



THE **ROYAL**
register

ISSUE 003
MAY-JUN ISSUE

Letter from The Teachers

Dear Royals,

2020 and 2021: years often associated with less than favourable circumstances and events. Despite the insurmountable stress that the past year has placed on many students, educators, and parents, it is imperative to not forget what has brought us to where we are today. Reflection and growth are two key terms that come to mind when we think about the following question in preparation for the remainder of 2021 and start of 2022: What comes next? How can we be better?

In order to prepare, it is essential to also unwind—to take a break and enjoy the escapist opportunities that life has to offer; and that is what this issue presents to all of you—to all of us. Take time to slow down, connect with people, read a book, be in nature, and close the computers this summer.

It has been an honour to work with such a dedicated group of students where despite virtual meetings you were self motivated and helped to grow the Royal Register to even greater heights in the 2020-2021 school year. Being able to memorialize events in time helps to build an archive of primary source documents that people can look back on and remember and this is certainly a year to remember! For those of you who will be returning to Bishop Reding, I look forward to all that this new school year has to bring. For those of you who will be moving on to new adventures, I wish you luck in all that is to come.

- **Ms. Finn and Mr. Zafiridis**

Teacher Advisors at The Royal Register

THE ROYAL REGISTER

May/June 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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may/jun



Make the most
out of your

SUMMER

graduation ideas to Kick off the Summer

BY: RESCHELLE PEETAM, GRADE 11

Are you a senior graduating this year? To celebrate your entry into a new chapter of your life, we have some fun celebratory activities to ensure that you have the special graduation you deserve in the midst of the pandemic.

Grab your friends and family, and get ready to celebrate with these five fun ideas!

1. On-the-Go Parties



You can still celebrate your special day with your friends and family while honouring social distancing! Surprise your other graduating friends with a succession of their friends and classmates. Dress up in your graduation outfits or fancy clothing to make this event feel extra memorable. You can even drop off gifts and take pictures in a safe fashion to capture the moment.

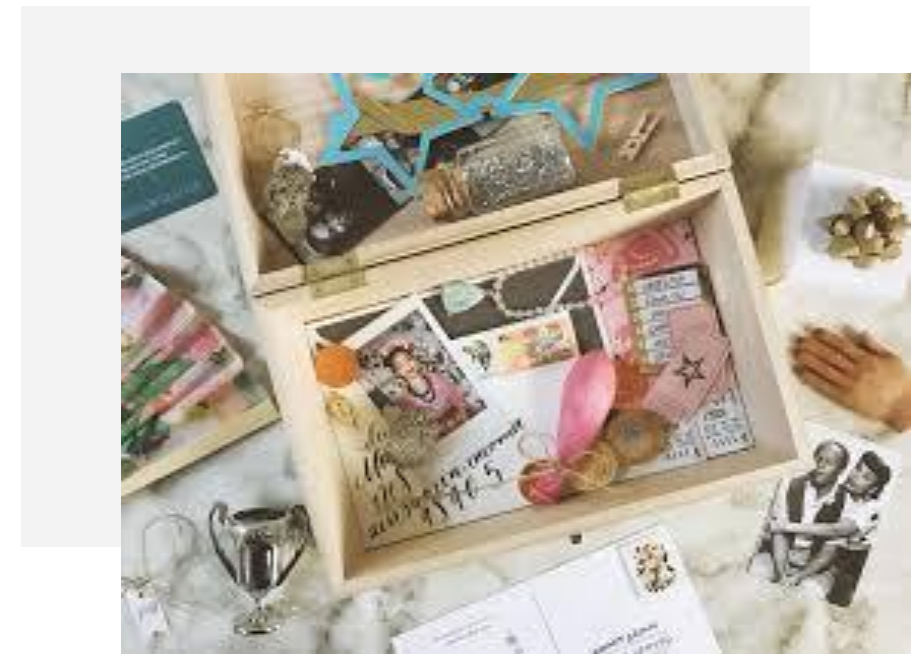
2. Whip Out the Camera and Have a Photoshoot



You can have a photoshoot with your friends from the comfort of your own home! Have fun dressing up, using props, and manipulating camera angles to take individual photos. Then, have a friend gather the photos to make a memorable scrapbook. If you're tech savvy, photoshop you and your friends into one picture and play around with different backgrounds and effects. You can even make it look like you had your graduation at school! Another option is to set a theme for the photos, such as "A Night in Paris," or "On the Red Carpet," and dress accordingly.

3. Create a Time Capsule

The 2020-2021 has been an eventful year to say the least, and what better way to remember the special memories you and your friends shared than to use a time capsule? Have everyone pick an item that symbolizes a memorable moment of the year and put it together in one capsule. Bury it in a safe place and set a date to dig it up in the future. Make this moment even more special by connecting with your friends virtually.



4. Masterchef Showdown

It's time to channel your inner chef and put your cooking skills to the test. Select a menu, set up your ingredients, and connect with your friends to cook together virtually. If you're turning this into a cook-off, have some of your friends be the judges and your other friends be the competitors. If possible, drop off your food to the judges' doorsteps and let them rate your masterpieces. Or, just enjoy your friends' company and try a new recipe that you've been dying to try. Alternatively, you could prepare a menu for a graduation dinner, dress up, and pretend you're dining at a fancy restaurant together.



5. Movie Night



What better way to end off your graduation day than with a movie, snacks, and good company? Try setting up a sheet in your backyard for the screen and set the mood with garden lights, pillows, popcorn, campfires, and blankets. Thinking of turning this into a drive-in event? Simply set up your sheet in an open space and have your friends drive in and watch from their cars. Don't have a projector? No worries! Check out easy-to-follow tutorials by IdunnGoddess or TechBuilder on YouTube.

Despite the restrictive nature of the pandemic, we hope that these ideas will make your graduation a memorable one. From all the students of BR to our graduating class, we wish you all the best in your future endeavours!

**"The future belongs to those
who believe in the
beauty of their dreams"**

- Eleanor Roosevelt

Top Ten

graduation

gift

Ideas

**By: Maira Siddiqui
Grade 10**



Graduation is here Royals! Congratulations to all the grade 12s who have now completed their high school journeys and are on their way to pursue their dreams!

Graduation is a time to celebrate all the hard work and effort. What better way to do so than to give a meaningful gift? However, it might not be easy to come up with the perfect one. To help with that, we have created a list of some awesome graduation presents and gestures!

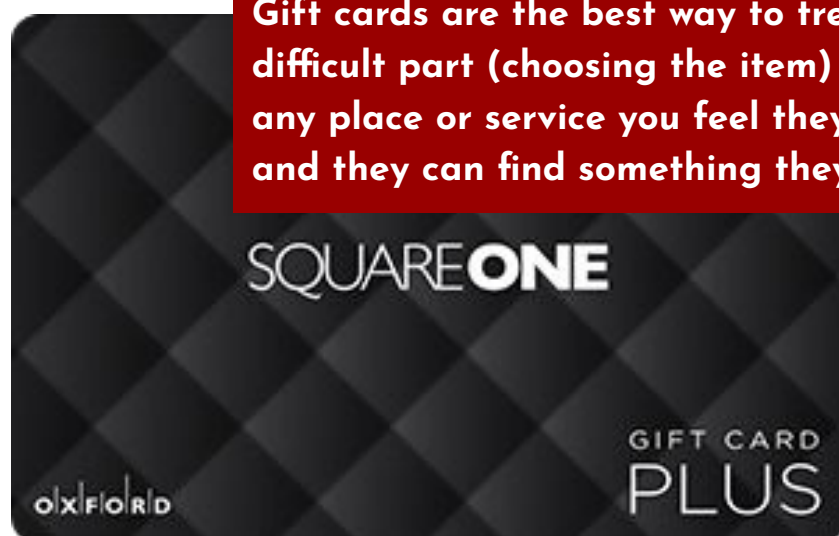
1. Photobook

High school has its ups and downs, which is why it is even more important to cherish the heartfelt moments we would remember forever. A photo book would be a beautiful gift filled with the unique, funny, and even life-changing memories from high school. Write down the descriptions of these moments and some notes on what you want the receiver to remember each time they come across it!



2. Gift Card

Gift cards are the best way to treat a friend and leave the difficult part (choosing the item) up to them. Get a gift card for any place or service you feel they would be interested in most, and they can find something they would like.



3. Memories video

Are you a pro at editing? Well, then this is the perfect opportunity to use it for a gift! Creating a video with clips and edits of all the fun events at high school would make for a unique and interesting graduation present.



4. Wallet

Upon reaching the busier years of life, organization is key to keeping everything in check. A brand new wallet would be a wonderful gift as it would start the exciting, new, post-high school journey with the important cards, bus tickets, licenses, and baby photos neat and safe for on-the-go.



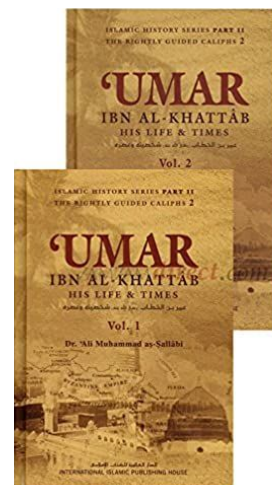
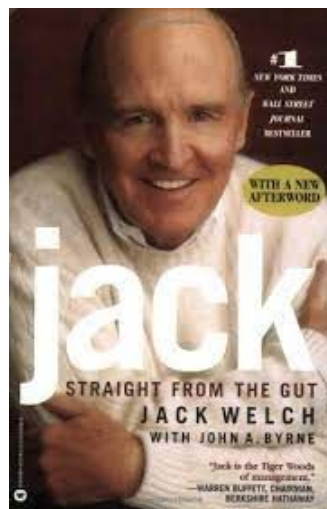
5. Coffee Maker

For all the grads hoping to invest in more studying and more all-nighters, this one is for you. A brand new coffee machine is more meaningful than it seems, and the receiver of this incredible gift would appreciate it during each and every study session.



6. Books

Books are great gifts because they are so diverse. You can provide a book with advice for future aspects of life, the field a graduate student is planning to pursue, and even a light-hearted fictional book they have been wanting to read.



6



7. New Handbag/Suitcase

Many of our grads are planning to go abroad to accomplish their dreams. What better way to contribute to their efforts than to provide them with brand new luggage storage and travel gear?

8. New Laptop/Phone

This one's a bit more pricey, but nonetheless an extremely helpful gift for any graduating student. A new laptop or phone would be a great improvement for efficient work in their future endeavours.

8



9

9. Charging station/Extension

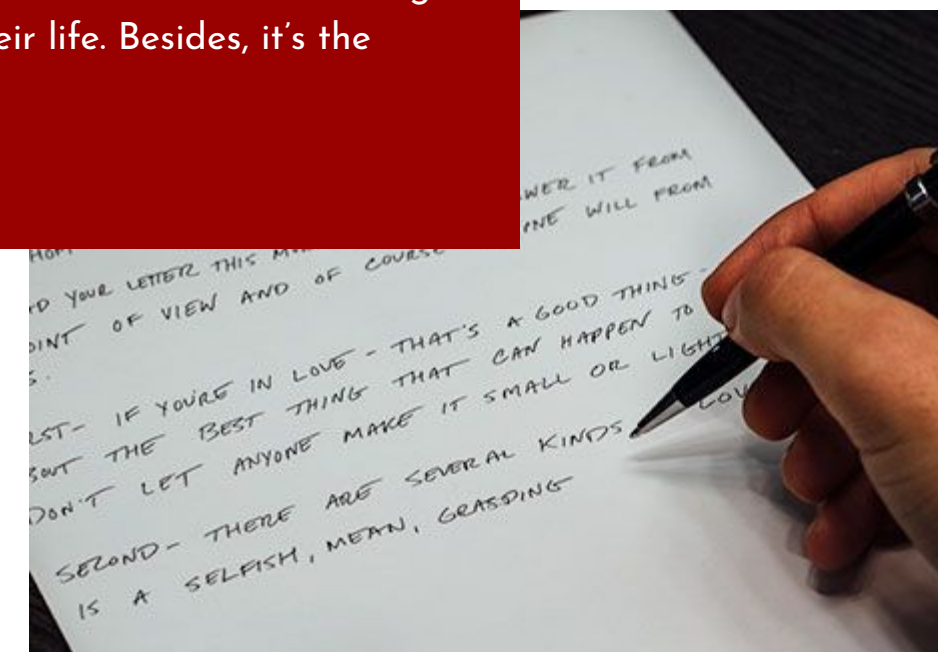
With all the new devices, it would be difficult to track and charge multiple devices all at once, especially if there is an assignment due in 10 mins and you do not have the time to look for your dying laptop's charger. No, that would be horrific. To prevent that, the perfect solution is a charging station as it can keep all your devices in one place and is accessible and practical as well.



10

10. Letter

Giving a graduation gift does not have to be bought or even require extensive work. A simple letter is one of the most beautiful ways to convey your thoughts and messages that would benefit someone about to begin a whole new milestone in their life. Besides, it's the thought that counts!



4 Recipes You Must Try This Summer

BROUGHT TO YOU BY JACOB KRANJAC, GRADE 10

These recipes are incredibly simple and give inexperienced chefs, like myself, quite a bit of leeway in the kitchen. I encourage you to try all these recipes and change things up if you have ideas!

rainbow gelatin cubes

First off we have rainbow gelatin cubes. These are 2-bite sized but make around 9 dozen if cut properly.

The Ingredients You Need Are...

- 4 packages of 3 ounce assorted flavored gelatin
- 6 envelopes of unflavored gelatin, each, keep separate
- 5 and $\frac{3}{4}$ cups of boiling water, again, keep separate
- 14 ounces of condensed sweetened milk
- $\frac{1}{4}$ cup of cold water



The Directions:

1. In a small bowl, combine 1 package flavored gelatin and 1 envelope unflavored gelatin. Stir in 1 cup boiling water until dissolved. Pour into a 13x9-inch dish coated with cooking spray; refrigerate until set but not firm, about 20 minutes.
2. In a small bowl, combine the condensed milk and 1 cup boiling water. In another bowl, sprinkle 2 envelopes unflavored gelatin over cold water; let stand for 1 minute. Stir in $\frac{3}{4}$ cup boiling water. Add to the milk mixture. Spoon 1 cup creamy gelatin mixture over the first flavored gelatin layer. Refrigerate until set but not firm, about 25 minutes.
3. Repeat from beginning of recipe twice, alternating flavored gelatin with creamy gelatin layers. Chill each layer until set but not firm before spooning the next layer on top. Make a final flavored gelatin layer; spoon over top. Refrigerate for at least 1 hour after completing the last layer before cutting into 1-inch squares.

When cutting if you want around 9 dozen try to keep them the size of a two bite brownie.

dirt pudding cups

Next is one of my personal favourites, dirt pudding cups! It can feed 10 people.

The Ingredients You Need Are...

- 2 cups of cold, 2% milk
- 1 package of instant chocolate pudding mix, should be 3.9 ounces
- 8 ounces of cooled whipped topping
- 1 package of oreo cookies, pro tip: buy the cookies only so you don't spend forever peeling off the oreo middle.
- Gummy worms

The Directions:

In a medium bowl, whisk milk and pudding mix for 2 minutes. Fold in whipped topping. Pulse cookies in a food processor until fine crumbs form or until desired texture is reached. Divide a third of the cookie crumbs and half of the pudding mixture among 10 dessert cups; repeat layers. Top with remaining crumbs. Top with gummy worms.

In honour of our dearly departed spring, you can also mix some leftover pudding into the top of your cups and make them mud pudding cups. If you really like chocolate you can add chocolate chips too.



watermelon ice

The third recipe I bring to you is an amazing healthy alternative to freezies, ice cream, or watermelon, it's watermelon ice! This recipe makes a bit more than most store bought ice cream cartons.



The Ingredients You Need Are...

- 1 teaspoon of unflavoured gelatin
- 2 tablespoons of water
- 2 tablespoons of lime juice
- 2 tablespoons of sugar
- 4 cups of cubed watermelon

The Directions:

1. In a microwave-safe bowl, sprinkle gelatin over water; let stand for 1 minute. Microwave on high for 40 seconds. Stir and let stand until gelatin is completely dissolved (1-2 minutes).
2. Place lime juice, sugar and gelatin mixture in a blender. Add 1 cup watermelon; cover and process until blended. Add remaining watermelon, 1 cup at a time, processing until smooth after each addition.
3. Transfer to a shallow dish; freeze until almost firm. In a chilled bowl, beat with an electric mixer until the mixture is bright pink. Divide among 4 serving dishes; freeze, covered, until firm. Remove from the freezer 15-20 minutes before serving.

This is great, it makes quite a bit and if you leave it in the freezer you will need to leave it out for around 40 minutes. Also, I find it easier to use a knife to cut it into chunks when serving. If you're on a health kick, you can also substitute the sugar for honey.

cheesecake berry parfaits

Lastly this short recipe makes two delicious cheesecake berry parfaits.

The Ingredients You Need Are...

- 2 ounces of softened cream cheese
- 4 teaspoons of sugar
- ⅔ cup of whipped topping
- 1 and ½ cups of mixed fresh berries

The Directions:

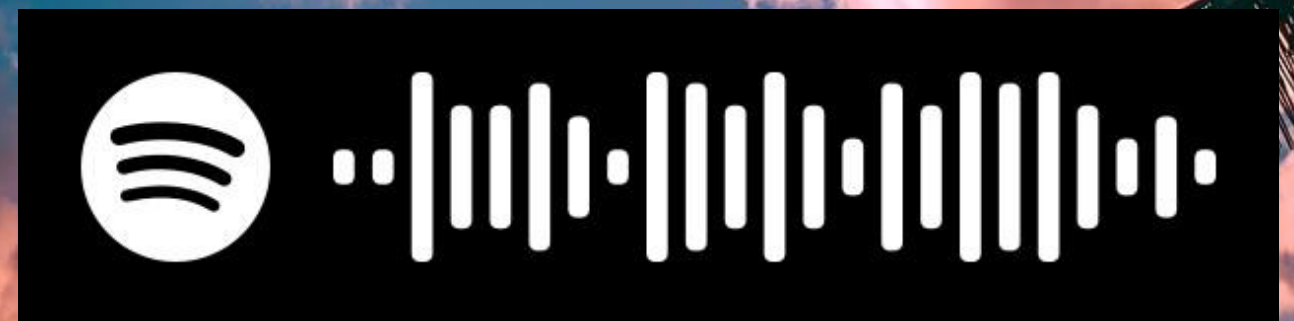
1. In a small bowl, beat cream cheese and sugar until smooth. Fold in whipped topping.
2. In each of 2 parfait glasses, layer a fourth of the cream cheese mixture and a fourth of the berries. Repeat layers. Top with additional whipped topping if desired. Chill until serving.



This is great if you have extra berries to top it with, I would recommend using them and then only digging in two layers at a time to ensure a full flavour profile!

I hope you try and enjoy all these recipes. I hope these desserts will match the tone of your summer holidays and be AMAZING!

The Summer Playlist You Need



scan the QR code in the Spotify search

CREATED BY: MURTAZA RIZVI
GRADE 10

Summer Volunteer Opportunities

BY: IRMA AHMED & YOUSIR AL-SAFFAR, GRADE 9



Whether you're in grade 9 or 11, Covid-19 has brought our volunteer opportunities to a slow stop. If you're looking to get some hours and also learn something new while you're at it, keep reading to find four fun volunteer opportunities, all available this summer.

1. Be a Difference Maker with the Rick Hansen Foundation

What: Grades 9-12 can join workshops to hear from an entrepreneur, paralympian, educator and advocator - all people with a vision, hearing or mobility disability. These individuals will share their personal experiences, triumphs and hurdles through interactive activities and discussions.

Who: Grades 9-12

Where: Virtually on Zoom, via Milton Public Library

When: Tuesdays, July 6, 13, 20, 27 (4 sessions) | 4:00-5:30 (total of 6 hours)

How to register: Registration begins June 19th, on the Milton Public Library website: <https://beinspired.ca/volunteering>

2. Tutoring Express

What: Are you in an AP or University level class that you really enjoy? Or is there a subject you're really good at? Sign up to be a virtual tutor for kids aged 11-17. This non-profit, student-run organization aims to help kids from all around the world fix their areas of struggles- for free.

Who: Grades 9-12

Where: Virtually via Zoom or Google meet (personal preference)

When: Customized based on your schedule

How to register: Search up @tutoringxpress on Instagram, and fill out the form in their bio or just click on the link provided:

https://docs.google.com/forms/d/e/1FAIpQLSd2US74OUIYnrD80i6z6NuSA23-Q_YQ6lr4_T_gdB_Fgvch3g/viewform

3. Break the Fake and Media Literacy

What: Media is a powerful force in our lives, and without the skills to critically analyze and evaluate what we see on tv, social media, Youtube, magazine and in the news, how do we know the difference between what is real and what is not? How does this contribute to the spread of misinformation, and what can we do to break the cycle of fake content? Join your MPL librarians for a session of *Break the Fake* by Media Smarts, and develop your media literacy skills.

Who: Grades 9-12

Where: Virtually on zoom via Milton Public Library

When: August 14th, 2021 form 1:30- 3:00 pm

How to register: Registration begins on July 24th, 2021 at 9:30 am, on the Milton Public Library website: <https://beinspired.ca/volunteering>

4. Homework Club Study Virtual Mentor

What: High school students will mentor a student once a week either on Zoom or in-person, after school, while developing a one-on-one relationship with the individual. The task involves assisting a student in grade 3-8 with their homework, playing educational games, and helping build organizational skills.

Who: Ages 14 and up

Where: Virtually via Zoom

When: 2021-2022 school year

How to register: Visit the following website:

<https://haltonhamilton.bigbrothersbigsisters.ca/volunteer-information/>

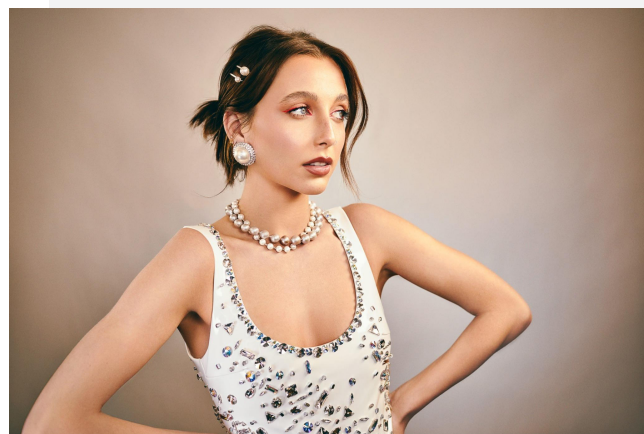
We hope that one of these opportunities interests you! They are all held virtually so that you won't have to worry about Covid-19. They are an easy way to gain some volunteer hours from the comfort of your home. If none of these opportunities caught your attention, you can find more on these websites: <https://cdhalton.ca/volunteer-halton/>, <https://beinspired.ca/volunteering>.

Summer Fashion According to Emma Chamberlain

BY OLIVIA HEENAN, GRADE 11

Despite not understanding the phenomena herself, the 20-year-old lifestyle vlogger Emma Chamberlain has been influencing fashion worldwide since starting YouTube in 2017. From her platform Dr. Martens to her Louis Vuitton Fashion Week outfits, she has made great strides in the fashion industry. After the enormous amount of requests she received on all of her social media platforms, she revealed to her 10 million-plus followers what she is wearing this summer in her video titled "What I'm Wearing This Summer."

Chamberlain reveals she is planning to wear basics most of the summer. Six out of seven days a week, she will be wearing Levi shorts and a white tank top. She states the "opportunities are endless", mixing and matching with other staples such as shoes, button-ups, sweaters, or hats. When on the go, grabbing her ever-so-famous iced coffee from Philz (when not supporting her own brand Chamberlain Coffee) she looks for a simple, easy, and effective outfit. Some of her staples include white Dickies pants, Dr. Marten loafers, graphic tees, Birkenstock Arizona sandals, bucket or baseball hats, and sneakers.



"Loving a little preppy moment", she can not help herself but live out her golfer dad dreams. For the bottoms, she wears cargo shorts, jeans, or sweat shorts. She matches those with button-ups, sweater vests, or cardigans. She adds pops of plaid, her go-to Dr. Marten loafers, a baseball cap, tennis shoes or fun sunglasses. "When in doubt, channel your inner golf dad." A fan comments, "Alright so we are golf dads this summer and I'm loving it."



This summer, Emma Chamberlain is taking inspiration from the past. Taking inspiration from California in the 90s and earlier, she creates an "effortless, yet comfortable outfit", ready to look like your "least favourite aunt on beach vacations." Despite not liking hats before, she is now all about baseball, knit, and bucket hats. Emma prepares to wear beach pants, dainty tops, track shorts, long skirts, tourist sweatshirts, and with what she thinks should be the shoe of the season, Birkenstock clogs. Over a bathing suit, the 20-year-old matches a light flowy skirt with a 70s inspired jacket. If you're looking to be Sporty Spice this summer, follow Emma Chamberlain's advice. She wears black biker

shorts, a detailed white tank top, a red athletic jacket, sunglasses, and platform sneakers.

Emma is looking for this summer to be her "hot-girl summer", stepping out of her comfort zone when it comes to fashion. Fans agree "anything she wears, even if it's ugly, she pulls it off." Some of her bold pieces include patterned and painted shorts, chunky sunglasses, a yellow denim vest, and patterned button-up shirts. She styles her button-up, by buttoning it just at the top half. Emma feels that animal print can occasionally work, adding a zebra print tank with green outlining to her wardrobe.

Thanks to her dedicated fans, you can find where Emma's iconic pieces are from, or similar pieces, on Instagram from accounts such as @emmachamberlainapparel and @closetofemmachambie. You can find her iconic "Strawberry Milkshake Knit Crop" for \$43 USD from Colourful Natalie online. She gets her basics such as her white tank, black halter top, and cargo shorts from Brandy Melville. More of her bold pieces such as her knit vest from Lolo Crochète, checkered shorts from Belle the Label, and yellow denim vest from vintage Calvin Klein.



Hiking Trails You Should Visit This Summer

BY AUDRIE MEREDITH, GRADE 11

This upcoming summer break is unpredictable. It is hard to know what we will be and won't be able to do during the pandemic. But we can all agree that we are surrounded by so many beautiful hiking trails!

Hilton Falls

As you can probably guess by the park's name, Hilton Falls has a beautiful waterfall that you can experience after a short two-kilometre walk. There are also great trails to mountain bike, run, and explore the great outdoors. If you are seeking adventure, consider walking across the stream to visit the old mill ruins. Hilton Falls can also provide you and your family with great scenery if you indulge in a picnic lunch. I would recommend checking this place out if you haven't already!



Kelso

Kelso has so much more to offer than skiing and snowboarding slopes in the winter months. If you're looking for a local place to cool off, consider checking out Kelso's lake. At the reservoir you can swim, sunbathe, paddleboard, canoe, and kayak (my personal favourite)! Boats and boards are available for rent or you can bring your own. Like Hilton Falls, there are several great spots to relax and have a picnic. If you're looking for a little getaway, consider pitching a tent and spending a night under the stars.



Mount Nemo

Feel like exploring some caves? Mount Nemo has many beautiful trails, some of which even lead to caves that are safe for exploring! There is a scenic lookout that overlooks all of Milton and if you're lucky you may even see the CN Tower. While hiking, keep an eye out for turkey vultures flying overhead, they're quite a sight to see!



Your Neighbourhood!

If you are unable to get to a Halton conservation area, walking around your neighbourhood and local parks is a great alternative! A little fresh air can do so many positive things for your mind and body!



No matter where you hike this summer make sure you soak up the sun and take advantage of the beautiful weather!

3 More Recipes You Have to Try This Summer

BY ADITI KANSAL, GRADE 9

The summer may look a little different this year and while we may not be able to gather in large groups and have parties, there is always a reason to celebrate for yourself. Here are some awesome recipes you have to try this summer. There is something for everyone. Whether you are lactose intolerant, gluten free or have a peanut allergy. Enjoy!

Popsicles

Ingredients:

- Popsicle tray/cups/ice cube tray
- Juice/soft drinks/fruits
- Popsicle sticks
- Freezer
- Aluminium foil/cling wrap (only if you are using cups or ice cube trays)
- Blender

Instructions:

1. If you are using fruits, puree them and make sure there are no large pieces.
2. Pour the pureed fruits, juice or soft drinks into the popsicle tray/cups/ice cube tray
3. If you are using the popsicle tray, put the lids into the mold. If you are using cups or an ice cube tray, wrap the aluminium foil over it and stick the popsicle sticks/ toothpicks in the middle.
4. Put the trays/cups in the freezer for around 2 to 4 hours to let the popsicles set.
5. Before you take the popsicle out of its mold, run it under some warm water to it comes out easily.
6. Enjoy!



[Picture](#)

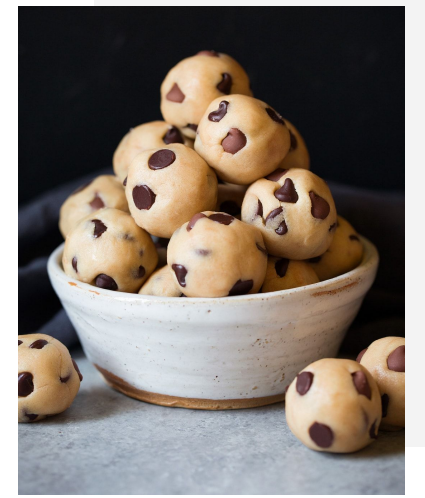
Gluten Free and Dairy Free Frozen Cookie Dough Bites

Ingredients:

- ¼ cup creamy roasted almond butter (preferably room temperature)
- ¼ cup honey
- 2-4 tbsp. of coconut flour
- 1 tsp. of vanilla extract
- A pinch of sea salt
- ¼ + ⅓ cup semi sweet chocolate chips

Instructions:

1. Set aside a quarter sheet pan lined with parchment paper.
2. Combine almond butter, honey, 2 tablespoons coconut flour, sea salt, vanilla essence, and ¼ cup chocolate chips in a large mixing bowl. Mix until everything is fully incorporated and the mixture resembles cookie dough.
3. If the dough is too wet, add another tablespoon or two of coconut flour. Work at a slow pace until you get the desired consistency. It should be soft but hard enough to roll a ball with. If it's too solid, they'll be rock hard after freezing, so we're looking for a happy medium.
4. Form a ball with about a heaping tablespoon of dough between your palms and place on the sheet pan. Continue until you have a total of nine balls.
5. Place the tray in the freezer for four hours or until it is completely frozen.
6. Melt the remaining chocolate chips in the microwave or over a double boiler once the cookie dough bites are frozen. Roll each cookie dough bite in the chocolate until completely covered, then gently remove off the dish, letting the excess chocolate fall off. Rep until all 9 cookie dough bits have been dipped in chocolate.
7. Return the tray to the freezer for another 30 minutes or until the outer chocolate coating has hardened and is completely frozen.



[Picture](#)

Gluten free and Dairy Free Ice Cream

Ingredients:

Lemon Ice-cream

- ¼ cup of maple syrup
- 3 lemons
- 1 can of coconut milk
- Blender
- Ice cube tray

Peanut Butter Ice-cream

- ⅓ cup of peanut butter
- ¼ cup of honey
- 1 cup water
- Blender
- Ice cube tray

Instructions:

1. Both ice-cream recipes use the same instructions.
2. Add all ingredients into the blender and blend until it is smooth.
3. Freeze into ice cubes.
4. Let them thaw a bit and add them back to the blender. It is ready when it becomes smooth and creamy
5. Keep frozen until it is ready to serve.



[Picture](#)

8 Creative Hobbies You Need to Try This Summer

BY SARAH JAVED, GRADE 9



Photography

Photography is an important skill that can be used in a variety of situations. The best way to use it during the summer is to get outside! Whether it be a park near your house or during a trip to a beach, be sure to grab a camera or your phone and practice your photography. If you know how or are willing to learn, try editing your own photos through Photoshop or mobile apps.



Sewing

Maybe you don't enjoy getting out of the house too much. Don't worry, you can try sewing all in the comfort of your own home. All you need to start is a sewing machine, fabric and some other basic supplies.

Filmmaking

Instead of wasting away the day watching Youtube and TV, why not make some entertaining videos yourself. Making Youtube videos is a productive way to spend your time and you learn various important skills with it, such as editing, coming up with creative content ideas, filming, uploading, and more!



Hiking

While recreation centres may be closed, you still need to stay active during the summer. Hiking is a refreshing and healthy way to do exactly that, and it's not hard to find places to go hiking in Canada!

Reading

From non-fiction to fantasy to comedy, there are a variety of interesting genres you can read. It's easy to spend hours a day reading, especially when you have nothing to do, so pick up a book or ebook you love! If you're looking for recommendations, check out some book reviews written by the talented members of the Royal Register.



Hiking

Ontario has a diverse selection of natural landscapes to visit and paint using acrylic, watercolour, oil paints and more! Alternatively, Ontario's urbanized cities have architecture useful for drawing inspiration for your creative paintings.

Writing

During quarantine, you may have picked up writing stories, poetry, or articles as a hobby. If not, now is your time to start! Even if you don't like story or poetry writing, you can always write about your own experiences or interests.



Redecorate your house

If you've got an eye for design, this one's for you. Try redesigning a few rooms or your whole house if you're feeling ambitious. There are a variety of articles and videos to see that can spark your imagination and help you redecorate on a budget.

Which of these are you planning on doing this summer?

“

When passion meets work, work becomes a hobby.

”

- Aniekee Tochukwu Ezekiel

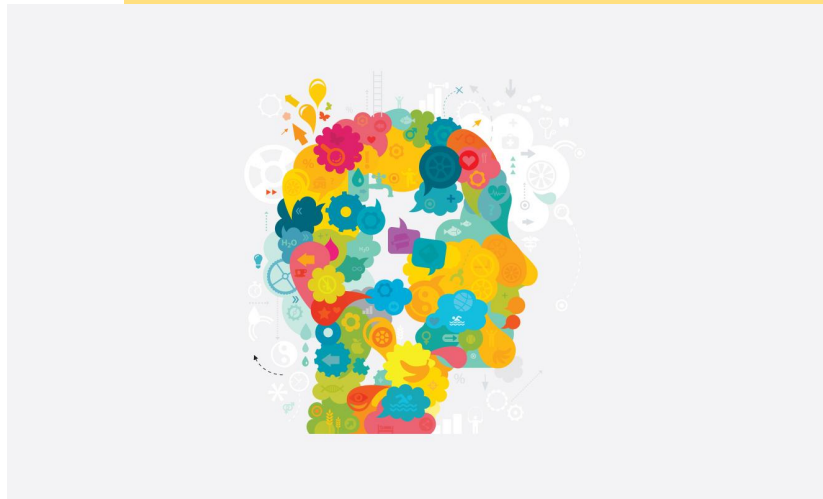
Taking care of your

**MIND AND
BODY**



Mental Health in Isolation

By Aqsa Rehman, Grade 11



The past year has undoubtedly been extremely difficult for students transitioning from in-school classes to online then back in-school; it's no exaggeration to say that many students' mental health has been impacted. Although mental health awareness month has ended, it's important that we as a community continue engaging in conversations surrounding mental health and just how crucial the health of our mind is for everyday life.

With many lockdowns and restrictions throughout the year, it has been very difficult to connect with loved ones, friends. Isolation has not been easy, and the daily routine of logging onto online class, completing homework and staying inside can take a toll on one's mental health.

It is important to acknowledge the various challenges students go through including those which impact their well-being. Virtual learning has definitely had its ups and downs and there are some days when it is hard to get out of bed. There should be more conversations surrounding the mental health of students and more initiatives should be taken by schools to assure that they are here for students.

Self care is also extremely important, during these times and taking breaks when needed. As the final days of school arrive it can be a stressful time and some students may feel overwhelmed. Taking study breaks or going outside for walks is a helpful way to not only manage stress but help improve your mental health.

Some methods of self care I personally use when I'm stressed out include: going on drives, going for walks or reading a book. I often take thirty minutes to an hour daily for self care and I encourage everyone who may have problems with stress management, to practice self care! Creative outlets are also another way to take care of yourself and express your emotions through art and music.

In these final weeks, although the next assignments, essays and tests are crucial, it is important to allow yourself to rest and take care of your mental health. It is also important to acknowledge that you are almost done with a seemingly never-ending school year (along with all its challenges and setbacks). You're almost there and that is something to be proud of! No matter what grades you may receive, you survived a school year which was spent mostly in isolation.

Mental health should always be schools, workplaces, and families' first priority but unfortunately it can often get overlooked or dismissed as not important. Similarly, mental health awareness should not be limited to the month of May and instead should be a primary focus all year round. Simply posting for one month out of twelve about an issue that affects a large group of people across the globe isn't enough. The responsibility of promoting mental health awareness initiatives falls on the shoulders of governments, educators, and companies all across Canada.

Regardless of who should take the most responsibility, it is clear that there are still far too many gaps when it comes to normalizing conversations about mental health. Most importantly, there should be concrete plans to help Canadians struggling with their mental health during isolation and afterwards when we begin to slowly transition back into normal life.

If you are currently struggling, it is important to reach out and communicate with people you trust. There are also a multitude of resources out there designed specifically to help those struggling, some of which I will link below;

It is my hope that in the future we will be able to openly communicate about mental health and there will be significant improvements in this field. For now, everyone at Bishop Reding should be proud of themselves for making it through a tough year. Especially the Class of 2021 who may have not had their ideal senior year but worked hard despite the challenges!

MENTAL HEALTH RESOURCES:

Kids Help Phone: Call 1-800-668-6868 (toll-free) or text CONNECT to 686868.

Canada Suicide Prevention Service at 1-833-456-4566 (24/7) or text 45645 (4 pm to 12 am ET).

Wellness Together Canada: Call 1-866-585-0445 (Adults) or 1-888-668-6810 (Youth)

Full Page of **Canadian Mental Health Resources:**

<https://www.canada.ca/en/public-health/services/mental-health-services/mental-health-get-help.html>

WORKOUT ALTERNATIVES: *No Gym*

By Zayan Mirza, Grade 10

The requirement of a gym to get that “summer shape” or to reduce the effects of mass quarantine binge eating sessions is not a mandate. Simple cutting and or bulking techniques with the right amount of cardio can help you to achieve the body that you're looking for. Before diving into the nitty-gritty of how much protein or carbs you need, one must understand some of the terminology. Body fat is the ratio of muscle to fat you have. The lower the body fat, the more apparent your muscles are; since fat cells tend to exist on top of muscle cells and may reduce the amount of visible muscle giving your arms a less defined look. Additionally, a higher body fat means there's generally less muscle mass in comparison to fat mass. All bodies are different in their methods of fat deposition and pre-existing fat and or muscle presence, therefore a generalized approach to define muscle and reduce fat won't ever produce specific results.

Cardio and working out are two different things. Cardio is the compound movement of the body to perform endurance-type tasks, burning fat and defining muscle. Working out is the pushing of muscles beyond a threshold (creating that burning sensation) that leads to the creation of bigger and more apparent muscles (demolition of fat and increased appearance of muscles). The combination of working out and cardio can take a person no matter body fat to their “ideal” body type.

Weight Training Vs Body Weight

It is said that a person's body reflects their diet, this statement is true as you cannot eat highly processed, highly sugary foods with the intention to hit a caloric target and get results you'd like. Rather one must calculate their calorie targets and try to reach specific macronutrients (proteins, carbs, and fat) to produce a better outcome with the combination of all creating the target calorie amount. Generally, a person with a higher body fat should increase cardio and workout sessions using HIT or calisthenic movements (bodyweight) to focus on fat demolition first and mind-to-muscle connections. Bodyweight exercises tend to be compound movements, which means that one repetition will move multiple muscle groups to complete the task. This movement burns faster than isolated movements which are used for focusing on weaker areas or muscle building. Weight training and hypertrophy tend to use isolated movements to overtrain the muscle. To compensate, the muscle will become bigger in response to the usage of heavier weights (this does not mean weight training does not have compound movements). Cardio for a person with a higher body fat level is very versatile as long as they aim for long sessions or shorter sessions with high intensity. Finally, in terms of diet, people with a higher body fat should eat in what's known as a cut, where you eat 200-300 calories less than what's required for them.

People with lower body fat and a 'lean' body should aim to eat in a caloric surplus, also known as a “bulk”, by doing this they will increase both fat and muscle presence in the body which is required if the goal is to build muscle. They should decrease cardio and keep workouts to just weight training while also mixing in isolation and compound movements to overtrain and target all muscles.

Lastly, a combination of cutting and bulking paired with the right workouts and cardio per cut or bulk will lead to results. Think of it as a cycle depending on the start point, (high body fat - cut, then bulk, cut again then bulk) with a lower body fat (goal is to increase muscle size) a bulk is required, then cut, then bulk and so on.

To conclude, body weight training with the right amounts of cardio will lead to desired results as your body is your gym!

Goodluck!



**“Don't let anyone *work*
harder than you do”**

- Serena Williams

How to Stay *Motivated* for the 2021-2022 School Year

BY SELENA KHOKHAR, GRADE 12

Since March of 2020, we have all had our own personal and communal struggles while adapting to such a large change of environment and routine. It is crucial to find ways to keep not only ourselves, but our peers, friends, and families motivated through these difficult times.

We as students have had to balance a new schedule that includes minimal classes and new cohorts, as well as new media platforms for classes, less social interactions, and overall a lot of confinement. As we come to the end of our first full year, which has been a rollercoaster of transitions and adjustments, we slowly begin losing focus and motivation to keep pushing forward. I am here to help give some tips on how to stay motivated for the 2021-2022 school year, moreso for our graduating class who will be attending post-secondary or the workplace!

1. Keep yourself organized!

Plan! Plan! Plan! Planners will be your best friend. Feeling overwhelmed is not unexpected when we get thrown tasks all at once. It is important to organize your thoughts in order to be more efficient. Whether this involves ordering the task from most important to least important, the earliest due date to the latest, etc.



2. Form Study Groups!

The best way to ensure you stay on track and get your jobs done is by having support systems to keep you in check. By forming study groups or even just having a buddy that can be your personal motivator, this will give you a boost and some encouragement to continue working hard even when you feel like giving up.

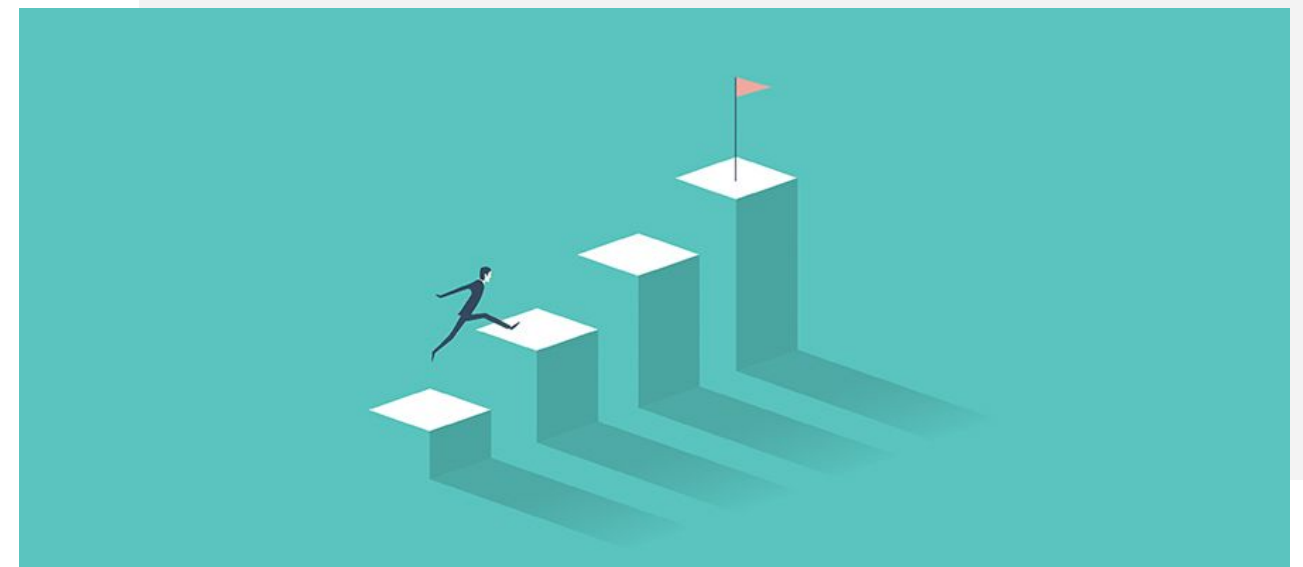


3. Create a Vision Board!

If you are more into the creative side of things, a vision board would be a great way to get yourself some self-motivation. By putting your goals on a board and having them visibly accessible to you, will give you a reason each day for why you continue to work hard. Your goals can be anything from graduating, to becoming a doctor, or travelling across the world.



All in all, there will always be obstacles that will come in your way, but the one thing to always remember is that you ARE capable of achieving your goals. It is all about balance. Hopefully these three tips can help you in some way for the upcoming years!



"It's going to be *hard*, but hard does not mean *impossible*"

Fun Virtual Things To Do With Friends

BY OLIVIA ORTLIEB, GRADE 11

One of the hardest parts of quarantine for many people, myself included, is missing out on spending time with friends. However, just because you can't see each other in person at the moment, doesn't mean you can't have fun together online! Here's a few suggestions for virtual activities that you and your friends can enjoy together.

Minecraft

This classic game has seen an uptick in popularity during quarantine, and for good reason! It makes it super easy for groups of friends to meet up on multiplayer servers and participate in a practically endless array of activities together. Whether you want to build an empire in the original survival mode or battle against your friends in complex minigames, Minecraft really does have something for everyone. The only drawback is that the game isn't free - it costs anywhere from \$9 - \$35 depending on the platform.



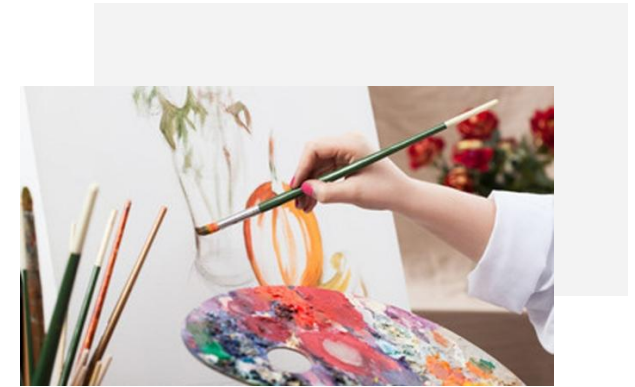
Board Game Arena

Looking for some retro fun with your friends? This gaming platform allows you to play board games with those you know or people from across the world! Board Game Arena currently has over 300 board games available so you're sure to find one that you like! There's also a ranking system so you can see how you stack up against other players. It's free and entirely browser-based so there's no need to download anything to get started.



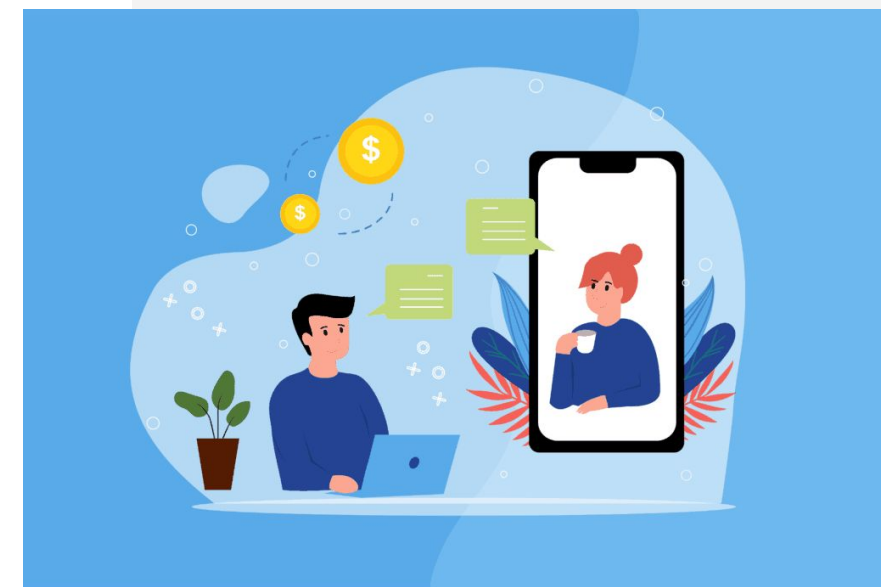
Host a virtual activity night

Another great way to spend time with your friends could be to share a hobby or try something new together over a video call. The possibilities for this are endless - you could pick out a recipe and make a dish together, replicate a painting with the help of an art tutorial, or start a book club. Whatever you choose, you'll definitely have fun and might even discover a new passion!



Teleparty

Have you missed watching your favourite T.V. shows and movies with your friends? Teleparty could be a great solution! This desktop-based program allows you to watch shows simultaneously with those in your chat room. It supports Netflix, Disney, Hulu, and HBO, and you can watch with up to 50 friends at once.



I hope this list has given you some inspiration for your next online meet-up! Quarantine is tough but devoting time to having fun with friends can definitely make things better.

Environmental Racism: A “small” sacrifice to satisfy your taste buds

BY OLIVIA BURKE, GRADE 10

“How long have we lived here? Always,” she says, gazing at her grandmother’s headstone. And we always will. Nobody else will ever live on this land.”

Rene Miller, a Black African American, is just one of the many residents in North Carolina who are forced to accept the consequences of our desire for pork.

Located in the United States, North Carolina is home to many hog farmers. With high poultry demands from all over the country, pig farms have only been getting larger. A 2.9 billion dollar industry with over eight million hogs and two-thousand four hundred farms in America alone; and the problem: companies have been exploiting minorities and silencing their calls for justice.

The Issue

In only 1 year, there has been an estimated 7.5 million hogs in 5 different counties that have produced 15.5 tons of feces. According to the EWG's recent study of county and satellite data, approximately 160,000 North Carolinians live within a half-mile of a pig or poultry farm. If the range is extended to three miles, as many as 960,000 North Carolinians fall into that group. This equates to almost 10% of the state's population.

The state legislature sheltered the industry in a variety of ways as it grew, including prohibiting counties from limiting hog farms during significant expansion years. However, lawmakers couldn't neglect the growing problem of hog waste, especially when it polluted community waterways.

Raising hogs was considered a sideline to the main business of tobacco and cotton production in North Carolina back in the day. “In the 1980s and 1990s, the industry grew remarkably, with up to 60,000 animals housed in concentrated animal feeding operations (Cafos) along the state's coastal plain.” The majority of the state's 9 million pigs live indoors, with their waste flushed into open pits called lagoons through slats.



When the lagoons become overflowing, the waste is sprayed as fertilizer on crop fields, however, these lagoon pits have been known to overflow and break through their walls, especially during hurricanes.

“It smells like a body that’s been decomposed for a month,” Rene’s family used to congregate under the oak tree beside their home after church on Sundays. They'd eat fried chicken, collard greens, and corn while dancing and playing checkers. “That was my life back then,” Rene Miller. She's residing inside, with the air conditioning turned up, since pig feces has been sprayed onto a field across the road.

“If you live here and saw what they do, you will eat no pork. We don’t eat bacon because I know what it comes from. When they die, they go into a box, and they decompose because they swell from the heat. A truck comes and picks them up, takes them to the processing plant in Roseville, grounds them up into food, and feeds them back to the hogs.”

How does this affect me?

Not only is this extremely unhealthy for North Carolina residents but this affects anyone who eats pork. Hog farmers have a history of poor nurturing abilities towards young and old hogs. Our pork consumption only fuels these consequences.

“Consumption of red meat has been shown in studies to increase the risk of colorectal cancer, the third most common cancer in men and women, by as much as 30%. Pigs on factory farms are fed antibiotics and sprayed with massive amounts of pesticides because overcrowding encourages the spread of disease. Antibiotics and pesticides stay in their bodies and are passed on to those who consume them, posing serious health risks to humans.” Millions of pounds of antibiotics are fed to pigs and many other farmed animals each year, and scientists believe that **meat-eaters** unknowingly consume these drugs, resulting in bacteria strains that are resistant to treatment.

What can you do?

A small solution to this problem would be to try to cut out/reduce meat intake such as pork from your diet. By doing this you are helping communities like Rene’s live comfortably while slowly reducing the amount of pork consumption each year. This issue has been around for years and it’s time to shine light in places people don’t want to know about. You can make a difference, and help stop the suffering these communities face because of our own food choices. That difference can start now.



The background of the entire image is a close-up, slightly blurred photograph of several open books. The pages are a warm, yellowish-brown color, suggesting age. The books are stacked or placed close together, with their spines and edges visible. The lighting is soft, creating a cozy and intellectual atmosphere.

Entertainment:

BOOKS &

MOVIES

Top Ten Tips For Writing a Short Story



By: Maira Siddiqi
Grade 10



1. Create an Excellent Conflict

Although short stories are much different compared to novels, they still must include all the same elements: Exposition, rising action, climax, falling action, and of course, the resolution. To effectively build these parts of your story, a strong conflict or issue is necessary. The conflict is what your plot revolves around, so try to make it as clear and captivating as possible. Try to come up with a conflict by brainstorming thoroughly.

Ask yourself:

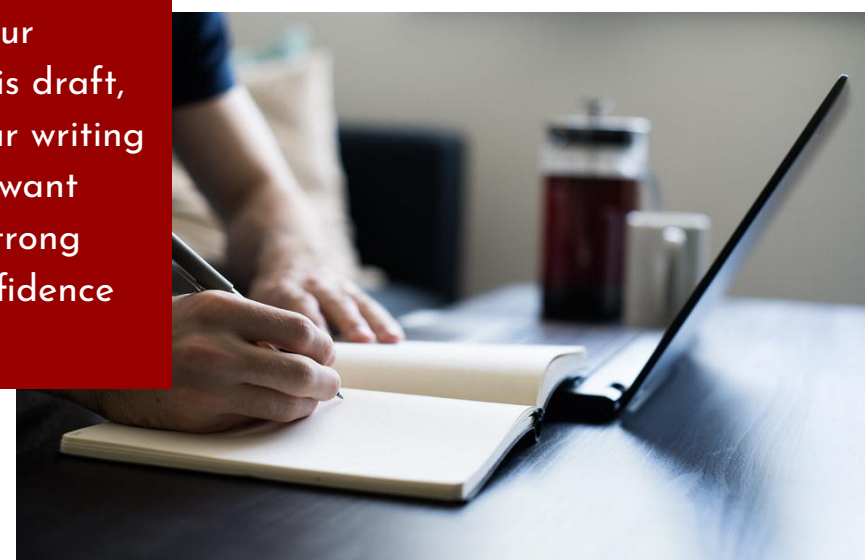
- What genre do I want to portray in my conflict?
- What message or takeaway do I want to convey to the reader?
- How will the main character deal with this issue?
- What possibilities can stem out of this conflict?

1

2. Write a draft of the basic idea

An incredibly helpful step to follow in your short-story writing process is to write a basic or “foundation” draft. Once you have a good idea of your story’s plot and characters, write an experimental draft to see where your ideas can take you and the best way to portray your characters and conflict. When writing this draft, try not to worry about the quality of your writing and instead focus on the basic flow you want your story to have. This will give you a strong foundation for your story, and more confidence in your ideas!

2



3. Inspire characters from people you know

One aspect of writing a story that might be tricky is coming up with a character that feels genuine. The best way to portray realistic and believable characters is to base them off on real people you know or have met. Think of people such as the friends and relatives you love, and even someone you might not enjoy the company of. You can take different qualities of these people and events they have experienced to create unique and intriguing characters for your story!

3



4. Use dialogue

Short stories are concise and more simple than novels. You would have to be straight to the point, and the best way to carry this out is to make use of dialogue. Instead of taking up words in your story to explain something, use a character to convey it so that you can build your plot, and simultaneously have the reader understand the characters' situation without any extra explanation.

For example,

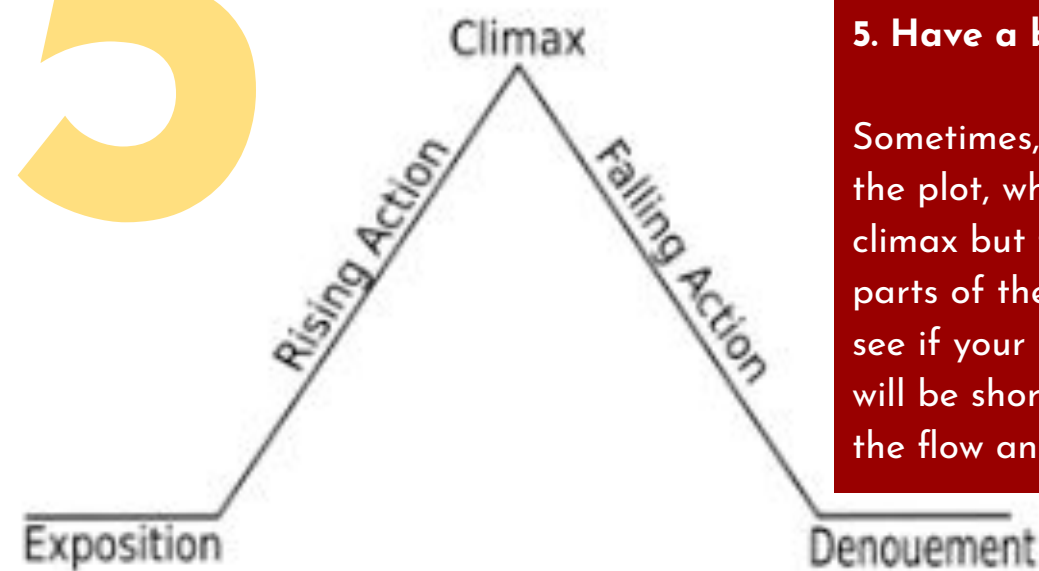
Instead of writing:

She asked if Howie had tried to phone the Richstone's house to inform them about Annelaise's arrival. No matter how he tried to contact them, however, it seemed as if they were rejecting his calls purposefully to avoid discussing the matter.

You can say:

"Did you phone the Richstones about Annelaise's arrival?", she asked. "Yes, but it seems they are rejecting my calls purposefully to avoid this matter.", Howie retorted.

5



5. Have a balanced pace

Sometimes, when writing a story, there might be an imbalance in the length and speed of the plot, which lessens its appeal. You could have a long and detailed introduction and climax but then have an abrupt ending. To avoid this, divide the story into the different parts of the plot and write down your ideas and sequence for each part. You will be able to see if your story is balancing all the plots well. Some parts of the story such as the climax will be shorter compared to other parts. Try fitting the different pieces together, to examine the flow and pace and see if they match the plot of your desired story.

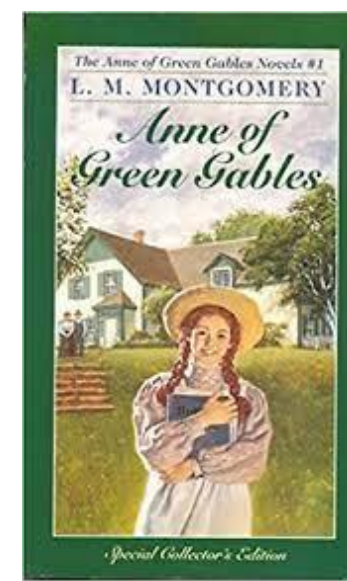
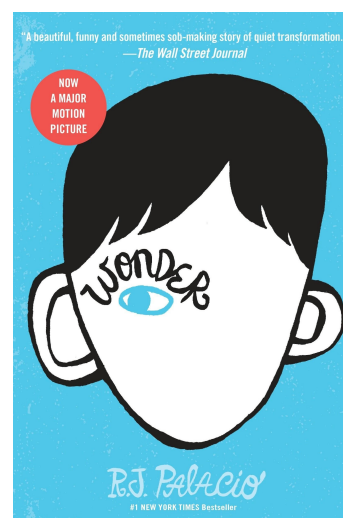
6. Write a captivating first paragraph

Something you will notice in all iconic stories and novels is that they all begin in the most interesting ways. Try finding a unique hook that will essentially pique the reader's interest and hint at the main plot of the story in some way.

I know I'm not an ordinary ten-year-old kid. I mean, sure, I do ordinary things. I eat ice cream. I ride my bike. I play ball. I have an Xbox. Stuff like that makes me ordinary. I guess. And I feel ordinary. Inside. But I know ordinary kids don't make other ordinary kids run away screaming in playgrounds. I know ordinary kids don't get stared at wherever they go.

If I found a magic lamp and I could have one wish, I would wish that I had a normal face that no one ever noticed at all. I would wish that I could walk down the street without people seeing me and then doing that look-away thing. Here's what I think: the only reason I'm not ordinary is that no one else sees me that way.

Wonder,
R.J. Palacio

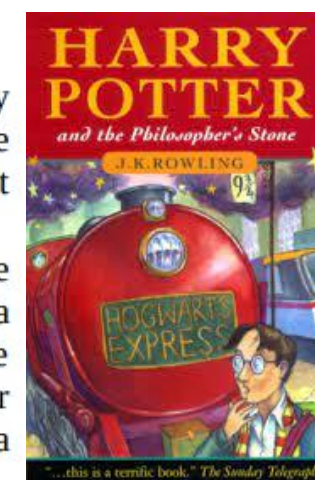


Anne of Green Gables,
Lucy Maud Montgomery

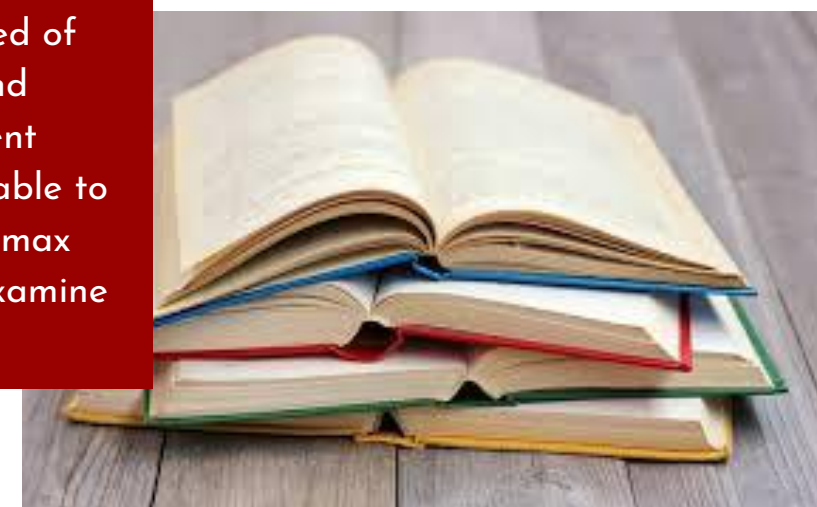
MRS. RACHEL LYNDE lived just where the Avonlea main road dipped down into a little hollow, fringed with alders and ladies' eardrops and traversed by a brook that had its source away back in the woods of the old Cuthbert place; it was reputed to be an intricate, headlong brook in its earlier course through those woods, with dark secrets of pool and cascade; but by the time it reached Lynde's Hollow it was a quiet, well-conducted little stream, for not even a brook could run past Mrs. Rachel Lynde's door without due regard for decency and decorum; it probably was conscious that Mrs. Rachel was sitting at her window, keeping a sharp eye on everything that passed, from brooks and children up, and that if she noticed anything odd or out of place she would never rest until she had ferreted out the whys and wherefores thereof.

Mr. and Mrs. Dursley, of number four, Privet Drive, were proud to say that they were perfectly normal, thank you very much. They were the last people you'd expect to be involved in anything strange or mysterious, because they just didn't hold with such nonsense.

Mr. Dursley was the director of a firm called Grunnings, which made drills. He was a big, beefy man with hardly any neck, although he did have a very large mustache. Mrs. Dursley was thin and blonde and had nearly twice the usual amount of neck, which came in very useful as she spent so much of her time craning over garden fences, spying on the neighbors. The Dursleys had a small son called Dudley and in their opinion there was no finer boy anywhere.



Harry Potter and the Philosopher's Stone,
J.K. Rowling



7. Edit your story

An important factor in writing a great story is editing. Editing your story will allow you to fix grammar mistakes, use better words in certain situations, and remove unnecessary detail or add some much-needed detail. When editing, try to read your story from the perspective of a judge or teacher who is looking for improvements your writing can have. Remember to not rush this part of the writing process and use your full effort and time to carefully proofread each paragraph of your writing. After all, some polishing will only make it better!

8. Have someone else edit

After editing your story on your own, it is best to go ahead and get a second opinion on it. Most of the time our brains will get saturated after reading our story over and over again. Getting someone else to read it, will give you fresh ideas as they will look at your story with a newer perspective.

9. Add some drama

One issue that all writers might go through is wanting the main character to have it easy. At first, you may have the urge to keep things simple for your protagonist so that the reader can be satisfied with them as well. However, this will most likely make your story boring. Keep in mind that this is your story and you can have your characters go through so many possible situations and plot twists that would make your reader hooked! Of course, we must also remember that this is a short story rather than a novel, so even a little drama, say one or two plot twists should be enough.

10. Add a relevant title

Even the best of writers have a difficult time coming up with a perfect title for their story. A good title will relate to the story in a way that will spark the interest of your reader. Try making it on the shorter side about 1-3 words, for a catchier title.

Some elements of your story you can base your title on are:

Protagonist's name

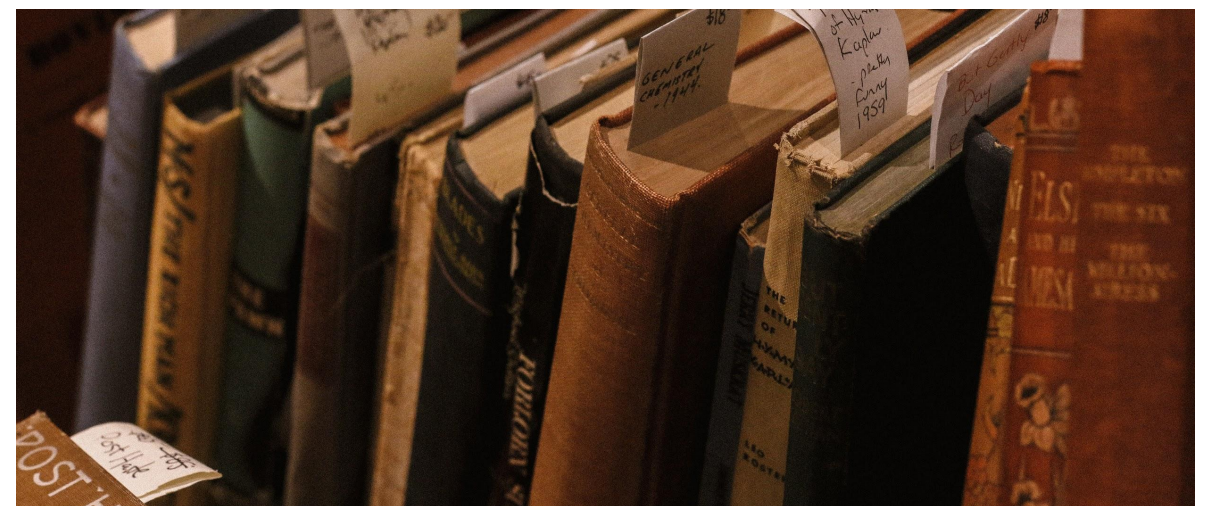
Using your main character's name as your title is a simple yet effective way to get the reader's attention. This is especially if your character has a unique or unusual name, which would question the reader. Titles such as *Jane Eyre* by Charlotte Bronte and *Harry Potter* by J.K. Rowling are a few examples of this.

Setting

Your story's setting is an aspect that can inspire a unique title that gives the reader a clue to what it could potentially be about. It is a great way to reference your story. Some examples of this can include *Anne of Green Gables* by Lucy Maud Montgomery, *East of Eden* John Steinbeck, and *Love in the Time of Cholera* by Gabriel Márquez.

Literary devices

Another interesting route to take your title to is literary devices. This can use similes, personification, metaphors, oxymorons, and more. The most catchy titles use alliteration to add a poetic appeal to the story's title. Stories that use these are *Pride and Prejudice* by Jane Austen, *Black Beauty* by Anna Sewell, and *Dork Diaries* by Rachel Renée Russell, to name a few.



Experiment with new ideas and concepts. Try something you've never written before, and see where it takes you!

Movies to Watch

This Summer

BY ZOHA ALI, GRADE 10

With the school year coming to an end, summer is ahead, however with Covid restrictions, is there much left to do? The answer is yes! This summer, there are many activities you can partake in through the comfort of your homes, one of them being movie binging. This article will take you through some of the most anticipated movies that will come out in 2021.

Cruella

Everyone knows the famous dog villain Cruella De Vil and her story with the dalmations, however many are unaware as to how Cruella De Vil came to be. This movie takes place in 1970 London where the viewers will come to see Cruella's past known as Estella the fashion designer, played by Emma Stone, and her journey into becoming the notorious villain we all know today. Critics claim this movie to be one of the best Disney live action remakes, so Disney fans prepare yourselves for the upcoming Cruella De Vil remake.



Army of the Dead

Are you someone who enjoys the thrills of a zombie horror movie, or simply someone who likes intense action films, then this movie is perfect for you. *Army of The Dead* follows the story of a zombie outbreak in L.A and a group of mercenaries who take the risk of venturing into this closed off zone to pull off the biggest heist ever. A Zack Snyder directed zombie/action film waiting to be made since 2007 is finally set to be released this year, so mark your calendars for the upcoming *Army of The Dead* film.



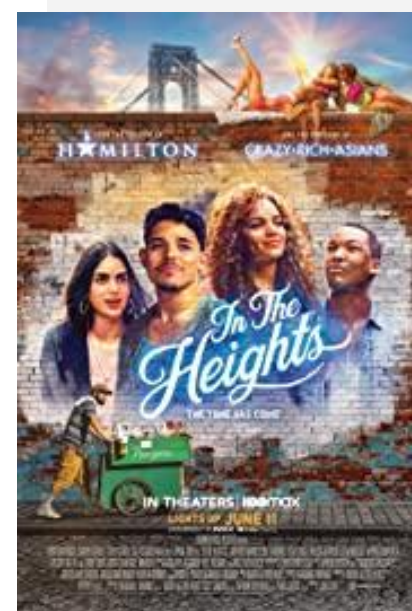
A Quiet Place II

With Halloween long gone, horror fans are always on the lookout for more horror based films, well luckily the wait is no more! *A Quiet Place 2* is the sequel to the *A Quiet Place* and looks upon the events that follow after the first movie with the Abbott family. Some flashbacks as to how this alien invasion/infestation occurred will also be within the film to help connect more dots and build up more suspense. This film may not be one of the creepiest films, but will certainly answer the many questions horror fans had after the first film, so keep an eye out for *A Quiet Place 2*.



In The Heights

If you're someone who enjoys musicals, then this remake of a musical into a film is perfect for you. *In The Heights* is based off of a musical made by Lin Manuel Miranda who also made the notorious *Hamilton*. The story is set in Washington Heights and explores the events that occur over the course of 3 days within this neighbourhood. Regarded as a great musical remake, this film is highly anticipated for 2021 especially after being released late due to the pandemic. However, there is no need to wait any longer as the film is set to release this June.



F9

The Fast and Furious series is one of the most beloved series of all time, and in 2021 another addition to the franchise is coming out known as *F9*. In this film, Dominic Toretto, played by Vin Diesel, must face his younger brother Jakob who is a deadly assassin. Due to Jakob's personal grudges, he works with Cipher, another one of Dom's enemies, in hopes to take down Dominic. This series was one of the series that many of us grew up with and seeing another addition to the Fast and Furious franchise is highly anticipated by many of us, so mark down the release date for the notorious *F9*.



Throwback Movies to Watch this Summer

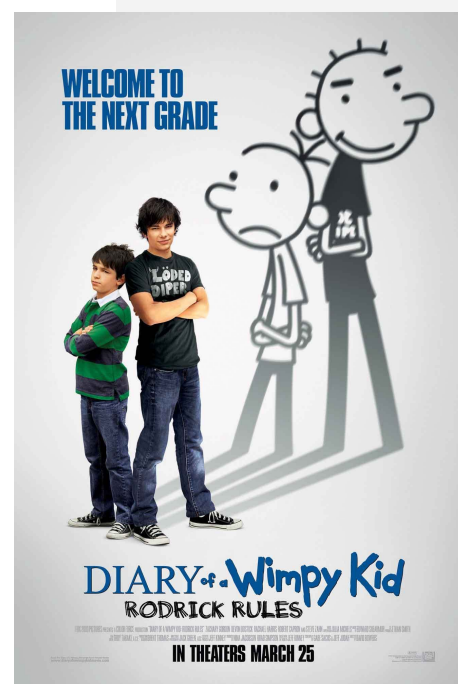
BY JOLOE MOJICA, GRADE 12

Here is a compilation of some great movies from my childhood. I recommend that you watch them this summer, they're all so entertaining and great for the entire family.

THE CLASSICS

1. *Diary of a Wimpy Kid: Rodrick Rules* (2011)

This one goes without saying. *Diary of a Wimpy Kid* was a significant part of some of our childhoods. This trilogy was memorable and funny unlike the newer one called *Diary of a Wimpy Kid: The Long Haul*... but we don't mention it. This movie is perfect for the whole family and is very enjoyable to watch. Devon Bostick, the actor who plays Rodrick, is an absolute gem. I will never forget the iconic line, "That's not me". Major shoutout to Steve Zahn who plays their father, Frank Heffley; he truly brought the character to life.



2. *She's The Man* (2006)

A movie that makes me feel nostalgic. It seems so perfect to watch during the summer. There is a lot of rewatch potential and remains relatively well-known. Amanda Bynes was crushing the acting game back in the early 2000's.



3. *Aquamarine* (2006)

The soundtrack for this movie is the bomb. Fun fact: I thought I was going to become a mermaid when I swam. Needless to say, I was disappointed to find out that my hypothesis was incorrect. I love this movie so much and I wish I could watch it for the very first time again!



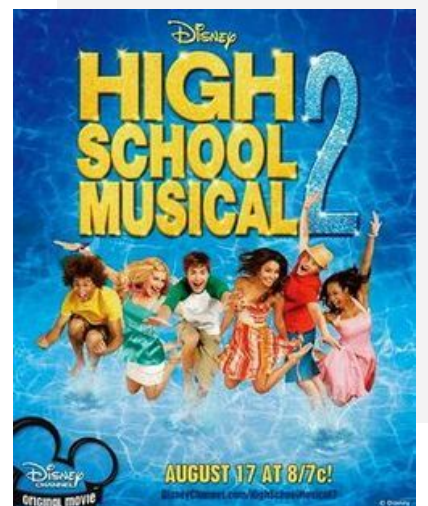
4. *17 Again* (2009)

One wish can truly change everything. Zac Efron plays Mike O'Donnell, a thirty year old man who transformed back into his 17 year-old self after wanting another chance to fix his life. I remember this movie vividly and it was certainly in the prime cringey comedy era, but we loved it nonetheless.



5. *High School Musical 2* (2007)

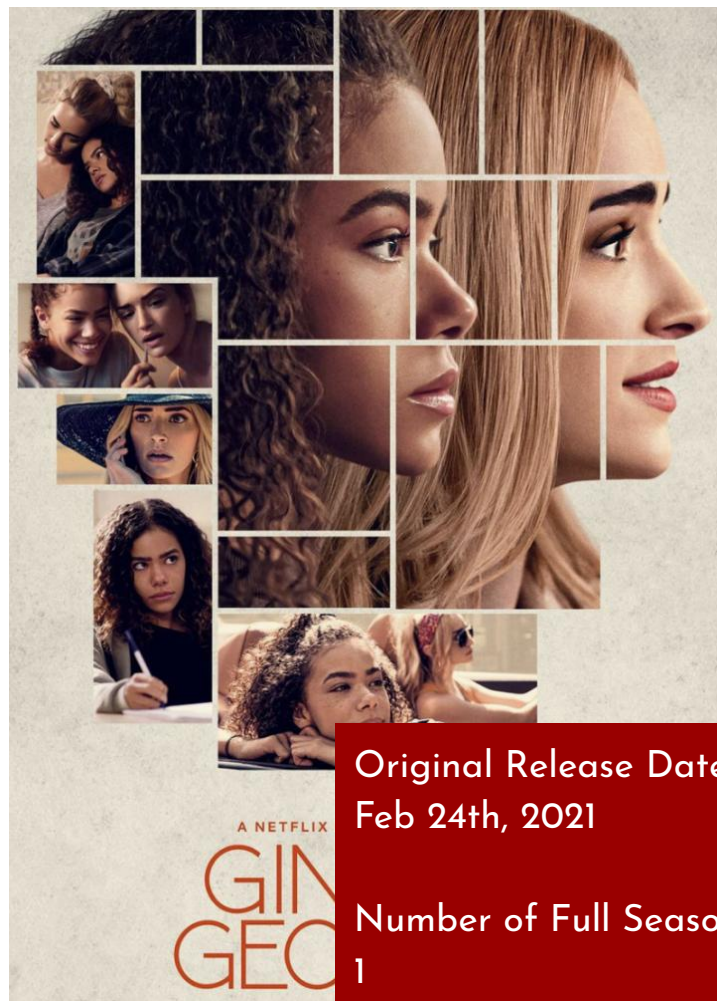
This is a classic for our generation. The song "All for One" sums up finishing another school year and moving forward into the summer break. The *High School Musical* trilogy will be remembered for many decades to come and has left a lasting impression. It has since become infamous and has resonated with a lot of people. I may or may not still listen to the songs...



The following five movies are some that I believe have not gained the popularity they deserve:

1. *Sleepover* (2004)
2. *Read It and Weep* (2006)
3. *Harriet the Spy: Blog Wars* (2010)
4. *Roxy Hunter and the Secret of the Shaman* (2008)
5. *Cadet Kelly* (2002)

I suggest that you watch them if you haven't already. Even if you did, maybe go watch them again!



Netflix Shows For Teens

BY ANGELINA COCHRANE, GRADE 10

Ginny & Georgia

Original Release Date:
Feb 24th, 2021

Number of Full Seasons:
1

Will There Be Another Season:
Yes

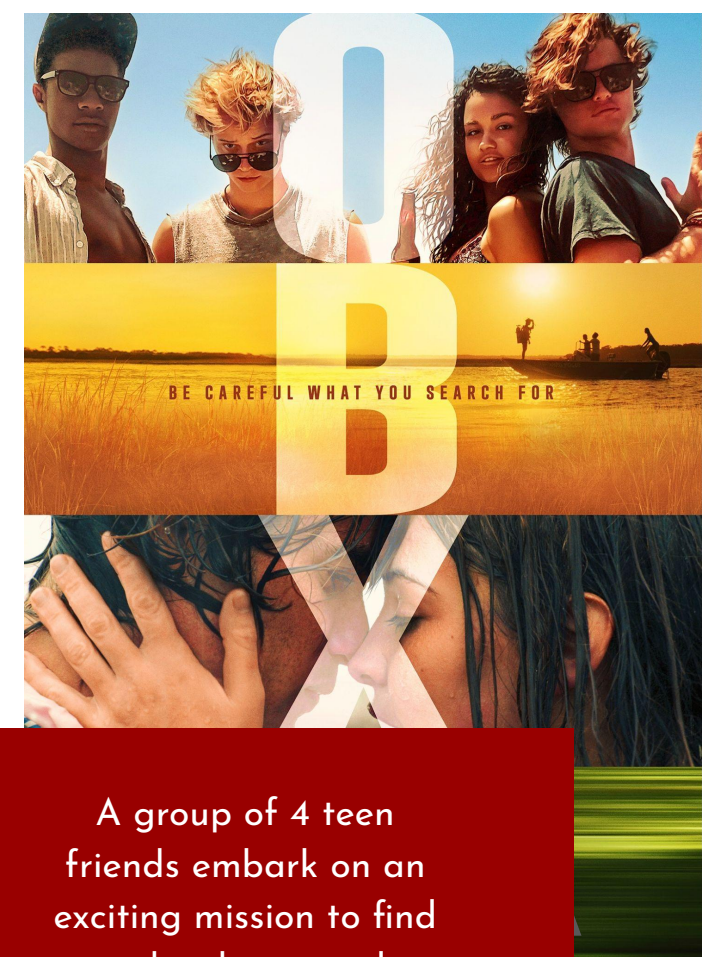
Expected Next Season
Release Date:
Unknown

Age Rating:
TV-14

This Netflix original tells the tale of a single mother Georgia and her daughter Virginia, also known as Ginny. As a child, Georgia lived in a very toxic home environment. As a result of this she decides to leave home, and gets pregnant at the age of 15.

Fifteen years down the road, she has two children, a son Austin and a daughter, Ginny. To get a fresh start, Georgia decides to move her son and daughter to a small town in New England, in which Ginny encounters multiple life struggles. Follow the mother daughter duo's life struggles & love scandals in this dramatic comedy.

OBX



Original Release Date:
April 15th, 2021

Number of Full Seasons:
1

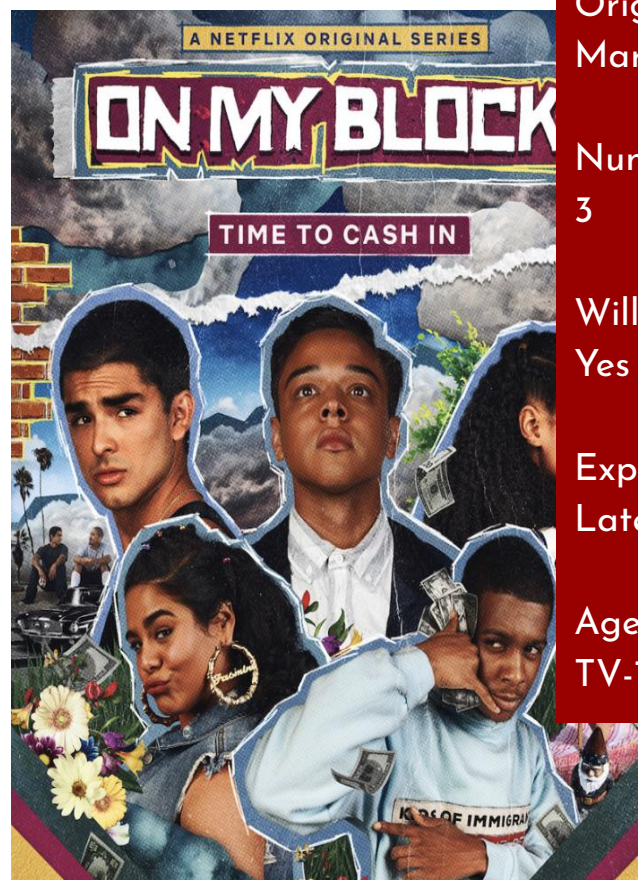
Will There Be Another Season:
Yes

Expected Next Season
Release Date:
Summer 2021

Age Rating:
TV-MA

A group of 4 teen friends embark on an exciting mission to find out what happened to John B (the group leaders) father.

When looking for what truly happened to his father, John B and his friends encounter many surprising events that lead to an unsuspected finale.



Original Release Date:
Mar 16th, 2018

Number of Full Seasons:
3

Will There Be Another Season:
Yes

Expected Next Season Release Date:
Late 2021, Early 2022

Age Rating:
TV-14

These teens have a normal life until they don't.

Follow the exciting journey of Monse, Cesar, Jamal, Ruby and Jasmin as they search for hidden money, live through shootings, get caught up in "street life" and get through high school.

This show is sure to keep you on the edge of your seat with its twists, turns and tragic events.

On my Block



High school musical the musical the series

Original Release Date:
Nov 8th, 2019

Number of Full Seasons:
1

Will There Be Another Season:
Yes

Expected Next Season Release Date:
In the process of releasing episodes

Age Rating:
TV-PG

for a group of students from the school where the High School Musical Movies were filmed. However, they have never done High School Musical as a Musical.

In the first season, you follow the students and the drama as they get ready for the opening night of their High School Musical: The Musical.

Original Release Date:
Apr 16th, 2021

Number of Full Seasons:
0

Will There Be Another Season:
Unknown

First Season Release Date:
In the process of releasing episodes

Age Rating:
TV-PG

When Marvyn Korn's College Basketball Coaching Career goes south, he is sent to coach a private school girls basketball team.

Watch Marvyn and the team grow as they go through challenges and grow as individuals with the help of each other.

Big shot



“

Make your life a masterpiece;
imagine no limitations on what you can be, have, or do.

”

- Brian Tracy



Local & BR

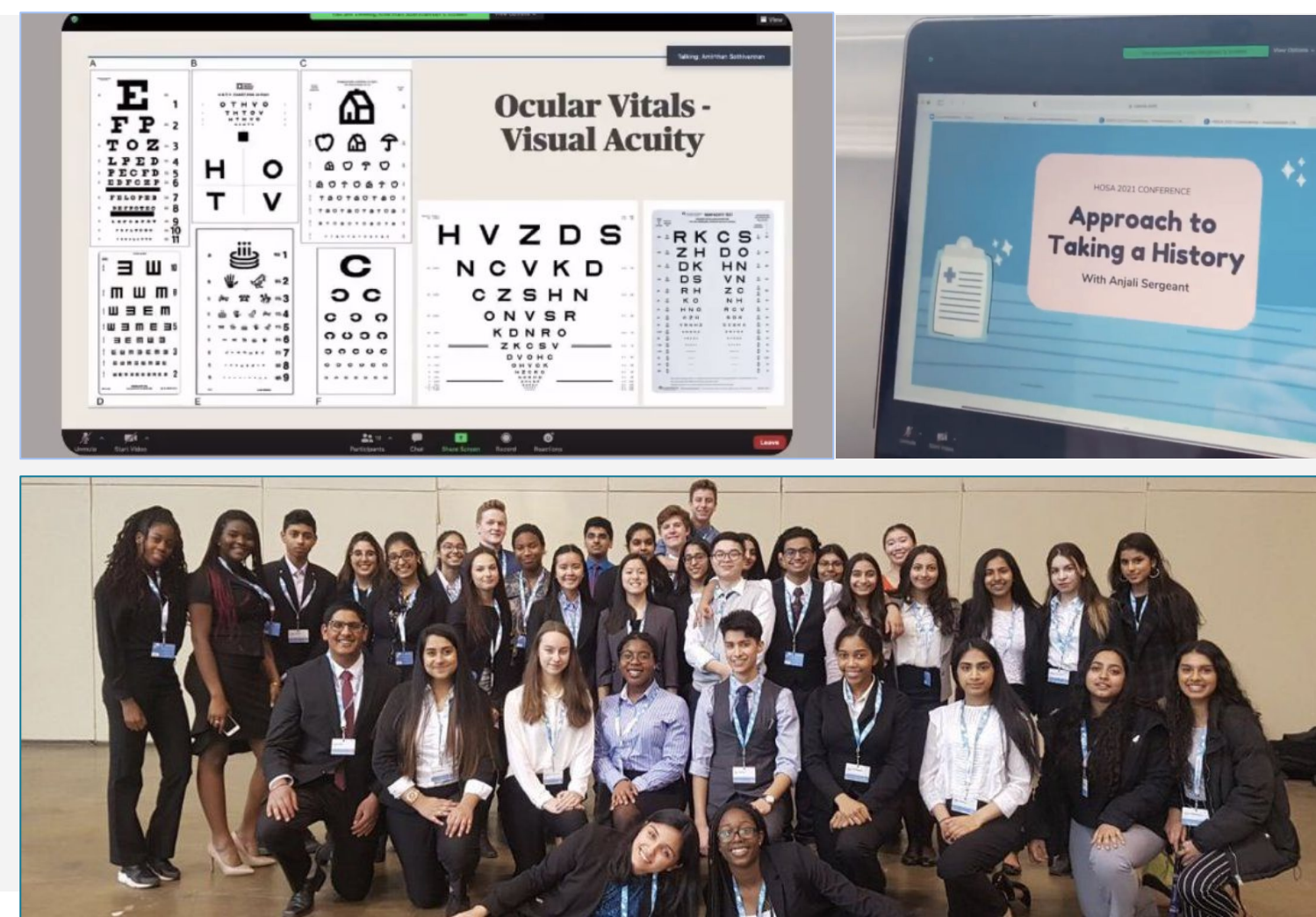
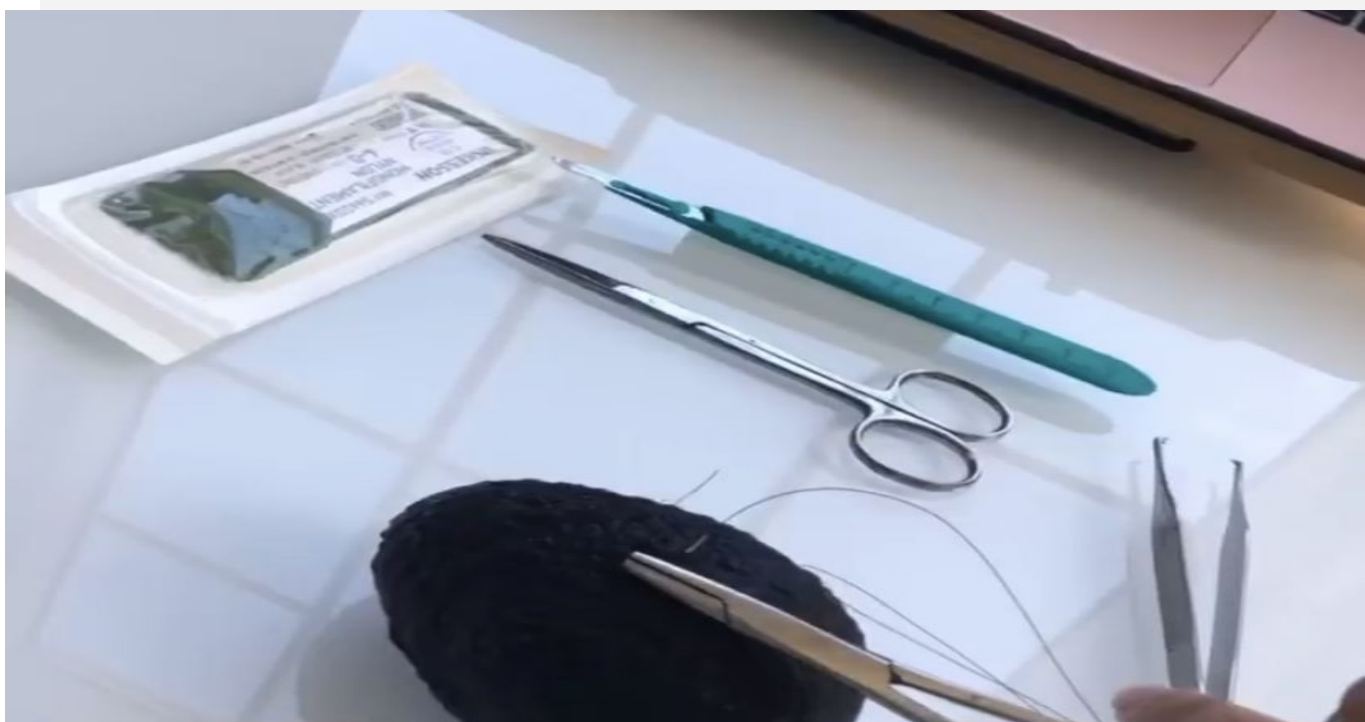
NEWS

The HOSA Spring Leadership Conference

BY TANISHA LAHANE, GRADE 11

What is HOSA?

HOSA is a large non-profit organization directed towards students interested in pursuing a career in the health sciences field. The organization hosts an annual competition where students all over Canada compete in an event of their choice. There are various options that can cater to your interests such as Forensic Science, Sports Medicine, Clinical Nursing, Veterinary Science, and Medical Law and Ethics, just to name a few of the 30 available. The events have different formats, with some only consisting of written tests, some a combination of a written test and a skills test, some were submission based and others had presentations. Every event offers different opportunities and there are a variety of skills you could take away from the event you choose to participate in. HOSA is a great way to build your teamwork, leadership, and communication skills. The competition preparation process is heavily centered around independent studying and this really strengthens one's organizational skills as well. HOSA is an established and prestigious organization so gaining recognition through the organization at a national or even international level could potentially be beneficial when applying for post secondary education.



HOSA SLC 2021

This year with HOSA being conducted entirely online, there was also a trial conference in the fall which took place from December 6 to December 12. Due to the new and completely virtual format, the fall conference gave the organization and competitors a chance to get a feel of how the actual event would play out in May.

The 2021 HOSA Spring Leadership Conference was held from May 1 to May 9. Preparation for SLC started late October in 2020. Each event was assigned a trainer that participated in the HOSA chapter at BR in previous years. The trainer would guide their respective trainees during weekly meetings by creating timelines for studying the content or incorporating interactive activities like quizzes or kahoots to help them practice what they learned. The HOSA organization had some great workshops and guest speakers lined up for the conference week. The opening ceremony's keynote speaker was Dr. Azad Mashari who is a cardiovascular anesthesiologist at Toronto General Hospital and Director of the Lynn and Arnold Irwin Advanced Perioperative Imaging Lab. Some of the workshops offered included: Coding in Healthcare, The Eye Exam, Suturing, Social Justice in Healthcare, Reading an MSK X-Ray, and many more!

Akanksha S. (The Head of Marketing & Public Relations of the HOSA chapter at BR) talks about her experience with the workshops, "My favourite part were the workshops! There were so many different ones to choose from and it was cool meeting all the med students that were leading them." To add on, Vice President Mustafa S. says, "I had a great time at the conference not only in the competitive events, but the workshops as well! There were so many opportunities to explore different healthcare fields/careers."

Why should you join HOSA next year?

Co-president Karolina S. says, "HOSA is a great opportunity for those not only looking to expand on their interest in healthcare, but also to be a part of a community!" The HOSA chapter at BR welcomes everyone and is made up of passionate and friendly students who are always there to help you along the way! The application process for HOSA next year is not yet clear since it is too early to determine if the conference will be in-person or virtual. If it is virtual then anyone interested who registers and pays the fee can participate in the event of their choosing. However if it is in-person, there would be a limit to the amount of participants due to transportation and the number of people the organization allows each school to bring to the conference. Regardless of the situation, if you are interested in extending and exercising your knowledge of the health science field then look out for general team applications later this year in late September or early October.

Check out their Instagram [@br.medsci](https://www.instagram.com/br.medsci) or Twitter [@BRmedsci](https://twitter.com/BRmedsci) for more information and updates!

"The HOSA chapter at BR welcomes everyone and is made up of passionate and friendly students who are always there to help you along the way!"

A Completely Factual Recount of the HCDSB's Flag Decision

BY DANICA CARATAO AND
JILLIAN D'MELLO, GRADE 9

On Monday, April 26th, a “Special Board Meeting” took place, which can be streamed on YouTube (HaltonCatholicDSB), to discuss whether or not the pride flag should be raised at HCDSB schools and the Catholic Education Centre. This Motion of Notion was presented by Trustee Agnew, on behalf of the students that reached out to her concerning this request. “Our schools should be a safe space for anyone that walks through the doors”. This motion also included HCDSB staff and students receiving mandatory education on the inclusion of students identifying as 2SLGBTQ+.

During the meeting, Student Trustee Kelly informed other trustees that, “A petition that I started [in support of raising the pride flag] about two weeks ago has gained 15,390 signatures. Are we going to let all of these supporters and advocates down this evening?” Her rhetorical question seemed to have no effect, as that is precisely what the HCDSB trustees did.

The pride flag symbolizes solidarity, inclusion ,and acceptance and is a visible cue for 2SLGBTQ+ that they are in a safe place, surrounded by allies. Why was this not the objective– students feeling comfortable to be themselves at school?

Several students took to Twitter and other forms of social media to express the disappointment and frustration they felt with the board’s decision. The HCDSB Student Council Presidents acknowledged this in a letter declaring they will do better “as the future generation of leaders”. They too hope that the HCDSB administration will take into consideration the consequences of this appalling decision.

On a positive note, the HCDSB schools took this opportunity to assure 2SLGBTQ+ that they are accepted. Bishop Reding, specifically, shared the pride flag below to their Twitter.

To conclude, the HCDSB’s refusal to raise the pride flag has led to countless disheartened members of the 2SLGBTQ+ community. We are called to embody the Catholic faith. We are called to support our brothers and sisters, despite our differences, in respect of the Catholic Social Teachings.

Looking Ahead...

65

Derek Chauvin’s Trial

69

How the Reigning Champions Lost in the First Round

Senior Perspectives: Life Advice, Pandemic Experiences and Career Stories

BY: THIRANDIE SEMAGE, GRADE 11

Life advice is something we all seem to be constantly in need of, and who better to ask than the amazing individuals who have encountered the turbulent and exciting journey of youth and adulthood. With June being National Seniors Month, this felt like the perfect time to share the perspectives, life experiences, and advice of Senior Residents of Milton. From first jobs to friendship advice, I believe the stories of these Senior interviewees will inspire our readers, especially the graduating class who are entering a new chapter of their lives. Happy Seniors Month to all the amazing seniors out there!

Resident #1: Lynn Zajdner

Background Information: Canadian-born Asian; served 3+ years in the CDN Naval Reserves, six of those months at Regular Armed Forces level.

Favourite hobby: Reading, outdoor walks ... equally.

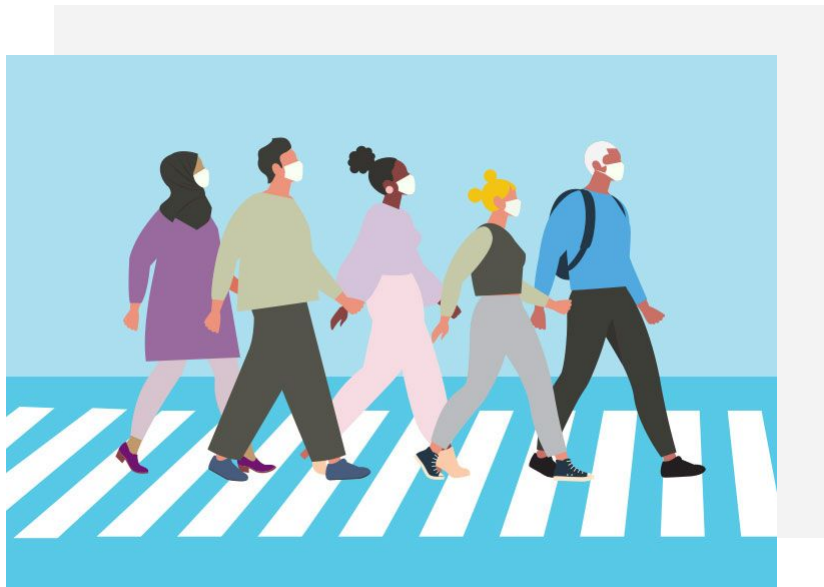
Favorite quote: (a) “Try to be a rainbow in someone’s cloud.” - Maya Angelou
(b) “My mission in life is not merely to survive, but to thrive; and to do with some passion, some compassion, some humour and some style.” - Maya Angelou

Favourite memory: Having recently [experienced] the loss of my four-legged little girl, the memories that bring me the warmest smiles (sometimes with a few tears) are the happy moments of her silliest, smart adventures.

What are you most proud about in your life?
Being a survivor of two brushes with death... first, recovery from a disastrous car accident (passenger) which left me with [a] medically termed “catastrophic acquired brain injury” and secondly, a breast cancer survivor.

How has the pandemic affected your life?

I have been concerned for myself only indirectly because of how some/ a few people either did not recognize the level of seriousness COVID-19 is as per the world’s leading Infectious Disease / Health specialists or self-diagnosed that they were “immune”. Since Covid was declared a pandemic in 2020 March, I have been following strict Covid protocols in my senior's retirement residence “bubble”, talking to family and friends on video calls, not in person. This is how everyone should be living to help give Covid [no one to infect and nowhere to live]! I am seriously fine with restrictions, praying that my family, dear friends and I will enjoy “normalcy” again. I fill my days with activities I enjoy: walking my beloved dog (until June 28 when she crossed the Rainbow Bridge), reading, colouring, playing brain-stimulating online games and knitting.



Have there been any challenges during this pandemic period - if so, do you have any advice for how you handle these challenges?

My answer to self-challenges during the pandemic period has been to stay mentally and physically active.

What has your work/ career journey been like? What was your first job?

My first job at age 12 was working for a family friend’s restaurant as a waitress ... underage so no income tax charged LOL ... made \$0.71 an hour! As a university graduate in Computer Science, I started my professional career as a programmer analyst working for Shell Canada. I continued working as a computer analyst for eight years before I left IT. Not sure what career path I wanted to continue in, I started contract work in advertising sales, working first for the Globe and Mail (Toronto H.O.).

When that contract ended, one of my clients was McLean Hunter publishing... I was asked to come for an interview and was hired onto their group of IT magazines in advertising sales. When my magazine was sold to another publishing house, I followed but was not happy with the new employer. Then, within a month, I received a call from a man who claimed to be Marketing Director for an International Computer Distribution company, asking if I would be interested in coming for an interview. I seriously thought it was a joke [done] by one of my friends who knew I was not happy with the new employer.

But when the director told me he had received my name from a person who had been a client of mine at McLean Hunter, I knew it was not a joke. Long story short, LOL, I happily finished my working career at the Canadian arm of the International Computer Distribution company working as a marketing publications manager.



What education path did you select, and did you stray away from that field?

Bachelor of Computer Science graduate. My thoughts in the above question [contain] details about my career path/deviations.

What advice about friendships and relationships would you offer to young people?

Hmmm... friendships and relationships... all interactions with another life is under the umbrella “relationship”. For me, there are essentially two forms of friendship: true friends and acquaintances. Both types require me to feel respect for them ... otherwise, I suppose a third grouping of friends would simply be “knowledge of their existence”. A true friend is someone whom we share mutual “unconditional” love and trust with; someone who will always support you; you can count on to be there through both happy and bad times.

What would you tell your high school self if you were to write a letter to yourself?

Do not expect perfection/a fantasy ending ... that is not to say you should not set your goals high and [reach] for the stars, but realize that dedication, diligence, intuitiveness and perseverance are required to succeed. Be aware there is competition, possibly unfriendly, even hostile. Finally, there will be happy surprises.



What aspects of young people do you find most interesting nowadays?

Since moving to Milton 4 years ago, I personally did not have much interaction with anyone younger than 25. My opinion [of] the majority of the millennial generation was that they were spoiled. For kids younger than 25 years of age, I only had opinions from multimedia ... again mostly spoiled. Of course, I learned of some phenomenal inspiring youth heroes, for instance: 17-year-old Swedish climate change activist Greta Thunberg and Malala Yousafzai, a passionate advocate for women’s education.

It has only been [through] the closer interaction and friendship with my high school pen pal through the Milton Library Grandpal program that I have renewed impressions and hope for humanity’s future. I have been impressed that the youth does “give a damn” about the condition of the world; as future leaders, they are inspired, they seek knowledge [and] they have the power to change the world, one person or one community at a time!

Do you have any advice that you would like to share with young people?

We have all seen how horrible humanity can become. Please do your part to help make this a better world for everyone to live in. Be kind, be generous and show compassion and love. Hope, be a changemaker; an earthly angel. Be aware [of] how our world is changing, heading for destruction. The pandemic has greatly illuminated the fact that we will always need to make sacrifices. It has also highlighted the fact that we should live and show love for today, because tomorrow may never come. As you graduate from high school into college/ university, keep your doors open to your interests. As I have found, you never know what door will open for you so be prepared [as much] as you can. Much happiness, success and health to you in all your futures.



Resident #2

Background Information: I am a resident of [an independent living] Retirement home in Milton. I have been here for nearly two and a half years. My husband and I are on the third floor in a two-bedroom suite. This will be our fifty-seventh year in June to be married. I have three children and four grandchildren.

Favourite hobby: I have many favourite hobbies. Not sure which one I like the best. I spent a lot of time reading. I have read every Danielle Steel book that she has written. I like to knit, crochet, I have done quilling and made jewellery; I have done some cross-stitching, needlepoint and many jigsaw puzzles. There are many games I play on my Ipad also. Right now I have an [alfgan] on the go and [a] jigsaw puzzle and a book. I don’t have a hard time filling my day.

Favorite quote: My favourite quote from the Bible: Matthew 7: Verse 7-8: “Ask, and it shall be given you; seek, and you shall find; knock, and it shall be opened to you. For everyone who asks receives; and he who seeks finds; and to him who knocks it shall be open.”

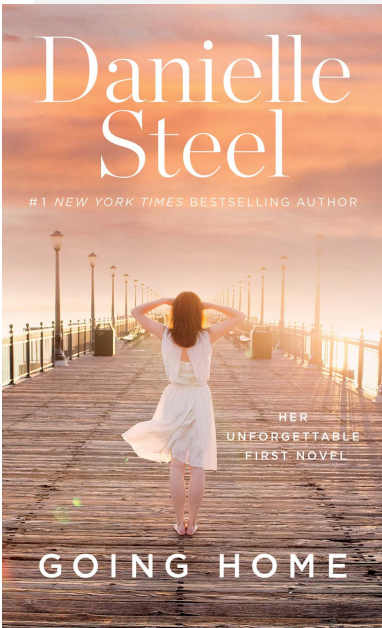
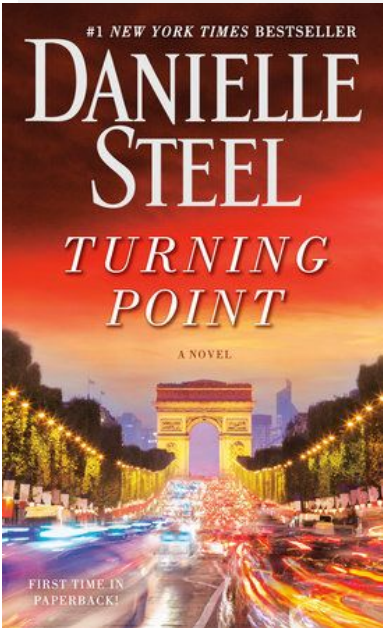
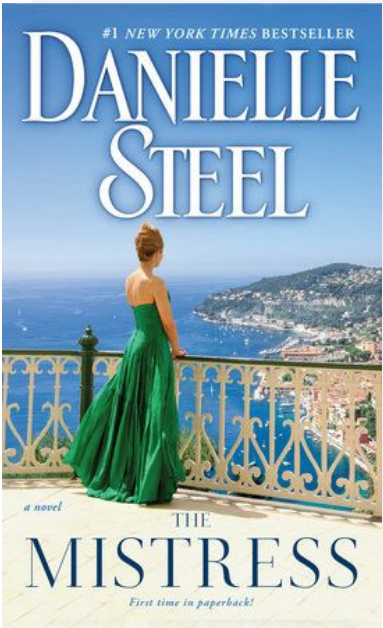
Favourite memory: I have a lot of great memories that I just can’t pick one. My marriage has been good and I have many memories over the years. The birth of my children and also my grandchildren are all great memories.

What are you most proud about in your life?

I am proud of being a Christian and it means a great deal to how I cope and get through each day. It means a lot [about] how I do and love from day to day.

How has the pandemic affected your life?

I think the pandemic affected all our lives. The hardest part to accept was not being able to see and spend time with our grandchildren and children. I was luckier than most people here at Birkdale because I still have my husband. We had each other during our shutdown. The one good thing about the lockdown was that we spent more time just one-on-one so that made us closer.



Have there been any challenges during this pandemic period - if so, do you have any advice for how you handle these challenges?

There were of course a lot of changes during the pandemic for everyone. We all had challenges and we had to learn to be thankful for what we have here at [independent living retirement home].. During our outbreak, we were confined to our rooms and we couldn't even go next door to do our laundry. The staff who stayed with us during the pandemic outbreak here were just wonderful and treated us well and they did all they could to make things easier for us. We had to learn to meet our challenges and make the best of the scenario. We spent more time on the phone with our family and friends than we normally do. I had so much to be thankful for, I tried not to complain and to be thankful for so many things.



What has your work/ career journey been like? What was your first job?

My first job was babysitting which was during the summer between grades 10, 11 and grades 11-12. I babysat three children, fed the whole family and did the housework and washing. It was quite the challenge for someone sixteen years old.

I worked as a ward attendant after I got married. This was in the hospital in Toronto. I did this until I had our first child and was fortunate to be able to stay home with my children until they were in high school. At that time, I worked as a dental assistant then a pharmacy assistant. When we moved down here to Milton, I went back to school. I took my Personal Support Worker at Sheridan to get a job at Allendale and worked there for twenty years until I retired in 2010. I have enjoyed my retirement and kept myself busy.

What education path did you select, and did you stray away from that field?

Getting married right out of high school, my education came to a halt. I got trained on the job as a dental assistant and again when I worked as a pharmacy assistant. Then when we moved down to Milton I took my PSW at Sheridan.



What advice about friendships and relationships would you offer to young people?

You don't have to have a lot of friends, having a few really good friends is more important. Have respect and be honest with your good friend and expect the same from them. You will always make good friends no matter where you live. I have lived in over ten different places. In Ontario and one in Quebec. I made good friends no matter where I lived. Don't let your friends change your beliefs, be true to yourself and follow your dreams.

What would you tell your high school self if you were to write a letter to yourself?

If I was in high school today, I would tell myself to: try and get an education in whatever you decide to do in your life. Enjoy yourself while you are young; you think life is harder at your time in your life, but it gets harder the older you [become]. Covid has made it a lot harder for you today.



What aspects of young people do you find most interesting nowadays?

I enjoy young people and spend a lot of time talking to them. We have become close to many of the younger staff that work here. I love to hear all about their lives, their loves and their hates. I even have some of the staff text and call me just to listen to them. They can be very dramatic and aren't afraid to express themselves. Young people today do not have an easy time and the Covid outbreak has not made it easier for them. I can just say to them, things will get better. Have faith!

Do you have any advice that you would like to share with young people?

Whatever you choose in life, do the best you can and be the best you can whatever your choice of road you take as long as it is honest and not against the law.

"Do the best you can and be the best you can"

Resident #3

Background Information: I am a 79-year-old woman who lives in a very nice seniors residence in Milton. I moved to Milton from Acton six years ago when my physical disabilities made moving necessary. I am very disabled and move around in my electric wheelchair. I have a great older brother and a very supportive sister-in-law. I treasure them both. My parents were Irish and they raised me in a loving Christian home. I love them dearly and wish they were still here with me today. My dad passed away suddenly when I was nine years old ... I remember it like it was only yesterday. I was in grade 4 and my teacher sent roses. I mentioned this to show you that life passes by so very quickly. It [feels] like it happened yesterday.

Favourite hobby: I love to sing. I led the school choir for many years. I also sang in my church choir and at church services. I especially love to sing the lovely meaningful old hymns in praise to my Heavenly Father.

Favorite quote: My favourite quote is from the Bible: "Be anxious for nothing, but in everything. By prayer and supplication, with thanksgiving, let your request be known unto God. And the peace of God passes all understanding will keep your hearts and minds Christ Jesus." - Philippians 4:6-9

Favourite memory: Times I've spent with my family and friends. Going home in the car with my new dog on my lap. Times I've spent with my dogs and cats over the years. The thousands of hours spent at church (worshipping my saviour, teaching Sunday school, leading Bible studies, participating in Bible studies, singing, praying, conferences). Having friends in my home. The hundreds of hours at church worshipping my Lord and Saviour, leading studies, speaking prayers, laughing, leading Bible study conferences... much of the prior with family or friends.

What are you most proud about in your life?

I think I was a good daughter (most of the time). I think I was a good teacher who believed in the importance and value of play in children's education. I taught at the same wonderful school for 35 years. I was named "Teacher of the Year", being honoured at a wonderful ceremony on the field at Toronto's SkyDome! Seeing my name on the Jumbotron was exhilarating. I also taught at York University in Toronto for nine years.

How has the pandemic affected your life?

Imagining the horrible suffering of COVID-19 patients as seen on TV news reports, and when I think of the many places where there is no available help, I feel terrible sadness. I had Covid during the first wave along with many seniors at my residence. I suffered a very sore throat for several days. Saddened that we lost three residents. Missing visitors. Wearing a mask prevents seeing someone's entire face/expression.

Have there been any challenges during this pandemic period - if so, do you have any advice for how you handle these challenges?

Watching all staff suit up into protective gear before entering your room. Missing the help of a personal support worker, you appreciate and recognize how valuable they are. Generally, more studies ahead of time as to what works/needs to be done in a pandemic ... [for example], basic actions for when a pandemic will happen again in the future.

What has your work/ career journey been like? What was your first job?

My first job was at the age of 15 working in a gift shop. I really enjoyed being able to see and touch items too expensive for my family to purchase. This was a good job for me. I went to Teachers College in Toronto for one year, and then was hired by the Toronto Board of Education. I then began my teaching career. I taught at the same Toronto school for 35 years. I had to travel from Acton to Toronto for many of those years (5 modes of transportation there!). I loved my job. I also taught at York University for nine years.

What education path did you select, and did you stray away from that field?

Teachers college for one year. Many nights and summers taking courses at the University of Toronto, earning a Bachelor of Arts degree. I remember how much work was required as I do not have the funds to attend university full-time. I took summer courses to become an early childhood educator. After ... I started teaching at York University.



What advice about friendships and relationships would you offer to young people?

Friends are so valuable. Be a good and valuable friend, supportive, helpful, truthful; think of consequences before acting. Have a good relationship with [your] parents. Learn from their life experiences. Respect your elders. Seek help when you are bothered by someone or something. Be open to your feelings.

What would you tell your high school self if you were to write a letter to yourself?

Enjoy yourself; you are young only once and time passes by so quickly. Do your best in school. Open your mind to learn; complete assignments on time. Take advantage of museums, art galleries, etc. Take care of yourself. Eat nourishing foods, exercise and get your sleep. Be kind to people and animals. Own a pet and treat them well. Be kind to [your] family. Have faith in God; pray. Laugh lots; be helpful. Put your cell phone away and talk to your family. Respect your parents. Travel, see the world and its people.



What aspects of young people do you find most interesting nowadays?

How they seem to be born interested in and so quick to learn new technology and computer skills. They desire, almost need to have and use their phones. It is like their phone is their best friend and they cannot be without it ... like their phone is their God.

Do you have any advice that you would like to share with young people?

You are unique and wonderful, the only you in the entire world who is or will ever be. You are needed. God formed you in your mother's womb and God loves you so much. Remember that there is more to life than computers, phones, texting, messaging etc. Do what you can to make this world a kinder and safer place for both people and animals. Reduce, reuse and recycle. Spend time outdoors enjoying the beauty and wonder of God's handiwork. Be a good friend, appreciate family. Spend time together, eating meals without cell phones at the table. Develop good work and study habits. Be a person who shares time, energy, food etc. with others. Learn to watch where you [are] going. Be thankful. Laugh. Be kind, so very kind to children ... raise them with love, teach them to be loving and kind, let them pursue their own dreams. Encourage, enjoy them, protect them and keep them safe. Your body is a miracle and it is sacred and yours alone. Travel, see the world. Share lots of books with children. Love God, open your heart to him and read his word. Pray. Smile lots ... it is important and works wonders.

“

“All it takes for generosity to flow is awareness. By actively pursuing awareness and knowledge, we can make choices that cause less harm and greater good to others in the global community of our shared earth.”

”

Zoe Weil



World

NEWS

The Derek Chauvin Trial

BY: SEPHRAH LUKE, GRADE 10

Trigger Warning: This article contains mention of murder and death

On May 25th, 2020, the world witnessed the horrific murder of George Floyd through the lens of Darnella Frazier's camera, a witness on the scene. This act of murder was committed by former Minneapolis white police officer, Derek Chauvin who knelt on the neck of George Floyd for over nine minutes while Floyd desperately called out for help.

The death of George Floyd is what sparked one of the largest social movement protests all over the world. George Floyd is not the first African American to die at the hands of the police. Eric Garner, Tamir Rice, Michael Brown, Daunte Wright and many more people of colour were also killed by police officers. The protests that occurred in May and June for a couple of weeks were a desperate call of help, frustration, and anger from the Black community to stop the injustices directed towards POC. With these protests, the world saw a step towards justice when the trial for Derek Chauvin was announced.

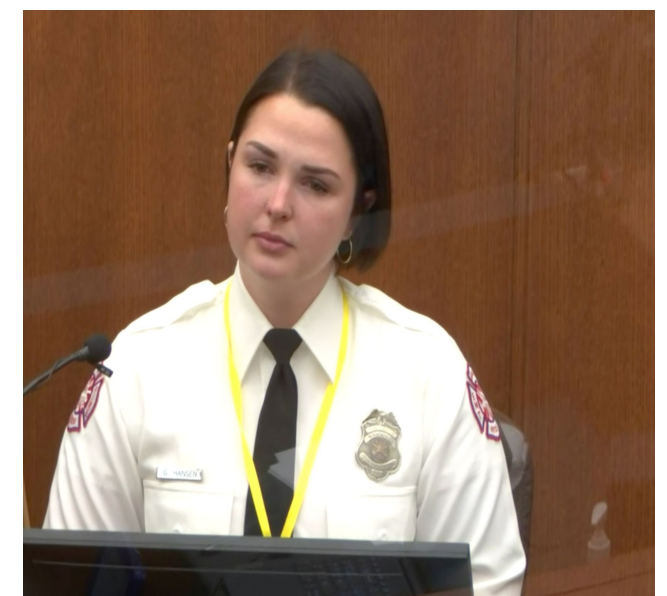
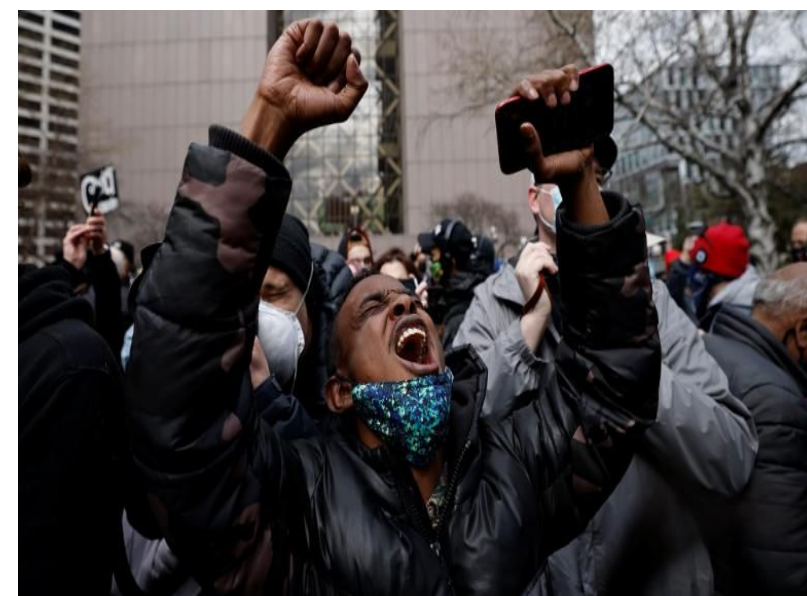
Here is a brief overview of what occurred at the Derek Chauvin Trial:

What Happened at the Trial?

The intense, emotional, and profound trial began on March 29th, 2021, and lasted three weeks. During those three weeks, the world was on edge as they watched some of the most impactful and touching witness testimonies. Prosecutor Jerry Blackwell gave the opening statements on the first day of the trial. In his opening statement, he explained how Chauvin demonstrated forceful behaviour when he used excessive force on the neck of George Floyd, causing his death. We later watched the powerful testimony of Donald Williams II, another witness at the scene who explained the horrific details of what he witnessed, and how he urged Chauvin to remove his knee from Floyd's neck. Williams told the court that as a longtime martial arts fighter, he recognized the motion that Derek Chauvin used on George Floyd. He explained how the 'blood choke' can lead to someone losing their consciousness. "You see Floyd fade away like the fish in the bag," he told the court.

On Tuesday, March 30th, another brave witness, by the name of Darnella Frazier stepped up to the court to give her testimony on what she witnessed. Darnella Frazier, was 17 (now 18) when she witnessed the murder of George Floyd. She explained to the court how she felt helpless, and powerless while filming the video of George Floyd that later gained the attention of many all over the world. "When I look at George Floyd I look at my dad, I look at my brothers, I look at my cousins, my uncles because they are all Black," said Frazier. This is a compelling statement that many people of colour can relate to, as they fear for their lives when approached by the police. The second day of the trial ended with another striking testimony given by Genevieve Hansen, a firefighter who was off duty when she came across the scene. She explained to the court how she tried to alert Chauvin of her experience as a firefighter, and how George Floyd was in need of critical help. "There was a man being killed, and I would have been able to provide medical attention to the best of my abilities, and this human was not provided that right," she told the court.

Now, these are only three of the 44 testimonials that were presented in the trial. Many more like Christopher Martin, Dr. Martin Tobin, Shawanda Will, and Seth Stoughton (younger brother of George Floyd) stepped forward and made powerful statements in favour of George Floyd and his unjust death. These compelling testimonies throughout the rest of the trial ultimately lead to the jury's verdict.



Verdict Outcome and Derek Chauvin's Possible Charges

The verdict was finally announced on April 20, 2021, after two days of waiting for the jurors to make their decisions. Many from all over the world tuned in to watch the live announcement of the jury's decisions. The jury deemed that Derek Chauvin was guilty on all charges. Second-degree unintentional murder, third-degree murder, and second-degree manslaughter were among the charges, which entailed maximum jail term of 75 years. As the charges were announced, a masked Derek Chauvin was shown, and he appeared impassive and emotionless while the jury instructed for him to be taken away in handcuffs (his bail was also revoked). The jury then announced that the official sentencing would take place in about 8 weeks from April 20th.

The Aftermath of The Trial

After the announcement of the trial, Floyd's family cried tears of joy. Philonise Floyd told reporters, "I was just praying they would find him guilty... As an African American, we usually never get justice." The Floyd family received support from everyone worldwide including Kamala Harris and Joe Biden who later reached out to the family. Biden also addressed the nation by saying, "Nothing can ever bring their brother, their father back, but this can be a giant step forward in the march towards justice in America." Many people also took to the streets to express their joy over the outcome of Derek Chauvin's trial, which marked the first time in a long time that police had been held accountable for their actions.

While the Derek Chauvin trial resulted in a good outcome, justice was not completely served. A man still lost his life and many people of colour continue to lose their lives at the hands of the police. This trial can be viewed as a wake-up call to continue speaking out on issues that affect the dignity of human life.



AN EXODUS WITHIN CALIFORNIA

BY: ZOHA ALI, GRADE 10

Many around the globe can agree that these past years have led to some record breaking disasters, from viruses to natural disasters and even a new exodus for the world to experience. This exodus occurred in the U.S, specifically in the state of California. For those who are unaware, an exodus refers to the departure or migration of a large number of people, and these past years have indicated signs of an exodus occurring in California.

With California's cost of living increasing over the years, many were bound to move naturally, however at the cause of the pandemic these statistics have taken a turn for the worse. Reports have shown that nearly 650,000 people reportedly moved away from the state, with only a 0.05% growth rate to the population. Many influential people such as the CEO of Tesla, Elon Musk, and Hollywood stars have also taken a leave from the state, along with major companies such as Tesla, Oracle, Palantir and Hewlett-Packard Enterprises. Many claim that this occurred at the cause of heavy taxing and stricter regulations put in place for these businesses in California. Other businesses claim that because of remote working available for many workers, it is now easier for businesses to take a leave from the state as compared to previous years. Regardless of the reason for leaving, the movement of such major companies indicates a decrease in higher paid jobs in the future within the state of California ultimately ruining their economy even more. For many residents this is a grave concern, however does this affect the world on a global scale? The answer is yes! Such a fact should be a concern for many others as California is home to major technological companies, entertainment businesses, and is a connection from the U.S to the pacific rim and the Asian market. This puts California's economy to the fifth largest economy in 2019 with nearly 3 trillion dollars. However with major companies deciding to relocate, the economy for California is bound to drastically change.

This now poses the question of how the future might look for these residents within California. Statistics have shown that many workers will opt to work from home while emigrating to another state with a cheaper lifestyle to offer such as Texas. Such a fact clearly shows that in search of an affordable lifestyle, many have chosen to move from the state of California ultimately creating a modern exodus for the world to witness in these recent years.

HOW THE REIGNING *Champions* LOST IN THE FIRST ROUND

BY KEVIN DANIEL AND ASHWIN KRISHNATHASAN, GRADE 12

Looking back a year from now, we witnessed the LA Lakers coming in and dominating the NBA Bubble in Orlando. But, times have quickly changed, and they went from having a historic season to barely making the playoffs, and being knocked out in the first round. The swift demise of such a dominant team cannot go unnoticed, and there are many clues that lead to this reality. First and foremost, during normal seasons the NBA Finals often occur in mid-June, like it is now, and subsequently they get 4 months of rest until they have to start playing again in November. But last year the Finals ended in October due to the circumstances that the COVID-19 virus brought, and to fix the schedule the players had to start playing again in December. Players were only able to gain a little over a month's worth of rest, a quarter of what they usually get. Since the Lakers played till the very end of October, they didn't get much time to fully recover. This flows into the next reason, a lack of rest causes a plethora of problems, and the most dangerous of them all are injuries. This year alone, the Lakers were evidently more prone to injuries, and Anthony Davis arguably got it the worst. Davis was only able to play 36 of the 72 games in the regular season due to injuries. Even during the playoff matchup against the Phoenix Suns, he was rushed in to help the team, but ended up hurting himself with a groin injury. With the loss of Davis many gaps were created in the Lakers offence and defence, allowing for the Sun's center Deandre Ayton to dominate in the paint, and place a heavier scoring load on LeBron. Since Davis was absent, it allowed the Suns to double and triple guard LeBron, as he was the main facilitator and scorer for the Lakers. In this tough season even the King, LeBron James, was not safe from injuries. Earlier in the season he suffered an ankle injury while playing the Atlanta Hawks, thus only allowing him to play 46 of the 72 games. This injury plagued him all throughout the series with the Suns, as he was visibly seen to be slowed down, and was not playing at the same caliber as he was last year.

All the injuries and absences caused the Lakers to lose more games than usual, which led to them being placed in the 7th seed, and therefore had to face the fierce second seed Suns teams, lead by the veteran Chris "The Point God" Paul. Normally the roles would be reversed, where you would see the Lakers taking on the role of a higher seed, and facing a much weaker opponent. Moreover, the Lakers lost a lot of men from the time they won last year to losing in the playoffs this year. They lost many big players like Dwight Howard and JaVale McGee who gave the team more size, and could have helped with their interior defence problem they had with the Suns. The team also lost an experienced point guard in the form of Rajon Rondo, who was arguably the x-factor for the Lakers last year in their championship run. But, when people go other people must come in their place, and the Lakers did a poor job of recruiting better players, all of which were incredibly disappointing this season. Some of the additions include former Raptor Marc Gasol who is undoubtedly older and much slower, Andre Drummond who also came short this year, and Dennis Schroder who was especially disappointing in the recent series against the Suns.

Finally, the most melancholic reason is father time. More specific in regards to LeBron James fighting his age since he is 36, turning 37 this year. It's clear as time goes on that LeBron drives less to the basket, and prefers to stay back and take more three pointers as it takes less energy, and is much safer. Moreover, during games it was evident that he got tired much quicker, and subsequently asked to be swapped out more often. It is very sad to ruminate about, but all NBA legends must go through this sooner or later. It is also safe to say that LeBron might shift his playing style around jumpshots and fadeaways like Kobe and Dirk did during their older years of play. It is uncertain to say how LeBron will adapt the way he plays to his aging body, however what is for certain is that you never count LeBron out for the NBA Finals, as he will be back next year whether you like it or not.



JOE ROGAN'S *Anti-Covid* VACCINE COMMENTS

BY: HAMNAH KASHIF, GRADE 10

Joe Rogan, 53, is a comedian, podcaster, and UFC colour commentator from the United States. His famous podcast, *The Joe Rogan Experience*, is well-liked by many individuals. During the last two years *The Joe Rogan Experience* was the second most downloaded podcast on iTunes, the most popular on Spotify, and scores first in the "unaided awareness" category, more than double that of any other podcast. Many people look up to him and have supported him throughout his career. However, on the April 23rd episode, Rogan made some untrustworthy statements that angered many people. In his podcast on April 23rd, Rogan informed his audience that he would not suggest immunization to a "healthy 21-year-old." Even though it has been said that everyone above the age of 16 should receive the vaccination, it makes no difference whether you are "healthy" or not. Dr Fauci claims that "even if you don't have any symptoms, you're propagating the outbreak," which refutes Rogan's claim. In addition, Joe Rogan stated: "If you're a healthy person, and you're exercising all the time, and you're young, and you're eating well... like, I don't think you need to worry about this." To sum up, Rogan stated that young, healthy individuals should avoid obtaining the COVID-19 vaccination because he does not believe they are at risk, which has already been refuted by medical professionals

So what's the big issue here? And why should we care what he says? Well, we should care because many people admire Joe Rogan and his podcast since it is the most popular podcast on Spotify, with almost 11 million listeners. His words have the potential to significantly influence his listeners; nonetheless, few Rogan listeners probably intend to follow his ostensible medical advice, which can negatively impact the vaccination and COVID process. With his podcast being so successful, his inaccurate anti-vaccination statements went viral, and he didn't get away with expressing them without facing backlash. There has been a strong outrage from some listeners and health professionals. Rogan attempted to clarify his position on Thursday April 29. "I am not anti-vax," the entertainer and broadcaster stated on his podcast. "In fact, I believe they are safe and encourage many people to take them... I just said you don't need it if you're a young, healthy person. Their argument was you need it for other people... And, yes, that makes sense."



Dr Fauci, a health specialist refuted this view, claiming that what he was still saying was faulty and that even if a young, healthy person has a minor or undetected bout of the virus, that person may still transfer the virus to other vulnerable people. Dr Fauci was not the only one to criticize Joe Rogan; the White House's communications department also weighed in. "I guess my first question would be, did Joe Rogan become a medical doctor while we weren't looking?" White House communications director Kate Bedingfield told CNN. "I'm not sure that taking scientific and medical advice from Joe Rogan is perhaps the most productive way for people to get their information."

Rogan emphasized that he should not be considered a source of scientific guidance. "I'm not a doctor," he stated flatly. "I'm not a respected source of information, even for me."

Rogan said that the incident spiralled out of hand as a result of media attention and "clickbait." You'd be mistaken if you believed this was his first time saying something controversial or misleading people. Rogan's most recent vaccination remarks are far from the first problematic remarks made on his podcast. In his previous podcast episodes, he was accused of uttering discriminatory remarks. Rogan has rejected the bulk of his claims and stated that his statements were intended to be humorous and were taken out of context.

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THE JOHNSON *And Johnson* VACCINE

BY: MANASVI MITAL, GRADE 11

During the last year, the thing people were praying for was a vaccine. It would be the Holy Grail and would solve the issue of lockdowns and covid-related health concerns. Now, after an entire year of staying home, things are starting to look better, thanks to the vaccines that were produced in such a short period of time. One of the vaccines that has been developed has had a couple of problems, specifically the Johnson & Johnson vaccine.

What is the Johnson & Johnson Vaccine?

The name of the J&J vaccine is Janssen or Ad26.COV2.S. Canada approved the vaccine for those who are 18 and older. This vaccine is known as a viral vector vaccine as it uses a harmless live vaccine as a delivery system to send instructions to the body's cells to teach them how to make the Covid-19 signature spike protein. Your immune system reacts to this by making antibodies so if the actual virus does enter your body, your system knows how to fight it and win. The virus that is used is called an adenovirus and it is not the same as the covid virus. This virus causes the common cold so it is safe to inject in the body. The AstraZeneca vaccine is using a similar technique. However, Pfizer and Moderna are using newer technology called mRNA which is genetically engineered and gives your cells instructions on how to make spike protein, giving your immune system the ability to make antibodies to fight covid if it enters your system. The main difference is that one uses a live virus and the other goes directly to the genetic material of the cell. After the phase 3 trial for the Janssen vaccine, it was shown to have a 100% efficacy in preventing hospitalization or death, reduced the disease by 85% and a 72% efficacy rate in preventing infections. This trial had 40,000 volunteers participating. The advantage to the J&J compared to the other vaccines like Pfizer and Moderna, is that it is a one dose vaccine and it can be stored in a normal refrigerator which makes distributing the vaccine much easier. It allows for pop-up and mobile clinics to run without much hassle.

Why is the vaccine controversial?

Although the vaccine is very beneficial, there are two main issues with it. The first issue is the facility in Baltimore, run by Emergent Biosolution, that ruined 15 million doses after a mix-up of ingredients. The situation was reported on March 31 by the New York Times. The facility produces both the Johnson & Johnson vaccine and the AstraZeneca vaccine, which both use viral vector technology. However, the makeups of the vaccine are very different and the ingredients are not interchangeable. The facility is under investigation by the FDA as there have also been reports that some workers have confused the two vaccines before, which has raised concern about whether the employees have been properly trained and are being properly supervised. The second issue is that some people have had blood clots form after receiving a dose of the Janssen vaccine. Out of over 8.7 million people being inoculated with J&J, 28 have had clots. Only 6 of these cases were men and the rest were women. The disorder is known as thrombosis with thrombocytopenia syndrome, or TTS and happens when individuals have a low count of platelets, thus inhibiting clotting. Most of the affected individuals had symptoms 1-2 weeks after being vaccinated. 19 of those people also developed cerebral venous sinus thrombosis (CVST) which is a blood clot in the brain and 3 people have died. This is an ongoing concern for medical professionals as blood clots have also been reported in people who had received the AstraZeneca vaccine.

What does this mean for Canada?

Canada is holding onto 300,000 J&J doses from the Baltimore facility until the review of the quality of the vaccines has been completed. It is crucial that all vaccines given to Canadian citizens are of top quality and it is also important that nothing goes to waste unless it is absolutely necessary. The Deputy Minister of Public Services and Procurement Canada said that Canada will also not receive any more doses from J&J until the investigations in the US are completed. Even though Canada has stopped receiving doses from Johnson & Johnson, vaccination efforts have still been successful. On May 22, 50% of Canadians received at least 1 dose of the vaccine. This is spectacular news as it means that things will start to go back to normal. Canada has also been receiving doses from Pfizer and BioNTech consistently. The week before the Victoria long weekend, Canada received 1.4 million doses and the week after, it received 600,000. Canada also has a good stockpile of Moderna and AstraZeneca vaccines that the government has also been giving out. Hopefully, the Johnson & Johnson vaccine will also be granted for use after the investigation so that more vaccines are available to protect Canadians from the deadly Covid-19.

"Out of over 8.7 million people being inoculated with J&J, 28 have had clots."

HOW THE PANDEMIC HAS AFFECTED DEVELOPING COUNTRIES & HOW *Canada Can Help*

BY HEEBAH KASHIF, GRADE 10

Just consider it... we are in the midst of a worldwide pandemic, and boy, does it provide its challenges. This pandemic has had a significant impact on our lives as students. Especially in Canada, where lockdowns are the norm, online learning is the standard, there is an absence of human engagement, high case numbers, and so on. But this is only Canada; what about the rest of the world, especially countries that are still in the process of development? What impact has the pandemic had on these countries?

In developing countries, the pandemic has resulted in increasing unemployment and income losses, a greater difficulty to obtain critical welfare programs, and an increase in gender-based aggression. Women and individuals with disabilities are disproportionately targeted by these consequences. Furthermore, according to the World Food Program, COVID-19 is predicted to force 96 million people in third world countries towards severe malnutrition by the end of 2020. Afghanistan, Burkina Faso, the Democratic Republic of the Congo, Ethiopia, Haiti, Niger, Nigeria, Somalia, South Sudan, Sudan, Yemen, and Zimbabwe are among the countries most vulnerable to food insecurity as a result of the pandemic. To completely grasp the issue, consider a few third-world nations and how the pandemic is affecting their populations.

India is presently facing the world's deadliest outbreak, with daily cases exceeding 40000 and shattering daily records on a regular basis. According to analysts, the situation deteriorated because individuals were uninformed. The outbreak appears to be having an effect on the country's capital, with hospitals reporting oxygen shortages. Dozens of hospitals in a number of Indian cities and villages have run out of gas, forcing the families of patients to scramble for oxygen cylinders.



India donated 60 million Covid 19 vaccine doses to other nations, but it is now up to Canada to aid India while it deals with its own public health crisis.

In March of last year, the Philippines enforced its first virus lockdown, restricting millions of people to their houses and shutting down public transportation and most businesses. Presently, the pandemic has had a significant influence on the country's economy. Moreover, several hashtags about the government's lack of action to the outbreak have been surging over the last year. Around March 15, 2021, one year after the Metro Manila community isolation was declared, the hashtag #DutertePalpak began trending on social media. "Palpak" is a Filipino term that means "failed." The hashtag #DutertePalpak was used by critics to mark a year after sections of the nation were placed under community quarantine because to the COVID-19 outbreak. Netizens condemned the administration for the increase of cases and its inadequate reaction to the pandemic, while Presidential Spokesperson Harry Roque maintained the recurrence was caused by new variations of the virus.



Lebanon's currency sank, and the COVID-19 outbreak exacerbated the country's economic woes. Lebanon is now struggling from a devastating economic crisis that has thrown more than half the population into poverty. The country has been confronted with several obstacles, including the country's greatest peacetime economic and financial crises, the spread of coronavirus, and a big blast at Beirut's port last year, which is considered one of the greatest non-nuclear explosions in history. There are now 541k cases in the country.



As Canadians, the government must enact measures to assist nations in overcoming the enormous number of pandemic consequences they face. The Canadian government can establish financial initiatives to assist needy nations in reopening. We must campaign for and raise awareness of nations in worse-off conditions than our own. We may contribute money and collect funds for nations such as India who are in need of resources. To summarise, countries must collaborate and support each other to combat this pandemic.

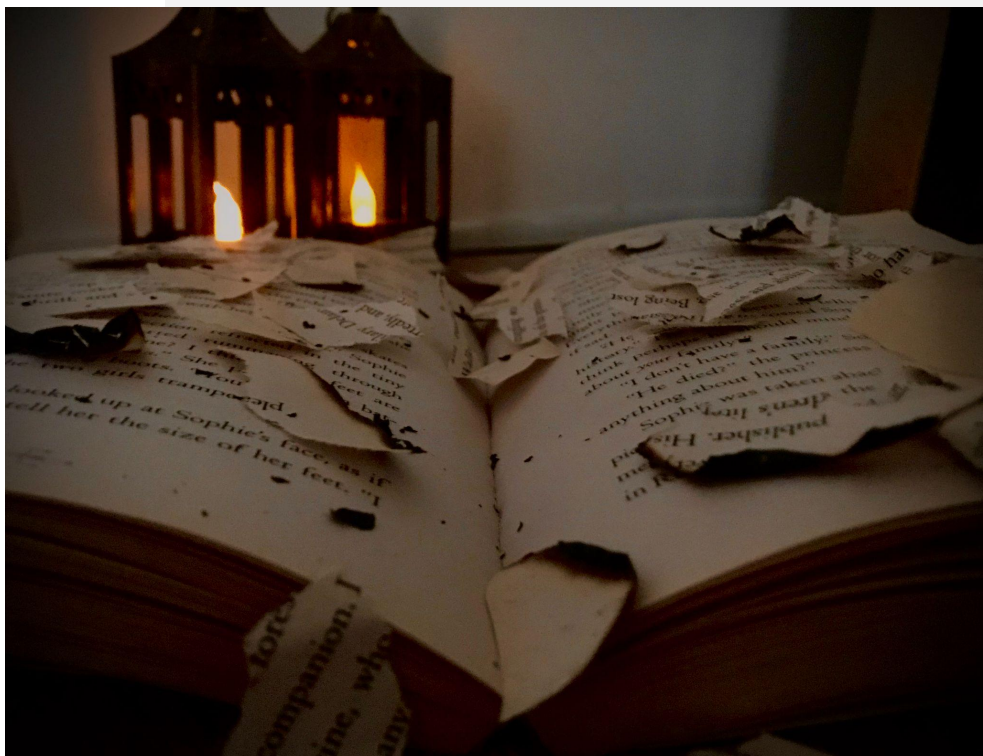


SHOWCASE YOUR

ART

The Hate and Love of Books

IMAGES & WRITING BY: HANIYA KASHIF, GRADE 11



You might think of people who hate books as lost and forgotten in an isolated area somewhere in the Antarctic, but no, they live among us. Many people hate books and hate reading in general. The fire acts as a symbol of the hate, and the book acts as the main subject. The candles at the back may seem insignificant; however, they play a role in creating the fire in the scene. Thus, I made the image unbalanced by placing those candles at the side to emphasize them and bring the viewers' attention to the fire inside. The use of warm colours also contributes to the symbol of fire.

The fire, burning, and torn-up pages represent the chaos in a person's life. Therefore, they cannot truly focus on the books and ultimately push them away. Too much stress or anxiety in life can make reading frustrating and challenging, so they would want to avoid it. Suppose you can't focus on reading, and your mind constantly wanders off due to the chaos in your life, like a deadline or work. In that case, it's only natural that you'd prefer another activity instead of reading, which doesn't require you to concentrate.

Some people may hate books due to the time it takes them to read, which troubles and frustrates them. It makes them feel incompetent. So, instead of trying, they, metaphorically speaking, "burn" the books out of their lives. However, they do not realize they are burning away the tiny worlds of new knowledge and wisdom they could gain. They are also losing a sense of escape and freedom from their current life. The setting of this photograph is inside and in a dark room which represents the lack of freedom and the trapped sensation that they might feel if they don't read books.



I took this photo to contrast with the previous photo to show the love for books some people have. The main subject of the photograph is the book, just like in the last image. I chose a book because this photo symbolizes creativity and joy. It also represents how a person can use a book to experience new experiences, explore new stories, and go on new adventures. People love books because it is a way of escaping from reality. I put the book on top of a mirror to show a parallel universe or the other world that books can take one to. Both photographs provide different settings. The outside setting in this photo creates the sense of escape and freedom that books offer to readers.

The reflection of the book also creates symmetry and balance, which is one of the compositions of photography, adding a unique look to the photograph. I did not take the picture from the front because that would be boring, and to people who love them, books are definitely not dull. The image is taken from an angle because life is not balanced. There are imperfections and flaws, but even with them, one can still be successful when looked at as a whole, just like this photograph.

I put leaves around it, green and red, because the changing colours during fall make it a very inspiring season, just like how reading can provide a lot of inspiration. I chose to make the picture bright and vibrant because it gives out a positive feeling that reading offers. The colours create warmth in this photo, like in the last photograph, to create a sense of similarity between the two very different pictures.

Getting started with reading with the wrong book or not mastering the art of reading might make it difficult for people to fully grasp how rewarding a task it truly is.

comfort

amid the hideous world that was she born into,
she found serenity within the smallest of things.
she likes the rain.
it can explain her feelings
in a way words could never.
it rains and rains
painfully loud
to the point where it's all she can hear.
the clouds roll over and decide to stay for a while.
you see, without rain, there'd be no flowers.
the rain heals.
it replenishes what was once weak.
you cannot go on without it.
and when it rains, she likes to play the piano
her dusty, out of tune piano.
she played for hours.
hoping someone would hear.
after she played the piano all night, she sat on her bed
and listened to music.
music made her feel alive.
her safe place.
it's the only thing that can make her feel
and experience things she has never before.
after she listens to music, she lies on her bed to sleep.
but sleep never comes.
because she liked staying up.
in those hours, the world is so silent.
she didn't want tomorrow to come.
the loud pattering of rain amongst the window,
the old piano,
the music blasting from her earphones,
and the hours of sleepless nights,
made her feel...
Comfort.

-s.k

A POEM BY SHANZE KHURRAM, GRADE 11

“

“So, I say to you, forget about the fast lane. If you really want to fly, just harness your power to your passion. Honor your calling. Everybody has one. **Trust your heart** and success will come to you.”

”

Oprah Winfrey

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