind me that the withering petals are nature's way of
telling me that nothing lasts forever?
I wanted you to keep watering me.
But watering dead plants is no use to you.
I didn't want to be a burden.
You had a frigid smile that seemed mixed with sadness.
You said you were afraid to lose me, but then faced your fears and left me to fall
deeper and deeper into the ground.
Hiding in the cold wind.
In case I get wet with the rain, I close my eyes.
In spring, you told me that I was a cosmos flower.
It's winter now.
But I will keep waiting.
And waiting.
And waiting.
To bloom.*

-s.k

A POEM BY SHANZE KHURRAM, GRADE 11

LOVE WRITING/ART/FILM/GRAPHIC
DESIGN/MORE?

JOIN US.
EVERY OTHER THURSDAY ON
MICROSOFT TEAMS.
DM @ROYALREGISTERBR FOR DETAILS.

NEXT UP: *May/June* ISSUE