

# The Griffins' Nest

INFORMATIVE • IMPARTIAL • INDEPENDENT

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VANCOUVER, BC

## Fashion Students Reflect on Ms. Ho's Final Show

NEWS REPORT by *Adelaide Guan (10)*

Eric Hamber's award-winning fashion program's annual fashion show took place on Jun. 14 and 15. As designers prepare for the road ahead, they take a final look back on this year's show, Exodus, and what it meant to them.

"I didn't fully know what to expect," said **Meskerem Freeborn (12)**. Most students had never participated in a fashion show because of the three-year hiatus caused by COVID-19. "Going into it knowing that this was going to be the last show that was going to be put on in this school, I wanted to push myself to make everything I designed be the best it could be," Freeborn explained.

Exodus was especially important to Hamber's fashion department not only because it was the last show in Hamber's current building: it was also the last fashion show with the dedicated fashion teacher, **Ms. N. Ho (Textiles)**. According to Ms. Ho, Exodus officially should have been her 32nd annual fashion show, but it is instead her 29th because of the hiatus. She is planning to retire next year.

"I think everyone's now kind of sad that Ms. Ho is leaving us," commented **Naomi Waslen (9)**. Many students shared similar sentiments, recounting how vital Ms. Ho is, both to the program and to their own design processes.

"Putting one of these shows on takes so much time and effort," said Ms. Ho. She told the fashion students that if they want a show next year, they're in charge. "In some ways, I regret not doing another one next year—but I know it's going to be way too much work with packing up and moving to the new school."

"I contacted kids from the last 20-plus years, to get them to bring stuff back, and that really elevated the whole show," said Ms. Ho. Many designers pointed this aspect out as one that made Exodus extra special.

**Sophie Jung (9)** pointed out that designers who weren't able to have a show because of the pandemic came back. She said, "We had a lot of previous designers from the COVID graduation years that didn't get to present their [designs]."

Advanced fashion students were given the opportunity to create their own collections. Students ensured



Eric Hamber fashion students debut their new collections at Exodus 2023

their collections held both purpose and perfection.

"I feel like in fashion right now, there's a lot of dark colours, a lot of greys, a lot of muted tones," shared **Milo Lee-Philp (12)**. "I wanted to insert as much vibrancy and colour as possible." Lee-Philp wielded a youthful colour pallet to create his collection, Swerve.

Lee-Philp explained that all designs must be approved by Ms. Ho. "Whatever we give her is not what comes out at the end," he admitted. "We tend to overcomplicate and then she simplifies for us."

**Kevin Gosnell (12)** shared that

he "wanted to create my appliques and embellishments showcasing [his] Indigenous heritage." He explained the colour palate: red representing the light, and black representing the darkness coming before time. "The shiny bits of it are to represent Raven's personality and his love for shine," he added.

Although Gosnell has participated in fashion shows like Indigenous Fashion Week, Exodus was his first Hamber show. "I'm happy that people got to see part of my personality and my heritage," he concluded.

"I have always been drawn to using denim since there are so many

different ways you can use it," said Freeborn. Her collection, Dace, plays with the contrast of soft lace placed against strong denim. Freeborn's ultimate goal for Dace was for the collection to be casual and wearable. "I made it so that all pieces involved could be mixed and matched."

**Angie Zhang (12)**'s 90s Deconstructed was inspired by her favourite designers: Margiela, Rei Kawakubo, and Dries Van Noten. "I went through their archives and identified key design elements such as deconstruction and surface texture manipulations," said Zhang.

Zhang made her entire collection

out of denim. "I tried to mimic deconstruction effects," Zhang shared. She bleached her materials to achieve different results, focussing on asymmetry.

"It was a very technical piece," concluded Zhang. "I realized how much more difficult it is to master the precision of ready-to-wear garments as opposed to more abstract and conceptual show pieces."

Most graduating designers are looking ahead to their futures in fashion design. Following her first-place finish in fashion technology at Skills Canada, Zhang is staying at Hamber to train for World Skills 2024, which will take place in Lyon, France.

Freeborn will be attending the Wilson School of Design at Kwantlen Polytechnic University. "I will be studying fashion technology and marketing, which I am looking forward to a lot," she said.

Lee-Philp will be moving to London, England to attend Central Saint Martins. "I was very nervous, because the acceptance rate is quite low, so I put in a lot of work," he revealed. He added that Hamber's fashion program prepared him well for the opportunity.

For younger students taking textiles courses, Exodus was inspiring, as they worked with experienced designers. "I got to wear some of their collections, which gives me an idea of what I can make," said Waslen.

Jung commented that she has known some of the seniors since elementary school. "They taught me how to overcome mental blocks and stress from the fashion show," she said.

"I think of all the people I met in the fashion program as my family," said **Kaelyn Mak (10)**. "I will forever remember all the fun but stressful times we shared in the sewing room." Mak made a skirt, jacket, cargo pants, and pyjamas that are presented in the show. She added that "the process took a lot of [her] after-school hours as well as [her] lunch and FIT hours to complete."

The younger designers expressed a common interest in continuing with the fashion program, and see futures for themselves in the fashion design industry post-secondary.

"I think it was a good wrap-up," Ms. Ho concluded. "And I see a lot of potential for the future."

## Is Hamber Prepared For A Heatwave?



STEPHEN KOSAR

NEWS REPORT by *Salena Sharma (9)*

Vancouver, along with much of BC, has already been hit with warm temperatures that typically occur near the end of June. Schools like Eric Hamber often do not have the proper utilities to combat the warm temperatures, leaving many mem-

bers of the Hamber community concerned that the excessive heat is depriving students of suitable learning conditions and increasing the chance of heat related illnesses. However, district officials say that the new school will have air conditioning systems.

Heat waves are becoming more common in Canada, with a promi-

nent case in Vancouver being recorded in 2021. During this time, schools across Vancouver were closed due to a lack of proper ventilation and air conditioning.

Air conditioning at Hamber is different throughout the building. The Vancouver School District's Director of Facilities, Ron Macdonald, told The Nest that "only selected areas in the new wing [of Hamber] have air conditioning. The older areas of the school do not have air conditioning."

Parts of Hamber without air conditioning may not be suitable learning environments for some students. **Myka Clement (9)**, finds that temperatures above 26 degrees Celsius are "way too hot and it's impossible to focus on anything." However, **Kelly Lau (11)** doesn't feel there is much impact on her classes on warmer days.

"I am able to concentrate on days when it is really hot. I don't feel that it has that much of an impact when everyone opens windows, has fans, dresses in lighter clothing, etc."

Hamber parents have also voiced concerns over the lack of sufficient cooling measures in schools. Mae-gan Giltrow, a Hamber parent, told The Nest that "insufficient protection against the heat could certainly impact students' abilities to concentrate, do their work and take in the lessons. That could have a real, and preventa-

ble, impact on their education."

Hamber is expected to move to its new school in the middle of the 2023/24 year, which will have air conditioning infrastructure.

"The new Hamber school uses heat pump technologies to provide a low carbon heating system. These also serve to provide cooling in the warmer periods. The designers of the system designed the system to provide cooling to all spaces," said Macdonald. Unlike Hamber's old building, every space of the new school will receive these heating and cooling utilities.

Students could get heatstroke and other heat related illnesses if schools without proper utilities in Vancouver and other parts of BC remain open during heatwaves. "Hot days seem to be increasing in frequency and temperature, and we need to plan for that," Giltrow also commented.

As government officials began to see the trend in prolonged warmer periods, they have started taking action to provide safer conditions for BC students. In response to the 2021 heatwave, the BC Ministry of Education funded \$48.4 million in 2022 to upgrade Heating Ventilation and Air Conditioning (HVAC) systems, but that only included 90 schools across the province, according to a statement released by the Ministry of Education.

The ministry has stated that school districts could address HVAC priorities through the ministry's Annual Facility Grant. Through this grant, the provincial government provides \$261.1 million for school maintenance projects.

One downside to adding more air conditioning systems to schools in Vancouver is its carbon emissions. Canada is set to meet its net-zero emission goals by 2050, and adding more carbon-emitting utilities may obstruct the plans of the federal government. As an alternative to carbon-emitting resources, the city can use green-powered measures from companies such as BC Hydro. However, the price of these green-powered systems could skyrocket over the coming years due to demand, according to a report from BC Hydro.

For Hamberites, it may be a while before the school sees adequate ventilation systems during heat waves. In the meantime, students can take necessary measures to deal with the heat. Wearing light-coloured clothing will reflect light in place of absorbing it, the way most dark-coloured clothing does. Students should drink plenty of water, as a lack of liquids may leave people more susceptible to heat strokes, and avoiding heavy foods will prevent people from feeling sick. Instead, people should eat more vegetables, fruits, and other lighter foods.

## HAMBER AND STUDENT LIFE

# The Griffins' Nest

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The Griffins' Nest a student-led, independent newspaper based out of Eric Hamber Secondary School. Publishing throughout the school year, we cover news relevant to Hamber students, staff, and families and the Vancouver School District in an informative, impartial, and professional manner.

Questions, comments, and concerns may be sent to the Editorial Board directly at [ehnewspaper@gmail.com](mailto:ehnewspaper@gmail.com).

The Griffins' Nest subscribes to the Canadian Association of Journalists' Principles for Ethical Journalism and Ethics Guidelines, and the Society of Professional Journalists' Code of Ethics.



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### Editorials

These articles are written by the Editorial Board, explaining their stance on a topic.



LETTER FROM THE EDITOR by Stephen Kosar (12)

## Signing Off: A Letter from the Editor-in-Chief

Informative. Impartial. Independent.

These three words have guided all I have wanted to achieve as a journalist, editor, and editor-in-chief while at *The Griffins' Nest*. After serving a year in each of these roles, my time at *The Nest* has come to a close.

Being a part of this grand experiment has been one of the most rewarding experiences in my life. During my time with this paper, I have been so proud to see the growth we have had, both in the skills and quality of our reporters, and in the scale and reach of the reporting we do.

I have always envisioned *The Nest* as both a vehicle of learning and as a newspaper that provides only the best coverage of the events that matter to our readers. I am very proud of the amazing progress we have made in both areas.

It is often hard to believe that all our reporters, all the people who write enthusiastically and tirelessly for this paper, are still high school students. Looking back to the start of this year, there has been a massive increase in the quality of each and every reporter's work, from their understanding of journalism as a whole, to syntax, interviewing, writing, and even any ethical considerations they might face while covering a topic. That improvement in quality and understanding is worthy of praise.

And the coverage we have provided, the hundreds of articles, have reached nearly every individual at Hamber, and then some. I hope that every person who has read one of our articles left feeling a bit more informed and a bit more connected to their community.

Informative. Impartial. Independent.

These three words are what it means to be a student journalist in this modern era. I have always believed that what *The Nest* was, what *The Nest* is, and what *The Nest* will be should follow these words. We are nothing without our principles. These words are the basis of how I guided the paper during my leadership.

Being Editor-in-Chief is not a job that ex-

ists in a vacuum. Doing what I did would not have been possible without the help and effort put in by everyone who wanted to make *The Nest* better. In that vein, I would like to offer a few words of recognition to those who built our paper from the ground up.

To every member of Hamber's community, to every person who has ever picked up a copy of *The Nest*, I thank you. This is what it is all for, for our readers. We would be nothing without the people who decide time and time again to be informed about the important issues that affect them.

To reporters that I leave behind: keep on reporting! Keep uplifting voices, keep challenging the status quo, and keep challenging yourself. Remember: being nervous is a part of the process. Being unsure is a part of the process. I was once where you are now, unsure of myself and my abilities, but with practice and some guidance the work becomes second nature. And know that for every piece you write, every story you uncover, you are making a difference. There is a lot to achieve and only so much time. But with effort, you can grow and improve as a journalist in every way of the word. You have the passion and the skills to change the world, only if you grasp the opportunity.

To my fellow editors who are graduating this year: it has been an honour and a privilege to work with you. I have been constantly impressed and humbled by the work you have put out, the impact you have had, and the attitude that each and every one of you have taken in order to make our paper the best it can possibly be. The contributions you have made to student journalism will have a lasting legacy at our school and throughout the province. I extend a deep gratitude and thanks to Executive Editor **Alanna Rudolph** (12), Executive Editor **Ellis Jackson** (12), Design & Layout Editor **Teresa Chen** (12), and Managing Editor **Simone Hamilton** (12).

*The Nest's* teacher sponsor, **Mr. A. Wightman** (Social Studies), has approached his role as an advisor with zeal and purpose. He stood by the newspaper and all that it fights for throughout the year, always willing to fight for press freedom. Although *The*

*Nest* is operationally and editorially independent from Hamber staff, the advice and contributions from Mr. Wightman have been invaluable.

Spencer Izen, the Editor-in-Chief of *The Nest* from 2020 to 2022, taught me everything I know about journalism. He brought me into the paper when I was in grade 10, jumpstarting my foray into the field. Without him, I would not have been where I am today. His leadership, guidance, and tenacity transformed our newspaper into the high-quality, impactful, and large organization it is today.

But now, it is time to move on and pass the paper to the next generation of reporters.

Your Volume 13 Editorial Board will consist of **Anthony Lu** (11), **Austin Witter** (11), **Gina Hallensleben** (11), **Izzy Jang** (11), **Katja Radovic-Jonsson** (11), **Max von Dehn** (11), **Sara Maya Budhiraja** (10), and **Suhani Dosanjh** (9), led by current Executive Editor and incoming Editor-in-Chief **Adelaide Guan** (10).

To next year's editors, you have a long and rewarding climb ahead of you. Being an editor is not without its challenges; the work can be intense, the schedules taxing, and there are a thousand moving parts which all are integral to the running of the paper. But the role also comes with great joys as well. You will find a sense of duty and purpose, engaging with the Hamber community in a way that feels meaningful, informing and advancing thought, and making our corner of the world a better place for everyone. Please remember: what you put in is what you get out.

I hope that I have done my role justice and that students, teachers, administrators, parents and guardians, school staff, trustees, and members of the public continue to place their confidence in *The Griffins' Nest*. Thank you for your support and the opportunity to serve in this role. [@ehnewspaper](https://www.instagram.com/ehnewspaper) forever.

**Stephen Kosar**  
2022-2023 Editor-in-Chief | *The Griffins' Nest*



## HAMBER AND STUDENT LIFE

## VDSC Hosts Annual Art Gala

NEWS REPORT by Cynthia Zhu (9)

The Vancouver District Student Council (VDSC) is holding their annual art gala once again. As “a celebration of artwork that highlights diversity, identity, and inclusion”, the VDSC art gala’s theme for this year is “A Story of You: Planting Your Roots”, inviting young artists in Vancouver School Board (VSB) schools to “take a step back and look to how our history has shaped us to the present we know now”. Any form of art is accepted, such as paintings, poems, dances, and films.

The VDSC is a council made up of committed student representatives from all 18 secondary schools and 22 alternative programs of the VSB. It consists of 52 members, two of which are from Hamber. Founded in 1997, they organize many different events for students in the VSB, such as the CANley Cup and the Sister School Switch. According to the VDSC’s website, its goal is to provide student input in the district’s decision-making and planning, as well as give students an opportunity to develop leadership skills and work collaboratively with students from other VSB schools.

The deadline for submitting an art piece was June 16. Voting began on June 19 with a Microsoft Form, and the results will be posted by June 26. The prizes for the top 3 finishers are \$100 to \$300 worth of a VDSC scholarship, but all artwork will be displayed at the VSB Education Centre, where families, friends, and students will be invited sometime after the online voting process.

Hamber VDSC representative **Arabella Mew** (10) has stated that the art gala is “an excellent way to end the school year with students using various mediums of art to convey what makes us unique,” remarking that it “brings students from across the district together.”

## REMINISCING ON PROM AND GRAD 2023



STEPHEN KOSAR



NEWS REPORT by Reya Khanna (11)

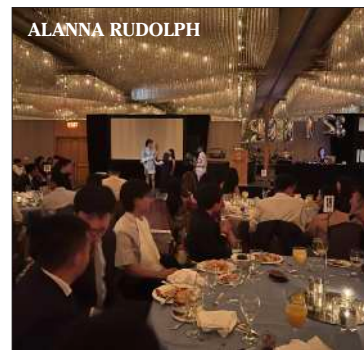
As the school year comes to a close, Eric Hamber’s class of 2023 has had a calendar packed with grad events, big and small. The two main events were prom and the graduation ceremony.

The prom dinner and dance was held on May 18 at the Pan Pacific Crystal Ballroom, themed “Under the Stars”. On June 6, the graduation ceremony was held in the Orpheum Theatre.

“I think prom was the highlight of

the year for a lot of grade 12s,” stated **Veronica Miranda** (12). Prom was from 5:30pm to 11pm, and within this time the grads had an enjoyable time listening to speeches, watching their fellow students perform, and participating in hours of dancing. **Micah Andaya** (12) and **Harris Toth** (12) emceed the event.

The decoration was wonderful, according to **Gemma Holland** (12). “It looked really cool with the lights and everything in the ballroom,” she said. After the opening speeches, there were raffle prizes, including donated gift



cards from local businesses.

**Emily Webb** (12) recalls, “There was also a student performance where **Janelle Sobredo** (12) and **Travis Tran** (12) sang and people really enjoyed it.” Sobredo and Tran performed three songs. Two of the songs featured the performances of other Hamber grads on the Spotify versions, and the third song was “Tennessee Whiskey” by Chris Stapleton. It brought up the energy of the prom night. “It was a great performance,” remarked **Zoe Raad** (12).

Prom royalty was also announced.

The winners, **Milo Lee-Philp** (12) and **Sevak Virk** (12), opened up the dance floor. Additionally, there was a slideshow displaying photos of the grads’ last five years of high school. There were also three photo booths, where people could take as many photos as they wanted.

The graduation ceremony was a long but joyful day. After a dress rehearsal the week before, the ceremony went smoothly, as the students knew exactly what to do. At roughly 7:15pm, the graduates walked into their seats.

As the graduates walked across the stage, “Some people got awards, which [was] cool,” said Holland. The major awards were received later on in the ceremony, with each recipient getting personal recognition for their achievements.

The esteemed Griffin Award was presented to **Alanna Rudolph** (12), for best representing what it means to be a Hamber student. The Aldyen Hamber Award was given to **Emily Webb** and **Wilson Liang** (12), grad chair and co-president of Student Council, respectively. **Tiana Ho** (12) received the Citizenship Award as an executive of many Hamber clubs. Andaya received the Nora McDermott Award for exemplary achievement in sports and community service. The Whitaker Award was presented to **Sarah Rubidge** (12) for having the highest grade average. Rubidge also was presented with a Bronze Governor General’s Academic Medal for her academic achievement.

Webb recounted the length of the ceremony. “It was a three-hour long ceremony because there were over 300 people [graduating],” she said. During the ceremony, the senior choir and Hamber’s band performed.

Some students even took their Be-Real and photos as they were walking across the stage. “Grad was fun, but it was just long,” concluded Miranda.

## Hamber Teachers Advice to the Grads of '23



NEWS REPORT by Ally Freedman (10)

As the graduates of 2023 begin to say their final goodbyes, the Eric Hamber teachers who have watched them grow over the years have some advice to share. These teachers also reflected on the lessons they have been taught by their outgoing students.

Many teachers encourage the students to travel and grow, explaining that living life in an overly structured way is not always ideal.

**Ms. S. McEachern** (Social Studies) said “to recognize that there’s no rule book to life” and that “the straight road is not always the most fun”. She also encouraged travel.

**Ms. J. Polukoshko** (English) insists that you should “find your joy,” whatever and whenever that may be.

“Another thing is experience. Regardless of whether you’re working or going to school, continue to have as many different experiences as you can.” **Mr. H. Dial** (Social Studies) recommended.

**Mr. P. Beharry** (Theatre Arts) comments that you should explore different areas in life in order to find your true passion.

While recognizing that life is always changing, **Mr. D. Lee** (Science), recommends that the grads try to visualize their futures in order to help them achieve their goals. “I think that it is really important to have a vision,” he said.

Some teachers recognize that although there’s a lot to look forward to, grads should try and live in the present to get the most out of their last weeks of high school.

“Enjoy your last couple of weeks that you’re here, but also know that there’s so many great things to come after high school, so you should be really excited about, you know, moving on.” said **Mr. I. Sehmbi** (Physical Health Education)

**Mr. B. Gibson** (Physical Health Education) recommended doing as much as possible, saying yes to new things, and to enjoy your limited time in high school with your friends. “I

would say do as many things as you can, and [...] spend time living in another country.”

After multiple teachers imparted their wisdom on these grads, they were asked to share how these students have affected them.

**Mr. Dial** and **Mr. Lee** mentioned how this group of students never fails to impress them. “The creativity that they have and their artistic abilities is way more than anything that I have,” said **Mr. Dial**. “I appreciate them taking chances in the classroom and being able to show off their creativity.”

**Mr. Lee** said that the Class of 2023 has taught him that “things are always changing. And [that’s] good because that’s my life model: lifelong learning.”

**Mr. Beharry** shared his appreciation for this group of students who had been struck with COVID-19 and managed to persevere.

**Mr. Sehmbi** agreed. “They’ve gone through a lot, and I don’t think I’d be able to do it, but they’re really patient and resilient.”

## Best Summer Activities in Vancouver 2023

NEWS REPORT by Maggie Perreault (8) & Helena Flach (8)

**Richmond Night Market**  
If you are looking for great nightlife and delectable street food, then you should check out summer wonderland at the Richmond night market. The fluorescent atmosphere is accompanied by tons of experimental dishes and Asian cuisine. There are over 110 food trucks and stalls this year. Some popular items right now include Flying Cup Noodles, an extravagantly topped ramen, and baby bottle milk tea at Milk-Cha. Open Friday to Sunday nights all the way to October, the Richmond Night Market is a summer hit you don’t want to miss.

**Playland**  
Ever since it opened in 1958, Playland has been a summer favourite for many Vancouverites. Filled with thrilling rides and classic carnival food, Playland is a great summer amusement park. There are many popular rides like The Beast or Breakdance, but the Wooden Roller Coaster is still one of Playland’s biggest hits. Playland is open until Aug. 31 this year, so make

sure to go with friends or family during summer!

**Cypress Eagle Coaster**  
Looking for a thrilling or scenic activity to do this summer in Vancouver? Look no further than the Cypress Eagle Coaster! The coaster is a single person coaster that takes you down Black Mountain at Cypress Mountain Resort as it speeds through the hills and trees. You have full control over the speed you go, ensuring fun and comfort. This ride will show you wonderful views of Metro Vancouver. Once you’ve completed the ride, you can grab a snack, take a hike, or just admire the surreal views. The Eagle Coaster is open all summer long, and it is one to add to your list!

**Kitsilano Beach**  
Kits Beach has always been a town favourite when it is a nice and sunny day out. It is a perfect place to swim, with the large outdoor pool, and if you’re daring enough, the ocean as well. There are also beach volleyball courts, perfect for a day out with friends, and playgrounds as well. It is a relaxing place to be for all ages. For everyone, this has to be a must-go spot every summer!



Vancouverites enjoy Kits Beach

## HAMBER AND STUDENT LIFE

# Nat Bailey Fires Dozens of Newly Hired Employees

NEWS REPORT by Sara Maya Budhiraja (10)

After a successful season working for Aramark catering at Nat Bailey Stadium last year, **Kae Lin Whiton** (10) was guaranteed to be re-hired for another summer. She went to the job fair on Feb. 25, and was, as expected, immediately given her position in retail back. She was scheduled for shifts, in contact with a new manager, and on track to spending her summer enjoying the Nat's game-day atmosphere while working alongside her friends. However, on Apr. 13, almost three months after she was re-hired, Whiton was fired due to a new age-restriction policy from Aramark catering.

Whiton explained that right from the start, something seemed off about her second year at the Nat.

"When I was rehired, I was told I would get some shifts, but after about three weeks, I had only worked three times, which was unusual," she voiced. "Then my new manager stopped responding to my emails, and then sent me the email saying she could not have me working there anymore."

She received an email from her direct supervisor, with an attached message from Aramark's general manager, Matthew Kittle. Kittle's email explained that employees under 16 were no longer allowed to work for the company, even though 14 and 15 year olds had been employed the previous summer. Kittle blamed a "glitch and programming

error" for allowing Whiton to "slip through without being noticed" until the human resources department at Aramark's head office emailed Nat Bailey.

"There was a brief mention of age when I was signing up online," revealed Whiton. "When I put in my birthday, it said you had to be over 16, and I told my manager that, but she emailed me back saying she would just bypass my age."

Kittle's email ended with a promise to Whiton and other newly fired employees that once they turned 16, they should "get in touch and we will 100% direct hire you and have

**"my new manager stopped responding to my emails"**

you back on schedule working side by side with us again."

"I found out I had been fired at school, and when I got home I just cried," Whiton shared. "I had such a good time last summer, and finding out I wasn't going to work there this year and make any money was disappointing."

Remaining workers at the Nat sympathized with those who lost the summer job opportunity and were let go. "This really affected a lot of people, and even those who came back after they turned 16 have just not got as many shifts as those who were hired before," revealed **Kaito Nomura** (11), who was hired at the job fair and is working his first year at Nat Bailey.



ADELAIDE GUAN



ARETA WONG/FOODGRESSING



VANCOUVER CANADIANS TWITTER VIA THE DAILY HIVE

## How to Stay Cool in the Summer



CITY OF VANCOUVER

NEWS REPORT by River Cheng (8)

As summer starts to approach, so do the brutal sweat stains, sleepless summer nights, and the constant battle against the temperature to stay cool. To stay chill in the summer heat, here's some tips to make these sweltering days refreshing.

### Watch What You're Eating and Drinking

During the summer, make sure to drink water all throughout the day, not just when you're thirsty. Try to drink sugar-free drinks, avoiding drinks such as soda so you don't become dehydrated. Eating produce like fruits and veggies will also help you stay cool in the summer. Salty and fatty foods make you feel tired and dehydrate you, so instead of salt, try a little spice. Some spicy food activates your body's perspiration system which will cool you

down on a hot day.

### Be a Summer Fashionista

When it's hot outside, the clothes you wear are very important. Wearing light, loosely woven, breathable clothing can help you stay cool and comfortable during the summer. Make sure to wear a hat with at least a three-inch brim to protect your face from the UV rays of the sun. Cute straw hats and baseball caps can be a wonderful addition to your wardrobe.

### Try a Parasol

A parasol is the perfect solution to extreme heat. They look pretty, and they are a great way to protect yourself from the heat at a summer picnic or a beach trip. The more opaque your parasol is, the more shade it provides! Try getting one in purple, black, or blue so the parasol shields you from more of the UV rays.

**Go to places with AC**  
If you don't have air condi-

tioning at home, it's best to go somewhere that does during hot days to stay safe. There are lots of fun places you can go that'll have air conditioning. Most community centres and libraries have air conditioning or you could go to places like the mall and the movie theatre with a couple of friends. Places like Science World and the Aquarium also have AC so you can make it a fun day with family.

### Plunge into Outdoor Pools

Going to pools and water parks is a great way to comfortably exercise in the summer and it's a fun way to spend the day. If you don't have the time to go to a pool or waterpark, simply taking a cold bath or shower helps you not overheat. Having these a couple times a day during extremely hot weather is a good way to stay cool.

Hope these tips help you this summer! Stay cool, Hamber!

## WHAT HAMBER GRADS WILL MISS ABOUT HIGH SCHOOL

NEWS REPORT by Katja Radovic-Jonsson (11)

As they face the final weeks of their high school journey, Hamber grads find themselves reflecting on the experiences that have made the past five years truly special. While everyone's Hamber experience has been unique in its own ways, one thing that many grads will look back on is the school community.

"One of the highlights for me was Midtown Showdown," said **Tiara Sartene** (12). "Everyone had the best school spirit, and it was the most fun couple of days."

**Gabby Milot** (12) shared a similar sentiment, saying that she is going to miss "all of our little silly things, like Spirit Week and Pyjama Day," since these are experiences that won't continue after high school.

But it isn't only the school-wide events that will resonate with this year's grads. For many students, the Hamber experience has been defined by a variety of little moments with friends and classmates.

"What I'm gonna miss the most of course is gonna be my friends and hanging out with them, but also just being a high schooler, like the teenage drama, and having lunch, and having conversations about the most stupid, dumb stuff," reflected **Farima Afzal** (12).

"I'm gonna miss two things most. Number one: fighting for a parking spot in the student parking lot, and two: the community," **Harris Toth** (12) explained. "I'm gonna miss a lot of

people when I'm going away for school."

**Mahdis Shamsa** (12), like many other grads, will look back fondly on the relationship she's built with her teachers over the years. "We're so much closer than I think I'm gonna be with my college or university professors, because we're a smaller community and we see them every day."

Of the countless things that Hamber grads have looked back on, one of the things they will miss the most is simply the consistency of high school life. As students graduate, they realize that all the comforts and habits of their day-to-day lives are about to change significantly.

**Saraya Edwards** (12) explained, "For the past years, we've always been like, 'we have next year' [...] and it's this whole thing that's like a staple in your life. Now that's gonna be gone or different; it's going to change, and that's what I'm

going to miss most."

"I feel like university is gonna be very abstract when it comes to [routine], which is exciting, but it's also gonna be something new," said **Andjela Nikolic** (12).

**Tara Takayedi** (12) reflected on the classes themselves. "I'm gonna miss [...] the level of difficulty of classes, because I know it's gonna be a lot harder in university," she said.

Although these changes are certainly daunting, many grads find that their grade 12 year has brought everyone closer together, creating a tight-knit group.

"I feel like, especially since we all know that we're leaving and a lot of us are going to lose touch, we're closer [now] than we have been in recent years," shared Nikolic. "You have all these people who are in the same situation as you and you share that experience of leaving something behind. I think that's something that I will miss most."



YEARBOOK ARCHIVES

HAMBER AND STUDENT LIFE

# What FIT Will Look Like for the Upcoming Year

NEWS REPORT by Ella Pendlington (10)

For the past two school years, schools in the Vancouver School District have switched to a new schedule known as the semester system. One of the most noticeable changes with the semester system is the introduction of flexible instructional time (FIT). Next year, FIT is planned to have 160 minutes per week, 60 more than the current schedule.

Currently, FIT occurs twice a week: between first and second period on Tuesdays, and third and fourth period on Thursdays. FIT gives students the opportunity to hold self-guided educational sessions. Students can use this time for a variety of purposes; whether it is to ask homework questions or make up a missed test, FIT time is used differently by each individual.

"As students mature over the grades, toward young adulthood, naturally they'll get to know themselves and their needs better and decide what the best option for them is regarding FIT," expressed Ms. M. Jensen (Administration).

After the new schedule was implemented into schools, the Vancouver School District decided to re-engage with students, staff and families to get their opinions on the changes to the schedule. Feedback was gathered and published in an engagement summary report on Jan. 10 this year.

When students were asked if FIT supports their success at school, 90.36 per cent of students answered yes, while 9.64 per cent of students answered no.

"From the student feedback



KATJA RADOVIC-JONSSON

Hamberites in the first floor hallway

surveys, I definitely think FIT has offered a number of supports for students," shared Ms. Jensen. "I see students use this time in lots of different ways, such as taking care of themselves, spending time in the gym and weight room, as well as getting more invested in clubs."

Mr. D. Lee (Science) commented, "I can see fatigue in the class at times, so having FIT is a good way to break up the day. It supports students holistically, not just with their academic success, but with other successes."

"[On June 14] we are hoping to have a working group come

together to talk about FIT and what the schedule could look like with increased time," Ms. Jensen shared when asked about the planning of next year's schedule. "We will have teachers and students involved in this. Student voice is very important; students have insight that we may not have and can take into account."

"We want to look at FIT and see what has been working as well as what can be improved," Mr. D. Ambrose (Administration) shared. Something that administrators have noticed is how quickly places fill up, such as the library. "Often, I'll see

students in the halls because they can't find a place to go."

"It can be hard to address everybody's needs. Some people want a quiet space to work and others want to talk with their friends and relax, so it can be hard to please everyone," Mr. Lee stated.

As of next year, the FIT schedule has not yet been finalized, however what is known is that FIT will be increased from 100 minutes to 160 minutes per week. Administration is planning to have the 2023/2024 FIT schedule shared to students the week of June 19.

# Hamber Clubs: The Classics & The Archaic

NEWS REPORT by Simone Hamilton (12)

Since the very first years of Eric Hamber's existence as a secondary school, clubs have been an integral part of the student experience. Hamber has been home to hundreds of clubs over the decades.

Some of them have survived the test of time; they remained preserved through the cultural, social, and educational change between 1968 and 2023. However, some clubs operated at Hamber in the '60s and '70s may seem shockingly outdated. *The Nest* did a deep dive of the yearbook archives to examine how clubs have changed at Hamber through the years.

Possibly the most well-known club is the student government, known at Hamber as Student Council (StuCo). The earliest yearbook kept in the yearbook archives maintained by Ms. M. Poon (Yearbook Advisor) is from the 1968/9 school year, the sixth year after Hamber's establishment. The student council of 1968 is featured on one of the first few pages; however, the structure of the council appears to be very different from today's StuCo.

In 1968, there were still roles like president, vice-president, secretary, treasurer, and grad chair. However, roles like representatives for "Girls Block Club" and "Boys Block Club" were also a part of the council. There were also presidents for the blue, gold, red, and green houses.

Another Vancouver school, John Oliver, still has their Block club in operation today. According to their Athletics webpage about the club, "ALL JO student-athletes, managers, and officials are [automatically] members of the Block club".

The 1968 yearbook also featured a comment from a seemingly rival power to the student council, a student union. Nowadays, student unions are most commonly found at post-secondary institutions to advocate for students to the institution's administration. In the late sixties in Vancouver, there was a student union that was formed with students from different schools, described in comment in the yearbook authored by Hamber's representative for the union.

In their comment in the 1968 yearbook, this anonymous student union rep described the aims

of the union at Hamber to be the elimination of the present grading system, detentions, and 'Admin slips', as well as being able to take lunch outside. They also wanted to see the introduction of 'Integrated subject programs', like at Point Grey and Prince of Wales. Overall, the student union wanted students to be recognized as the individuals they were.

Clubs like United Nations club, Newspaper club, Reach for the Top, and Library club can be found in the 1968 and 1971 yearbooks, as well as in the recent years of Hamber. In 2023, Model UN, *The Griffins' Nest*, and Library Monitors exist with roots at Hamber extending over 50 years.

Back then, the Newspaper club described themselves as having "added spice to the school's controversial stew". The Library club said, "Trying to get overdue books returned, fines paid and books found occupied the Library club's time this year as the list increased by leaps and bounds". The United Nations club stated, "[we were] slightly radical at MUN conference, our small UN club made a sizable dent in UN procedures and in our own budget".

An extinct club at Hamber, the Y-club, was featured in the 1968 yearbook boasting goodwill drives like their fashion show and Christmas hampers. One fundraiser in particular stood out, showing the difference between Hamber in the late sixties and now. In the 1968/9 school year, the Y-club put on their apparently annual "slave auction" and "slave day" fundraiser. This disturbing part of Hamber's history is a sign of past social norms and how they were reflected in schools.

Some unique retro clubs existed, like the Amateur Radio club, who communicated with people across the world in countries like Japan and the then Soviet Union through radio. There was even an Aquarium club in 1971 that cleaned and maintained the aquariums that used to exist in the office and library.

Seemingly, Hamberites have always been service-orientated. Currently, there are several service-oriented clubs at Hamber, including but not limited to: Project Poverty, Kitchen on a Mission, and Service club. In 1971, Community Service Involvement was Hamber's largest club with over 70 members. The club helped recruit volunteers for different community projects and needs.

# Hamber's Girls Senior Soccer Team Wins City Championships During 2023 Season

NEWS REPORT by River Cheng (8)

The Hamber Girls' Soccer team won the City Championships on May 25. Led by Ms. J. Polukoshko (English), the Soccer team played an undefeated season that culminated in a grueling final match against John Oliver Secondary.

"The finals were wild," said Ms. Polukoshko. "The score was tied at the end of full time, then we had to go into two overtime sessions, and then we had to go

into penalty kick shootouts for the win."

Winning the City Championship was the result of hours of hard work and many nail-biting moments. "Some of the games were really close," shared Ashley Warren (9), a member of the team. The team played a tough semi-final against Point Grey which was tied at halftime before Hamber scored in the second half, leading them to victory.

"Going into the semi-finals and quarter-finals, we were pretty nervous," said Arlyn Gilm-

our (11). The team played in all kinds of weather and against many difficult opponents to get to the finals.

Hamber's Girls' Soccer team has had a successful past few years. They have a history of advancing to the finals and winning City Championships, and this season continues that trend.

"A few years ago, we didn't even have a team because we didn't have sports for a few seasons," explained Ms. Polukoshko. "Being able to come back and being able to play is very

exciting."

"It was such a good feeling to win with our whole team," said Bryony Prior (9). "Some of us had never played together before, and we had a bunch of new coaches, but in the end it worked out."

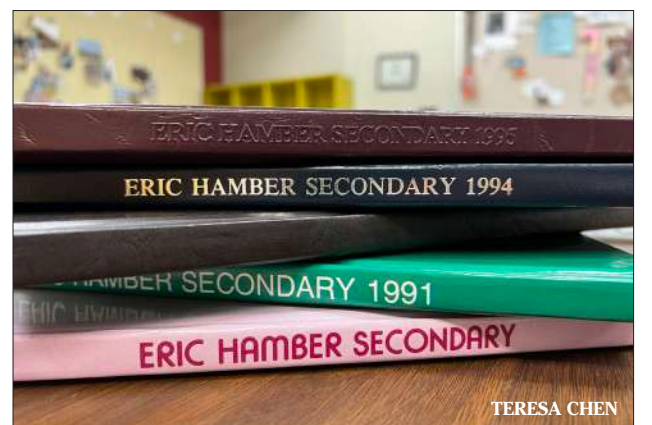
Ms. Polukoshko believes that the most important outcome of the season is the team's growing sense of community. "Having people working together for a common goal, [...] experiencing athletics and teamwork, that for me is the greatest reward."



JESSE INGRAM



TERESA CHEN



TERESA CHEN

# Succession: A Shakespearean Tale of Abuse

REVIEW by Stephen Kosar (12)

*Editor's Note: This review of Succession contains spoilers.*

In many ways, *Succession* is a Shakespearean family drama, set in the corporate offices of midtown Manhattan instead of the plains of medieval England. The fourth and final season concluded on May 28, ending the five-year run of one of the best shows on television.

The premise of the show seems deceptively simple at first glance. Logan Roy (Brian Cox), is an ageing patriarch of a global media empire, Waystar Royco. As he plans to step down as CEO, his kids, Kendall (Jeremy Strong), Roman (Kieran Culkin), and Siobhan (Sarah Snook), fight each other for control of the company, hence the title: *Succession*.

And while the show may seem like it is about spoiled, rich kids fighting over a position that they are all wildly unqualified for, the show truly centres on abuse and power. While never directly explained, each of Logan's children displays characteristics of deep, lingering trauma from childhood. Their stories were never meant to have a happy ending. From the very first episode, the path of each child was set in stone, making the conclusion all the more tragic.

Part of *Succession's* mastery comes from the way it addresses the complex relationships between abusive parents and abused children. All the kids want from Logan is love. They want his acceptance, his approval. That need for love is a major undercurrent throughout the show's four seasons, even after Logan dies. He is gone, but the hole he leaves in each of his children remains.



Throughout *Succession's* four seasons, the Roy family's feud became a masterclass in character study

The kids equate all they want from Logan with control of the company. If they do what Logan did, they will get all they ever wanted. But that mindset that Logan embedded in them ends up as the siblings' fatal flaw.

In the show's finale, the board of directors is voting to either sell the company to a Swedish tech giant or to keep it in the Roy family's hands. The kids' gambit to keep control of the firm fails when Logan's only daughter, Siobhan, votes to sell. If she didn't, the company would have stayed in the family, with her brother, Kendall, in control. Shiv, as she is commonly known, could not

stand the possibility of letting Kendall get the final, posthumous seal of approval from their father. She would rather sink herself, and her brothers, before allowing that. In a show called *Succession*, there is a certain cold irony that none of the siblings end up succeeding Logan as Waystar's CEO.

What does succeed throughout the generations, however, is the trauma. The scars of abuse run deep in the siblings. Not one of Logan's kids can maintain a positive, healthy, relationship, as they never had a model for one. Roman could not be physically intimate with others, Shiv thought of her husband

as inferior, and Kendall, most tragically, puts his own self-interest above the needs of his two children. "Maybe the poison drips through," Kendall says about himself. Try as they might, the kids become reflections of all they despised in their father.

None of the incredibly moving and tragic moments of the show would hold the same gravitas without the deeply nuanced and strong performances from the actors. The way Brian Cox, Jeremy Strong, Kieran Culkin, and Sarah Snook portray their characters is so visceral, raw, and realistic, that they pull you in from the very start of the show. The

range of each and every actor is hard to believe, going from an intimate moment with a partner to a full-on screaming match in a way that feels genuine and deep. Even in the facial expressions, the actors reflect many layers of a character in a single glance.

The supporting actors as well, such as Matthew Macfadyen, who plays Shiv's long-suffering husband Tom Wambsgans, and Juliana Canfield, who plays Kendall Roy's overworked assistant Jess Jordan, add so much texture to the rich tapestry of acting performances, creating a consistent and immersive experience for any viewer of the show.

## FURTHER FOREST FIRES FORECASTED FOR THIS SUMMER

ANALYSIS by Alexandra Chow (11)

This summer's forest fire season is forecasted to be worse than usual. Even before the start of the season, the general wildfire activity across Canada has been increasing, with 2,306 fires thus far in 2023 alone, as of June 9. Just over 400 of those, about 16 per cent, are in British Columbia, despite BC only occupying about nine per cent of Canada's land mass.

The BC Wildfire Service predicts that more fires will be coming, since "drought-like conditions persist and there is little precipitation in the forecast," as they stated in the June 1 update. A few days following that prediction, the fire danger rating advanced to "high" or "extreme" for most parts of the province, which led to another ban on open burning.

Wildfires can be caused naturally or by humans. According to the BC government, about 60 per cent of wildfires are caused naturally. This often occurs when lightning strikes a tree, releasing heat or other fuels and starting a fire. The other 40 per cent of wildfires are caused by human activity, such as through open burning, vehicles and engines, industrial activities, fireworks, etc. Human-caused forest fires may be caused intentionally or unintentionally.

Warm weather and a lack of precipitation also contribute to causing wildfires. The record-breaking heatwave and generally warm temperatures in May caused many early wildfires, particularly in the northeastern part of British Columbia.

Matt MacDonald, the lead fire weather forecaster for the BC Wildfire Service, said two to three millimetres of rain for 10 to 20 days consecutively would be required to alleviate the current drought conditions. MacDon-

ald also mentioned that heavy rainfall once in a while wouldn't be enough to reduce the risk, since that amount of rain would surpass the capacity of soil to absorb moisture.

So far, there have been 412 wildfires in BC this year, according to the BC Wildfire Service. 78 are currently active and 144 of them have been in the Prince George region. There are currently five fires of note, being "highly visible or [posing] a potential threat to public safety" according to the BC Wildfire Service standard, and 29 fires out of control and not reacting to suppression efforts. Seven fires are being held and are unlikely to spread beyond predetermined boundaries, while 42 are under control and will not spread further.

In response to the early start to the wildfire season, there have been Category 1, 2, and 3 fire bans. Category 2 and 3 fires are open burning, de-

finied as being 2 metres or less in both height and width. These fires have been banned everywhere in BC, starting as early as May 4 for the Cariboo Fire Centre region. Category 1 fires are campfires that are 0.5 metres or less in both height and width. As of June 8, Category 1 fires have been completely banned in the Cariboo, Kamloops, and

**So far, there have been 412 wildfires in BC this year**

Prince George Fire Centres. The Coastal, including the Lower Mainland, and Northwest Fire Centres are under partial Category 1 bans. These bans are likely to last until October.

However, Category 4 prescribed

fires are not banned. These types of fires, also known as cultural burning, are "controlled, low-intensity burns" that Indigenous peoples have been having since before the advent of written records. The purpose is to revitalize plants and enhance habitats by removing overgrown vegetation and releasing nutrients into the soil to help new trees grow, simultaneously reducing the severity of future fires. Economically, cultural burnings also help minimize the risk of harming land investments and infrastructure.

To prevent fires, people are encouraged to camp responsibly and critically consider the size and location of their fires, ensuring that they are adhering to the bans. When at home during the wildfire season, people should make an emergency plan and prepare a grab-and-go bag in the event that evacuation is needed. During a fire, up-to-date information will be provided on the BC Wildfire Service and Emergency Info BC websites and social media accounts. If evacuation is needed, people must be cautious when re-entering their homes. They must inspect and repair any fire damage, discard spoiled food, and ensure their water source is safe.

ALBERTA WILDFIRE VIA THE NEW YORK TIMES



## Vancouver Ice Cream Review

REVIEW by Evan Couch (12)

With dozens of stores scattered across the city, Vancouver is not lacking in ice cream shops. For this issue of *The Griffins' Nest*, I went on a tour of the city to visit the most popular spots. Here are my top three picks.

### La Casa Gelato

Located in the Downtown Eastside, La Casa Gelato is famous for its 238 flavours, even winning a Guinness World Record for the feat. When I went to the store, the lineup was short. The prices were great, starting at \$4 a cone. I was overwhelmed by the abundance of flavours. The entire store is pink on the inside and outside. Across the street, there is a courtyard where you can eat your ice cream. I love this store as the ice cream is excellent and the vibe is relaxing.

### Rain or Shine

Rain or Shine has locations in UBC, Kitsilano, and Cambie Village. It was founded in Vancouver in 2011 with a focus on using natural ingredients. The ice cream reflects that, being some of the best I have ever had. The community vibe is excellent. I go there all the time. I would recommend the cracked mint and malted milk chocolate. The lineups can be long, but it is worth the wait. The price is decent, with a cone going for around \$6.

### Marble Slab Creamery

The Marble Slab Creamery in Vancouver is located downtown at the corner of Davie and Denman Street. While the store itself is old and does not look good, it is in a beautiful spot, right by English Bay. The ice cream far outshines the appearance. They serve mixtures of flavours as well as flavours on their own. When served to you, the ice cream is cut up with spoons. There were real fruits and berries in my serving. I like this shop because it is a great stop for dessert after eating on Denman Street. The prices start at around \$6 a cone.

## VANCOUVER AND THE PROVINCE

# Reviewing Food at the Richmond Night Market 2023

REVIEW by *Cara Rudolph (9) & Willow Peterson (9)*

The Richmond Night Market is the place to hang out with your friends, check out accessories like necklaces, key chains, socks, and claw clips, try your luck at carnival games, and taste unique and mouth-watering food. The market is open from around 7pm to 12am, depending whether you go on Friday, Saturday, or Sunday. It might not seem worth it to go for the three-hour-long wait in the general admission line, so you can always buy a \$35 fast pass. This comes with five entries that you can use any time during the market's run from April to October. General admission costs \$8 per person, and it is free for seniors over 60 and children under the age of seven.

All the prices already have taxes included, so you're only paying the price indicated and nothing more! Make sure to bring cash, because most stalls will not accept card.

## Momo's: The Himalayan Dumplings

We ordered the steamed Momo beef dumplings from Momo's, which were \$15 for six. They weren't the most unique, although they were quite juicy. Coated with a thin sauce that tasted like tomato soup, they also had a bit of soup inside, which gave the dumpling a fresher taste and an impression of higher quality. The beef itself didn't taste outstanding. Other dishes found at Momo's include deep fried dumplings, chilli dumplings, and steamed dumplings, with meat choices of either beef or pork.

The wait time at Momo's was very short, although we were at the front of the line, so customers coming later may have had to wait longer. Overall, the experience and taste of the steamed Momo beef dumpling is an 8/10.

## Burgergerist

Burgergerist is a unique stall at the Richmond Night Market that serves burgers with an egg cooked inside of the bun. We picked up their signature pork egg burger for \$10. The egg lent the burger a unique taste, but unfortunately, although the stall was not busy, the whopping 20-minute wait time was much longer than that of any of the other stalls. If you're looking for a quick snack, you might want to consider looking for a different meal. If you are willing to wait, the other options at this stall are a Cheese Tuna Egg Burger, a Special Roasted Duck Egg Burger, and a Black Pepper Beef Egg Burger. Overall, Burgergerist gets a 6/10.

## Takoyaki

At this stall we ordered the octopus takoyaki, a Japanese snack consisting of stuffed balls of flour-based batter. The price for this dish was \$10 for six pieces. These pieces were fairly big and definitely justified the price. These takoyaki were a perfect combination of crispy and crunchy

your friends. It is open from noon to 10 pm every day.

Located between the Orpheum and BC Place, the **VPL Central Library rooftop garden** is an excellent outdoor study area. It has everything

**Whether you want to enjoy a good meal, study, or catch up with someone, patios will be your best friend this summer**

that would fit the criteria to be on that summer study grind whilst also being quite accessible with its location in downtown.

The Yaletown Brew Pub has a massive patio, and \$15 pizza on

Sundays.

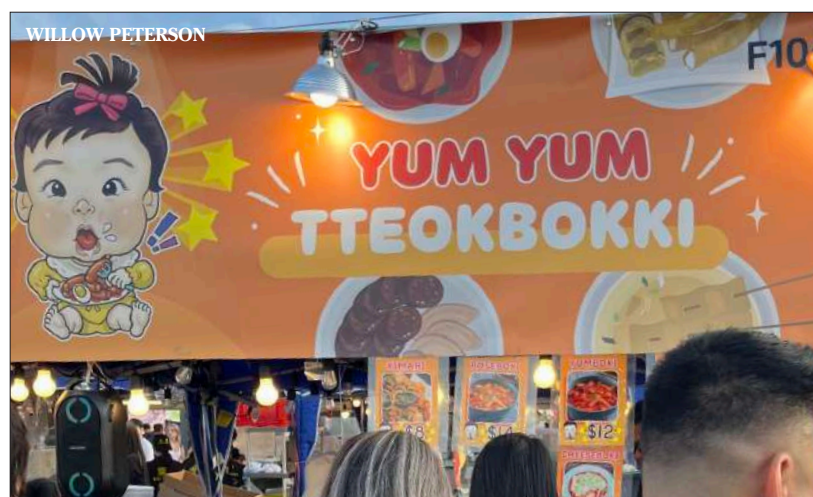
The **Yaletown Brew Pub** is a pleasant restaurant to wind down in after a nice beach day with many comfort foods such as poutine and pretzels. Located a few stores down is a Nitrogen

ice cream store, Mister, which sadly does not have a patio.

Whether you want to enjoy a good meal, study, or catch up with someone, patios will be your best friend this upcoming summer.



WILLOW PETERSON



The Richmond Night Market holds a variety of tasty treats, ranging from bubble tea to dumplings



on the outside and soft and chewy on the inside. They were also covered with a sweet sauce and dried fish flakes, which contrasted nicely with their distinct seafood taste.



WILLOW PETERSON

The distinct taste of octopus is definitely not for everyone, but it is a great dish that we recommend others try. Other dishes at the Takoyaki stall included bacon, scallop, shrimp, and even mushroom takoyaki. With the low price, very short wait time, and unique taste, this dish earned a 9/10.

A selection of stalls and food items

## Yum Yum Tteokbokki

The dish we tried was the Yum Stick, \$8 for two sticks of five pieces. Tteokbokki is a Korean dish made of simmered rice cakes, usually served in a sauce that is sweet, savoury, and spicy. The Yum Stick, however, consisted of the rice cakes served without the sauce and instead covered with ketchup, mayonnaise, and parmesan cheese. The wait was short, and the texture of the rice cakes was very unique, crispy on the outside and chewy on the inside. The condiments made it taste like pizza, which did not really work with the rice cakes. The stall also serves Yumboki, Roseboki, Cheeseboki, and Kimari as traditional tteokbokki options. Overall, the rating we give the Yum Stick is a 7/10, but we would definitely go back to try a different dish.

## Dango House

At this stall, you can get two flavours of dango, a type of Japanese rice flour dumpling, for \$10. We tried the brown sugar and matcha dango, while other flavours included sweet soy sauce, red bean, and black sesame. The wait time was short compared to other stalls. The texture was similar to the rice cakes. They did not have a super strong flavour, and the brown sugar dango also tasted slightly of sesame, but they were very good! The pieces were very small, but eight pieces cost only \$10. Overall, the Dango House gets a 7/10.

## Ocha-Ya

We ordered the Mango slush at Ocha-Ya. It was \$9.00, but including the Matcha Lover toppings, it became \$9.50. The Matcha Lover Slush is a different drink that they sell, which comes with multi-colored small marshmallows, one large white marshmallow, two matcha flavoured wafer sticks, two chocolate filled koala cookies, and whipped cream. The mango slush was very cold and refreshing, which would be perfect for a hot day during summer. However, it had an underwhelming taste. The mango flavour wasn't particularly distinct at all and seemed a bit artificial. We like how they only charged us an extra 50 cents for the toppings, but the actual mango drink was drastically overpriced. You could get the same drink without the toppings at another bubble tea store for half the price. The selection at this booth was average; there were three different teas ranging from \$8.00-\$8.50, and three different slushes ranging from \$9.00-\$9.50. The wait time for our drink was about four minutes even though there were only about two other people ordering. This drink had a bit of a washed out taste, and it was way too pricey. We rate it a 6.5/10.

The Richmond Night Market is a wonderful experience, and you should pay it a visit. Make sure to look for all the unique and delicious food offered at the market, as well as all the other activities and items!

## The Best Patios to Explore Around Vancouver This Summer

REVIEW by *Tiffany Adams (9)*

Patios are a staple place in many Vancouverites' summers, ranging from cute little cafes to quiet secluded restaurants: here are a few of the best patios in Vancouver!

**Rocky Mountain Flatbread Co.** has a great curbside patio for the warm days you want to enjoy pizza outside. With inexpensive pizza and within walking distance of Eric Hamber, Rocky Mountain Flatbread Co. on Main is a modest place to indulge in outdoor pizza.

**Yum** is a sweet shop located on Main Street. It has a cute curbside patio great for eating ice cream and catching up with



CITY OF VANCOUVER

## VANCOUVER AND THE PROVINCE

## 8 MOVIES TO WATCH THIS SUMMER

REVIEW by Andre Chen (10)

**Insidious: The Red Door (July 7)**

As Hamberites finish their finals and drop their notebooks for the summer, Sony Pictures is dropping a whole different thing to fear. The long-awaited conclusion to the Insidious horror-movie series that began in 2010 is coming out on July 7. Insidious: The Red Door follows the Lambert family years after their first encounter with evil spirits. With the spirits threatening to haunt the family again, Josh and Dalton Lambert have to venture deep into the Further, a vast and dark dimension filled with malicious spirits, to stop them once and for all.

**Mission Impossible: Dead Reckoning Part One (July 12)**

For audiences that love nail-biting car chases and death-defying stunts, the first and second parts of Mission Impossible: Dead Reckoning are coming out July 12, 2023 and June 28, 2024, respectively. Dead Reckoning Part One features Tom Cruise as Ethan Hunt, and Part Two, coming out June 2024, is expected to be his last time playing the role. This latest action-packed installment in the Mission Impossible saga will follow the adventure of Ethan Hunt and the Impossible Mission Force as they attempt to track down and secure a weapon with apocalyptic capabilities before it falls into the wrong hands.

**Oppenheimer (July 21)**

Theoretical physicist Julius Robert Oppenheimer is credited as the 'father of the atomic bomb' due to his contributions to the Manhattan project. Christopher Nolan's Oppenheimer details Oppenheimer's journey in leading the development of first nuclear weapons during World War II, and explores its effect on his conscience despite him believing it was a necessary invention.

**Barbie (July 21)**

The first live action Barbie movie, Greta Gerwig's Barbie accompanies Barbie and Ken as they are transported from the idyllic 'Barbie Land' to the real world. Many big names are



appearing in the Barbie movie, with Margot Robbie playing the lead role of Barbie, and Ryan Gosling playing Ken. Actor Simu Liu looks back with GQ Magazine on his motivation for auditioning for a role in the Barbie movie, recalling how one of his agents claimed that it had the best script he had ever read. The Barbie movie comes out on July 21.

**Teenage Mutant Ninja Turtles: Mutant Mayhem (Aug. 4)**

The Teenage Mutant Ninja Turtles is a cornerstone of many childhoods, and its latest movie will be coming out on Aug. 4. First announced in 2020, the movie follows Donatello, Michelangelo, Raphael, and Leonardo as they are exposed to human society in New York for the first time. There will be lots of ninja action as the gang fights off a horde of mutants after biting off more than they can chew with a mysterious crime syndicate.

**Meg 2: The Trench (Aug. 4)**

The second movie in the Meg

series joins Jonas Taylor in his expedition into the depths of the Mariana Trench after detecting increased aquatic activity there, where he runs into a malicious mining corporation that forces him into a game of life and death and sharks. The trailer shows that there will be multiple megs this time around, with one of them being the 'biggest meg' the crew has ever seen, and features other sea creatures such as a giant octopus monster. Coming to theatres on Aug. 4, Meg 2: The Trench is certainly not recommended for viewers with thalassophobia (the fear of the ocean and other large, deep bodies of water).

**Blue Beetle (Aug. 18)**

A 'Top Movies to Watch' list would be incomplete without a classic superhero movie. DC's Blue Beetle, previously only seen in comics and cartoons, is getting its own live-action movie adaptation on Aug. 18. The movie will explore Jaime Reyes's origin story as the Blue Beetle after an alien exoskeleton biotechnology

called 'The Scarab' chooses him as its symbiotic host, giving him all sorts of superpowers. For all the CGI lovers among us, end the summer with a bang by seeing Blue Beetle in theatres.

**White Bird (Aug. 25)**

Coming out on Aug. 25, White Bird, a sequel to R. J. Palacio's hit book Wonder, tells the story of Julian Alban's Jewish grandmother, also known as Grandmère, hiding in a Nazi-occupied French village during World War II. In order to highlight the scarcity, and importance therefore of kindness, Grandmère tells Julian about a boy that helped her escape the Nazis during her childhood, hoping to change his outlook on kindness after he is expelled on account of bullying August Pullman. Palacio ends summer break with a very important message for the next school year: that although Hamberites will inevitably forget the math they learned this school year, they should never forget the value of kindness.

## The Weather in BC is Getting Hotter Each Year

NEWS REPORT by Trisha Tan (8) &amp; Miggie Wei (8)

Despite attempts to minimize climate change, extreme weather has become more common on Canada's west coast, most noticeably with summers being hotter and more humid than it has been historically.

During the summer of 2021, residents of British Columbia experienced intense heat waves, with temperatures reaching higher than 30 degrees Celsius. In Lytton, BC, the temperature peaked at 49.6 degrees Celsius on June 29, 2021, the highest temperature ever recorded in Canada, according to Environment Canada. The next day, the town of Lytton burned down, forcing citizens to evacuate. During the wildfire, two people died in an attempt to escape from their town.

For those living in Greater Vancouver, many quickly noticed the smoky air and dry environment. During this heatwave, many people in BC died from heatstroke, and 96 per cent of these heatwave deaths were in people's own homes.

Western Canada "need[s] to adapt to a hotter future," stated Joseph Shea, an associate professor in environmental geomatics at the University of Northern British Columbia, in an interview with the CBC. Shea also mentioned that heat domes, like the one in 2021, are becoming more and more frequent.

"Heat waves are sometimes referred to as the deadliest of natural disasters — because they are something that people don't focus on," said

## "hot weather often leads to heat exhaustion"

Andreanne Doyon on CBC. Doyon is an assistant professor in the School of Resource and Environmental Management at Simon Fraser University.

Hot weather often leads to heat exhaustion and heat strokes. Those who are at higher risk of heat exhaustion or stroke include seniors, those living alone, those living in poverty, homeless people, pregnant people, and young children. In BC, 9.8 per cent of residents lived in poverty, according to Statistics Canada.

"It is disabled people, particularly those of us below the poverty line, and elderly people, who are the sacrificial lambs," Gabrielle Peters, a disabled writer and policy analyst who sits on the City of Vancouver's advisory planning commission, said to the Vancouver Sun.

With the rising temperatures, there is a higher risk of droughts, due to the drying out of soil and vegetation. There has also been an uptick in fires, with Canada already having 2,619 fires this year as of June 14, 36 per cent more than average, according to the National Wildfire Fire Situation Report.

STEPHEN REES VIA FLICKR



## Vancouver Mural Festival: Connecting the Public to Vancouver's Diverse Art Scene

NEWS REPORT by Izzy Jang (11)

The Vancouver Mural Festival (VMF) will be occurring once again from Aug. 4-13. The festival has been held annually since its founding in 2016, and is designed to celebrate public art and connect the community through live events and murals. There is a wide range of artists who participate in the festival and

bring their diverse content to the table. Mural artists aren't the only people who will creatively display their art, as there are many musicians, dancers and DJs that will perform live during the festival.

The VMF used to be mainly located near the Mount Pleasant area in Vancouver but has since expanded and now hosts mural tours Downtown, in the West End, in the River District, and in Strathcona. They host many ticketed and res-

ervation-only events in other locations in Vancouver for different age ranges, including Astro Alley, Curator Talks, the Mount Pleasant Street Party, and mural tours. The murals are also up year-round and can be found throughout the Vancouver area.

The VMF features diverse artists, highlighting many Asian, Black, and Indigenous-made murals. Van Dang, the CEO and founder of Ricecake, and a

queer Asian guest curator for VMF, will be co-curating the festival's Ricecake Summer Market, which will feature local Asian food vendors and artisans, taking place on Aug. 10.

This year the VMF will also be continuing their collaboration with Kickstart Disability Arts with their Murals Without Walls event taking place at the City Centre Artist Lounge. This collaboration allows professional artists with disabilities to be able to showcase their art publicly. VMF also offers mural tours for those who have visual disabilities, providing resources for all people to be able to enjoy the murals.

Artists say the festival is a great way to connect and view art from new perspectives. Sara Khan, a 2018 VMF mural artist, stated in an interview with *The Nest* that she enjoyed that "the public gets to see how inclusive art can be." She said that the festival allows for the public to be able to see that art doesn't have to be confined to the walls of a gallery.

Khan also enjoyed the festival's promotion of connecting with a range of people and its ability to bring people together, saying "it is an amazing opportunity to learn from other artists and connect with [the] art community." For those who have wanted to explore Vancouver's range of artists and its creative scene, the VMF is a great way to engage and connect with the diverse art community in Vancouver.





## CANADA

## EFFECTS OF ALBERTA'S ELECTION RESULTS, EXPLAINED



JEFF MCINTOSH/THE CANADIAN PRESS VIA THE STAR

Newly re-elected premier Danielle Smith addresses supporters

## NEWS REPORT by Salena Sharma (9)

United Conservative Party (UCP) leader Danielle Smith was re-elected as Alberta's premier on May 29, after one of the closest votes in Alberta's history.

The race for Alberta's premier was primarily between Danielle Smith and New Democratic Party (NDP) leader Rachel Notley. Out of 87 seats, the UCP secured 48 seats, the NDP secured 38, and an independent party secured one. *Global News* reports a 59.5 per cent turnout in the 2023 elections, an eight per cent decrease from the 2019 elections.

Both leaders responded differently when outlining their positions on issues in the province during their campaign, one of them being the federal government's climate plan and the Canadian Net-Zero Emissions Accountability Act.

The act put forth the federal commitment to net-zero by 2050, joining 120 other countries, including all other G7 nations. Countries across the world are being urged to switch to greener technologies to reduce carbon emissions. Climatologists predict that if governments don't act now, global temperatures will exceed well over 2 degrees Celsius by 2050, according to the National Oceanic and Atmospheric Administration in the United States.

The federal Liberal Party released a statement on their website sharing Canada's climate action plan. They plan to build a net-zero electricity grid by 2035 and decrease oil and gas emissions to meet net-zero emissions by 2050. Smith has expressed her unhappiness with this and has accused Can-

ada's prime minister, Justin Trudeau, of stealing 2.7 million jobs across the country, 187,000 in Alberta's energy sector, according to *The Toronto Star*. An Indigenous group in Alberta has already sued to block the legislation, claiming the government failed to consult with them, according to *CBC*.

When discussing Trudeau's switch to green energy in Alberta in her re-election speech, Smith's words were, "I simply can't and won't [allow the switch to happen]."

NDP leader Rachel Notley told *CBC* in January that in order for Ottawa's "just transition" to work, investment in lower-energy projects, like a hydrogen plant in Edmonton, needs to increase from the \$250 million already pledged for the next five years.

Should Alberta not participate in this country-wide transition to sustainable energy, it could limit Canada from achieving its carbon reduction goals by 2050. However, despite gas and oil production significantly benefiting Alberta's economy, it also strains it. The Alberta Energy Regulator estimated that in 2022 the total bill to reclaim and clean up oil sands and coal mines is approximately \$33 billion. These oil spills can also leak into provinces bordering Alberta, like BC, leading to more money being spent on these spills.

Smith's decision to not to follow through with the climate action plan will strain the relationship between Alberta and Ottawa, making it harder to solve national issues, like healthcare funding. As such, Smith immediately got to work the night she was elected, to develop an innovative climate strategy for the federal government to sustain Alberta's relationship with

Canada's capital.

"When Canadians work together, there's no challenge that we can't overcome. I believe that, but it takes two parties acting in good faith to achieve that meaningful partnership," she stated in her victory speech on May 29.

Smith's defiance also gives power to provincial leaders across Canada. Manitoba's elections are scheduled for October of this year. *The Globe and Mail* reported that Smith's victory may enable opposition parties of the NDP in Manitoba to stand against some federal government plans, including the climate action plan.

While standing for what she believes is appropriate for Albertans, Smith is devising plans to create a suitable and sustainable life for Albertans.

From studying education systems and programs worldwide, Danielle plans to make Alberta one of the top educational provinces worldwide. According to Inclusion Alberta, Smith will fund \$126 million over the next three years to hire more educational assistants, provide more staff training, and employ specialists to give "the best education in the world" for children in Alberta.

In response to healthcare issues in the province, Smith pledged to reduce surgical backlogs and terminate waitlists by the end of the year, according to *The Edmonton Journal*. She has also made a public health guarantee stating that no Albertan will have to pay for doctor visits and commented on signing a health care transfer agreement that will ensure the province receives \$24 billion from Ottawa over ten years.

The UCP party will still have the power to implement its Alberta Sovereignty Act now that they have gained a majority of seats. According to a statement released by the province, the act will give the province a democratic legislative framework to defend the federal-provincial division of powers. According to *CBC*, Smith pushed acts like this to the side. However, after the election, she stated that Albertans are more serious about "defending our jurisdiction." Smith told *Global News* in an interview that she would use this act to avoid Trudeau's climate action plan.

In the past few years, Albertans have faced financial hardship due to COVID-19 and rising inflation. In November 2022, Smith pledged \$2.4 billion for all measures required to support seniors and families with children under 18, according to a statement released by the UCP. It also included tax relief for gas and personal income.

## Canadian Immigration Plans

ANALYSIS by Aubrey Brandt (8)

Canada's 2023 to 2025 Immigration Levels Plan was released by Sean Fraser, Minister of Immigration, Refugees and Citizenship on Nov. 1, 2022. The plan set targets to welcome 465,000 residents in 2023, 485,000 residents in 2024, and 500,000 residents in 2025. These targets are higher than the former 2022-2024 Immigration Levels Plan, which aimed to admit 447,055 permanent residents in 2023, as well as 451,000 in 2024. The plan was made to help drive economic growth, protect democratic and human rights, reunite families, and fulfil Canada's humanitarian commitments, including resettling vulnerable Afghans.

Immigration, Refugees and Citizenship Canada (IRCC), a governmental department, has presented a rolling multi-year (three years) Immigration Levels Plan every year since 2017. The new report presents several admission targets for the next three years, with a range of 410,000 to 505,000 in 2023, 430,000 to 542,000 in 2024, and 442,000 to 550,000 in 2025. Working with the provinces and territories, the 2023-2025 Immigration Levels Plan also brings an enlarged focus on attracting permanent residents, temporary residents, students, and visitors to varied regions of Canada. This includes small towns and rural communities.

IRCC worked with the governmental department Employment and Social Development Canada to carry out efforts to enhance worker protection for temporary foreign workers. Specifically, by consulting publicly proposed new requirements for workers, such as prohibiting employers from charging recruitment fees to temporary foreign workers.

The plan also recognizes the important role immigration plays in addressing labour market needs and economic growth, and intends the economic proportion of immigrants to be 60.3 per cent by 2025. The economic immigration class is the biggest source of permanent resident admissions in Canada, at about 62 per cent of admissions in 2021.

60,228 refugees and protected persons were admitted to Canada as per-

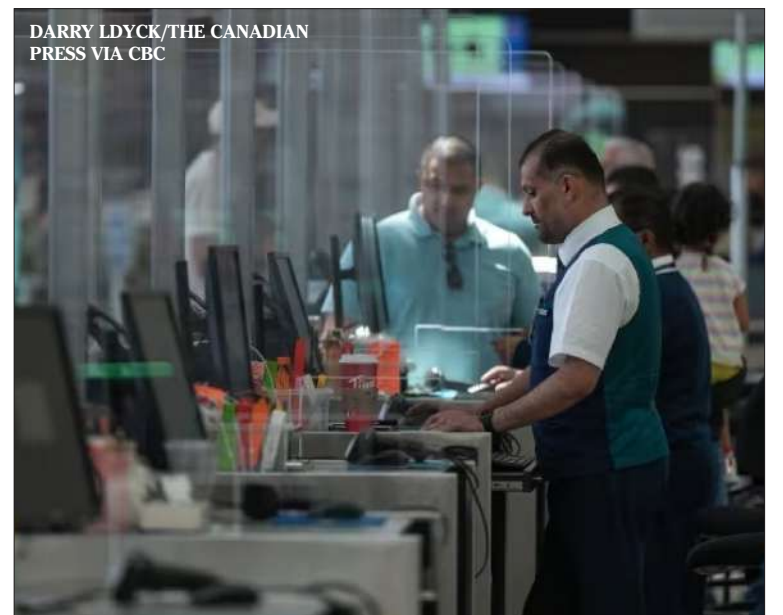
manent residents in 2021, according to the IRCC. In addition, 11,377 people were admitted on compassionate, humanitarian, and public policy grounds. A United Nations Refugee Agency (UNHCR) report showed that Canada was a global leader in resettling refugees in 2021.

Canada maintained a strong tradition of offering protection to those in need in 2021. As part of this, Canada's top five admissions of permanent residents as resettled refugees by country of citizenship include Afghanistan (6,105), Syria (4,195), Eritrea (3,674), Iraq (1,520), and the Democratic Republic of Somalia (1,297), as stated in the 2022 Annual Report to Parliament on Immigration.

In 2021, the Government of Canada committed to welcome at least 400,000 Afghan refugees and vulnerable persons by 2024. This is being done through multiple program and policy initiatives in IRCC. This includes a special immigration program for Afghans who assisted the Government of Canada, and a pathway for extended family members of former Afghan interpreters who previously immigrated to Canada under programs in either 2009 or 2012.

Francophone immigration plays a vital role in upholding the bilingual nature of the country as well as supporting the growth of French linguistic minority communities. In 2021, 6,946 French-speaking permanent residents were admitted to Canada outside of Quebec. IRCC's Francophone Immigration Strategy aspires to reach a target of 4.4 per cent of immigrants outside of Quebec being French speaking by the end of 2023.

Another element of Canada's immigration is its International Student Program, which is an essential part of its global attractiveness. International students bring many benefits like new cultures, ideas, and competencies, as well as other long-term benefits. The number of international students entering Canada in 2021 surpassed pre-pandemic levels. IRCC offices in Canada and overseas continued to process study permit applications for students accepted for study at Designated Learning Institutions in 2021, with 445,776 permit holders that entered Canada.



DARRY LDYCK/THE CANADIAN PRESS VIA CBC



SEAN KILPATRICK/CANADIAN PRESS VIA THE GLOBE AND MAIL



JASON FRANSON/THE CANADIAN PRESS VIA CTV NEWS

NDP leader Rachel Notley

## CANADA

## ALBERTA WILDFIRES INTENSIFY SUBSTANTIALLY

NEWS REPORT by *Miggie Wei* (8)

In the past decade, the number and severity of wildfires in Alberta have increased significantly. This year's wildfires have burned 150 times more area than the previous 5 years combined, according to data from the Alberta government. So far, more than a million acres have been burned this year. As of June 17, there have been 645 fires in Alberta.

The wildfires have been creating terrible air quality conditions across the province. In Janvier, Alberta, the Air Quality Index was measured at 338, as reported by the *BBC*. The AQI is assessed on a scale from 1-500 to describe how clean or polluted the air is. Anything from 301 to 500 is described as hazardous air and triggers health warnings such as heat exhaustion for all people.

The effects of Albertan wildfires stretch far beyond the borders of the province. The smoke from more than 80 active fires from Alberta have spread across Canada. *CNN* has stated that the smoke from Alberta fires will continue to spread to British Columbia and the Northwest Territories. Many central eastern states of the US have also been reporting poor air quality that could potentially be dangerous. As the earth gets hotter and drier due to climate change, the dry grass, shifting wind and other fuels are making fires easy to ignite, spread and intensify.

Even though lightning was a factor in the recent uptick of wildfires across Alberta, "many of the wildfires so far this season have been human-caused. That could be from anything ranging from sparks created by trains to people being careless where they throw their cigarette butts," explained meteorologist Terri Lang from Environment Canada on *CNN*.

"We're bracing for some difficult conditions, both because the

weather is going to be hot and dry ... but also because we know that more people are going to be outdoors for the long weekend, enjoying themselves and sometimes that can lead to some unintentional wildfires," reported Josee St-Onge, an information officer with Alberta Wildfire, on *CBC*.

"The fire danger is expected to be extreme across the northern parts of the province again [Thursday], which could result in some active wildfire behaviour," Christie Tucker, information unit manager with Alberta Wildfire, said on May 18, reported *CBC*.

The intensity of the fires caused Alberta to request federal help on May 6, after tens of thousands of residents were forced to evacuate their homes due to the intense wildfires. However, the province's state of emergency ended on June 3.

"We have the resources in place to protect the health and safety and well-being of Albertans without the extraordinary powers of the Emergency Management Act," Mike Ellis, Alberta's Minister of Public Safety and Emergency, told reporters on June 3 on *Global News*.

Federal Minister of Public Safety Bill Blair approved of Alberta's request for federal assistance with the wildfires. The Canadian Armed Forces provided firefighters and resources to assist in fire fighting, airlift resources to help with mobility tasks, such as evacuating residents, and engineering support, such as providing heavy equipment.

The amount of support and resources still remain unchanged. Cyndee Evans from Alberta Emergency Management Agency explained, "The rain and cooler temperatures have helped significantly, and many evacuees have returned to their communities. However, the fire danger continues to be high and extreme in the northern part of the province, and that's expected to continue for the foreseeable future."



BC WILDFIRE SERVICE HANDOUT VIA REUTERS

The Stoddard Creek wildfire burns near Fort St. John

## Bill C-48: Strengthening Canada's Bail System

NEWS REPORT by *Jeffrey Chan* (10)

The Canadian federal government has introduced Bill C-48 in an effort to tighten up the bail system, after several high-profile violent crimes committed by repeat offenders, including the death of Ontario Provincial Police officer Constable Grzegorz (Greg) Pierzchala. One of the suspects in Constable Pierzchala's murder was on bail at the time. In addition, provincial governments have been pressuring Ottawa to make the bail system more restrictive.

The bill began development in March this year, at a special meeting of the Federal-Provincial-Territorial Meeting of Ministers Responsible for Justice and Public Safety.

C-48 introduces a slew of proposed changes, targeting violent offences involving weapons including but not limited to firearms, knives, and bear spray. The bill also changes the bail stage which intimate partner violence (IPV) offenders go through.

A process called "reverse onus" will make it that offenders for violent offences involving weapons will need to prove why they should be allowed bail while they await trial, compared to traditionally where the onus is on the Crown to show that an offender should be denied bail.

The bill specifically would apply the reverse onus to of

fenders of violent offences with weapons who had committed a similar offence within five years of the second offence. The bill also proposes giving more control to the courts on their bail decision when it comes to IPV and firearm offenders.

Bill C-48 also would introduce the reverse onus for more types of firearms offenses, including unlawful possession of an easily loaded or prohibited or restricted firearm, as well as breaking and entering, or robbery to steal a firearm.

### C-48 introduces a slew of proposed changes, targeting violent offences involving weapons including firearms

Finally, the bill would amend the definition of the term "prohibition order" in the context of reverse onus for weaponry offences. In cases where an individual is charged with committing an offence involving a firearm or specific prohibited weapons while being subject to a release order condition prohibiting their possession of such firearms or weapons, a reverse onus at bail would be applicable.

In a May 16 news conference, David Lametti, Minister of Justice and Attorney General of Canada, publicized the bill and shared its objective. "The goal of C-48 is [to improve]

public safety. At the same time, we want to make sure these law reforms aren't making things worse for [minority groups] who we know are overrepresented in the criminal justice system," stated Lametti. Lametti believes that it is of utmost importance for C-48 to pass through Parliament quickly, and "firmly hopes that [the bill] will receive unanimous consent."

The public had polarizing reactions to the proposition of the bill, with some, such as the union representing RCMP

Association, said in an interview aired on May 21 with *CBC* journalist Rosemary Barton, that the bill was "a step in the right direction...but on a community level, I'm not sure that it's going to make a significant change."

In March, Conservative Party of Canada leader Pierre Pollièvre shared his thoughts and proposed a much stricter approach to bail. "Violent offenders newly arrested for another violent offence will have to serve their entire period in jail, not bail, and not early parole. That's common sense," Pollièvre proclaimed in a Mar. 28 news conference.

Lametti addressed these criticisms in a separate Rosemary Barton Live interview on May 21. He said that his government team had a "very narrow margin to work with when it [came] to infringing upon Canadians' right to bail under the [Charter]."

He further elaborated, stating, "My honest answer is that I don't think you can go further. By staying in that very, very narrow lane, we feel that we're quite compliant with the Charter, but we're also addressing a number of very specific needs." Because the Charter of Rights and Freedoms guarantees that anyone who is charged with a crime will not be denied reasonable bail without just cause, reforms may encounter issues in that regard, but Lametti has firm confidence in Bill C-48, and hopes that it will be passed.



CHRISTOPHER KATSAROV/  
THE CANADIANPRESS



ADRIAN WYLD/  
THE CANADIAN PRESS VIA CBC

## CANADA

## New Canadian Passport Design is Announced

NEWS REPORT by Julien Yuen (12)

A redesign for the Canadian passport was announced by Minister of Immigration, Refugees, and Citizenship Sean Fraser on May 10. The new cover and pages showcase more of Canada's natural features and wildlife with fewer historical images than the current design. Fraser claimed this new redesign was necessary to increase security against counterfeiting.

New security features include an updated, tamper-proof data page, metallic foils in the shape of a maple leaf on the covers and a debossed maple leaf on the back. Colour-shifting ink in the shape of a deer and snowflake, and a visible passport chip and antenna are also new features that can be used to confirm the validity of passports and to keep the information of their holders secure. The personal information page is now made of polycarbonate, which will last longer and is less likely to be damaged by water.

The art on the covers and the pages for visas have also been redesigned. The font, the placement of the text and the Canadian Coat of Arms have been adjusted. Outlines of maple leaves are also added.

Leader of the Conservative Party, Pierre Pollièvre, criticised the removal of Terry Fox from the art in passports in a tweet. The removal of an image of the Canadian National Vimy Memorial in France, which honours Canadian veterans who served during the First World War, was also criticised by the Royal Canadian Legion.

Fraser pushed back saying, "If you maintain elements that may have existed in the previous design, it becomes easier to counterfeit the Canadian passport, which is something we want to protect against."

Canadians who currently hold the old version of the passport do not need to renew early to ensure their passport is accepted as a travel document. Both the old and new versions are secure, reliable, and recognised before they expire.

Beginning this fall, Canadians will be given the option to renew their passports online. The procedure includes uploading the necessary documents and passport photos onto a government website.

Production for the new version is expected to start this summer. Depending on when an application is made, some Canadians may receive the new version while some may still receive the old version.

AMBER BRACKEN/  
THE NEW YORK TIMESNOAH BERGER/ASSOCIATED PRESS  
VIA THE NEW YORK TIMESALBERTA WILDFIRE/CANADIAN  
PRESS VIA GLOBAL NEWS

## HISTORY MADE AT THE 2023 STANLEY CUP PLAYOFFS

NEWS REPORT by Max von Dehn (11)

With another year of NHL hockey gone and the Stanley Cup playoffs finally being awarded, it's time to look back at what transpired. This year saw historic upsets and history being rewritten, with the Vegas Golden Knights ultimately hoisting the cup.

**Golden Knights: Fastest Team in the West**

Vegas, in only six seasons, has done something that 11 teams haven't done over their entire existence. The Golden Knights now have the same amount of finals appearances, being two, as the Buffalo Sabres, a team that entered the league in 1970. The Golden Knights' incredible pace has made them the fastest expansion team to win the Stanley Cup, beating the previous mark of seven seasons set by the Philadelphia Flyers.

Throughout the playoffs, Vegas rarely looked out-matched, beating the Winnipeg Jets 4-1; the Edmonton Oilers, a team that looked poised for the finals, 4-2; and defeating the Dallas Stars 4-2 to take them to the finals. In the finals, Vegas had their strongest showing taking down the Florida Panthers in five games, while outscoring them 26-12 over the series.

The Conn Smythe trophy, awarded to the most valuable player of the playoffs, was given to Jonathan Marchessault. He became the 10th undrafted

player to win the award, the most recent since Wayne Gretzky. Adin Hill, Vegas' goalie, was also a major factor in the Golden Knights' Cup victory, posting a .932 save percentage.

**Panthers: The Ultimate Underdog**

Yes, the Florida Panthers got run over in the finals, but one should be impressed they even made it there. The lowest-seeded team in the playoffs this year, the Panthers even had a worse record than Calgary, a team that failed to make the playoffs in the Western Division. Time and time again, nothing was expected from this Florida team, despite having the best regular season record the previous season.

Down 3-1 to Boston in the first round, it was expected that Boston, the team which had just set the record for the most regular season wins, would close it out. However, Florida went on to win the next three games, including a game seven overtime win in Boston.

They would go on to defeat the higher seeded Toronto, a team which finally entered the second round for the first time in nearly 20 years, in five games. They would then sweep the Carolina Hurricanes in four games, including a quadruple overtime win in game one, which team leader in points Mathew Tkachuk would provide the game winner.

Along with Tkachuk, Sergei Bobrovsky, despite strug-

gling in the final, put up a .915 save percentage over the playoffs, and carried the Panthers through much of their first three rounds. In large part because of Bobrovsky, Florida never lost once in overtime, going 7-0 in OT games. While it may have been a disappointing end, the Panthers have shown they have great potential for next year.

**Maple Leafs: The Slimmest of Victories**

After 19 years, the Toronto Maple Leafs finally won another playoff series. The great drought is over, and Leafs fans no longer need to worry about the curse. Instead, they get to deal with the fact that one of the best Maple Leafs teams ever assembled fell in five games to the 16th seed Panthers.

While losing to the Panthers, a team who had already upset the powerhouse Boston Bruins, is not the most embarrassing fate, it still shows that Toronto still isn't ready to compete for the Cup. The team is now at a crossroads, with a large amount of their salary cap tied up in four major players, players who ultimately didn't deliver when the time required it.

**McDavid, Draisaitl Not Enough, Avalanche Fail to Defend Title**

Despite having the two top scorers from the regular season this year, the Oilers failed to make it out of the second round. None of this was the fault of Connor McDavid, who had 20

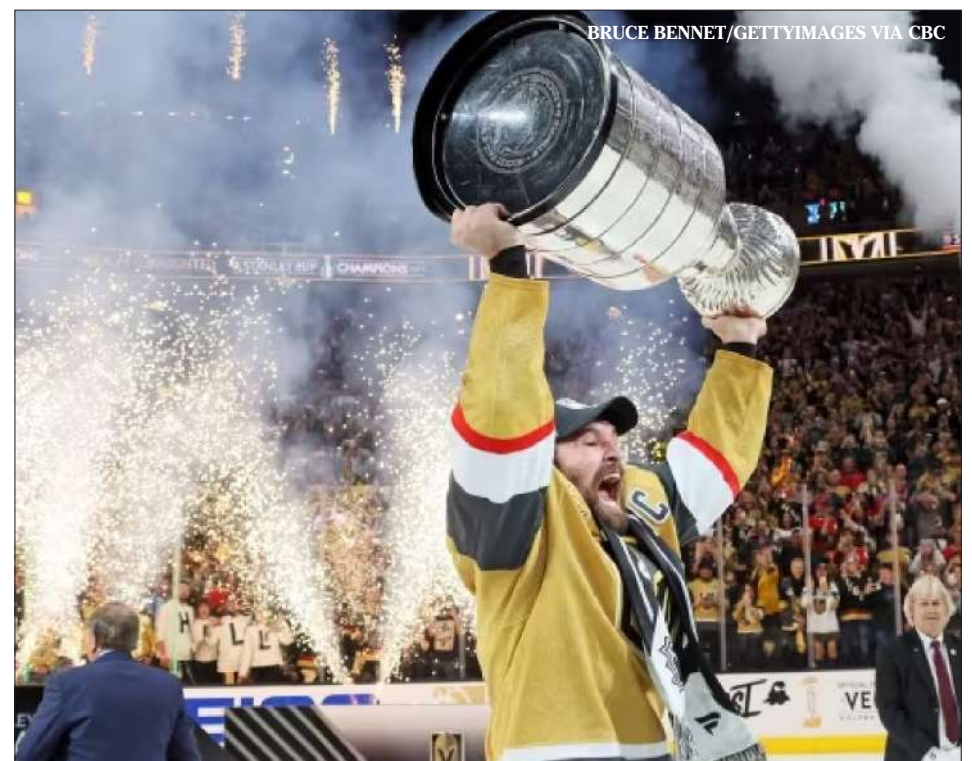
points in two rounds, putting him only five points behind Jack Eichel for the playoff lead, with Eichel playing four rounds. Leon Draisaitl also put up video game numbers, looking to be on pace to destroy the playoff goal record, with 13 goals in 12 games, tying for the most goals with Marchessault, who played 10 additional games.

However, the team desperately lacked secondary scoring, with McDavid and Draisaitl only being on the ice for so long.

With only two years remaining on Draisaitl's contract, and three remaining on McDavid's, the Oilers desperately need to break through soon, or risk losing generational talent for nothing.

Finally, last year, the Colorado Avalanche won the Stanley Cup final. This year, they were ousted in the first round by the Seattle Kraken, a team in their second year of existence. Plagued by injury through the

regular season, the Avalanche began to pull together at the end of the season, finishing first in the Central Division. However, they lost in game seven at home to the Kraken. Much of this can be attributed to the injuries that faced the team, as they still had several key missing players when facing the Kraken, such as team captain Gabriel Landeskog and Valeri Nichushkin. While disappointing, head coach Jared Bendar found it "pretty impressive what they've overcome".



BRUCE BENNET/GETTYIMAGES VIA CBC

## EDITORIAL

# BC'S FOOD GUIDELINES AREN'T ON THE MENU FOR HAMBER'S CAFETERIA

## EDITORIAL

Students wishing to purchase cafeteria food at Eric Hamber often find themselves in a queue stretching across the cafeteria and lasting throughout much of the lunch period. However, there currently is no way for students to know which options are available that day without reaching the front of the line and entering the food service. For students with dietary restrictions, this may mean waiting in line only to find they can't eat anything offered and will have to go hungry. The cafeteria is a hot-button topic of discussion amongst many lunch groups in the school, with students often questioning the options or lamenting the lack of choice. But how does Hamber's cafeteria work, and who decides what gets served?

### The Main Players

At Eric Hamber, the cafeteria is serviced by Canuel Caterers, as per a contract with the Vancouver School District. The vending machines are serviced by VendMaster Services. The Vancouver School District, like all school districts in BC, is expected to follow provincial guidelines for what is allowed to be sold in schools, outlined in the Guidelines for Food and Beverage Sales in B.C. Schools. However, these guidelines are not enforced by any provincial authority.

### The Vancouver School Board

The VSB has committed to following the guidelines set by the provincial government. In the 2022 VSB Food Framework, a planning document for VSB school policy, one of the goals stated is: "Offering a variety of healthy foods: follow a meal plan that provides a wide range of foods that meet the B.C. School Food Guidelines."

The Food Services department of the VSB was unable to respond to The Nest's request for comment in time for the print release of this investigation.

In 2022, The Nest sent out a Freedom of Information (FOI) request to the VSB inquiring about the food and drink items sold in VSB secondary school cafeterias, as well as the nutritional content associated with each freshly-prepared food item. Additionally, a second FOI was sent out asking for a list of food and drinks sold in VSB secondary school vending machines.

The VSB's Freedom of Information and Privacy Compliance department responded to the first request stating that "a centralized list/record of food and drink items sold in VSB secondary school cafeterias, along with the associated nutritional information, does not exist."

They added that "each cafeteria [...] operates autonomously following the Guidelines for Food and Beverage Sales in B.C. Schools," and furthermore, that "the VSB's agreement with its supplier references that supplies must also adhere to the aforementioned guidelines."

The VSB responded to the request for the vending machine items similarly, stating that a centralized list of food and drink items sold in VSB vending machines does not exist either, and that "each vendor contracted by the VSB is asked to adhere to the Guidelines for Food and Beverage Sales in B.C. Schools".

### The Guidelines for Food and Beverage Sales in B.C. Schools

These provincial guidelines are, on paper, simply guidelines, as they are not enforced in any way. However, many school districts claim to follow them. They were most recently revised in 2013, with a new version in the works as of last year, and apply to food and beverages being sold in any way in BC schools. This includes fundraisers by students and staff for organizations such as clubs and sports teams.

The guidelines score freshly-made food, like cafeteria food, as either "sell" or "do not sell". In order to determine whether freshly-made food can be sold or not, each item must pass a checklist about its nutritional content. Food items are separated into different categories, such as "Grain Dishes and Baked Goods" and "Salads, Vegetables, and Fruit Dishes". For each category, there are eight requirements to meet regarding the nutritional content of the food, and if any of these requirements are not met, the item is marked as "do not sell".

Prepackaged food, in contrast, is marked as "sell most", "sell sometimes", or "do not sell". These indicators are given based on whether or not the product meets certain markers for various nutritional aspects of the product, such as fat, sodium, and sugar levels. Like freshly-made food, prepackaged goods are also separated into multiple categories with different guidelines. For example, the category for prepackaged beverages indicates that a maximum of 15 mg of caffeine is permitted, and that if a caffeine-containing beverage does not indicate the amount of caffeine in it, it should not be sold.

### Canuel Caterers

Canuel Caterers is a BC-owned and operated catering company based out of Surrey. They state on their website that they "provide both in-house cafeteria services and student meal programs in the Lower Mainland and the Kamloops Thompson River area of British Columbia".

In an emailed statement to The Nest, Canuel Caterers said that their decision-making process regarding menu items is from customer feedback. They said, "We have been in business for 30 years and with 52 locations we develop menus based on the food and beverage guidelines and feedback from our clients."

Canuel Caterers also told The Nest in the same emailed statement that, "Before the provincial government set nutritional standards for food service providers in

the educational market, Canuel Caterers partnered with a registered Dietitian to revise its menu and ensure a plethora of healthy choices for both breakfast and lunch selections."

In the email to The Nest, Canuel Caterers provided a menu, which is the same as the one posted in Hamber's cafeteria. This menu includes many healthy options such as a "Superfood Salad", "Vegan Grilled Cheese", and "Buffalo Quinoa Bowl", but does not list many of the options found daily at Hamber, such as chicken strips and fries or burgers.

When members of the Editorial Board attempted to purchase the aforementioned menu items as a part of this investigation, which are listed as daily vegetarian and vegan options, they were told these items were not available that day because they were not made.

One of the prepackaged drinks sold in the cafeteria by Canuel Caterers is a 591mL size Diet Pepsi in wild cherry flavour, which contains 71 mg of caffeine, almost three times the permitted amount; under the provincial guidelines, it should not be sold.

Another drink offered at Hamber's cafeteria, Diet Dr. Pepper, lists 'caffeine' as an ingredient but does not indicate the amount of caffeine. This product should also not be sold as per the provincial guidelines.

### The Hamber Administration

The administration at Hamber does not appear to play a big role in the decisions about what is served at Hamber.

In their emailed statement, Canuel Caterers said that the Hamber administration is not directly part of the decision-making process surrounding menu items, but the company is "always open to discussion and ideas".

Hamber Principal **Ms. M. Jensen** confirmed this with The Nest, stating that "our school district office holds a contract with both the vending machine company and Canuel Catering for the food that's served and the beverages that are sold in both Hamber's vending machines and the cafeteria."

The administration acts as a go-between for the Food Services department at the VSB, the independent contractors, and the students at Hamber. According to Ms. Jensen, unique dietary accommodations may be brought to her attention, and she can relay that information to the district or the contractors.

She told The Nest that "where we have very unique [dietary] requests, it might be something that I work directly with the food service provider and our working relationship here at the school, or it might be something that I give as feedback to the school board office."

The situation is similar regarding complaints or feedback about the food provided at Hamber. Ms. Jensen stated: "Hamber administration would have students who come to see us if they have questions about the food that's being sold. Over the years I've had questions about [whether there could] be more

meatless options in the cafeteria, and the catering company has worked with the school in the past to provide more meatless options."

The administration has also worked with students about feedback regarding the pricing of menu items and the availability of "everyday options" as they compare to "options that students would have if they went to a local restaurant or food trucks or food delivery", according to Ms. Jensen.

### Nutrition Facts Fall Through The Cracks

There is an apparent lack of communication between the parties involved in determining the food sold in secondary schools. The VSB claims that each cafeteria is run independently, and thus they are unsure of the nutrition facts of the food items; meanwhile, Hamber administration claims that the school district holds the contract with the catering company, and thus, they are also unaware of the nutritional content of cafeteria food. Canuel Caterers agrees that Hamber administration are not involved in the decision-making process, and claim that they follow the guidelines that the VSB has given them.

The lack of accountability on all three sides is the cause of a major communication problem when it comes to the nutrition facts of cafeteria food. Unfortunately, it's the students who must deal with the consequences of this issue, especially those who have special dietary needs.

The Editorial Board believes that there should be more open communication between the cafeteria and the student body regarding options, especially if menu accommodations for dietary restrictions aren't readily available at all times. If the cafeteria were to maintain a standard menu rotation and made that schedule accessible to students, possibly through PA announcements or even a sign outside the cafeteria, it would make it much easier for students with dietary restrictions to plan accordingly. Although student feedback is received through sales, formal student communication through surveys could ensure the menu items that students want are prioritized and encourage more students to eat at the cafeteria, knowing their favourite menu items will be available.

It is also important that if students and staff are expected to uphold the Guidelines for Food and Beverage Sales in B.C. Schools in their fundraising attempts for sports teams and clubs, Canuel Caterers and VendMaster should also be held accountable to follow them.

It is paramount that cafeterias are transparent about what options really are available. All students have a right to know what's in the food they eat, and be given the opportunity to make healthy decisions for themselves. Students with dietary restrictions should not have to worry about going hungry because there aren't appropriate options for them at school.

## CANADA

# Vaping Goes Viral Among Teenagers – Federal Surveys Show

NEWS REPORT by Declan Chong (8)

It is no secret that many Eric Hamber students vape in school restrooms. But vaping is not an issue unique to Hamber. In fact, Canada has one of the highest rates of teenage student e-cigarette users in the world, according to surveys from the federal government.

An electronic cigarette, more commonly known as a vape, is a battery-powered device that heats up a liquid containing nicotine to produce an aerosol that is respirated. In Canada, it is illegal for children and teenagers to vape. However, according to a survey by Health Canada, tens of thousands of teenagers still vape, regardless of the law. When surveyed, 59 per cent of students in grades 7 to 12 reported that getting an e-cigarette was “fairly easy” or “very easy” if they wanted to obtain one.

Vaping was once seen as a healthier alternative to smoking, originally being marketed as a cigarette replacement to those who wanted to quit smoking. Vaping has been growing in popularity among Canadian teenagers. For example, Juul, known for its discreet flash drive-like design, has targeted minors in its ads.

The Canadian Student Tobacco, Alcohol and Drugs Survey from Health



MICHAEL FERIRE/THE ROLLING STONE

Canada, the federal department which oversees health, indicates that the percent of students in grades 7 to 12 who have tried an e-cigarette has experienced a notable decline, falling from 34 per cent in 2018-2019 to 29 per cent in 2021-2022. These percent distributions become more polarized when separated by grade levels. 18 per cent of students in grades 7 to 9 have experimented with

e-cigarettes, while a significantly higher proportion of students in grades 10 to 12 — 41 per cent — have done so.

Furthermore, students in grades 7 to 12 who identify as transgender, gender diverse, and/or questioning, show a higher prevalence of having ever used e-cigarettes, at 18 per cent. Comparatively, the percentages are slightly lower among males, at 26 per cent, com-

pared to females, at 32 per cent.

The proportion of students in grades 7 to 12 who used e-cigarettes in the last 30 days decreased slightly, from 20 per cent in 2018-2019 to 17 per cent in 2021-2022. Notably, the prevalence of such recent e-cigarette use is higher among students in grades 10 to 12, with 24 per cent of them reporting to have used an e-cigarette compared to the

significantly lower 10 per cent among those in grades 7 to 9.

Among students in grades 7 to 12 who have used an e-cigarette in the past 30 days, 11 per cent also admitted to currently using traditional smoking cigarettes. Additionally, 13 per cent of these individuals reported having formerly smoked or experimented in smoking, suggesting a potential uprising in the popularity of smoking because of an increase in the use of e-cigarettes.

In 2018, the Canadian government passed the Tobacco and Vaping Products Act to regulate the production, sale, labeling, and promotion of tobacco and vaping products, with the aim of suppressing vaping. Despite its passage, Health Canada's recent survey show that vaping is still extremely common among teenagers, prompting advocates to call for stricter regulations.

“The federal government has frankly been missing in action,” said Ottawa-based heart specialist and physician Dr. Andrew Pipe in an interview with CBC, in regards to regulation of vaping products.

Pipe is still also pressing for the regulations of vape flavors that attract teenagers, urging action at the federal level. He stated in a tweet that “regulations addressing [vape] flavours are anticipated...important components of any regulation package.”

## Facing Calls to Act by Advocacy Groups, Federal Lawmakers are Noting a “Rising Tide” of Hate and Violence Directed at the LGBTQ+ Community

ANALYSIS by Nigel Goto (11)

Amid growing concerns about increasing incidents of hate and violence against the LGBTQ+ community, pressures are mounting on Canadian lawmakers to act.

Numerous reports of anti-LGBTQ+ protests have recently surfaced across Canada, as well as hate crimes and violence. According to Statistics Canada, hate crimes related to sexual orientation have grown over 50 per cent since the peak in 2019, with a notable surge in recent months. While most of the demonstrations against the LGBTQ+ community were peaceful protests and boycotts, some have led to altercations requiring police intervention.

Protests have been organized against drag brunches and storytime events across Canada, including a significant protest at a storytelling event in the Kitsilano neighborhood of Vancouver in November, as reported by CTV News. Another form of protest was mass walkouts against celebrations of Pride Month

**“Trans kids need to feel safe, not targeted by politicians”**

in Ontario schools. Events like these have been occurring across Canada, with many LGBTQ+ advocates concerned about the impact of the growing sentiments.

On June 9, New Brunswick's provincial Education Minister Bill Hogan announced the rollout of a new law that has worried LGBTQ+ supporters across the province. The new law requires children under 16 to provide parental consent to alter their names and pronouns in schools.

“Trans kids need to feel safe, not targeted by politicians,” Trudeau said at a Pride event in Toronto on June 8, explaining the importance of showing support.

The effects of these anti-LGBTQ+ demonstrations have been far-reaching, leaving many communities questioning their security in Canada's future. “We also know that homophobia, transphobia, and biphobia have devastating impacts, creating higher risks of mental health issues, unemployment, homelessness and harassment,” said Marci Ien, Minister for Women and Gender Equality and Youth.

Facing increased absences during their pride celebrations, the Ottawa-Carleton District School Board responded with a statement saying, “Schools are places of learning and should not be the targets of political

protests.” While many members of Canadian school boards have shown support and acceptance of the LGBTQ+ community amid backlash, protests targeting schools have increased.

However, Canada is not alone in encountering anti-LGBTQ+ sentiments. Countries like the United States have already implemented numerous laws and policies to restrict the rights and well-being of their LGBTQ+ communities, such as restricting access to gender-affirming care for youth. The US also has had protests similar to Canada, one example being a clash between protesters outside a primary school

in Los Angeles, which was running a Pride Month event, according to the BBC. With firm political stances being taken around the world, Canada is now entering a similar situation.

The Canadian government has acknowledged the urgency of the situation and is actively working towards finding solutions. Members of parliament from various parties have voiced their concerns and emphasized the necessity of taking action to protect the rights of LGBTQ+ individuals.

The recent surge in anti-LGBTQ+ incidents also presents an opportunity for Canada to pave the way for LGBTQ+ laws. Momentum

Canada, an LGBTQ+ support organization, has put forth proposals for the government. Among the suggested actions, the organization recommends a “Special Representative on addressing and preventing anti-LGBTQ+ hate.”

“In too many places, it's kids who have to fight to have the Pride flag raised, and in some places, it's been denied,” Trudeau said at a speech at a Pride flag-raising ceremony on Parliament Hill on June 8.

“And to those kids, I'm here to say, even though the Pride flag may not fly at your school, know that it proudly flies here in your seat of government.”



JENNIFERGAUTHIER/ REUTERS VIA CBC



MIA URQUHART/CBC



RADIO CANADA

# No Inquiry Needed into Election Interference

NEWS REPORT by Zak Tucker (8)

Former Governor General and Special Rapporteur David Johnston recommended against calling an independent public inquiry into China's alleged election interference on May 23, weeks before announcing his resignation and in turn leading the government to reconsider calling an inquiry.

In March, Prime Minister Justin Trudeau tasked Johnston with examining alleged interference by Beijing in the 2019 and 2021 federal elections. The matter surfaced in February, following reporting from *The Globe and Mail* that Beijing orchestrated a campaign to influence the 2021 election. Using its diplomats and their allies in Canada, the Chinese government sought to re-elect a minority Liberal government and force out candidates who spoke out against China, according to classified documents viewed by reporters.

Johnston submitted his first report May 23, outlining why a public inquiry would be unnecessary, and was due to submit another report advising the government on how to counter foreign interference in October, following public hearings he planned to hold over the summer.

Johnston announced his resignation June 9, saying it would take effect by the end of the month, after he completed a shortened final report, but urged the government to appoint a new special rapporteur to continue with the public hearings.

Trudeau had committed to following Johnston's recommendations and not calling a public inquiry, but a cabinet minister has indicated the government is re-considering the move.

"[Johnston] explained and justified his thought process by it and we will be following his recommendations," said Trudeau, speaking to reporters.

The House of Commons has passed three separate non-binding motions calling for a public inquiry, including a motion calling for Johnston to resign. This motion, adopted May 31, had the support of all opposition parties and some Liberal MPs. A public inquiry would be led by a judge with full subpoena powers and the ability to examine witnesses.

Johnston's report claims a public inquiry "could not be held in public," due to the classified nature of the evidence being shared, meaning "the public inquiry would necessarily be held in camera." Opposition parties and legal and national security experts told *The Globe* some testimony has been held in camera at past public inquiries and similar arrangements could be made again.

However, Johnston labelled such a move as unprecedented. "While some public inquiries have an in-camera component, it would be highly unusual to order a Public Inquiry that would be conducted almost entirely in camera." As well, he says such a process would be unnecessary, since he had access to all pertinent information as special rapporteur.

"A person leading a Public Inquiry would be unlikely to learn more about who knew what, when, and what was done with [intelligence] than has been made available to me."

According to the report, he interviewed the Prime Minister, Cabinet Ministers, senior officials, NDP Leader Jagmeet Singh, and Bloc Québécois Leader Yves-François Blanchet. Conservative Leader Pierre

Poillievre declined a meeting. He also had access to intelligence reports and Cabinet documents.

Johnston says a public inquiry would be "unable to provide any greater transparency than what I am able to provide to Canadians in this report." Many of the issues he had already begun investigating would coincide with the mandate of a public inquiry.

"...while we could launch a Public Inquiry on the issues, I am required to address for my October report under my [Terms of Reference], there would be a clear overlap with the work I have already started doing, and there is no reason to think the additional powers available to a Commissioner (e. g., to subpoena witnesses or take evidence under oath) are required for that work. It is more timely and effective to complete the work already underway..."

He adds the problems identified were not caused by elected officials choosing inaction but rather by a lack of intelligence sharing within the government and intelligence agencies. This weakens the case for an inquiry led by a judge distinct from the government.

Despite these assurances, opposition parties believe the House of Commons should dictate what happens next.

"Parliament is the heart of Canada's democracy. And elected members of the Parliament have voted twice for a full, independent public inquiry," Conservative MP and foreign affairs critic Michael Chong told *The Globe*. The MP, who has family in Hong Kong, is the target of intimidation from Beijing due to his criticism of the regime, according to the Canadian Security Intelligence Service (CSIS), Canada's national intelligence agency.

"It would be difficult to restore public confidence and trust in our democratic institutions and in the electoral process without a full public inquiry."

Singh is calling for a public inquiry as well. "The problem from the start was that Mr. Johnston answered to the Prime Minister and that is why we are still asking for a process that is independent from this government and will put Canadians first."

The NDP has agreed to prop up the minority parliament on the condition of the Liberals advancing some of their policy, but Singh says he won't force an election on this issue. If an election were held now, he says, it could fall "under the cloud of suspicion of foreign interference."

Blanchet echoed those comments. "What is Justin Trudeau trying to hide here? We are not going to abandon this until the government abides by the fundamental rules of democracy and provides Canadians with all the facts in a credible process," he told a news conference. Trudeau says information is readily available to opposition leaders if they sign confidentiality agreements necessary to view the classified annex to Johnston's report.

"I certainly hope that all party leaders will avail themselves of the opportunity to understand the facts of the situation as we continue important debates on how to best keep Canadians, our businesses, our research institution and especially our democracy safe," he said in a statement.

Poillievre and Blanchet both say they won't seek security clearance as they fear it would limit their ability to speak publicly, while Singh says he's interested in viewing the documents but wants assurance from the government he can still address the matter publicly.



SEAN KILPATRICK/THE CANADIAN PRESS VIA THE STAR

Opposition leaders have also called into question Johnston's favourable ties with the Trudeau family. Trudeau admits he saw Johnston "a few times as a kid." Johnston says he went on five ski trips with the Trudeau family decades ago and sometimes drove the children home afterwards. He has not had any unofficial encounters with Trudeau since he became an MP in 2008.

Johnston was also a member of the Pierre Elliott Trudeau Foundation, donating a few times and attending four meetings. The Foundation reached out after he left the role of governor general and he joined due to an interest, given his long post-secondary career, in the scholarships awarded by the Foundation. The Foundation has faced controversy over a 2016 donation from two Chinese businessmen with alleged links to the regime.

"[Trudeau's] ski buddy, cottage neighbour, family friend and member of the Beijing-financed Trudeau Foundation came out and did exactly what I predicted — helped Trudeau cover up the influence by Beijing in our democracy," Poillievre told reporters.

He went on to call the report a "whitewash attempt," saying Johnston is in "a conflict of interest," and renewed his calls for a public inquiry. "That's what I will deliver when I am prime minister. There will be a full public inquiry into this mess."

"Holding a public and independent inquiry into Chinese interference is even more essential today," said a statement from Alain Therrien, the Bloc's critic for democratic institutions.

"The special rapporteur jumps to conclusions that we cannot accept that Chinese interference would not have had an effect

on the 2019 and 2021 elections, on the basis that he will keep it secret, despite media revelations."

But Johnston insists his method is rigorous and transparent. "...I have insisted...that I be granted scope to say as much as possible about the intelligence collected...As a result, the level of disclosure in this report is unprecedented."

A confidential annex is included in the full report, which gives references to the specific pieces of evidence found in intelligence reports that led Johnston to his conclusions.

However, he admitted on June 6 that his conclusion that China did not take actions against Conservative candidates may have been based on incomplete intelligence, frustrating MPs.

Former Conservative Leader O'Toole, who led the party through the 2021 election,

said May 30 that CSIS told him "my party, several members of my caucus and me were targets of misinformation and voter suppression that was orchestrated by China before and during the 2021 election."

Johnston attributed the discrepancy to O'Toole receiving intelligence after he obtained the intelligence for the report.

Johnston advised the Prime Minister to instruct the National Security and Intelligence Committee of Parliament and the National Security and Intelligence Review Agency to review the findings in his report and report publicly on whether they reach different conclusions.

"In recommending review by both Parliamentarians and expert officials through NSICOP and NSIRA, I am seeking to provide maximum transparency and accountability to what I have



ADRIAN WYLD/THE CANADIAN PRESS VIA CITY NEWS

CANADIAN CLUB TORONTO VIA FLICKR



found and thereby contribute to public trust," the report reads.

However, these comments come as a stark contrast to his letter of resignation issued to the Prime Minister June 9.

"My objective was to build trust in our democratic institutions. I have concluded, given the highly partisan atmosphere around my appointment and work, my leadership has had the opposite effect." Johnston stands by his opinion that a public inquiry would be unnecessary and calls on the Prime Minister to appoint someone to continue his role.

"I encourage you to appoint a respected person, with national security experience, to complete the work that I recommended in my first report. Ideally, you would consult with opposition leaders to identify suitable candidates to lead this effort."

In a statement, Poilievre ac-

cused Trudeau of harming the "reputation of a former Governor General all to cover up his own refusal to defend Canada from foreign interests and threats.

"He must end this cover-up, stop hiding and call a full public inquiry into Beijing's interference."

Singh and Blanchet agree. Before stepping down Johnston fired his crisis management firm, Navigator, according to reporting from *The Globe*. Liberal MP Han Dong, whose actions Johnston investigated in his report, has also hired Navigator.

As well, Johnston's lead counsel, Sheila Block, a Torys LLP lawyer, was a Liberal donor, and attended a private party event in 2021 where Trudeau was present.

*The Globe* asked Johnston's office whether Navigator had access to the report before it was published and if Torys LLP lawyers and executives not working

with Johnston had access to the report, but received no response.

Following his resignation, the government shifted its tone. Minister of Intergovernmental Affairs Dominic LeBlanc, who is responsible for democratic institutions, said the government was now considering creating a public inquiry.

"A public inquiry has never been off the table. All options remain on the table," he told a news conference. "The Prime Minister said so when he announced the appointment of Mr. Johnston."

Following Johnston's report, Trudeau told reporters, "I committed to listening very carefully and abiding by the recommendations the former governor general made."

LeBlanc will meet with legal and national security experts and opposition parties to decide whether to appoint a new special

rapporteur or call a public inquiry. If opposition parties can't agree on a specific mandate for the inquiry, the government may appoint another special rapporteur.

LeBlanc encourages "opposition leaders to take this matter seriously," and, "not just simply say there has to be a public inquiry." Poilievre's office released a statement following the announcement demanding a public inquiry be called before the party enters talks with the Liberals.

"Liberals must end the cover up and announce a public inquiry now. Only once they finally follow the will of Canadians and Parliament to call an open and independent public inquiry will Conservatives discuss further details."

CSIS recognizes foreign interference in democratic institutions as the greatest threat to Canada's national security.

## Canadian Astronomers Discover New Exoplanet

NEWS REPORT by Zoe von Dehn (8)

A new exoplanet, a planet beyond our solar system, has been discovered by Canadian astronomers. Quite similar to Earth in many ways, it is known as LP 791-18d, and is located 90 light years away. This distance would take humans over 3 million years to travel, so it is highly unlikely that humans would ever reach the planet.

"We were super excited about this," said Björn Benneke, the head of the astronomy division of the department of physics at the University of Montreal, in an interview with *CTV News*. LP 791-18d has the features that astronomers look for in habitable planets. It is on the edge of the habitable zone, which is the area surrounding stars where liquid water can exist on a planet. The exoplanet has a temperature just a little warmer than Earth's, with a similar atmosphere.

Atmospheres are crucial for life to survive. They protect life forms from harmful radiation that alters and damages them, while also containing breathable air and traps heat. If an atmosphere is too thin, then the planet becomes too cold and radiation is much stronger. A thick atmosphere would mean that the planet would be hotter.

One of the key features of LP 791-81d is its volcanic activity. Atmospheres can weaken over time, but volcanic eruptions can replenish the atmosphere. LP 791-81d is theorized to be covered in volcanoes. Astronomers have nicknamed the exoplanet Reykjavik, which is the capital of Iceland, since they imagine the landscapes to be similar.

"For the first time, we have

an exoplanet with a very strong indication that there is volcanic activity," Benneke said. Astronomers believe this is because of the orbit of LP 791-81d. It orbits a red dwarf, but close by is another exoplanet, which is double Earth's size and seven times Earth's mass. When the two exoplanets draw near while in orbit around their star, LP 791-81d's orbit is altered due to the gravitational pull from the larger exoplanet. This gives LP 791-81d's orbit an ellipse shape. These pulls deform the planet, creating internal friction and heating the exoplanet's core. The heat then vents through the surface in volcanic eruptions.

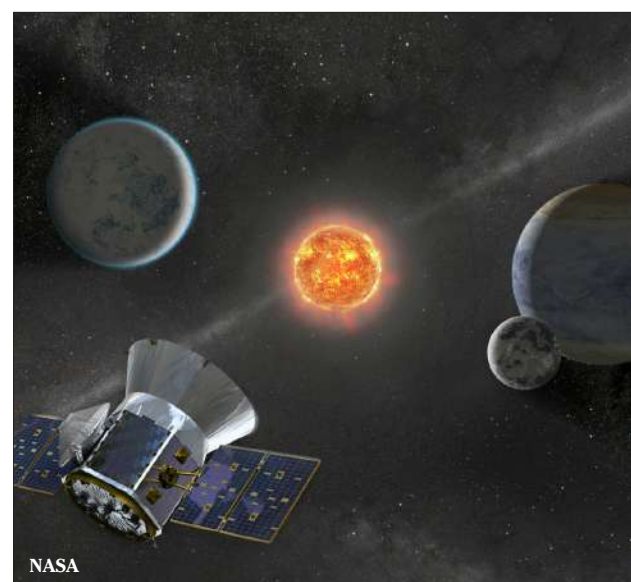
Researchers use data from exoplanets to learn more about the conditions that we think life requires, and the functions that have to occur for this to happen. They help humans understand how planets reach their current state, and how life evolved on Earth. They can also help scientists more clearly understand the Earth's past.

LP 791-81d was discovered using the National Aeronautics and Space Administration's (NASA) Transiting Exoplanet Survey Satellite, or TESS. TESS senses loss of light when planets pass in front of their stars. When the light is blocked periodically, they can use this data to detect exoplanets.

"Everyone thinks of NASA when they think of space science, but here you have Canadian researchers, a Canadian university," Dan Riskin, *CTV's* Science and Technology Specialist said. "And ultimately, it's that James Webb telescope, which is partly Canadian, that's going to have a closer look. So Canada has a lot to be proud about."



NASA'S GODDARD SPACE FLIGHT CENTRE/CHRIS SMITH



NASA

## INTERNATIONAL

## Agreement Reached to Raise the US Debt Ceiling

NEWS REPORT by Ruby Ellermann (10)

The United States narrowly avoided a default on its debt when President Joe Biden signed the Fiscal Responsibility Act of 2023 into law on June 3, ending the stalemate between Democrats and Republicans in the US Congress over the contentious debt ceiling.

The debt ceiling is the maximum amount the US Treasury Department is allowed to borrow to repay its past debts. Raising the debt ceiling was once considered a standard occurrence, however in recent years, it has been seen as an opportunity for political leverage.

The debt ceiling was reached in mid-January this year, with US Treasury Secretary Janet Yellen warning that if the debt ceiling was not raised, the United States could default on its loans as early as June 5. A default, Yellen said, would be an "economic catastrophe".

This would have prevented the US government from paying back its creditors, meaning interest rates would have drastically increased. In addition, the government would have had to cut its spending in certain sectors, and financial markets would begin to collapse, creating general turmoil within the economy.

The White House has predicted that if a prolonged default were to occur, it would cause an "immediate, sharp recession", with an estimated 8 million jobs lost and far reaching consequences for the global financial system.

After months of negotiations between Republicans and Democrats, the Fiscal Responsibility Act of 2023 was enacted into law, suspending the debt ceiling until Jan. 1, 2025.

Between the period in which the government breached its debt ceiling and the signing of the bill, they were no longer allowed to borrow money. Instead, the government resorted to selling existing investments and suspending reinvestments of the Civil Service Retirement and Disability Fund and the

Postal Service Retiree Health Benefits Fund, which gave the federal government billions to spend.

Within the next two years, the debt ceiling deal allows the US Treasury to borrow as much money as is required to pay the nation's bills. The current cap on government debt lies at \$31.4 trillion, and the limit following the suspension will lie at the amount borrowed at that period.

The act has required the federal government to make minor cuts on spending, including a reduction in the growth of federal discretionary spending within the next two years. Requests for cuts centred from conservative members of the US House of Representatives. Republicans have advocated for a serious drop in government spending which they communicated to Republican House Speaker Kevin McCarthy before demands were made.

McCarthy has received backlash from Republican representatives after agreeing to the bill which included spending restrictions far beneath what members of the House called for in programs funded by annual appropriations. His approval of the bill resulted in members of the House Freedom Caucus, hard-right Republicans, disrupting House business. Regular votes were not taken, a pair of pro-gas stove bills stalled out, and some lawmakers asked if they could leave work in protest of McCarthy's leadership.

Although the debt ceiling has been suspended, the government is still receiving negative feedback. Fitch Ratings recently placed the US government's debt on negative watch for a possible credit downgrade. Such a downgrade has only occurred once, after the 2011 debt-ceiling crisis resulted in the Budget Control Act of 2011, which permitted the federal debt ceiling to be raised. In response to Fitch's ratings, White House Press Secretary Karine Jean-Pierre claimed that the market for US Treasury bonds "remains the safest, the deepest, and the most liquid market in the world."



## MICROSOFT-ACTIVISION BLIZZARD DEAL STILL IN PURGATORY

PAUL RICHARDS AFP/GETTY IMAGES VIA INVESTOPEDIA



Above: the FTC building, Left: Microsoft headquarters, Right: Activision headquarters

NEWS REPORT by Max von Dehn (11) & Oliver Izen (11)

Microsoft announced its intention to purchase the video game company Activision Blizzard on Jan. 18, 2022. Now, a year and a half later, the deal is still pending. Microsoft announced in a press release that the acquisition would cost the company \$68.7 billion, adding to Microsoft's lengthy history of expensive gaming acquisitions.

Activision Blizzard, one of the largest gaming conglomerates in the world, is no stranger to large-scale acquisitions. Activision and Blizzard, originally two separate firms, merged to form the corporation that exists today. The company is primarily known for its popular franchises, including Call of Duty, Overwatch, Diablo, World of Warcraft as well as several other games.

The Activision Blizzard acquisition has faced opposition from several governmental organizations as well as other video game companies. Sony is one prominent voice against the acquisition, including supporting a gamer-led lawsuit against it. Both the United States' Federal Trade Commission (FTC) and the United Kingdom's Competition and Markets Authority

(CMA) have found issue with the acquisition as well, citing the lack of competition in the field as the primary issue. Both the CMA and FTC claim the acquisition will harm the newly-developing cloud gaming market, with the FTC also claiming it would damage the high-end console market.

The CMA also had initial concerns with the deal's impact on the console market, however, it has since removed the contentions. The majority of the FTC's concern with the impact on the con-

Activision's games from the PlayStation, this would not significantly harm competition in the consoles market."

Cloud gaming is a category of online gaming where games are run on remote servers and streamed directly to consumer devices. The cloud gaming market remains the single largest concern that has caused the CMA and FTC to block Microsoft's acquisition. With Microsoft already controlling an estimated 60 to 70 per cent of the cloud gaming market according to

do, and Nvidia to bring Xbox titles to their corresponding platforms. Nintendo, and Nvidia, who accepted Microsoft's offer, were guaranteed 10 years of Xbox titles on the platforms, including Activision Blizzard's Call of Duty franchise if the acquisition goes through. The deal is notable, as bringing those games to Nvidia's GeForce Now cloud gaming service, one of Microsoft's largest competitors, would seemingly curb the CMA's concerns of Microsoft monopolizing the cloud gaming space.

As it stands, without the FTC or CMA clearing the acquisition, the deal stands in limbo. On June 12, the FTC filed to prevent the deal from going through before its July 18 termination deadline. If the deal is not completed before the termination deadline, the parties will have to create a new deal, which is why the FTC requested a restraining order and injunction in the US federal court. If Microsoft fails to go through with their acquisition, they could end up paying Activision Blizzard up to \$3 billion in termination fees, according to CNBC.

Microsoft currently also has an appeal against the CMA's block of the acquisition, which will enter courts around the week of July 24, shortly after the termination deadline.

**Both the United States' FTC and the United Kingdom's CMA have found issue with the acquisition as well, citing the lack of competition as the primary issue**

sole market stems from the danger of a monopoly, given Activision's far reach in the gaming community. The FTC was concerned that Microsoft could "[withhold] content from competitors entirely".

The EU, which despite initial concerns, passed the acquisition, found that Microsoft "would have no incentive to refuse to distribute Activision's games to Sony", and "even if Microsoft did decide to withdraw

the CMA, both governmental groups were concerned that it could quickly spawn a monopoly. However, Activision Blizzard has mostly strayed far from the cloud gaming market, their only major work being a port of Sekiro: Shadows Die Twice to Google's defunct Stadia cloud service.

Microsoft, in an attempt to ease the FTC and CMA's concerns about the future of cloud gaming and exclusives, made offers to Sony, Ninten-



## INTERNATIONAL

# NBA Finals: Nuggets Win First Championship



DANIEL BRENNER VIA  
THE NEW YORK TIMES

Nikola Jokic holding his MVP trophy with the rest of the Denver Nuggets

## NEWS REPORT by Sara Maya Budhiraja (10)

After a 47-year championship drought, the Denver Nuggets defeated the Miami Heat in five games to capture the Larry O'Brien finals trophy. The finals series came to an end on June 12 in Denver, with finals MVP Nikola Jokic leading the game in scoring with 28 points and 16 rebounds. The other half of the Nuggets' dynamic duo, Jamal Murray, closed out Game Five with 14 points, 18 rebounds, and 8 assists.

Denver entered their finals bracket as the first ranked seed in the Western Conference, and toppled the Minnesota Timberwolves and fan-favorite Phoenix Suns to reach the Conference finals, where they faced LeBron James and Anthony Davis' formidable Los Angeles Lakers, fresh off of a series win against the Golden State Warriors. What looked like a matchup between two serious NBA finals contenders quickly morphed into a very definitive end of the season for the Lakers. The Nuggets swept LeBron and LA in four straight games, and cruised into the finals with enough momentum to pull out a game one win against Miami, setting the tone for the rest of the series.

The Heat's path to the finals was far more eventful, as they were ranked seventh in the East pre-playoffs, qualifying them for a tough matchup against Atlanta Hawks in the Play-In tournament. Miami lost to the Hawks, and fought for survival against the embattled Chicago Bulls, where they pulled off a clutch win. After barely making it into the playoffs, the Heat were immediately faced with the number one seed in the East, NBA

superstar Giannis Antetokounmpo's Milwaukee Bucks. After a miraculous five-game defeat of the Bucks, Jimmy Butler and the Heat went on to take down the New York Knicks, bringing them head-to-head with the Boston Celtics in the Eastern Conference finals. After a nail-biting game six, the

ern Conference first seed, was shut down by Jokic and the Nuggets. Denver dropped only one game to Miami, and pulled off two road wins to close them out. Miami put up significant offense to counter Jokic and Murray, but not even Bam Adebayo and Jimmy Butler's double-digit games could

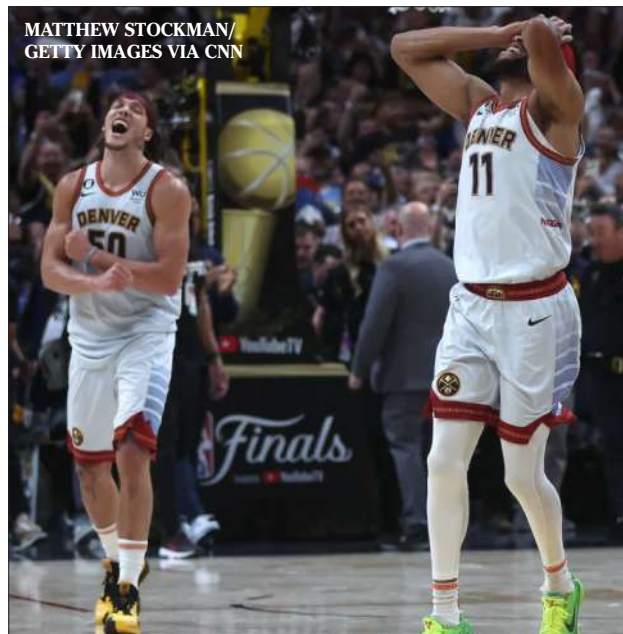
## A matchup between two NBA finals contenders morphed into a very definitive end of the season for the Lakers

Celtics pulled off a win, tying the series and forcing the Heat into another do-or-die game. The Heat prevailed in the end, fighting tooth-and-nail to face the Nuggets in the finals.

The Heat's finals run, which began with a shocking five game defeat of the East-

stop the Nuggets' star players.

When the finals MVP, Nikola Jokic, was asked by ESPN reporter Lisa Salters what it felt like to be an NBA Champion, the newly crowned King of the West had a simple answer. "It's good," he said. "The job is done and we can go home now."



MATTHEW STOCKMAN/  
GETTY IMAGES VIA CNN

## SWEDEN TOPS THE CHARTS AT EUROVISION 2023

### NEWS REPORT by Mia Boguslavsky (11)

The 2023 Eurovision Song Contest was held in Liverpool, England. The previous year's winners were from Ukraine, so in keeping with tradition, they were to host this year's competition. However, due to safety concerns regarding the ongoing Russian invasion of Ukraine, England hosted in lieu of Ukraine. 2023 marked the 67th year that Eurovision was held. 37 countries participated, with a reported 162 million viewers across 38 European countries, according to the EBU (European Broadcasting Union). The winner of this year's contest was Sweden, represented by pop artist Loreen.

Founded in 1956, the Eurovision Song Contest is an annual songwriting competition in Europe. Solo artists or bands are sent to represent their countries and compete for the grand trophy. The winners are chosen via voting, which is a combination of a jury of five industry professionals from each represented country and viewers at home.

Loreen, the winner of this year's contest, received a judges' score of 340 points for her song "Tattoo", maintaining a huge point margin above the second-place jury scorer, Israel, which acquired 177 points. Loreen had previously won Eurovision in 2012 with her wildly successful hit "Euphoria". She became the second person to win the song contest twice, and with her victory, Sweden tied Ireland's record for most total wins at seven. "Tattoo" is a pop

song about a couple breaking up and the marks their relationship has left on them. Following its debut at a Swedish music festival, the song reached number one on the Swedish singles chart. After Eurovision, it reached number one in nine other European countries and beat the record of most streams in one day by a Eurovision song, which was previously held by 2021's winner "Zitti e buoni" by Måneskin. It won with a total of 583 votes, comprising 340 jury points and 243 public votes.

Finland managed to secure second place this year by winning the public vote with their song "Cha Cha Cha" by Käärijä. The song is a mix of metal and electro-pop, with elements of dance-pop. It was a smashing hit, breaking the record for the highest public score, with a score of 376. It was also the first song in Finnish to enter the UK top ten single charts. Out of the top three scorers it was the only song in its country's native language instead of English. The total score the song received was 526, only 57 points behind Sweden's entry.

The third-place contestant

was Israel. Singer Noa Kirel performed her pop number "Unicorn", and managed to score a total of 362 points. Kirel stated that her song was inspired by her 13-year-old self at the beginning of her musical career. General reception for the song was mediocre, with the Israeli leading news network *Ynet* calling it "lacking [in] courage and soul" and describing her performance as "lackluster". However, others applauded Noa's performance, and expressed amazement at the dance number that was included near the end. "That dance break moment at the end is going to be bloody INSANE, and one of my most anticipated moments of this contest" said Lucy, an interviewee for *wiweblogs*, an independent website dedicated to the Eurovision Song Contest.

Eurovision helps propel many up-and-coming artists into stardom due to the amount of publicity the competition gets annually. Måneskin, Celine Dion, Olivia Newton-John, Bonnie Tyler, and ABBA are just some of the musicians who gained popularity after competing, regardless if they won or not.



DOMINIC LIPINSKI/GETTY IMAGES VIA BILLBOARD

## INTERNATIONAL

# King Charles' Coronation Opens the Carolean Era

NEWS REPORT by Ally Freedman (10)

The coronation of King Charles III took place at Westminster Abbey in London on May 6, 2023, after the death of his mother, Queen Elizabeth II, who reigned for over 70 years.

The crowning of a new monarch is considered one of the rarest and significant events in the United Kingdom. It is a symbolic formality that takes place after a new monarch takes the throne. The United Kingdom's Parliament states that "the crowning of a king or queen is an ancient ceremony and rich in religious significance, history and pageantry."

18 million people in the UK and 10 million in the US, watched as King Charles and Queen Camilla took the throne.

In person, thousands of people crowded into central London to catch a glimpse of the coronation, where Charles outlined his sense of duty. "I come not to be served, but to serve," he declared during the ceremony.

Leaders from around the world came to the city to take part in the coronation, including the Canadian Governor General Mary May Simon and Canada's Prime Minister, Justin Trudeau. Notably, Prince Harry attended the coronation without his wife Meghan, Duchess of Sussex. His appearance marked his first public reunion with the royal family since Queen Elizabeth II's funeral.

The highlight of the event was the moment when the four-hundred-year-old St. Edward's Crown was placed on Charles' head. This marked the first time that the congregation sang out "God save the King," after seven decades of singing "God save the Queen."

William, Prince of Wales, took an oath of loyalty to King Charles III.

"Faith and truth I will bear unto you, as your liege-man of life and limb, so help me God," he vowed as he knelt before the king.

After the ceremony, King Charles III waved for the first time as king from the balcony at Buckingham Palace.

Famed singer Katy Perry sang at the coronation concert later that night.



HUGO BURNAND/BUCKINGHAM PALACE

## 2023 US Presidential Candidate Profiles

NEWS REPORT by Ellis Jackson (12) & Austin Witter (11)

With a year and a half until the 2024 presidential election in the United States, the field of candidates is beginning to emerge. Current President Joe Biden has announced his re-election plans and is facing two challengers for the Democratic Party nomination, while the Republican Party primary is expected to be a significant competition as over ten candidates, including former president Donald Trump, contest the nomination. Various issues, including cultural conflicts over abortion and LGBTQ+ rights, economic problems such as inflation, and foreign policy questions such as China-US competition are expected to take centre stage as the election heats up over the next year.

### DEMOCRATS

#### Joseph R. Biden

The current President of the United States is running again for a second term. Biden has made significant progress on his legislative agenda while in office, including passing the Inflation Reduction Act and a major infrastructure bill. He has

also managed US aid to Ukraine during the war. Questions have been raised on both sides about his age, as he will be 86 at the end of his second term. Despite this, most members of the Democratic Party have publicly endorsed him.

#### Marianne Williamson

An author of self-help books and former advisor to Oprah Winfrey, Williamson is pushing universal health care, free tuition, free childcare, and other social programs. She has billed herself as an outsider in Washington, battling sexism and the political establishment. She is widely viewed as a long shot candidate. In contrast with her campaign in 2020, when she told Donald Trump she would "harness love" to defeat him, she has chosen a more down-to-earth tone, saying she is fighting for the rights of ordinary Americans.

#### Robert F. Kennedy Jr.

A member of the illustrious political Kennedy family, Kennedy Jr., or RFK, has taken a strong stance opposing vaccines, having promoted a connection between vaccines and autism since 2005. He studied environmental law, became a lawyer, and aided in the

cleanup of the Hudson River in the 80s and 90s.

"I want to restore in many ways the America of my youth, the America I was brought up in", he said to TIME, expressing nostalgia for the unpolluted waters, virgin forests, and fewer pharmaceutical companies of the past. His family has strongly criticized his anti-vaccine views. RFK has connected with many famous online personalities known for their contrarian views, such as Elon Musk and Joe Rogan. His campaign is notable for its strong online element with RFK having appeared on various podcasts, Twitter Spaces, and Bitcoin conferences.

### REPUBLICANS

#### Donald J. Trump

A former talk show host and businessman, Trump was well-known before he became president in 2016. He lost the 2020 election to Joe Biden and contested the results, inciting a violent riot at the US Capitol in an attempt to stop the confirmation of Biden's victory and take power. He still contends that he won the 2020 election. Trump is being persecuted by the Justice Department for various reasons.

He was convicted of sexual assault in a civil case in May. He was arraigned on Apr. 4 of 34 felony counts relating to his hush money payments to cover up an extramarital affair. He was indicted on June 8 of 37 felony counts relating to mishandling classified documents. In defiance of these legal issues, Trump maintains that the allegations represent a plot against him, and continues to campaign aggressively for the Republican nomination.

#### Ron DeSantis

The governor of Florida, DeSantis is one of the strongest right-wing voices on "culture war" issues. "Florida is where woke goes to die," he proclaimed after a landslide gubernatorial victory during the 2022 midterm elections. He held a relaxed attitude towards the COVID-19 pandemic, lifting lockdowns earlier than other states. He is known for restricting LGBTQ+ rights in Florida and campaigning against gender-affirming care for transgender youth. He has also engaged in a protracted conflict with Disney, attempting to curb their resorts' special economic rights over their district. Disney had criticized DeSantis' Parental Rights in Education Act, called by its opponents the "Don't Say Gay" bill. This legislation banned teaching about sexual orientation and gender identity from kinder-

garten to the third grade, and allowed for potential future restrictions in later grades. DeSantis has also championed legislation limiting the teaching of elements of US racial history in schools, altering various textbooks which he considered to be "woke."

#### Nikki Haley

The former governor of South Carolina and US ambassador to the United Nations, Haley has been observed by commentators as having pursued a moderate course, attempting to satisfy the right flank of the party and the Republican establishment. Touting her accomplishments in becoming the first woman and first person of colour to become governor of South Carolina and fighting against xenophobia, racism, and misogyny in South Carolina politics, she has stated hopes to become a unifying figure in the GOP and America more broadly. In her presidential announcement, she stated her purpose in running is to "save our country from the downward spiral of socialism and defeatism." She supports a federal abortion ban but has acknowledged that it would be difficult to pass without a large Republican majority in Congress, which is in her view highly unlikely to occur.

#### Tim Scott

Scott, the current junior

senator from South Carolina, announced his candidacy in late May. The first and so far only black person to ever serve in both the House of Representatives and the Senate, as well as the only black Republican currently in the Senate, Scott has pitched himself as transcending racial politics and a counterexample to claims that the United States is systemically racist. A descendant of enslaved people and growing up in a low-income, single-parent household in South Carolina, he says that his life story would not have been possible had America truly been a racist country. Echoing many of the other Republican candidates, he has focused his campaign on opposition to progressive cultural causes, stating that "Joe Biden and the radical left are attacking every single rung of the ladder that helped me climb."

#### Mike Pence

Pence was the vice-president under Trump and previously the governor of Indiana. He was a devoted follower of Trump until Jan. 6, 2020, when he refused to help Trump block Biden's election victory. Rioters on Jan. 6 chanted "hang Mike Pence" during the riot, and Trump disavowed him. Pence's politics mostly stem from his deeply conservative Christian faith, including anti-abortion positions such as a national ban on

## INTERNATIONAL



abortion, which Trump would prefer to leave up to the states. He has described himself as a “Reagan conservative,” trying to distance himself from both Trump and DeSantis. While both Trump and DeSantis have questioned supporting Ukraine, Pence sees the conflict as a continuation of the Cold War, and has said that he views aid as part of America’s “commitment to being the leader of the free world.” He has also raised the possibility of cuts to Social Security and Medicare, which Trump is in opposition to. Most of all, he wants to return to the less combative political landscape of the pre-Trump years. “People want to see us get back to having a threshold of civility in the public debate,” he said.

#### Chris Christie

Christie, the former Republican governor of New Jersey, previously ran in 2016 as one of the leading candidates opposing Donald Trump, and is now running again as an anti-Trump candidate. Along with fellow candidate and former Arkansas governor Asa Hutchinson, he has opposed the Republican National Committee’s efforts to create a “loyalty pledge” for candidates, suggesting it is not necessary. He has centred his campaign on helping America choose between “big and small”, stating that many previous US leaders have “led

us to be small.” Christie has argued that both current President Biden and former Presidents Trump and Obama have played parts in dividing Americans, and that he will be willing to directly criticize Trump. “Because let me guarantee you something from knowing him for 22 years, he’s going to try and go through me,” Christie stated in his announcement remarks. “He’s going to try and go through Ron [DeSantis] and Nikki [Haley] and Tim [Scott], and everybody else who stands in his way.”

#### Vivek Ramaswamy

A young entrepreneur-turned-candidate, Ramaswamy has presented himself as a champion of the “anti-woke movement.” Stating that the current political climate is akin to psychological slavery, Ramaswamy has positioned himself as a conservative stalwart, being the strongest critic of the recent indictments of Donald Trump. Ramaswamy has announced he will pardon Trump if elected and has called on other Republican candidates to do the same. Ramaswamy is also running on a populist platform, promising deep reforms to the US political system, including raising the automatic voting age to 25 unless one is serving in the armed forces, working as a first-responder, or has passed a civics test.

#### Asa Hutchinson

Hutchinson, the former governor of Arkansas, has placed himself on the moderate wing of the Republican Party, declaring that he is not an “outrageous person.” Hutchinson began his career in the 1990s when he led the Arkansas Republican Party from one seat in the state legislature to total party dominance in state politics, with the Arkansas GOP holding a trifecta in the state government since 2015. He has touted his extensive experience in state and federal governance, as well as in law enforcement, as credentials to lead the Republican Party into the 2024 contest. Focusing on foreign policy, he has declared that “if America is to be the best, then we cannot yield to China in terms of global leadership.”

Several other candidates, including conservative media figure Larry Elder, North Dakota Governor Doug Burgum, and Miami Mayor Francis Suarez, have also put their names into the race, resulting in a broad field of candidates and what may be a tightly-contested nomination. Popular musician Kanye West will also be running as a third-party candidate, though he has been highly criticized over the past year for antisemitic remarks.



YEVHENII ZAVHORODNII/REUTERS VIA FINANCIAL TIMES

Ukrainian soldiers outside the frontline of the town Bakhmut



OLEKSANDR KLYMENKO/REUTERS

In April 2023, Ukrainian soldiers ride on tanks near the front line of Chasiv Yar

## Ukraine Begins Counteroffensive

NEWS REPORT by Austin Witter (11)

On June 10, Ukrainian President Volodymyr Zelenskyy stated that “counteroffensive and defensive actions are being taken in Ukraine.” During a news conference with Canadian Prime Minister Justin Trudeau, on a surprise visit to Kyiv, Zelenskyy admitted that the long awaited spring counteroffensive against Russian forces occupying parts of eastern Ukraine had begun. However, he remained cautious not to reveal too much. “At what stage [the operation is at], I will not disclose in detail,” he reminded reporters.

Backed by Western support, the Ukrainian army hopes to retake not only the areas of Eastern Ukraine that Russia invaded in 2022, but also the region of Crimea, which Russia annexed in 2014. However, this is an ambitious goal. Russian forces are now well entrenched in their positions. Months of a relatively static front line have given them time to build defenses, including trenches, minefields, and anti-tank barriers consisting of concrete pyramids called “dragon’s teeth.” Most of these defenses are concentrated in the south.

Strategic priorities for Ukraine include breaking through this southern section of the frontline and retaking the “land bridge” between Russia and Crimea, cutting off Russian access to the peninsula and splitting their forces in two. Another significant victory would be the recapture of the nuclear power plant in Zaporizhzhia, which has important strategic value as a source of electricity for Ukraine.

The success or failure of the operation will undoubtedly influence future support for the war among Western nations that have been providing arms to Ukraine. Previous counteroffensives were successful earlier in the war, as demonstrated by the recapture of a swath of territory around Kharkiv in autumn 2022, as well as the city of Kherson in the south.

As of June 11, the Ukrainian

army claimed to have captured the small towns of Blahodatne, Makarivka, and Neskuchne in the Donetsk province. Igor Konashenkov, spokesperson of the Russian Defence Ministry, contended that the Russian army had repelled Ukrainian advances in the Donetsk and Zaporizhzhia provinces. Reuters confirmed that two villages had been recaptured by Ukraine in Donetsk. Ukrainian Deputy Minister of Defense Hanna Maliar stated that Ukraine had retaken seven villages on June 12. She also attested that advances of nearly one kilometre had been made near the port cities of Mariupol and Berdyansk.

“Over 100 square kilometres of Ukrainian territory was retaken under control,” said Ukrainian Brigadier-General Oleksii Hromov in a media briefing on June 15. This is one of Kyiv’s most significant advances in several months. Hromov also reported advances of three kilometres in Zaporizhzhia Province and seven kilometres in Donetsk Province.

Meanwhile, the Kakhovka dam and power plant on the Dniro River was destroyed on June 6, releasing vast amounts of water from the Kakhovka reservoir and causing a humanitarian crisis as cities and towns downstream were flooded, including Kherson. In the south, Ukraine controls the western bank of the Dniro while Russia controls the eastern. The flooding is predicted to make it more difficult for Ukrainian forces to cross the Dniro River and retake land on the eastern bank controlled by Russia. Ukraine and Russia have each blamed the other for the disaster. According to the *New York Times*, the evidence suggests that Russia was responsible for the explosion.

The Ukrainian government requests that the counteroffensive not be discussed, and has created a series of videos asking people to refrain from talking about it. One video showed Kyrylo Budanov, head of Ukrainian military intelligence, sitting at a desk without speaking for 30 seconds. It was titled “Plans love silence.”

## The Promises and Risks of Self Driving Cars

ANALYSIS by Teagan Nichol (10)

In recent years, self-driving cars have been turned from a sci-fi fantasy into a reality. These vehicles have promised to revolutionize the way we travel and reshape the many industries associated with transportation.

Many companies, from Tesla to Google to Uber to Mercedes, are working on their version of the automated car. These cars are designed to navigate the road for the passengers by using a complex combination of infrared radars, motion sensors, GPS, artificial intelligence, and other features. Using all of these, combined with previous digitized maps, the cars can map out their surroundings, and by using motion sensors, and detect pedestrians, bikers, and other vehicles.

The benefits of these types of cars have been said to improve road safety, decrease traffic congestion, accidents, and provide more accessibility. One of the biggest promises of self-driving cars is the reduction of human-related accidents. The thought behind this is the difference in reaction time between humans and machines. With self-driving cars, complex algorithms and sensor systems, it is theorized that they will be able to stop accidents faster than any human could and be programmed to prevent them better. This technology seeks to shrink the amount of crashes due to human error, to prevent fatal crashes and injuries.

These promises are closer to being realized, with the recent approval of the Mercedes self-driving car system by the Californian government on certain highways. The car system has been titled the Mercedes-Benz “Drive Pilot”, and allows a driver to take their hands off the wheel, though still must be available to take control of it. The use of the system would have heavy restrictions on speed, time, and location and its release is expected by 2024.

The self-driving car industry is expected to boom. McKinsey Global Institute, an international business research group, estimates that by 2030, 12 per cent of all new cars will have autonomous features. It is also expected that cars with autonomous driving features will become more widespread in the next decade. Renub Research, a market research and private consulting company, projected autonomous driving vehicles turning from a \$4 billion industry in 2021 to a \$186 billion industry by 2030.

However, there are still some safety concerns and setbacks before the promises of self-driving cars are realized. There are still many concerns surrounding security issues connected to self-driving vehicles. Additionally, because many of these self-driving cars need to be connected to a network, there are concerns over hackers getting control over the car.

“As connected devices, AV (autonomous vehicle) technology may also introduce new security risks and increase threats to sensitive information and public safety,” stated the Cybersecurity & Infrastructure Security Agency. “Effectively managing risk in this evolving hybrid-threat environment requires close and consistent collaboration between cybersecurity and physical security professionals.”

## INTERNATIONAL

## Erdoğan Victorious in Turkey After Contested Election and Runoff

NEWS REPORT by Austin Witter (11)

President Recep Tayyip Erdoğan of Turkey won a third term in office in May after an uncertain election that presented the strongest electoral challenge he has yet faced. Erdoğan has been President since 2014, previously having served as Prime Minister from 2003 up until his presidency. He received the largest share of votes in the election on May 14 with 49.5 per cent, while Kemal Kılıçdaroğlu, leader of an opposition coalition, received 44.9 per cent. Since no candidate received over 50 per cent, the presidency was decided by a runoff election on May 28, which Erdoğan won with 52.2 per cent to Kılıçdaroğlu's 47.8 per cent. Turnout was high at 87.0 per cent in the first round and 84.2 in the second.

The election outcome contrasted with most polls, which had predicted an opposition victory. Various hardships have befallen Turkey in recent years, which were expected to erode support for Erdoğan. Inflation reached 85 per cent in October 2022 before settling to 44 per cent in May, according to the Turkish government. Despite this, Erdoğan has long promoted a policy of keeping interest rates low. Many economists say that reducing interest rates raises inflation.

Earthquakes struck Turkey and Syria in February, killing over 50,000 people and causing widespread destruction of cities and infrastructure. Erdoğan's response to the disaster was criticized, with some seeing it as slow and ineffective. Nevertheless, his AK Party won parliamentary seats in 10 out of the 11 affected provinces.

Kılıçdaroğlu described the vote as "the most unfair election in years." Erdoğan has long been criticized for his modifications to the Turkish political system, which opposition leaders say reduce democratic freedoms. In 2017 Erdoğan narrowly passed a motion that reformed the Turkish Constitution to abolish the office of Prime Minister and give the presidency more executive powers, which he assumed in 2018 after victory in a snap election.

During the month of April, Erdoğan received 32 hours of time on the state-run network TRT, while Kılıçdaroğlu was given 32 minutes. It is estimated by Reporters Without Borders that about 90 per cent of Turkey's media is directly influenced by the presidency. Turkey's elections have been characterized as "free but not fair" by international observers such as the Organization for Security and Co-operation in Europe.

Kılıçdaroğlu pledged to reverse these changes and restore independence to the central bank and courts. "We want free media and complete judicial independence," he told the *BBC*. "Erdoğan does not think that way. He wants to be more authoritarian."

Running on a platform of increasing freedom, making Turkey more democratic, and improving ties with the West, Kılıçdaroğlu said that he has "embraced all the different colours in the country," promoting religious tolerance as well as women's and LGBTQ+ rights. "I am telling young people they can criticise me freely. I will make sure they have this right," he said.

During his time in office, Erdoğan has stressed an Islamist approach to government, in contrast with his op-

ponent's secular platform. Turkey was founded on secular values by Kemal Atatürk in 1923. Erdoğan's policies have emphasized traditional family values, which often comes with restricting women's and LGBTQ+ rights. "We are against the LGBT," Erdoğan proclaimed at one rally. "Family is sacred to us – a strong family means a strong nation."

The results of the election were met with varied sentiment from around the world. US President Joe Biden wrote on Twitter that he "[looks] forward to continuing to work together [with Erdoğan] as NATO Allies on bilateral issues and shared global challenges." Russian President Vladimir Putin sent his congratulations from the Kremlin, referring to Erdoğan as his "dear friend" and expressing appreciation for Erdoğan's "personal contribution to the strengthening of friendly Russian-Turkish relations and mutually beneficial cooperation in various areas."

In his victory speech, Erdoğan thanked all citizens for their participation in both stages of the election. "We have been given the task of leading this country for the next five years and I would like to thank you for this decision," he said to a crowd of jubilant supporters, who soon began to chant "bye, bye, Kemal," referring to Kılıçdaroğlu. "I guess the main opposition parties, the CHP, will also be saying 'bye, bye, Mr. Kemal,'" Erdoğan said. He continued this combative rhetoric, a feature of many of his speeches, as well as his policies and foreign relations. "No one, not a single person, can threaten Turkey," he declared. He also stressed unity, thanking all those who voted and declaring that "today, the winner is Turkey."



ADEM ALTAN/GETTY IMAGES VIA TIME



BURAK KARA/GETTY IMAGES VIA NPR

## NEVER BEFORE SEEN IMAGES AND 3D MODEL OF THE TITANIC



A full 3D scan of the famous wreck using over 700,000 images



The detail and clarity of the reconstruction could reveal new information about the famous ship

NEWS REPORT by Suhani Dosanjh (9)

The deep sea mapping company Magellan Ltd. has created the first ever full sized 3-D digital model of the Titanic, revealing never before seen details of the famous shipwreck.

When the Titanic struck an iceberg on Apr. 15 in 1912, more than 1,500 people died, and the ship sank 3,800m down into the Atlantic. In 1985, the sunken ship was discovered about 700 km off the coast of Canada.

Ever since, there have been countless explorations of the Titanic, but none have created a more accurate representation of the shipwreck than this expedition.

The underwater scanning project, the largest of its kind in history, was carried out by Magellan, a Guernsey-based firm, in collaboration with Atlantic Productions, who are currently creating a documentary on the project that is expected to come out next year.

Their hope was to discover more about what happened to the Titanic in 1912. "There are still questions, basic questions, that need to be answered about the ship," Parks Stephenson, a Titanic analyst, told *BBC News*.

He also added that the model is "one of the first major steps to driving the Titanic story towards evidence-based research — and not speculation."

Submarines were used and remotely controlled by a team of researchers to capture images of the Titanic for the digital model. It took more than 200 hours for the submarines to survey the entire wreckage, and take 700,000 images from every angle to create the most precise reconstruction. After that, it took seven more months for researchers to take this massive amount of data and transform it into the 3-D model.

Anthony Geffen, the head of Atlantic Productions, told *Associated Press News* that previous pictures of the wreck were taken with low lighting, and only showed one area of the ship

at a time. In contrast, the new photorealistic 3-D images show extraordinary new features of the ship, such as the clear and sharp reconstructions of the bow and stern sections, which broke apart from each other when the Titanic sank.

"All our assumptions about how it sank, and a lot of the details of the Titanic, comes from speculation, because there is no model that you can reconstruct, or work exact distances," Anthony Geffen said. "I'm excited because this quality of the scan will allow people in the future to walk through the Titanic themselves ... and see where the bridge was and everything else."

**It took more than 200 hours for the submarines to survey the entire wreckage**

Taking images for the digital model led to new discoveries. One of these new discoveries, as stated in *ITV News*, was the finding of a lost necklace made from a tooth from the prehistoric shark *Megalodon* embedded with gold.

However, because of an agreement between the UK and the US, members of the public are unable to remove artifacts from the Titanic wreck and the surrounding area. This is why the team from Magellan were unable to take the necklace, and left it at the site.

Magellan has instead decided to use artificial intelligence to find the family members of the 2,200 passengers onboard the Titanic when it sank, hoping to find the owner of the necklace.

They will be doing this by taking footage of passengers boarding the ship, and observing what clothes the passengers were wearing, as well as analyzing the video with technology such as facial recognition.

Richard Parkinson, CEO of Magellan, described the find of the necklace to *ITV News* as "astounding, beautiful and breathtaking."

## OPINION

# Will Federal Incompetence Quash BC's Housing Efforts?

OPINION by Ellis Jackson (12)

The average price of a home in Canada was \$729,044 as of May 2023, according to the Canadian Real Estate Association. In Metro Vancouver, that figure increases to \$1,188,000, according to the Real Estate Board of Greater Vancouver. BC's premier, David Eby of the New Democratic Party (NDP), who came to power in December 2022 promising sweeping action on the housing file, has been acting quickly to stabilize house prices in BC and reduce them in the long-term. Recent actions taken include the Housing Supply Act, a piece of provincial legislation that allows the government to develop a list of municipalities that will receive incentives to build more housing and compliance-enforcement measures if they do not.

BC has also taken efforts to crack down on housing speculation and money laundering. However, federal mismanagement may doom any efforts BC takes to combat the housing crisis. Overspending that may be forcing the Bank of Canada's hand on interest rates, an unhelpful budget that does little to nothing on housing, an excessively expansive immigration policy, and inaction on toxic money in the real estate market may neuter BC's housing efforts.

## A Record of Mismanagement

In its 2023 budget, the federal government under Justin Trudeau's lethargic leadership announced one singular action on housing. Often-used but often-failed, the demand subsidies coming in the form of a tax-free first home savings account will likely promise to be yet another ineffective policy from a government that is drained of new ideas and has little to offer to alleviate this country's spiralling housing crisis. Subsidising demand and continuing to allow Canadians to become overleveraged is no way to tackle a housing crisis stemming from excess demand and insufficient supply.

The government included no funding for social housing, something that successive Canadian governments had done until the budget cuts of the 1980s, when the Progressive Conservative government of Brian Mulroney began defunding the Canada Mortgage and Housing Corporation's social and affordable housing programs. Nor did the government include any provisions to encourage densification and housing construction in Canadian cities. The government also did not include any measures to combat real estate speculators. Additionally, the government posted another significant deficit without a plan to balance the budget long-term, an act which has been criticised by some, such as the opposition Conservatives and economically liberal think tanks such as the Fraser Institute, as inhibiting the Bank of Canada's fight against inflationary pressures. Higher inflation means greater costs for construction that could discourage housing expansion.

The government's immigration policy might also have a negative effect on provincial efforts. In 2022 alone, Canada welcomed approximately one million immigrants. The rapid influx of migrants without the requisite housing stock or public infrastructure could hamper efforts to improve housing affordability. Rapidly driving up demand in an already demand-saturated market through excessive immigration is no way to alleviate housing unaffordability. As



THE TORONTO STAR



BC GOVERNMENT VIA THE TYEE



THE CANADIAN PRESS/JUSTIN TANG VIA CTV NEWS

well, the government's lack of action on ensuring that immigration is economically productive, focusing on high-skilled economic migrants, and reforming occupational licensing to allow skilled migrants to immediately enter their trained profession mean that Canada's immigration policy is even more unproductive.

## What has BC Been Doing?

In 2022, Premier John Horgan retired, ending the tenure of the first New Democrat to be elected to two terms in BC's history. In the ensuing leadership race, then-Attorney General David Eby promised some of the strongest action on housing nationwide, proposing sweeping reforms to land-use and zoning policies in BC and taking drastic steps to encourage housing construction and development. The cornerstone of this policy effort has been the previously mentioned Housing Supply Act, designed to increase housing supply. In Vancouver, major housing projects such

as the Senakw, Jericho Lands, and Oakridge developments have promised higher densities and significant quantities of housing. Coercive action by the province has been seen as necessary in the face of public NIMBYism (Not in My Backyard) and obstinate municipal governments.

With uncooperative municipalities and what has been according to the most generous interpretation an unhelpful federal government, BC may be forced to single-handedly play whack-a-mole with cities that do not want to build while the federal government stands by and dumps fuel on the fire of Canada's housing crisis. The CMHC predicts that Canada will be building around 2.3 million houses by 2030, while 3.5 million more houses are needed in order to restore some modicum of affordability. With a federal government that seems unable or unwilling to take real steps to improve the affordability of housing, the question becomes worthwhile to ask: is it time for a new approach?

# An Introduction to Palestine

OPINION by Evin Jaaf (8)

*New York Times.*

Palestine has been occupied by the Israeli government for decades. Innocent civilians have been the victims of ethnic cleansing, bombings, and incarceration. For 75 years, this is the injustice Palestine has been facing, and yet, western media still calls the horrors Palestinians face on a day to day basis a conflict between Palestine and Israel. Those who speak out against Israel are called antisemitic and are silenced. So what's really happening in Palestine?

Palestine has been occupied since 1948, when the Nakba happened, a horrible event of ethnic cleansing that almost completely destroyed Palestine in the creation of the State of Israel. Hundreds of thousands of Palestinian civilians were forced out of their homeland, and between 1947 and 1949, Al Jazeera reports that 15 thousand Palestinian men, women, and children were killed. The Nakba is commemorated every year on May 15 as a way to protest Israeli oppression.

The Nakba was not the end of the injustice and oppression faced by Palestinians, it was only the beginning. In March and April of 2023, Israeli forces invaded and brutally attacked Muslims practicing in Al-Aqsa in the holy month of Ramadan on the Islamic calendar. The OHCHR reports that Israeli forces injured 31 Palestinians on Apr. 5 when Israeli forces attacked the mosque with stun grenades, tear gas and shot rounds of sponge-tipped bullets while other soldiers beat worshippers. Similar invasions, though less violent, continued throughout the rest of Ramadan, making Palestinian Muslims feel uneasy in the sacred mosque. In addition, these events are not individual occurrences, with similar raids happening in 2022, 2021 and almost every year prior up to 1948.

In 2023 alone, the death toll of Palestinians this year has risen to over 155 people dead, including 36 children, with many more injured. This is due to the raids of Masjid Al-Aqsa, the occupation and ethnic cleansing in Palestine, spontaneous killings, and airstrikes on the Gaza Strip. The airstrikes on May 2 were targeted at the Islamic Jihad group and killed three of Jihad's leaders and 10 civilians, including children, states *The*

The crimes committed by the Israeli government in recent years have only added to the flame of Palestinians alike protesting and rebelling against Israeli forces. In 2018, 17-year-old Ahed Tamimi was freed after spending eight months in an Israeli prison for slapping two Israeli soldiers. She became an icon in the Palestinian resistance movement and has inspired young people everywhere to stand up against oppression. Tamimi stated, "The resistance continues until the occupation ends." And so it has.

Today, many Palestinians share their experiences and speak out against Israel through social media. Influencers like Subhi (@sbeih.jpg) and Noura Erakat (@nouraerakat) use their Instagram platforms to educate others and share their personal experiences while also creating fun content for anyone to enjoy. These accounts are great for anyone hoping to learn more and get involved in the pro-Palestine movement, and showcase Palestinian perspectives and Palestinian excellence. Western media often portrays Palestinians as an equal villain to Israel, or show them as weak and helpless, when that is simply not the case.

Although Palestinian creators are finally getting the recognition they deserve, and the UN has officially commemorated the Nakba for the first time, there is still plenty of work to do to further the cause of the Palestine movement. Western media needs to make a huge shift from the current violent narrative of Palestine and reset how they portray Palestine and Israel's conflicts, which are more than just conflicts.

Palestinians are not to blame for the oppression and violence that they have faced for decades, and that needs to be shown by the media we see in North America. Perhaps this is even the first time you're hearing about anything that's happened in Palestine in the past 75 years, and that's alright, but it should not be acceptable any longer. To this day, Palestinians are being forcibly removed from their homes, shoved into refugee camps, and killed or incarcerated. Middle East Eye states that on June 1 a three-year-old boy was shot and killed in the West Bank. The injustice has not stopped, but Palestine hasn't either.



MOHAMMED SALEM/REUTERS

## OPINION

# In 2,000 Characters Or Less... One Grade 12's Reflection on University Applications

OPINION by Lily Kong-Waller (12)

If you were to open my Instagram "For You" page back in October 2022, it wouldn't have taken very long to find numerous videos and posts about university applications. How to apply, how to stand out, what grades you need to get to receive an acceptance. This bombardment of messages about Advanced Placement courses, top percentiles, extra-curriculars, and admission averages grew and grew, until all I could think about was if I measured up to other applicants with 98 per cent averages and first-place in national science fairs, and whether I truly was going to be good enough to get into university.

I stressed over every minor mark I received, fervently keeping track of my average and comparing myself to all my friends— which led to sleep loss, panic attacks, and breakdowns. All over the next four years of my life— four years that I had convinced myself were going to be the four that would make or break the rest of my life. But, as I come closer and closer to beginning those four years, I can't help but reflect. Was all that stress, that worry, really worth it? So, I write this as an open letter to all those stressed grade 11s about to take upon the challenge of deciding their future, and to any other Hamber students who are also worried about university. Take my reflection with a grain of salt, as they reflect solely my experiences, but please do read it with an open mind.

Starting the process for university applications, I felt I was already behind many of my peers. By the summer before grade 12, many of them already had the exact programs and schools they wanted to go to picked out and extensively researched, essay ideas brainstormed, and deadlines for scholarships and bursary applications marked onto a little color-coded calendar. As the time I spent hanging out with my friends started to fill with talk of applications, and programs, and all the statistics (too many numbers for my liking!), I scrambled to catch up. I too began researching programs, signed up for all the scholarship websites, and created a little color-coded calendar. I joined in the frenzied flurry of worries and doubts and stress that was beginning to create chaos amongst my friends, and soon, that was all I could think about. By the time grade 12 started, I was already losing sleep over what would come after.

What if I don't get into my top choice? What if I don't get in anywhere? What if I'm simply not good enough? All those late night questions began to infiltrate my day-to-day life, and soon, everything became a reason to stress about university applications - from whether a 68 per cent on a Chemistry 12 quiz would tank my overall grade so low I didn't get in somewhere, to if I was really doing enough in my extra-curricular activities to stand out from the thousands of my peers applying to the same program. I can confidently say in hindsight that the majority of my worries were unfounded, but at the time, each small stressor felt like a 25 pound brick being added to the ever-growing pile on my shoulders. So, being the over-achieving person I am, I decided that the best way to disperse those heavy worries was to add even more by doing even more.

This brings me to my next point - resume building. The feeling that one needs to stand out from everyone else on their applications fuels the drive to add more and more to their resume, and start to take on more and more responsibilities. I first noticed this being an extremely prevalent thing on the first clubs day of the school year. When I mentioned to some friends who go to a different high school than Hamber that we had over 60 clubs on



our first clubs day, they were shocked. To be fair, so was I. 60 clubs? That felt excessive, especially since a lot of the clubs had the same purpose, and were all fairly identical. Now, I don't know if I can truly be the first to cast stones, as if you were to take a look at my resume, you would see "Head of Literature Club", "director of STEM Sorority", "project manager at the DHPLC",

and time being dedicated to said applications, no effort was being put towards the actual clubs where the name of "Club President" was held. I saw no passion amongst fellow club leaders, no initiative or drive to actually fulfill the commitments and claims of effort being put in those online questionnaires about extracurricular activities on the numerous application

you are worrying yourself to death over university applications? Why take on so many burdens? Again, I am guilty of falling prey to the mob mentality of stress when it came to these applications— believing that I had to put my entire life on hold and dedicate everything to a few 2,000 character essays that should perfectly encapsulate the best of me. I had stressed so much

is no absolute definition of success. The societal expectation that university is the clear next step after high school, and that without it, one would end up on the streets, is simply just wrong. A bachelor's degree is not, and never will be, a guaranteed ticket to a good life.

The current cultural attitude to what happens after high school is one that places a lot of worry and stress on young shoulders. For some people, there still remains a belief that they must know all their life goals at 17 and have detailed 5, 10, and 15 year plans. In my opinion, this is wrong. I say this after speaking with many trusted adults in my life, most of whom told me, upon hearing that I was stressed about university, that they changed their goals and careers multiple times before settling into what they do now. No one should be expected to have a clear understanding of where their entire life is going after high school, and very rarely does one keep all the same values and beliefs they held as a teenager. The belief that the university program you choose upon applying, the university you end up going to for the first year, is the thing that will decide your entire life, is wrong. Nothing is set in stone, and nothing should be.

It may be hard to keep all that I've written in mind as the looming shadow of university applications begins to darken your view, but if there is one message I hope you can take after reading my reflections, it's this. In the end, your university applications don't matter - not in the grand scheme of your life. That sounds bleak, but I hope that it can keep you from falling victim to the insane amounts of stress I did. There is no reason to keep your life on hold and stay up to 3 a.m. writing and rewriting 2,000 characters over and over, because those 2,000 characters do not define you. Your future is bright, and you will make the most out of life, but university is not the only way to do that.

**What if I don't get into my top choice? What if I don't get in anywhere? What if I'm simply not good enough? All those late night questions began to infiltrate my day-to-day life.**

and "CHST Council president" listed proudly near the top. I will admit that I used those positions of leadership in my university essays. However, I felt that amongst my peers, there was this urgent need to be able to have a position of leadership to talk about on applications— but with all the stress

pages. So, I pose this question to all those reading, expecting no answer in return. Can one claim a leadership position if the reason they took it in the first place was to speak about it on applications?

Another question I pose to you, the reader, is this. What is the reason

that I ended up thinking if I didn't get into university, my life would be over. I convinced myself that obviously, if I was dedicating this much time and stress to these applications, they must be important. That was wrong of me to believe. There truly is no one path in life to become successful, and there



RUSS HEINL  
VIA FLICKR

HAMBERGER

SATIRE by Noah Yu (12)

SUMMER HOROSCOPES

Predict how your summer vacation will go based on your star sign!

*Disclaimer: Griffin's Nest horoscopes have been proven to be 100% trustworthy and accurate.*

**Aries (March 21 - April 19):**

Aries are known for their confident, assertive, and energetic nature. Unfortunately, Aries are also short-tempered and impatient. This summer, prepare to be infuriated by minor inconveniences. Parents told you to wash dishes? You're gonna chuck those so far the Sr. B Ulti team is gonna be jealous. Got a hair in your mouth? You're gonna verbally abuse every bald person you know because you're so envious and spiteful.

**Taurus (April 20 - May 20):**

Tauruses are determined and loyal, just like Rainbow Dash from My Little Pony! Also similar to Rainbow Dash, Tauruses are stubborn. This downfall will lead you to refuse help when you find yourself needing it most. Rainbow Dash once found herself stuck at the bottom of a gorge with no way to call for assistance. Perhaps you'll find yourself in a similar sticky situation? Stay cautious, Taurus.

**Gemini (May 21 - June 20):**

Hey Geminis! Since your star sign is the twins, you will find out that you have a long-lost twin through Ancestry or 23andMe or something creepy. But no, this isn't any ordinary twin! This is more of a cursed clone that haunts and hunts you. This creature is bent on finding your whereabouts. You'll find yourself in a thrilling "Us" scenario, where your clone

is the embodiment of all your combined fears. But worst of all, your twin loves Kanye! His music is fine, but your clone supports his views too! Oh no!

**Cancer (June 21 - July 22):**

Cancers are intuitive, creative, and caring! Apparently, Cancers are also very emotional, which isn't necessarily a bad thing. But in this case it's very bad because you're gonna have a breakdown every day. While your Aries friend is busy retaliating at life, you will mope and whine and do nothing to solve your inconveniences. Everybody you love will turn away from you because they're all disgusted by your lifestyle. But that's ok because it's sUch a qUiRkY CancER ThiNg to dOo!

**Leo (July 23 - August 22):**

Alright Leos. So you have a birthday during the break. Big deal. Happy birthday I guess. I can't believe you get to celebrate your special day free of school. I'm so happy for you.

**Virgo (August 23 - September 22):**

Virgos are analytical, organized, and sometimes a bit of a perfectionist! But this perfectionism of yours will become an obsession. During the break, you will attempt to clean absolutely everything. It'll start casually with old binders and school folders. Then you'll decide to do your room. Soon enough, upon recognizing the disorganized state of Hamber, you'll become the new principal and replace Ms. Jensen to gain order and control over the school (Ms. Jensen, if you're reading this, you're irreplaceable and this probably won't happen).

**Libra (September 23 - October 22):**

Libras, your star sign is the scale. If you're a metaphorical scale in need of gratification, you'll find yourself facing a dilemma: how do you achieve perfect balance in life? Take Thanos as an example. The problem with his obsession with balance is that it originates from his misconception that eliminating half of all life would restore order. This stemmed from his fear of overpopulation, but his pursuit also reflects his craving for control, a fear of chaos, and a distorted purpose. His actions, resulting from a misunderstood sense of justice, are driven by a fear of disorder and a determination to impose his skewed version of equilibrium. How will you be different from Thanos?

**Scorpio (October 23 - November 21):**

Scorpions are arachnids with venomous stingers. These unique predators are known for their tough exoskeletons and can be found in varying environments. Scorpions have adapted to survive in extreme climates, ranging from 20-37 degrees Celsius, from forests to deserts. There are 2500+ species of scorpions, demonstrating their unique diversity, but only 25 have the potential to kill a human. Despite this, scorpions are objectively very cute.

**Sagittarius (November 22 - December 21):**

Based on scientific evidence and personal experience, Sagittariuses are the best of us. We are free-spirited adventurers who are admired by everyone and everybody. We are also brave intellectuals with unspoken charm and rizz. There's

no way this is a biased statement because this is a professional newspaper that certainly wouldn't publish lies. That would be terrible because it would ruin the prestige of *The Griffin's Nest!*

**Capricorn (December 22 - January 19):**

You hard-working, determined, and disciplined Capricorns! You'll be spending your entire break on your summer school/job/volunteering. That's it. Nothing else interesting is going on in your life.

**Aquarius (January 20 - February 18):**

If you're an Aquarius, you should visit an aquarium! The Vancouver Aquarium is a perfect location to befriend a fish. In Kurt Cobain's song *Something in the Way*, he suggested that "it's okay to eat fish / cause they don't have any feelings." However, your sweet interactions with the loving, warmhearted fish and other sea life will most likely prove Cobain wrong. *Something in the Way* is such a haunting and introspective song, it is no wonder it was featured in *The Batman* (2022).

**Pisces (February 19 - March 20):**

Something in the way  
Mmm-mmm  
Something in the way, yeah  
Mmm-mmm  
Something in the way  
Mmm-mmm  
Something in the way, yeah  
Mmm-mmm  
Something in the way  
Mmm-mmm  
Something in the way, yeah  
Mmm-mmm



COMIC by Aubrey Brandt (8)

				○			○	×
○	○					×	×	
○								
		○		○	×		×	×
			○					×
○		×					○	
○			○		×		×	
	○	○						○
			○					
					×		×	

Each row and column must have an equal number of X's and O's. No more than two of the same symbol can touch. No two rows or columns are the same. (retrieved from puzzle-binairo.com)

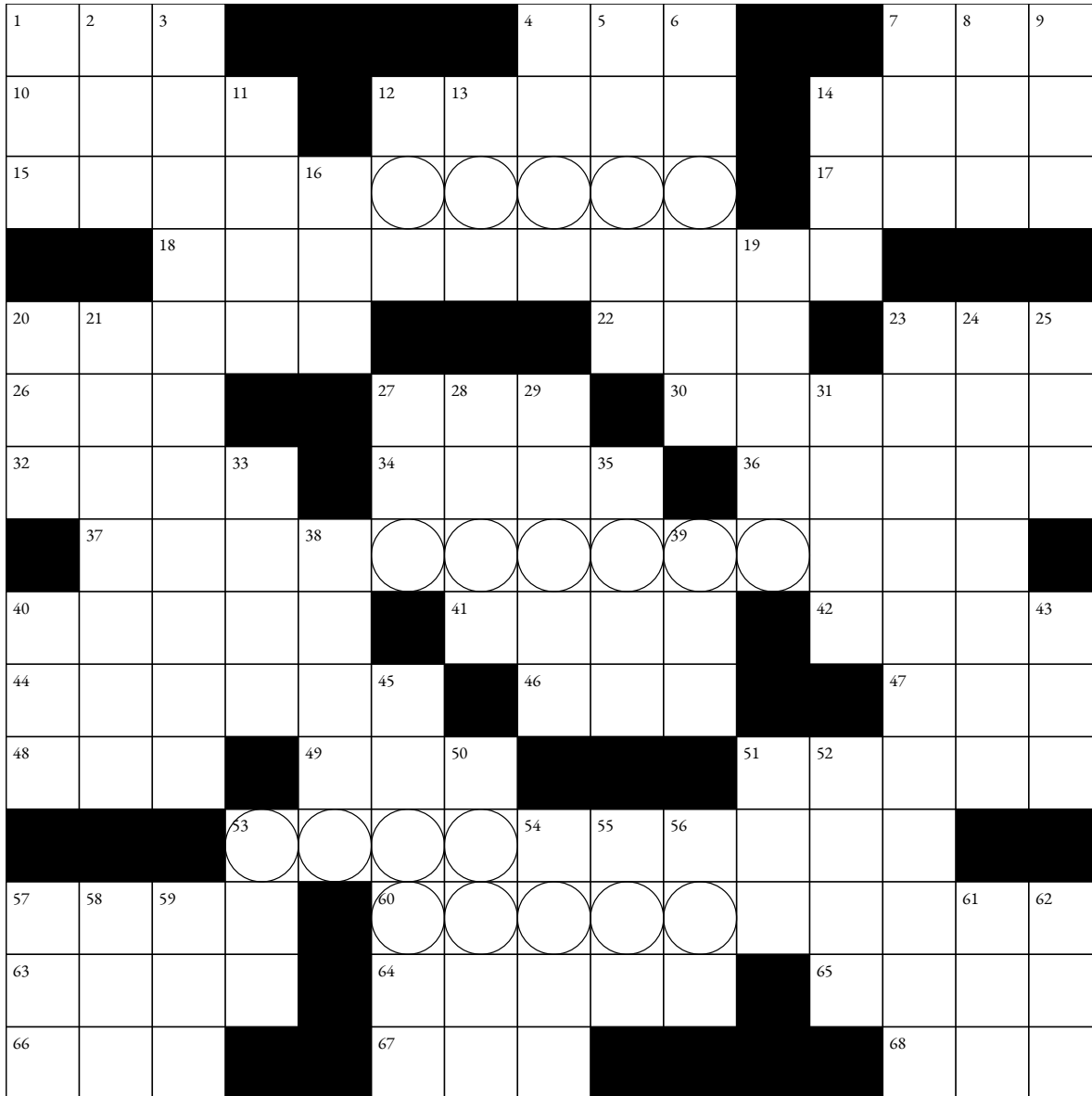
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7	4		8		1		5	6
				2	6		4	
	6							
3			1				5	
1					8		7	
6		8					4	2
4		2		8	7		1	
	1			5				3

Fill each row, column, and box (3x3) with the numbers 1-9. Each number can only be used once in any given row, column or box. (retrieved from sudoku.com)

HAMBERGER

CROSSWORD

by Thomas Catchpole Stirling (11)



Across

- 1. Where one could find tigers fighting blue jays (abbr.)
- 4. Org. responsible for Canada's aquaculture
- 7. Phrase preceding "mode" or "carte"
- 10. South American weapon resembling nunchucks
- 12. \_\_\_ firma
- 14. Adjective often used to describe hearts, arms, or minds
- 15. Frequent target of a banker's attention (#2)
- 17. Famed beach trip in the '40s
- 18. A popular Frost poem takes place here
- 20. Star Trek actor George
- 22. Military person that earns their rank through promotion
- 23. "Honest" 19th-century world leader
- 26. Granite State college
- 27. Non-expert, with "person"
- 30. The World Series is this, but the World Cup isn't
- 32. Parisian summers
- 34. Korean surname translating to "mountain"
- 36. Discord premium
- 37. Likely next queen consort (#3)
- 40. Former Delaware senator elected at age 29
- 41. Golf implements... or what one wears when using them
- 42. Dundee native
- 44. Essay about the Greek god of love, perhaps
- 46. Drug that can make you see double
- 47. Woman said to have broken up the Beatles
- 48. They say rabbits can't do this (but they sure can multiply)
- 49. Mauna \_\_\_
- 51. Pavarotti's group, with "tenors"
- 53. Head honcho under the big top (#4)
- 57. Norwegian capital
- 60. Playground promise (#5)
- 63. "\_\_\_ tell"
- 64. Sunburn treatments
- 65. American sports org. that partners with CBS and ESPN
- 66. Coltrane's instrument (abbr.)
- 67. Personalized student learning scheme
- 68. Tit for \_\_\_

Down

- 1. Controversial crown prince in the Middle East
- 2. Biblical figure with a famously "salty" wife
- 3. Unintelligent
- 4. Physician, in double-speak (abbr.)
- 5. Refrigeration agent
- 6. Mexican province famous for its cheese
- 7. Cops in Breaking Bad
- 8. Actress Michele
- 9. Prefix with "time" or "where"
- 11. Imperial farming unit
- 12. "\_\_\_ the season"
- 13. Pennies have two, but dimes have zero
- 14. Frequent causes of death for rock stars
- 16. Aquatic life often found in lakes and lobbies
- 19. John responsible for poems such as "The Flea"
- 20. Killed, in Calais
- 21. Last word of a famous Armstrong quote, were he an insect
- 23. Cause of phrases such as "Darth Badger"
- 24. Without exceptions
- 25. For grandmasters, this would be above 2700
- 27. Opposite of GCF in math
- 28. A don could order this on somebody
- 29. Mountain melody
- 31. A pedant might pick these
- 33. Suffix with gang- and ham-
- 35. Monthly middle
- 38. Japanese mushroom type
- 39. Drug that can make you see double
- 40. Snake that can live for over 40 years
- 43. Counterpart of this puzzle's theme
- 45. Frequent honorific in anime
- 50. Nimble
- 51. Tool used to make many TikToks (abbr.)
- 52. Slashed or gashed
- 53. Fictional footballer Kent
- 54. Lyrics that follow "L" in a popular children's tune
- 55. Non-fictional footballer Nathan
- 56. File format that you probably shouldn't delete
- 57. Covert military missions, with "black"
- 58. Spanish equivalent of "Mrs."
- 59. Southwestern airport
- 61. Bovine classification also called "Choice"
- 62. Synonym for mole that can also succeed mole in the name of an oft-memed animal

ASK THE NEST

**Q:** I'm a little concerned about the increasing frequency of fire alarm pullings at our school. Two in less than a week? It's madness! To cope, I've been taking advantage of my older sister's Spotify Premium, and she's starting to get annoyed that "Rain on Me" and "Girl on Fire" are now her top songs of all time. I don't get why, she used to watch Ariana Grande on Disney Channel all the time. Anyways, now she's stopped talking to me and keeps ding dong ditching my bedroom door with lighters and matches. What can I do to fix this relationship?

-Eleggtric Love

**A:** Dear Eleggtric, I've had enough of your antics. You have polluted this askbox, meant to be a safe space for confused students, for months now. I know you've been lying, and I know that you secretly hate mustard on your eggs. Really, this year I've spent so long trying to help you out with honest advice, but by this point I've lost all hope. I'll leave you with two pieces of advice: Give your sister some firewood to mess with instead of messing with you, and never darken my metaphorical doorstep again.

-The Nest

**Q:** Wait! I'm sorry! This is all a big misunderstanding. I've been trying to get your attention all this time because I wanted to ask you out, and couldn't think of a better avenue. Please forgive me for all of the asks (though I maintain that they were all true). I have taken your advice on my sister, and she has run off with a lumberjack (I think she's going to ruin his career). But PLEASE. Forgive me, dear the Nest, and please meet me when I am free Tuesday at Starbucks when I am free on Tuesday when I am free.

-Eleggtric Love

**A:** Dear Eleggtric, I told you not to come here again! How are you even reading my messages before the paper goes to print? Whatever trickery you're pulling off, it ends now, Eleggtric. I will not concede, I will not fold. Like bruh you asked out an advice column. Get me a tall mango dragonfruit lemonade for Tuesday.

-The Nest

**Q:** I've been really stressed out about a few of my mutual friends having a disagreement lately, which is causing me to have trouble focusing on my homework and responsibilities. How can I keep being a supportive friend without feeling responsibility for their emotions?

-Burnout

**A:** We here at The Nest feel you! Unfortunately, friends break up and friends get married (metaphorically). Our suggestions are to talk to your friends individually about your concerns: make your feelings known without making the situation, involving them only, about you. In addition, you can talk to a trusted adult to process your complicated emotions without worry of your words being taken as gossip.

-The Nest

Seeking advice?  
Reach out to The Nest  
anonymously via the  
form on our website  
<https://www.ehnewspaper.ca>