

The Griffins' Nest

INFORMATIVE • IMPARTIAL • INDEPENDENT

VOLUME 13, ISSUE 3

FRIDAY, MARCH 8, 2024

VANCOUVER, BC

“BELL-TO-BELL”: BC TO RESTRICT MOBILE PHONE USE IN SCHOOLS

NEWS REPORT by *Chloé Mayor Moure* (10)

On Jan. 26, at the District Education Centre in Surrey, BC Premier David Eby announced the restriction of mobile phones in public schools “from bell to bell” across the province, along with two other social media measures to protect Canadian children.

At the same event, the provincial government launched *The Intimate Images Protection Act*. The new services have the ability to remove sensitive or explicit images from the internet and seek damages from offenders. In a press release, the Office of the Premier wrote that “the government could use those recovered funds to provide treatment and counselling programs, and put in place monitoring systems and educational programs about the harms of using these products and services.”

This spring, the Province will introduce legislation that can hold social media companies accountable for harm their services cause. This act would allow the government to recover costs from platforms like Facebook, Instagram, and Snapchat. In a video shared by the *Vancouver Sun*, Eby compared social media companies to tobacco and opioid companies that the government has already collected damages from. “We are introducing public harms legislation [...] which enables us to claim from the social media companies for the



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harms they are causing to our children through their addictive algorithms that [...] feed our children a constant stream of more and more extreme content.”

In the news release, Premier Eby explained that “the companies that run the apps that are on these phones [...] their interest is in keeping our kids online [...] so that they can make money for their shareholders. He wrote that “while cell phones, the internet and social media help us connect with each other, they also present risks that can harm kids.”

The expectation for the cell phone

ban is that phones will be completely removed from schools in BC starting in September.

Premier Eby did not present a clear framework for how this policy will be enforced, other than that it “will be directed by the school boards and in partnership with teachers to make sure this is actually effective.” He added that “we know there are kids with disabilities that need access to cell phones,” explaining that supportive of students with special needs who rely on technology.

Premier Eby cited several reasons for the phone restriction, specifically the

mostly unrestricted internet access at school, which can be difficult for teachers to supervise. Premier Eby recounted a conversation with his 9-year-old son, noting that “the pressure that builds on parents as kids get older, as the number of kids with cell phones [rises] is real.”

Eby also mentioned how today, parents feel inclined to buy a phone for their child so that they’re included in the social aspects of school. He also acknowledged potential criticism from students. Eby recounted how, when his son learned about the announcement, he replied “oh, man, Dad, you are going to be

the number one enemy at my school.” The Premier has since notified his security detail about “the rising threat.”

Though Eby has mostly discussed Internet safety when justifying the policy, another reason BC government officials have cited is the cell phone ban is the disruption that devices cause in the classroom. “Having cell phones in the classroom can be a distraction from the kind of focused learning we want kids to experience at school,” said Rachna Singh, Minister of Education and Child Care.

BC’s new policy will parallel policies in other provinces. Ontario restricts cellphones in class, with exceptions for educational, health, and medical uses. Students are allowed to use their phones at recess and lunch. Students in Quebec are also forbidden from using their devices in classrooms.

A report by UNESCO found some improvements in learning outcomes after cell phones were removed from classrooms. “Incoming notifications or the mere proximity of a mobile device can be a distraction, resulting in students losing their attention from the task at hand,” the report read. “Student use of devices beyond a moderate threshold may have a negative impact on academic performance.” The report also raised concerns about social media use, characterizing it as “disruptive, increasing academic distraction with negative effects on learning outcomes.”

Until Next Year, Winter Sports!

NEWS REPORT by *Sara Maya Budhiraja* (11)

After hard-fought games, plenty of team bonding, and dozens of wins and losses, Hamber athletics put on quite a show this winter season. Enthusiasm from fans and players alike drove athletes in basketball, girls ice hockey, table tennis, and wrestling to success. Hamber athletes placed in cities and zones for their respective sports and divisions, while the school hosted several exciting tournaments and games at home.

During this winter season, collaboration was key. The newly minted boys and girls table tennis teams came together with a new schedule and coaches, while Hamber’s wrestling team continued to combine practices and meets

with Jules Verne. Several senior basketball players volunteered to coach bantam and juvenile teams. Meanwhile, senior students from P.E. Leadership 12 worked together to re-plan Midtown Showdown after unprecedented snow days.

With support from older athletes, alumni, coaches, and teacher sponsors, bantam athletes’ first seasons at Hamber were certainly memorable. “I joined the basketball team at my old school, in grade 7, and I loved the teamwork involved with the sport,” said **Nara Harvey** (8). “Playing for my first year at Hamber was also a great experience! You’re put into a group with people who share a common passion for basketball, and it’s really fun celebrating your victories together.”

The Bantam Basketball team’s

journey came to an end with a commendable sixth place finish at the city-wide tournament, and Harvey had a clear favourite moment from her first highschool season. “We played a game against Prince of Wales, where we only won by two points, and had to go into overtime. In the last thirty seconds, I scored a layup to tie the game, and then we went into OT and won!”

While some students’ journey with Hamber basketball began, others came to an end. After five years of playing on Hamber’s basketball teams, **Serena Wang** (12) finally got to enjoy Seniors’ Night and the other traditions that came along with her final year. “Seniors’ Night this year was a lot of fun, and very emotional. The game itself wasn’t perfect, but we definitely played better in the second half than we did in the first,” she said. “My final season at Hamber was great, especially getting the chance to play for the last time with **Mackenzie Paemoller-Amisano** (12), **Christy Wu** (12), **Mary De Leon** (12), and everyone else on the team. I’ll definitely miss it!”

When it came to advice for newer students who were hesitant on joining a

school sport, Wang had a clear answer: “Go for it. Everyone is incredibly supportive,” she said.

Another team that went through memorable ups and downs was the wrestling team. Athletes from multiple grades, and two different schools, came together to compete against some of the best competitors in Vancouver.

Hamber fared well, and athletes from the school placed in the city’s zone tournament in early February. “At the start of the [wrestling] season, it was pretty divided between grade levels,” said **Calvin Adams** (11). “Eventually, we started to come together as a team, and things became a lot more cohesive.”

Adams also had a favourable view of the competitions he attended. “We kept to our own group mostly, but there was a lot of good sportsmanship, and it wasn’t really mean-spirited.”

“My first year on the wrestling team was pretty good, but the end of the season sucked, because I was one place away from qualifying for provincials,” said **Deion Kahlon** (11). Kahlon is one of the few athletes who participated in two sports during the winter

season: wrestling and the Senior Boys’ Basketball team.

“A highlight of the season for me was bonding with the team, but I don’t think I’m going to do basketball next year, because I want to focus on wrestling,” Kahlon said. He reflected on the future of the basketball team for next year’s players. “There’s going to be a big gap on the team, because our seniors, **Marcus Seid** (12) and **Alejandro Diaz-Henderson** (12), were huge leaders. Someone’s really going to have to step up.”

The Girls Ice Hockey team enjoyed a largely successful season, but they too lost a critical final match. “The team was better overall this year with skill and dynamic, and we had some new people who joined,” said **Kristienne Soo** (10). “We won more games this year than last season, which was fun, but we lost a game that would have taken us to cities.”

The team’s biggest challenge was its small number of players, because an absence meant more work for others. “Some games had a very little number of players, which meant longer shifts for everyone else,” Soo explained.



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MIDTOWN SNOWDOWN

NEWS REPORT by *Olivia Gowans Hoar (10)*

It's uncommon for students to be disappointed by a snow day. After all, who doesn't love to frolic in the snow? But for Hamber students and staff, this year's snow days weren't as celebrated because they shortened the school's most anticipated sporting event, the Midtown Showdown.

The annual three-day tournament was scheduled from Jan. 18 to Jan. 20, but the two consecutive school closures on Jan. 17 and Jan. 18 rendered the school unable to host the tournament as planned. Having lost Thursday, the first day of the tournament, the athletics department had to make some changes to the tournament's schedule. The basketball tournament traditionally ends with one winner for the senior girls and one for the senior boys. This year, to ensure that all the teams could receive playing time, the teams were split into four brackets: a blue bracket and a maroon bracket for both the boys' and girls' teams.

In addition to the required scheduling changes, teams from South Kamloops and Chilliwack were unable to make it to the tournament. Luckily, Magee Secondary's senior girls and boys teams were able to step in. "I was really proud of the fact that we were still able to run it and change the format," Mr. I. Sehmbi (Athletics) said. "Changing the schedule wasn't so bad. The challenge was getting the gym set up."

In previous years, the PE leadership classes and the participating athletes would come and help set up the gym the day before Midtown, but due to the snow, they were unable to enter the building. Mr. Sehmbi and the senior girls' coach, Ms. J. Polukoshko (English), drove in on the second snow day and spent five hours setting up the gym. "There was a time where we looked [around the gym] and we were just really happy that it was going to happen and that we had put that time in," Sehmbi shared.

For many Hamber athletes, this Midtown Showdown was their last. After five years of basketball, Alejandro Diaz-Henderson (12) viewed Midtown as his final send-off. "This year was definitely more sentimental to me...it kind of felt like the way I would be remembered at Hamber."

Diaz-Henderson was disappointed when the snow day was called be-



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cause he missed out on valuable time. "It meant one less game of Midtown, which is one less game of senior basketball, which is obviously something I'm not super thrilled about," he said. "I think Mr. Sehmbi and [Ms. Polukoshko] did really well on changing the whole system and pivoting. That's really hard to do."

Marcus Seid (12) had a similar experience. "Knowing that this is my last time playing at Midtown; it was a lot more emotional for me."

Seid's Midtown highlight was watching the younger members of the team. "This year was more of a reconfiguration of the team. We had mostly grade 10s and 11s," he said. "The fact that the grade 10s played so well at their first Midtown was just really fun to watch."

Midtown was an opportunity for many students to unite through school spirit. "The school really came together for the last two days of Midtown," Alexis Moscovitz (12) said. As a player for the senior girls, Moscovitz was especially excited for the grandeur of her final Midtown. "The guys cheered for us and we cheered for the guys; it felt like the whole school community

coming together."

With mixed grades on the senior teams, athletes often get to experience Midtown in both their grade 11 and grade 12 years. Mia Sutherland (11) was initially nervous for her first Midtown but ended up having a great time. "I really enjoy watching my teammates play their best. [Midtown] was mostly for the seniors, so watching them have a good time was exciting," she said.

Sutherland shared that Midtown is always a notable event in her school year, regardless if she's on or off the court. "It set in the fact that I'm going to be graduating next year," she said. "It's so scary because I'm growing up!"

Many teachers bring their classes to watch the tournament. Lucy Jackson (10) sat in the stands during both of her morning periods, lunch, and after school. During the senior boys' game, Diaz-Henderson scored a point and celebrated by running around the gym and engaging the crowd. "It was really cool. Everyone got really excited," she recalled.

Although this year's Midtown followed a different format, Hamber's

teams still executed their time-honoured traditions. Every year, Ms. Polukoshko writes a catchy introduction for each of the starting players. "It's a celebration of our players and all their awesome personalities, skills, and abilities," Polukoshko said. The athletes follow this with their own special handshakes, and the tradition sets the stage for a thrilling game. Additionally, both athletes and coaches participate in crafting witty posters that line the walls of the gym.

Midtown also encompasses a variety of entertaining halftime shows. Sophia Pizzaro (12) performed and helped choreograph the halftime dance. "It was a little nerve-wracking, but not as much as I thought it would be," she said. Along with this, Hamber's PE Leadership 12 class is responsible for running the halftime games. This year's games consisted of typical halftime competitions such as musical chairs but also included a special promposal.

Kae Lin Whiton (11), an MC for Midtown, carried out her regular duties for most of the Friday but also got to play a part in the promposal. Disguised as a uniform halftime game, participants were asked to crawl on the floor and search for a Hamber Athletics shirt. Everyone playing the game except the recipient of the promposal knew about the plan beforehand. "We brought them out on the gym floor and told them as soon as the music starts you have to take off your blindfold and come off the floor," Whiton said.

When only Genisha Yang (12) was left crawling around the gym floor, she was informed that she could take off her blindfold. This revealed Shaun Carino (12) waiting to propose to her. "It was really surprising to me because I thought I was playing a halftime game, but when I opened my eyes, I was so shocked to see him standing there," Yang said. "I've been dating him for three years, so I was wondering when he was going to propose to me!"

Since next year's Midtown will be held in the new school, Mr. Sehmbi noted that students can expect some exciting changes to the tournament. "We've gotten really good at delivering this tournament, so that's why next year, we are excited to kind of change it a bit and make some new stuff happen in the new school," he said.

University Application Stories from Grads

NEWS REPORT by *Koby Chan (9)*

As the Class of 2024's high school journey comes to an end, students are starting to receive acceptances from post-secondary institutions. This year's seniors have applied to a variety of programs in universities both within Canada and abroad.

Caskey McFerrin (12) applied to Bachelor of Arts programs across the country, like the University of British Columbia (UBC), University of Victoria (UVic), Dalhousie University, and University of Alberta.

When deciding on which universities to apply to, one of his main considerations was the location of the school. He eventually decided that he wanted to pursue his education in a larger city. In addition to the location, he considered the school's academic ranking and the feedback of previous students regarding their experiences with the program and school.

Similarly, Cassie Moore (12) applied to arts and humanities programs across Canada like Carleton University, Queen's University, UBC, and UVic. "I wanted options across the country. Since I don't really know what I want to pursue yet, I believe general arts and humanities are great areas where I could decide on my major later on."

She added, "I actually dropped a class, so I'm not eligible for UBC anymore." Nevertheless, she was accepted to all the other universities she applied for.

Cindy Si (12) applied to Langara College and the University of Alberta's Nursing and Kinesiology programs, as she enjoys encouraging improvements in physical performance and functional independence. Si also thinks she has an understanding of the work because she has had extensive sports physiotherapy, and appreciates the flexible and accommodating schedule of her physiotherapist.

Ellena Arthur (12) applied to programs in across Canada in the fields of science and art. Arthur has been interested in science-related topics ever since elementary school, and she has known that she wants to pursue a career in science since she was young.

"University of Alberta got back to me in less than a week. They don't have a dead period like most universities do where they don't give out admissions for some time. They just do them as they go, so it's a really good safety school," said Arthur. "It's also a really solid school to apply to early, as it's a top Canadian university with low costs."

Sunny Poon (12) applied to business programs at UBC, Simon Fraser

University (SFU), Western University (UWO), and McGill University. "I didn't really have the thought to defer or take a gap year, because I wanted to get through university as soon as possible so I don't drag it on." Poon believes that a career in business is the best fit for him because he feels other career paths are less applicable in the real world. He thinks going into business will help him develop his social skills and ability to form deeper connections.

Many students initially thought about deferring their education to take a gap year but ultimately chose not to. Allison Lee (12), who plans to pursue an education in music, thought about taking a gap year because she skipped grade 4, and is therefore a year young-

er than most of her peers. Lee believed delaying her college application season would be beneficial, but the longer she spent in high school, the more competent she felt, and the more ready she was to continue her education in university.

Lee applied to schools across the United States, like the University of North Texas and the Juilliard School of Music. "The faculty at these schools are really good, and I think they can help me improve and become a better musician," she said. "I've also made personal connections with a lot of the faculties as well." Her Hamber alumni friends who attended those schools provided her with further advice regarding applying for these programs.



VICTORIA HEATH UNSPLASH

HAMBER AND STUDENT LIFE



Art magazine designed and created by **Arlyn Gilmour** (12), as her Grade 12 Capstone project



Book display in the library, curated by **Lea Branov** (12) for her project

Unveiling Grade 12 Capstones

NEWS REPORT by **Ella Pendlington** (11)

Walking through the Hamber hallways, you may have heard grade 12s discussing their Capstone project. The Capstone project is part of the required Career Life Connections (CLC) course and a big part of students' last year in high school.

"The Capstone project is a requirement from the Ministry of Education that every grade 12 has to complete to graduate," **Mr. N. Francis** (Music), who has taught many Hamber CLC classes, said. "It's like a passion project in which you explore something you're interested in or a question that you have."

With the large amount of freedom given by this project, students came up with some unique ideas. **Mr. Francis** explained that students can connect it to what they may do career-wise, their relationship with their community, and more.

Arlyn Gilmour (12) created an

art magazine featuring her own art as well as work from others. "I've been passionate about art and design for my whole life and I'm thinking about going into branding or design, so I thought it would be a really neat way to practice those skills and gain more experience," she said.

"My Capstone question was 'How can I make a positive impact on the Bantam Girls basketball team?'" **MacKenzie Paemoller-Amisano** (12) said. "I really enjoy basketball myself, and I've gotten a lot out of it. I wanted to share my love of basketball with the younger grades by coaching them!"

Though the experience of creating a Capstone project may vary from student to student, many students talked about the creativity the project allowed.

"If I hadn't had a requirement to do it, I don't know if I would have. It's cool that they make it a requirement because it forces you to do something you might not have done before," said **Cohen Milisavljevic** (12), who made

a fingerboard park out of concrete.

Elise Redivo-Salvador (12) made a baking cookbook. "I liked coming up with my own creative recipes. I would take ideas from other recipes, but then I would substitute some things and do different measurements."

"I like the freedom that it gives our students to think creatively. It's always entertaining to watch what they come up with!" **Mr. Francis** said.

According to **Mr. Francis**, the Capstone project is the highlight of CLC. "Depending on the teacher, there are a few other steps that may be present, but they're mostly related to the Capstone anyways," he explained.

For this reason, students had to think long and hard before picking a project to make sure it was something they were interested in and that was important to them.

"It's really important for young girls to have more women's representation in sports. To this day, there's still a lot of stigma regarding women in sports, and I think just being

there as a coach and mentor is essential," **Paemoller-Amisano** said about her coaching experience.

"[In my magazine], I was able to share artwork from friends, family and community members. That was something meaningful to me!" **Gilmour** said. "I really enjoyed how relaxing it was. It wasn't a really stressful project, even though it was a pretty big undertaking."

She added, "I liked that I got to explore different types of art or design that I hadn't really done before."

Milisavljevic explained that he liked working with his hands on his fingerboard park, as well as "just getting to see something start from nothing and become something."

Lea Branov (12) decided to make a book list and create a display for the library. "I enjoyed making the display and coming up with ideas," she said. "When people see a display, they're like 'Oh, that's interesting!'"

Along with the aspects of the project they enjoyed, students encountered various challenges. **Redivo-Salvador** recalled how some of her recipes didn't go as expected. "For my

process, sometimes I would try out recipes, and they wouldn't turn out how I wanted. I would waste all those ingredients," she said.

Paemoller-Amisano commented on how it was a challenge planning practices. "I found it difficult to find drills that weren't only educational but also fun for them. I really just wanted it to be an enjoyable experience for them!"

"Some of the recipes intimidated me, but just trying something new, [and] taking a risk to bake something I haven't done before," **Redivo-Salvador** said about what she learned in the process. "That's the takeaway; always take risks!"

"I learned a lot about the designing process and problem-solving," **Milisavljevic** said. "I'd have an idea, and then when I'd go to do it, I'd realize it may not work out the way I thought it would. I'd learn how to adapt."

The Capstone project is as much about the process as it is about the result. **Mr. Francis** concluded, "I think it helps to teach [students] something about themselves that maybe they didn't know."

WHAT IS GOING ON WITH THE GRIFF?

NEWS REPORT by **Ally Freedman** (11)

As the graduating class of 2024 says goodbye to Hamber, their memories of the pre-pandemic Griff are leaving with them. The Griff, Hamber's student-run store, has been mostly inactive for the past few years. However, the students behind the store are now working on rebuilding its reputation as one of the school's most prominent operations.

An Instagram post on Mar. 1 announced that "The Griff is back!" However, they did not specify a date. A following video was posted on the Griff's Instagram and TikTok (@thegriffhss) on Mar. 4, featuring Griff member **Amia Chan** (11) interviewing **Isabella Prior** (11) about her favourite memories at Hamber.

The interview did not introduce any products or dates, leaving a lot up to interpretation. "It left me wondering what The Griff is planning on selling, as I would love to buy some Hamber merch," said **Prior**. "I'm excited to see what they have in store."

The Griff is led by three Grade 12 students: **Arianna Tham** (12), head of operations, **Ella Lum** (12), head of marketing, and **Nicholas Mann** (12), head of finance. They are sponsored by **Mr. M. Albrecht** (Business Ed.) and **Ms. S. Schoenfelder** (Business

Ed.) These five oversee a team of 11 students.

Both **Lum** and **Tham** expressed confidence that their dedication to the Griff would pay off. The three executives acknowledge the limited knowledge that the current student body has of the Griff, yet they are working towards organizing pop-up events for both the student body and administration. "I remember walking by the school store every single day and being like 'oh, I want to buy something someday [...]' I wonder how they run the store," said **Tham**.

Tham said the Griff's essential objectives are to "create community, build education, and build a legacy and leave a lasting community." The main goals this year however, are "to build a foundation. We feel like after the COVID pandemic, a lot of grade 8s to 12s don't really know what the Griff is."

Lum emphasized the significance of the Griff as an opportunity for students in one of the many business courses at Hamber to connect what they learn in a classroom to running a real business. Her favourite part of the Griff is "working together with everyone and really seeing our ideas played out [...]" and really knowing that it is a student-run store, and that students are running operations, marketing, and finance." Like **Tham**, she discussed how many younger students don't know much about the Griff. "In

future years, I really hope it's able to get back to how popular it was before," she said.

In the last few years, new health guidelines have been implemented, which restricted what the Griff could and could not sell to the student body starting in 2021. As a result, students like **Isabella Tai** (11) never got the chance to purchase items from the Griff. **Tai** says that she "never had an experience to enjoy," but wishes she did.

In order to sell items to the student body, the Griff must follow a multi-step operation process. They must designate the period during which the store will operate, discuss possible themes, and then ensure that they are following the BC Health and Food Guidelines.

According to the BC Health and Food Guidelines, all schools in the British Columbia district "must define the nutrition standard that schools are required to apply to all food and beverages sold to students." Guidelines like designated sugar levels can be difficult for the Griff to deal with, as many snacks that students enjoy do not meet the regulations. All goods also have to be pre-packaged and sealed.

Olivia Lindsay (11) would like to see stationery as well as food such as cake, sweets, or pretzel bites that could "give students a boost of energy." She noted that "it's still pretty cheap com-



pared to outside of school, but maybe they could decrease the prices a little bit." **Tai** would buy goldfish crackers from the store. **Emily Vuong** (12) would love to see **Eric Hamber** merchandise or memorabilia at the store. "I would completely empty out my wallet to buy those," she said.

Petar Blagojević (12) would like to see essentials like utensils being sold at little to no cost. "I'd buy utensils, because I forget to bring them," he explained. **Blagojević** suggested some novel ideas. "I wish that the Griff would sell spoons and forks that are also edible. They don't break down when you eat something with them. You can eat soup with these edible spoons, it's pretty cool."

Blagojević added that, "If [the

Griff] could count as volunteer hours, it could be kinda cool and get a lot of people working there." **Tham** responded that "unfortunately, the Griff team is selected on an interview basis, but everyone is welcome at the beginning of the year to apply."

Tham mentioned that meeting the consumer demands of Hamber students while working around challenges can be quite difficult. However, events such as The Last Dance, hosted by Student Council, gave them a good idea of what the majority of students want.

Both **Lum** and **Tham** mentioned that for their final years as members of the Griff, they aim to build a solid foundation in order to leave a lasting legacy for future Hamberites to enjoy.

HAMBER AND STUDENT LIFE

One Semester Into the New Indigenous-Focused Grad Requirement

NEWS REPORT by *Katja Radovic-Jonsson* (12)

In 2022, the BC Ministry of Education announced a new Indigenous-focused graduation requirement for all high school students. The new requirement, which has been put into effect this school year, requires all students to take an Indigenous-focused secondary school course such as BC First Peoples 12, Contemporary Indigenous Studies 12, English First Peoples 10, or English First Peoples 12. Students are given the option to take any of these courses in-person at their school or online via platforms such as the Vancouver Learning Network.

The new requirement comes as a response to the 94 Calls to Action created in 2015 by the federal government's Truth and Reconciliation Commission (TRC). "It's a call to make all K-12 students be mindful and aware of this part of our collective story as Canadians that has historically been left out of the textbooks," **Ms. S. McEachern** (Social Studies), who teaches BC First Peoples 12 and is Hamber's Indigenous

teacher lead, explained.

BC First Peoples 12 has existed at Hamber for over ten years. It began as an alternative course for Social Studies 11 with a provincial exam attached to it. After the abolition of provincial exams, it became one of many senior social studies courses offered at our school.

Although the BC First Peoples curriculum has not changed very much over the years, the way in which the course is taught has evolved. Ms. McEachern shared that the semester system has greatly impacted how she teaches. "This work needs processing time, not just for understanding, but for the emotional labour that it necessitates," she said.

With the new graduation requirement, Ms. McEachern noticed a change in her students' level of engagement with the course. "Dynamics are always going to change, and how I teach is never the same any year," she said. "But at the same time...not everyone's choosing to be here, so there is some apprehension or resistance, but I try to break that down very early and say, 'I understand and I hear you'."

"Especially for [the Class of 2024], it's difficult because your course planning has had to change," she continued. "But I think over time that resistance will lessen[...]when people just become aware that it is a part of the requirement and it is necessary to learn."

Along with BC First Peoples 12, Hamber offers two Indigenous-focused English courses — English First Peoples 10 and English First Peoples 12. Taught by **Ms. E. McKeen** (English) and **Mr. M. Vatta** (English), these courses centre around the analysis of Indigenous literature, guided by the Aboriginal Ways of Knowing and Being.

This school year marks the first year that Hamber is offering these Indigenous-focused English courses. "Myself and Ms. McKeen...are learning just as much as the students are, as we are learning what and how to teach it," Mr. Vatta said. "But I think it's a very important part of our education."

Although teaching the new courses has been exciting, Mr. Vatta — much like Ms. McEachern — has found some challenges regarding students'

apprehension.

"It takes the buy-in," he said. "It's mostly in-class. It's creating a community and a culture where we are working together as a little family within our classroom. It does require both bringing things to the table and receiving things, so that's hard for some students to get around to."

Mr. Vatta said that some students who struggle with the unique class structure have withdrawn from the course, opting for the online version instead. He expressed that while this is an option, it's not one that he encourages. "From my perspective, English First Peoples is not a course to be taken online. It is about community, bringing things together, and sharing, and you can't do that as a single person just learning online."

In fact, he found that many students who completed the course last semester expressed a positive experience. "I had many students go, 'wow,

I really did get things out of this class that I didn't expect,'" he said.

Ms. McEachern agrees that Indigenous-focused courses should not be taken online, as she finds that online versions negate the authenticity of their in-person counterparts. "[The online courses are] just a checkbox, and I don't want this tokenized. The tokenism of 'just getting it done' is hugely problematic," she said.

Ms. McEachern hopes that with the new graduation requirement, students will become more aware of Indigenous cultures and practices. She is hopeful that her passion for these topics translates into students "seeing] things a little bit differently" after taking the course, whether that be in terms of their connection to the land or their role in educating others on Indigenous realities. "Hopefully students leave understanding why it's important — that's my ultimate measure of whether I did a good job."



AVI BHARTI

Out the Door in 2024: A Look Into Grad Committee

NEWS REPORT by *Aika Nimmervoll* (11)

This year's Grad Committee consists of **Nina Mazzucco** (12) as Grad Chair, as well as **Kayla Szilagyi** (12), **Amy Tran** (12), **Melissa Xie** (12), **Ava Low** (12), and **Sidonie Lee** (12) as Grad Committee members. Hamber's Grad Committee is in charge of planning, funding, and carrying out major grad events, like prom and the graduation ceremony. Additionally, they host events like Grad Karaoke, Valentine's Grams, Spirit Weeks, and GQ Day.

To conclude this school year, the Grad Committee will be hosting a few more events. "We are organizing prom, which consists of finding a DJ, photo booths, choosing a theme, designing the tickets, the photo booth borders, choosing a colour pallet, and even more," said Tran. "We will also do a few more spirit weeks and organize the actual graduation event, in which our next step is getting measurements for grad gowns."

All the funding for these events comes from Grad Committee's hard work. "We don't have funding to begin with, but we fundraise throughout the year. Our biggest fundraiser is grad hoodies, with Valentine's Grams as our second biggest," said Tran. Lee added, "We had this idea to sell baked goods, but there were a lot of issues [regarding] sugar content."

Tran, Lee, and Mazzucco all felt that, while being on Grad Committee, there are obstacles in different are-

as. "It's hard running an organization when at times, it can feel like it's a lot of work," said Mazzucco. "Additionally, there's a lot of pressure. People expect a lot from you[...]but I would say all of us have done an incredible job overcoming [obstacles] and just working really well with other people to get stuff done."

"One obstacle we have really had to face is participation. Our year in particular is not very connected as a whole, so it's often hard to get everyone together," said Tran.

Hamber's administration also plays a large role in organizing grad events. "Hamber staff are very supportive. They're always helping us, whether it's just us going to the office to grab supplies or our teacher sponsor, **Ms. B. Panesar** (English), literally running the whole thing, and **Ms. E. McKeen** (English) also working alongside us to help plan events and stuff like that. And of course, **Ms. M. Jensen** (Administration), who oversees a lot of our bigger projects," said Mazzucco.

"The office admin are angels when it comes to helping the Grad Committee. They've helped a ton with providing access to different resources we've needed. **Mr. J. Lam** (Accountant) has also been extremely helpful when we've had to deal with money and using SchoolCashOnline," Tran said. "As for our teacher sponsors, Ms. Panesar and Ms. McKeen, they have provided us with a ton of support and given us a lot of helpful information about Hamber's previous Grad Committees and how they have done things."



ELLIE JIN

Hamber's Table Tennis Team Makes a Return in 2024

NEWS REPORT by *Darlene Soh* (11)

Hamber's Table Tennis team is back up and running this year. After a pause, players and coaches are now together and playing once again.

Elva Zhou (11), a member of the Table Tennis team for around three months, revealed that the current coach, Coach Yan, brought the idea of a table tennis team to the PE department. It was then approved and tryouts were soon established. **Justin Liao** (12), captain of the team, said that the team got together and bonded very well. With practices once a week, they were able to learn about each other while playing and in their free time.

"I think my main goals are to get first for our school in the teams and doubles event in the upcoming provincials this year in March, as well as to make friends and promote table tennis in our school," said Liao.

Amy Zuo (8), a member of the team said, "One of my goals includes gaining more competition experience. I do have some, but I don't believe it's enough to secure provincial wins." She also shared that being a part of the team vastly benefits her sociability, exposure to new play styles, and technique.

"As the captain of the table tennis team, our biggest goal was to try and win the banner. Unfortunately the boys

fell short in some games which didn't allow us to qualify for the finals. However, our girls team has made it to the finals coming up this year, meaning we will place either first or second," Liao said.

Zhou also described what a usual table tennis practice looks like after setting up in the cafeteria. "We first warm up with rallies, then continue to improve specific areas that we each lack in," she says. "Rather than all of us training in the same area, it's different for each of us."

"During practice, we practice forehand, backhand, and alternating shots. After, we play a few games of singles with different partners, finally concluding with doubles practice," Liao said.

The two names for the sport that are commonly used are "ping pong" and "table tennis", and the team members have different perspectives on its meanings.

"Ping pong refers to only the recreational 'for funnies' type activity, while table tennis is the professional approach—an official sport—and involves strategies, technique, and timing," said Zhou. He explained that people commonly disregard table tennis as an actual sport as they've only had exposure to the simple, community centre playstyle.

"I highly recommend people watch actual table tennis—it's no joke!" said Zhou. "Since I am seriously trained, I prefer using [the term] 'table tennis'

all the way. Ping pong generally sounds goofy too."

Zuo, on the other hand, does not hold the same strong opinion. She says that there's not really a big difference between the two names.

"Ping pong is more universal and table tennis is the official term for the sport." Liao also agrees that ping pong is a fun, entertaining way to refer to table tennis, and table tennis is a more professional way of talking about the sport. "I call it by either name and don't really have an opinion on which name is said. I prefer to call it ping pong but my teammates always get upset with me whenever I say it."

The Table Tennis team sponsor, **Mr. Gibson** (Physical Education), also feels that table tennis is the formal way of talking about the sport, "I feel like table tennis sounds more official [...] When people say they're playing ping pong, to me that sounds like they're just slapping the ball around."

Liao shared what for him was the most difficult part of playing table tennis. "I come from a background in advanced pickleball so it was hard for me to understand how soft the ball had to be hit and spin was an important factor of the game in order to be a successful player."

Mr. Gibson, whose role is to make sure everything is set up, including early dismissals and rides and proper schedules, says he admires watching the members play.

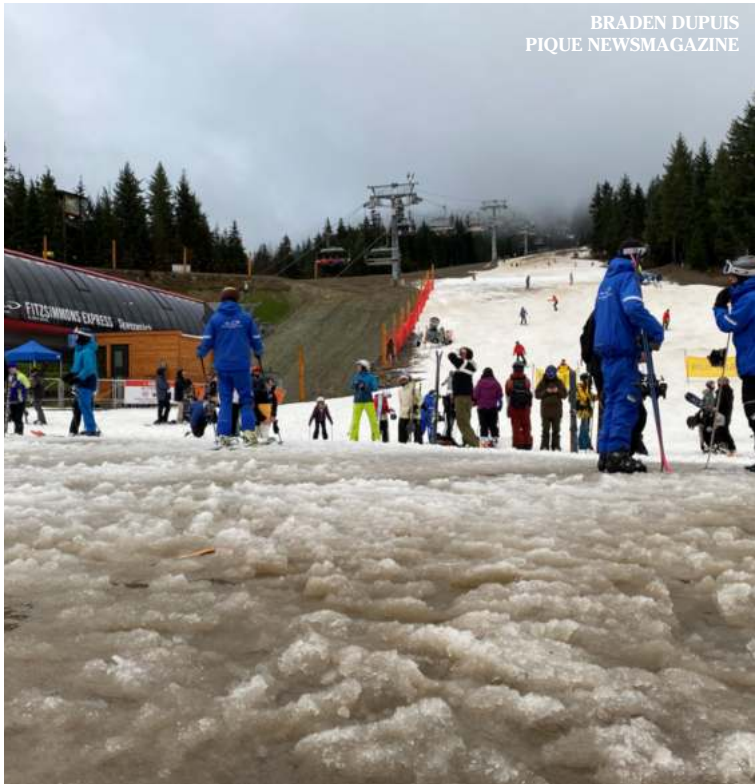
"I don't like administrative tasks at all. The thing I like is the times I have been able to watch them; they're unbelievable," Mr. Gibson said. "The coach is really amazing too, she is a high level table tennis player that really knows what she's doing. It's always cool to watch people that are skilled at things share that with someone else."



ANGIE NG

VANCOUVER AND THE PROVINCE

POOR CONDITIONS ON THE SLOPES

BRADEN DUPUIS
PIQUE NEWSMAGAZINEETHAN CAIRNS
THE CANADIAN PRESS VIA CBC

NEWS REPORT by Natalie Kosar (10) & Lucy Samudio Liang (10)

Hamber students' skiing conditions and experiences have been affected by an unusually warm winter with little snowfall, leading to suboptimal snow and poor terrain.

Multiple students have seen unusual conditions on the mountains which have adversely affected their skiing experiences. "Skiing conditions weren't that great because I noticed that it was a warmer winter. That made it so there was less snow, and it was really icy," said Lucy Roberts (10).

Ski mountains require a minimum amount of base snowpack to operate, with ideal conditions exceeding their average snowpack. The Lower Fraser area, which includes Vancouver's ski areas and Whistler, received only 47 per cent of the average snowpack, according to a Feb. 1 snow survey and water supply bulletin from BC's Ministry of Water, Land, and Resource Stewardship.

"This year, this season, it's been pretty bad. There's not enough snow," said Adelyn McAuley (9), about the skiing conditions in Whistler. Overall, BC averaged 39 per cent below its average snowpack. Lower mainland ski hills, in addition to Whistler, are equipped with snowmaking machines to contribute to the base, but the snow they produce are not buckets of powder. For skiing, "powder is the best,"

said Roberts. However, with climate change effects becoming more prominent, powdered snow may no longer be as attainable.

With temperatures on the mountains being mostly warm and having only occasionally cold days, it creates two consistencies of the snow itself; slush or ice. "If I'm paying 50 bucks to go ski in mud and lots of slush then I don't think it's worth it anymore to go," said Jayden Chiu (11), continuing that and skiing on ice or slush is "just not as fun in general."

Ashley Cheung (11) said that snowboarding on ice "hurts a little more and [that you have] to try to avoid it so it's a little harder." Cheung also explained that some areas of ski mountains "[were] a little muddy and patchy" due to low snowpack. Because of the low snow base, there are numerous hazards to encounter on the runs — large rocks and bushes may poke through the snow.

Students have refrained from heading up to ski as much as they usually do, losing out on a favourite winter activity. Chiu hasn't gone skiing yet this season because "the skiing conditions are overall not very good. I had a pass to Whistler this year, but I haven't had a chance to use it," he said. Mr. G. Dunne (Physical Education) said that he is "waiting for that February, March dump that quite often we get" before using his two-day pass at Whistler.

Students who have made it up to

the mountains have gone less often compared to their average year. "Last year I had skied 15 times by this time, this year only four due to bad conditions," said Xavier Fell (10).

Students have varying opinions about which resort they think has the best conditions this season. Fell, who had previously been skiing at Cypress, Whistler and Hudson Bay Mountain near Smithers, said that "Whistler gets more snow than both the [other] mountains, and it's generally colder up north," which is why he prefers Whis-

**"This year, this season,
it's been pretty bad.
There's not enough
snow."**

ter's slopes.

According to data from OnTheSnow, a source for snowcams for ski resorts worldwide, the current annual snowfall for Whistler in 2023–2024 is 157 inches with 49 snowfall days. Cypress had 108 inches of snow with 26 snowfall days. The different levels of snowfall at each of these resorts are connected to the regions these mountains reside in. Mountains further North are expected to get larger snowfalls since they have colder temperatures.

"People are just going to have to go

more north [to ski] if it does [continue to] warm up," said Timo Clement (12). While Whistler has the advantage of being further North, it's a big mountain, which is also an asset. Roberts noted that Whistler "has a lot more options. There's more runs that are less skied out than the local mountains."

Mr. Dunne also prefers Whistler. "Whistler-Blackcomb is a world famous resort. It's always been written up in the big ski magazines as one of the top ten resorts in the world. So that's where I go," he said.

While Whistler was a popular choice, some students prefer other resorts. "My personal favourite is Silver Star because I've gone there twice a year as long as I can remember and it's always been an amazing experience," said Clement. Chiu likes Big White, also in the Interior, since it's "a big mountain [with] usually no lines at all."

Skiing has been a part of many students' lives since they were young. Clement has been cross country and downhill skiing since he was five. "Cross country is the most important thing to me in my life right now," he says. "You're just off exploring with some of your closest friends."

Cheung said that she enjoys "being able to glide freely and go really fast." McAuley also finds that she feels free while skiing. "Powder days are always fun because if you fall it feels like nothing," she said.

With climate change in mind, many

students feel unsure about what the future of skiing will look like. "I'm very worried. Skiing is one of my favourite sports... I hope it gets better," said Roberts on the deteriorating weather conditions. Cheung said that she would feel disappointed if she couldn't snowboard anymore due to the conditions and said that she "hopes the snow comes back." She also said that she feels "we'll have a lot less time being able to [ski or snowboard in the future] because [the ski season] is only a few months anyways. Even now in February there's no snow, and in January, there's basically nothing."

However, with El Niño occurring this winter and climate change intensifying, the conditions may only get worse. *CBC News* explained that "El Niño is a naturally occurring climate pattern associated with warming of the ocean surface temperatures in the central and eastern tropical Pacific Ocean."

"The onset of El Niño will greatly increase the likelihood of breaking temperature records and triggering more extreme heat in many parts of the world and in the ocean," said Petteri Taalas, former Secretary General of the World Meteorological Organization.

According to a Grantham Research Institute for Climate Change and the Environment publication, El Niño is a natural climate pattern, but when combined with increased climate change it has had an unnatural, drastic impact on the weather.

Vancouver's Housing Crisis, Explained

NEWS ANALYSIS by Nigel Goto (12)

Vancouver has been grappling with a long-standing housing crisis that has left many residents struggling to find affordable homes. As prices continue to rise, the issue has begun to catch global attention.

Vancouver's picturesque landscapes make the city a desired destination to live in, but Vancouver's geography stands as a formidable obstacle to housing development. Surrounded by mountains, the ocean, and the American border, Vancouver has limited space to expand, fostering a highly competitive real estate market.

Another significant factor that accelerated the housing crisis was the influx of wealthy foreign buyers who poured their investments into Vancouver's real estate market. Over the past decade, the influx of foreign buyers artificially inflated housing valuations, further driving costs.

Though the provincial government responded with 2016's Property Transfer Tax, which placed steep transfer taxes on foreign buyers, loopholes remain open for foreign investors. The

federal government even introduced outright bans on foreign homebuyers temporarily; however, inflation and lack of housing supply still remain largely unchanged.

Even with pre-existing affordability issues, the outbreak of the COVID-19 pandemic became a massive tipping point. The economic fallout from the pandemic created job losses and financial uncertainties for many individuals and families, leaving many unable to afford the skyrocketing housing costs.

In 2023, the Urban Reform Institute named Vancouver as the third least affordable city behind Hong Kong and Sydney, with many surveys showing residents' concerns when it came to meeting rent and mortgage payments. Many government and city officials have claimed that they recognize the magnitude of the issue. In October, Mayor Ken Sim announced a bold plan to heavily modify Vancouver's 26 Village Areas. The new plan allows for single-family home and commercial areas to be diversified into townhomes, multiplex buildings, and mixed-use low-rise buildings. Following Sim's plan, BC Premier David Eby revealed

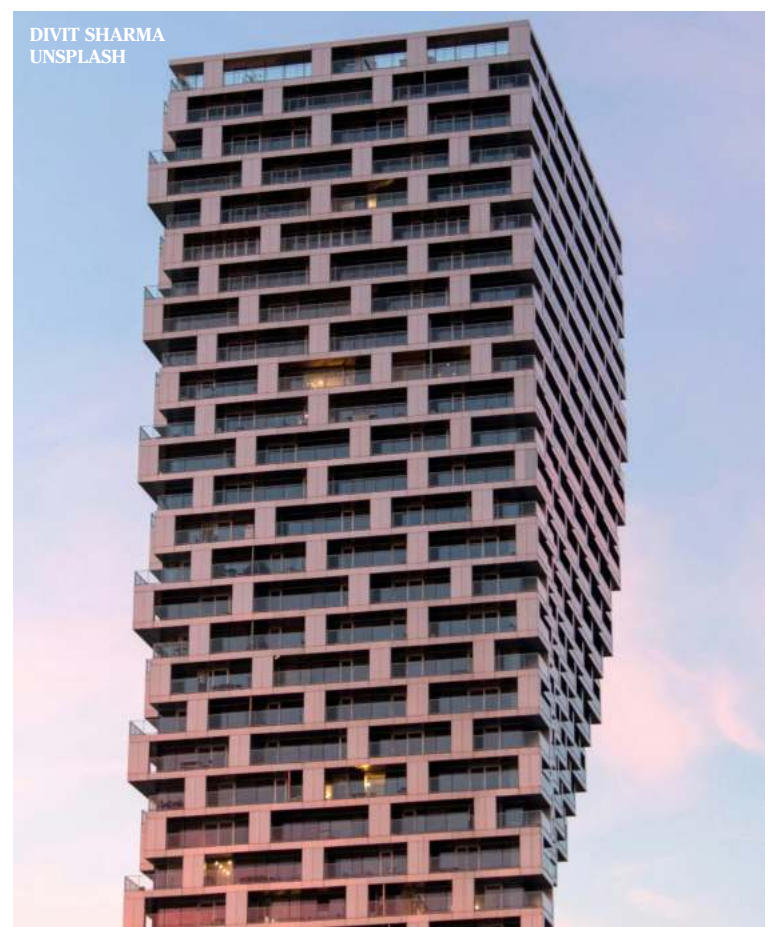
the provincial government's strategy: to build up to 290,000 new housing units, which will cost \$16 billion over the next decade.

In addition, there have been initiatives to review and revise regulations and guidelines, such as the Vancouver Building By-Law and the Shadow Impact Criteria and Guidelines. Streamlining these regulations could expedite the construction process for many housing developments.

However, while progress is being made, many worry if it will be enough. Urban planning professor Andy Yan, an expert at Simon Fraser University, questioned the plans set in place. "While some in the city may strive for home ownership, data tells us that this possibility has become increasingly out of reach."

According to a 2023 report by the Canada Mortgage Housing Corporation, even with an additional 290,000 units, the province will still need an extra 320,000 units to match 2012's level of housing affordability.

Looking toward the future, Vancouver's housing crisis remains a pressing issue that will require far more action from developers and the government in order to be corrected. With government and city officials shifting focus to fixing Vancouver's housing market, there are still many ways to give citizens a home they can afford.

DIVIT SHARMA
UNSPASH

Half of BC Restaurants Currently in The Red

NEWS REPORT by Nigel Goto (12)

While COVID-19 restrictions on BC's restaurant industry were lifted over 18 months ago, BC's restaurants are still facing urgent financial hardships. Amid decreasing profits and bankruptcies, many restaurants are now seeking assistance from the provincial government.

The pandemic has had a long-standing impact on BC's hospitality industry. According to a 2021 report by Statistics Canada, the struggling industry witnessed an employment decline of over 50 per cent in 2020 alone. To counteract initial bankruptcies amid the COVID-19 pandemic, many Canadian non-profits and local businesses such as restaurants received a Canada Emergency Business Account (CEBA) loan of up to \$60,000.

However, despite the government reducing financial support, BC's restaurant industry still faces issues brought on by the pandemic. Matthew Senecal-Junkeer, owner of the downtown restaurant Birds & The Beets Food Group pointed out in a CBC interview that "what was a pretty decent, busy, and profitable business in 2019 is now sort of a break-even business." Factors such as dwindling foot traffic and rising food and labour costs have made profitability increasingly difficult. As recently as March,

Restaurants Canada has reported that 37 per cent of food service companies are operating at a loss, and 17 per cent breaking even.

Adding onto financial hardships, the deadline for restaurants to repay any pandemic-related loans was set for Jan. 18. However, a strong community has formed in support of the vital industry. Ian Tostenson, CEO of the British Columbia Restaurant and Food-services Association (BCRFA), with the Restaurants Canada organization, aims to help the struggling sector. Tostenson told *Global News*, "I think a lot of people are saying enough is enough. Most of the small businesses, they're working six-and-a-half days a week just to keep their places open."

Among many initiatives such as Restaurant Canada's Bartenders Benevolent Fund, organizations like the BCRFA have already pushed the City of Vancouver to accelerate licensing approvals and to improve the foreign worker program to address labour shortages.

Especially amid the closure of establishments such as North Vancouver's De Dutch, which closed its doors on Dec. 24 after 35 years of operation, keeping the industry alive is as important as ever. "Restaurants are at the heart of every community in this province," said Restaurants Canada Vice President Mark von Schellwitz in a public address.



Highlighting Five Fusion Restaurants in Vancouver

REVIEW by Madeleine Chung (8) & Kate West-Sells (8)

The term "fusion cuisine" refers to bringing together ingredients from different cultures and merging recipes. The United Nations Educational, Scientific and Cultural Organization (UNESCO) recognized Macanese cuisine as the world's first ever fusion food. Macanese cuisine traces back 450 years to the small Asian city of Macau, and it combines Portuguese and Chinese food.

While fusion cuisine has been around for centuries, it has recently become popular in Vancouver. Vancouver is known for its diverse and dynamic food scene, so it is no surprise fusion restaurants do well in the city. With local produce and fresh seafood, restaurants have access to excellent ingredients with which to experiment. Here are five fusion restaurants in Vancouver you should consider trying:

Say Mercy!
4298 Fraser Street
Fusion: Italian x American
Barbeque
Cost: \$\$
Food to Try:

BBQ Bolo: The hearty classic bolognese is fused with pancetta (smoked pork butt), and grana padano compliments the spaghetti beautifully. This appetizer is so delicious it was recognized by the Michelin guide.

Half Creole Hen: This iconic American staple of creole sauce and braised collard greens includes Milanese risotto to balance the seasoning of the chicken.

Chicken Fried Mushroom: A clever vegetarian play on the

Southern chicken fried steak, this comes with lion's mane mushrooms, parsley oil, and chichory.

Rocket Pop Semifreddo: This is a sweet and tart dessert, consisting of cherry mousse and lime curd topped with white chocolate, milk crumble, and raspberries. This delicious treat not only pays homage to an exemplary Italian dessert, but also evokes Western childhood nostalgia.

Café de L'Orangerie
1320 West 73rd Avenue
Fusion: French x Japanese
Cost: \$\$
Food to Try:

Octopus Karaage: Crispy, bite sized pieces of marinated octopus are deep-fried to make a perfect appetizer. This dish hails from Japan, and is a seafood version of chicken karaage. (Note: this is not a fusion dish, it is fully Japanese).

Clam Chowder: This warm, familiar soup is made with a homemade cream base. The delicate seafood is balanced with crunchy croutons. (Note: this is not a fusion dish, it is fully French).

Hayashi and Spaghetti with Hamburger Steak: This tasty main dish is made with l'Orangerie style beef stew, creamy spaghetti, and a hamburger steak.

Salmon Fry: Two pieces of deep-fried breaded Atlantic salmon filet are paired with a side of homemade tartar sauce. Rice and a salad accompany this seafood dish.

Grapefruit Cheesecake: This delectable dessert features a tangy pink grapefruit glaze, and is a fruity twist on an original cheesecake.

Rice Burger
2630 Sasamat St
Fusion: American with a Japanese Twist
Cost: \$\$
Food to Try:

Farmhouse Burger: In the restaurant's signature dish, rice is used in place of a burger bun, which is an ingenious and appetizing twist on a regular burger. Inside there is beef, chicken, and pork: a perfect meal for when you're really hungry. Of course, no burger is complete without the classic toppings: lettuce, onion, and tomato are added as well.

Popcorn Chicken Bowl: Rice, salad, salty kimchi, and corn are added to this hearty bowl, which is topped with crispy popcorn chicken. This bowl works well as a takeout meal.

Kimchi Fries: If you want to stop by for a snack instead of a meal, try the spicy kimchi fries, a unique side dish and Rice Burger bestseller.

Torafuku
958 Main St
Fusion: Pan-Asian (influences from throughout Asia, including Taiwan)
Cost: \$\$
Food to Try:

Mussel: Savory mussels from Totten Inlet, with spicy miso butter, sake, and cream.

Duck Confit: A unique twist on the classic slow-cooked duck from France, drizzled in a spicy Thai style dressing. This dish also comes with a side of fresh green papaya salad.

Beef Short Rib: Braised for 24 hours, this rib is accompanied by a tamari glaze and a side of Asian pear arugula salad.

Award-Winning Beef Noodle

Soup: This dish includes a sake braised beef shank in a rich beef noodle soup with hand-pulled noodles. The noodles are complemented by bok choy and soft poached marinated eggs. This noodle bestseller is made in limited quantities daily, so be sure to plan ahead before ordering this dish!

Crème Caramel: This mouth-watering dessert is made with egg, creamy oolong milk tea, and vanilla along with a seasonal fruit compote.

Kissa Tanto
263 East Pender Street
Fusion: Japanese x Italian
Cost: \$\$\$
Food to Try:

Tonno Mantecato: A traditional Italian dish of tuna and olive oil, with a spin of confit Albacore tuna and furikake. It is then paired with bruschetta with tobiko roe to complete the appetizer.

Spaghettoni: An expensive wagyu ragu with additional flavour from tomatoes and Japanese curry, finished with spiced pangrattato (breadcrumbs) and nut-fed pork.

Whole Fried Fish: A simple dish with great texture and flavour common across many cuisines, paired with a daikon soy sauce to cut through the fattiness of the fish.

Sablefish: An emulsion of high-quality olives and miso accompanies the delicate fish. Seasonal vegetables from local farms and a beautiful caper brown butter complement it well.

Kimchi Potato: The olive oil roasted potato is a satisfying side dish featuring a homemade kimchi emulsion and miso flavoured Calabrian chilli.

BC SETS A NEW RECORD OF TOXIC DRUG DEATHS

NEWS REPORT by Vania Qiu (9)

At the beginning of 2024, the BC Coroners Office reported 2,511 suspected deaths due to illicit drug usage — about seven deaths a day in the province. According to *CBC News*, this statistic is the highest recorded number ever and a five per cent increase from 2022, raising a concern for both government health workers and BC residents.

Some BC residents, including BC United leader Kevin Falcon, believe that the cause for the surge in deaths is due to the New Democratic Party (NDP)'s

newly implemented policy of decriminalizing small amounts of illicit drug possession, and they are calling for its removal.

Addictions Minister Jennifer Whiteside believes that revoking the policy will not resolve the crisis, but, instead, make it worse.

"Ending this measure will not save a single life [...] As the toxicity of illicit street drugs continues to increase, more people are at serious risk."

Lisa Lapointe, BC's chief coroner, agrees and believes that the cause of the deaths is related to the possession and distribution of illicit fentanyl.

"Decriminalization is not

responsible for these deaths," an addictions critic at BC United, says that the province is in need of a "recovery-oriented system of care" that the government has "absolutely failed to provide."

Furthermore, Lapointe is advocating for the expansion of safer supply of the substances, the increased implementation of drug treatment facilities, and an internal change within the city to treat substance use as a health issue rather than as a crime. She believes that the city should focus on the causes of drug addictions, rather than treat the problem at a surface-level.

Although the NDP has added 464 treatment beds throughout BC over the past six years, some believe that it will not help with the issue. Elenore Sturko,

an addictions critic at BC United, says that the province is in need of a "recovery-oriented system of care" that the government has "absolutely failed to provide."

Additionally, there are innovative visions for future treatment facilities in development, like the Road-to-Recovery addiction treatment model program, which is set to open in 2027 at St. Paul's Hospital. The initiative hopes to provide 100 beds to those who want to overcome their addictions, and will provide treatment that combats typically long waiting times. The model will be implemented throughout the province.



VANCOUVER AND THE PROVINCE

PREDICTED PLAYOFF REJECTS TO STANLEY CUP CONTENDERS

BOB FRID
USA TODAYNEWS ANALYSIS by Izzy
Jang (12)

After a disappointing 2022–23 season and the removal of head coach Bruce Boudreau, the Canucks were in an unpredictable position going into the 2023–24 regular season. Last year, the Canucks had one of their worst starts, and only after new head coach Rick Tocchet replaced Bruce Boudreau did they begin to improve. However, by the time the change was made, they were already out of playoff contention and were tanking their draft position. The team ended the season at 38–37–7 (83 points), finishing sixth in the Pacific Division. This year, many did not have high hopes for the Canucks, with the Athletic projecting the Canucks with a 50 per cent chance of making the playoffs, and most thought a finish similar to last season's was likely.

High expectations were set on stars like Elias Pettersson to secure points after finishing top 10 in points last season, with 102. Quinn Hughes was also predicted to be a major player for the Canucks as one of the best offensive goal-scoring defensemen in the league. Hughes, ranked in the top 10 defensemen in the league by Net Rating, was appointed captain of the Canucks for this year's season and was set to be a leader for the team. No one could've predicted how well the Canucks would play in the 2023–24 season, with a brand new captain and a mediocre previous season and reputation. But, as of Feb. 17, they have not only secured a spot in the playoffs but are being discussed as Stanley Cup contenders.

According to *The Athletic*, the Canucks only had a 1 per cent chance of winning the Stanley Cup during the pre-season predictions, and they started the

season at +5000 odds of winning the Stanley Cup. As of Feb. 17, Vancouver was sitting at +900 odds (tied for second with the Dallas Stars, behind the Boston Bruins) of winning the Cup. The Canucks are currently at 38–17–7 (83 points), as of Mar. 2, and are first in the Pacific Division and fourth in the league. The team has already overtaken the amount of points and have tied the amount of wins they had in the whole of the 2022–23 season. Since the NHL regular season is just over three-quarters done, the Canucks have defied negative predictions and odds in an unprecedented manner.

The success of the Canucks can be partially attributed to their new captain, Quinn Hughes. He replaced previous captain Bo Horvat for the 2023–24 season, after Horvat's trade at the previous trade deadline, and has been proclaimed the best defenceman the Canucks have ever had. As the top-scoring defenseman in the NHL as of Mar. 2, the first player in the league to cross the 30-point mark in the 2023–24 regular season, and on course to hit the 100-point mark, he can be directly credited for the Canucks' success during this season. His determination and dedication to the team can be seen in how he's grown into his role as a leader and captain of the team, according to *Sportsnet*.

Another reason for the Canucks' successful season is their third line. Many talk about the Lotto Line as the Canucks' star players, but the Dakota Joshua, Teddy Blueger, and Conor Garland line has been an unexpected high point. The Canucks have always had their top six figured out with the Lotto Line, and with players like Sam Lafferty, Nils Åman, and Pius Suter, they had their energy savers covered as well. The Canucks have historically struggled with their third

line, but with Tocchet's development of the Joshua-Blueger-Garland unit, they have a consistent third line of players. When the Canucks struggled with inconsistency, especially in the Lotto Line, the third line proved to be secure, creating scoring opportunities, winning matchups and getting pucks deep. According to *Natural Stat Trick*, Blueger, Joshua and Garland have been in the top five in shot-share percentage and expected goals for five-for-five matchups. This success is noted amid the inconsistencies of the Canucks Lotto Line.

Named after Lotto 6/49, players Brock Boeser (#6), Elias Pettersson (#40), and J.T. Miller (#9), are part of the Canucks' top line. This year, they have struggled to contribute much to the Canucks' lead, though all three players are some of the best players on the team. Even though the team was winning games when the Lotto Line was in play, Boeser, Pettersson and Miller have not been playing to their full potential. That's not to discount the players on this line. Both forwards J.T. Miller and Elias Pettersson are predicted to also hit the 100-point mark — a first in Canucks history. Boeser is also on track to hit 50 goals — one of three Canucks in history to hit this goal.

With the recent acquisition of Elias Lindholm, the Canucks are trying to support their top line now that they have found consistency with their bottom line. Lindholm, who was previously a center for the Calgary Flames, made his debut against the Carolina Hurricanes, scoring 2 goals in a 3–2 win for the Canucks. “[Lindholm] can play anywhere—great shot, great hockey sense, his reads are really good,” said Hughes on Lindholm in an interview with *The Athletic*. The new energy to the top line is what's needed to help

the Canucks become a more well-rounded, consistent team.

Thatcher Demko, fresh off an injury that took him out of the majority of the 2022–23 season, is on track to be a Vezina finalist, a trophy awarded to the best goaltender of the season. With one of the best save percentages in the league and with a 67 per cent win rate in his 46 games so far, he has proven to be one of Vancouver's best goalies. Having a strong goalie is key to the Canucks' success, and a consistent goalie like Demko supports all the other players on the ice.

The biggest factor for the Canucks' success this season is head coach Rick Tocchet. Tocchet's goal was to bring the struggling Canucks to success, and he's done just that. Tocchet has a 58–29–11 record since joining the Canucks and has brought Quinn Hughes and Brock Boeser out of their slumps from the 2022–23 season. Something positive can also be said about management when 6 Canucks were brought into the Toronto All-Star game, an unprecedented amount of players being nominated. Tocchet has been a foundational pillar of support for the team and has been the biggest reason the Canucks have found success this year, especially with his work developing the Joshua-Blueger-Garland line and inspiring Hughes to reach his potential as a leader.

With the recent injury of Dakota Joshua and the top line still needing to live up to their potential, there will need to be some adjustments made to the Canucks' team to thrive in the playoffs and truly contend against the big names for the Stanley Cup. If the Canucks' key players stay uninjured for the rest of the season and the team continues to grow in their offensive power, the Canucks will still be in contention to win the Cup.

CANUCKS VIA TWITTER



An Interview With the “face” Behind Faces of Vancouver

PROFILE PIECE by Gina
Hallensleben (12)

Over the past few months, anyone scrolling through Instagram or TikTok may have had the pleasure of finding an account called Faces of Vancouver. Perhaps you have come across a video of a man by the name of Jose responding to an interviewer behind the camera about the lack of friendliness in the city. Or, a man named Gary talking about Vancouver as an increasingly multicultural city popped up on your feed.

Both of these videos have amassed over 10,000 views. Faces of Vancouver was created five months ago and began gaining traction after just one month of its creation; the Instagram account has now reached over 40,100 followers.

The account (known as @faces_of_vancouver on Instagram and @facesofvancouver on TikTok) is a video diary of Vancouver. Its author? The multitude of individuals who find themselves in this city in one way or another. As described in the account's bio, “Everyone has a struggle. Everyone has a struggle.” Whether the struggle is the unaffordability of housing, the increasing addiction and overdose rates, or concerns about climate change, Faces of Vancouver gives the people in this city the opportunity to share.

Of course, this diary would not be possible without someone behind the camera providing the blank page and pen. I had the privilege of speaking with the organizer of the project, and now, the interviewer has become the interviewee.

The organizer chose to remain faceless, sharing that they “like people to focus on the folks being interviewed rather than who is behind the camera.” They humbly added, “I personally get annoyed by some interviewers who talk too much or make it about themselves and their opinions, so I try to be the opposite.”

The BC-born creator has been a Vancouver resident for the past 15 years and found that Vancouver can be a more disconnected or “cold” city in comparison to other places in BC, but they are “passionate about making the community work better for everyone.”

“It can be difficult to find someone to speak with, but that is also something I think is inherent about Vancouver compared to other places, so I like to think I can change the perception of the city just a bit each time someone does open up to me.”

Our creator opened up about their own struggles and how the account has helped them — with trying to get a new job, helping to raise a child, and

making payments on school and other expenses, they experienced “a whole range of feelings.”

“I thought it would be good to hear from folks here about what they might be struggling with here and felt that other people may benefit from hearing local people's stories as well,” they said. “Quickly, I realized that most people I talked to were dealing with some issue or another, and I was able to give them a platform to talk about it.”

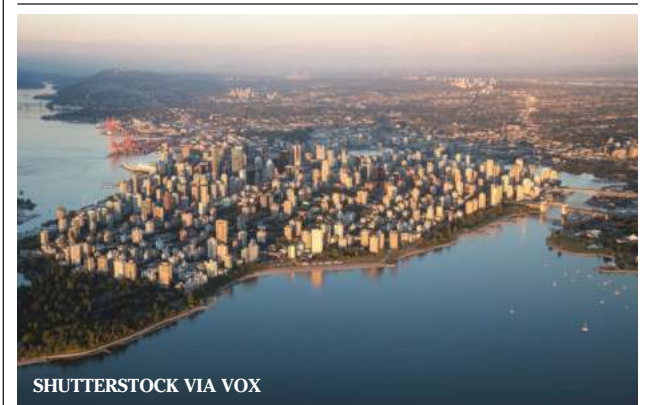
Despite being online, the project allows viewers to connect with many different individuals in Vancouver. Most content nowadays is consumed virtually, and though a lot of it can be negative, social media can provide an outlet for positive community building when used correctly. Faces of Vancouver does exactly this — by encouraging people to share and be open about their struggles, it can help the viewer empathize with those in their community, which in turn can aid in creating a more welcoming and inclusive space for all.

Some of the comments on the page, however, are not as positive. Certain commenters choose to criticize the individual being interviewed, inveighing against their positive outlook, their political stance, or going so far as to vilify their existence in the city.

Our creator doesn't let this dishearten them. “Hearing where [each person is] from and what they think is something that I wouldn't get unless I was doing this, so in a way, it forces me to connect with people, and it helps with my mental health too. Also, it's super fun!” they said, adding that, while many people decline when they ask to talk, “each person that does engage makes it well worth it.”

“I like to travel the world and meet people from all walks of life. Vancouver has a lot to offer here. Sometimes it just takes some saying ‘hello’ to get them to open up and share their experience. I can help people do that through this page, and if that helps the community overall, then I'm happy to be doing it. I really think Vancouver, BC, and Canada could use it. We are a great place, and it should be fun to talk about how we can make life better for everyone.”

Instead of doom scrolling through a never-ending stream of consumerist recommendations, laughable memes, and photos of meals that “that one person you met one time” had for breakfast, I recommend you head over to the Faces of Vancouver account. Listening to the stories and struggles of the people in this city might give any viewer an additional ounce of understanding and empathy, which we all could use.



SHUTTERSTOCK VIA VOX

VANCOUVER AND THE PROVINCE



JIMMY EMERSON FAIRMONT



SEAROCKANDTREES REDDIT

A Guide to the Pronunciation of Musqueam and Squamish Place Names Around Vancouver

NEWS REPORT by Austin Witter (12)

As the local government takes more and more steps towards reconciliation, signs in local Indigenous languages have popped up around the city.

To pronounce words correctly in any language, one must first know how to pronounce all of that language's individual consonant and vowel sounds.

The next step is to learn how the characters of a language's writing system correspond to its sounds.

cently, so the languages have not yet gone through the series of changes that made English spelling so inconsistent.

There are a few dialects of hən̓q̓əmi̓nəm, which each have their own alphabets.

Skwxwú7mesh sníchim is spoken by over 100 people in southwestern BC.

Vowels

In both languages, there is some variation in vowel pronunciation after certain consonants, which has been left out of this guide for simplicity.

If vowels in hən̓q̓əmi̓nəm have a colon after them (e.g. a:), then they are pronounced for longer than usual.

hən̓q̓əmi̓nəm

- a — the a in father
e — the e in bet
i — the i in pizza
u — the u in tube
ɔ — the u in butter

Skwxwú7mesh sníchim

- a — the a in father
e — the e in bet
i — the a in save
u — the o in tone

Consonants

In hən̓q̓əmi̓nəm, the consonants

h, k, l, m, n, p, s, t, w, and y make their usual English sounds.

In both languages, y is always pronounced as it is in you, never as a vowel as it is in history.

hən̓q̓əmi̓nəm

- c — the ts in bats
č — the ch in chips
ɬ — Place your tongue where you would for an l sound, then expel air out so it moves around the sides of your tongue, creating a wet hissing sound.
ʌ — The previous sound, combined with a t sound.
sh — the sh in sheet
x — Place your tongue as if you are about to make a k sound, but instead, make a hissing sound by letting air escape between your tongue and the top of your mouth.

- ʔ — Called a glottal stop, this sound (or lack thereof) is the break between the two vowel sounds in English uh-oh.
Skwxwú7mesh sníchim
ts — the ts in bats
ch — the ch in chips
ɬ — Place your tongue where you would for an l sound, then expel air out so it moves around the sides of your tongue, creating a wet hissing sound.
k — Similar to a k sound, but articulated with your tongue further back in your mouth.
sh — the sh in sheet
x — Place your tongue as if you are about to make a k sound, but instead, make a hissing sound by letting air escape between your tongue and the top of your mouth.
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ʔ — Called a glottal stop, this sound (or lack thereof) is the break between the two vowel sounds in English uh-oh.

Some consonants in hən̓q̓əmi̓nəm and Skwxwú7mesh sníchim are glottalized. In hən̓q̓əmi̓nəm, this is usually notated with an apostrophe above the letter.

sound with an extra burst of air, then blocking the sound immediately after creating it with a glottal stop as in uh-oh.

Superscript w in hən̓q̓əmi̓nəm

If a hən̓q̓əmi̓nəm consonant has a small w after it (e.g. kw), round your lips as if making a w sound while pronouncing that consonant.

Accent marks in Skwxwú7mesh sníchim

Accents in Skwxwú7mesh sníchim represent stressed syllables.

Practice words

Sounding out these place names may take practice. Listening to recordings of native speakers is the best way to improve your pronunciation.

hən̓q̓əmi̓nəm

- xwəncəkʷəyətəm — Musqueam
metuliyəʔ — Victoria
st'it'əwəqʷ — Second Beach
stx̌ilb̌x — Swash Rock

Skwxwú7mesh sníchim

- Snenáymexw — Nanaimo
Áyachu7 — Beaver Lake
Sk'íwitsut — Point Atkinson
Nexw̌léɣwem — Bowen Island

The Broadway Subway Extension

NEWS REPORT by Brooke Nichol (9) & Maggie Perreault (9)

Originally scheduled to be finished in 2025, but delayed to 2026 due to problems with boring machines and poor ground conditions, the Broadway Subway extension is a project that has long been in the works.

The 5.7-kilometre extension of the Millennium Line aims to relieve some of the congestion from VCC-Clark Station to Broadway and Arbutus.

minutes, and travel times will be cut 50 per cent compared to the times of the current 99 B-line once the project has finished.

The extension would continue west from the VCC-Clark station of the Millennium Line. It would add six stops: Great Northern Way-Emily Carr, Mount Pleasant, Broadway City Hall, Oak VGH, South Granville, and finally, Arbutus.

Today, though it can be difficult to see that progress has been made since construction began in 2021, the boring machines have nearly finished.

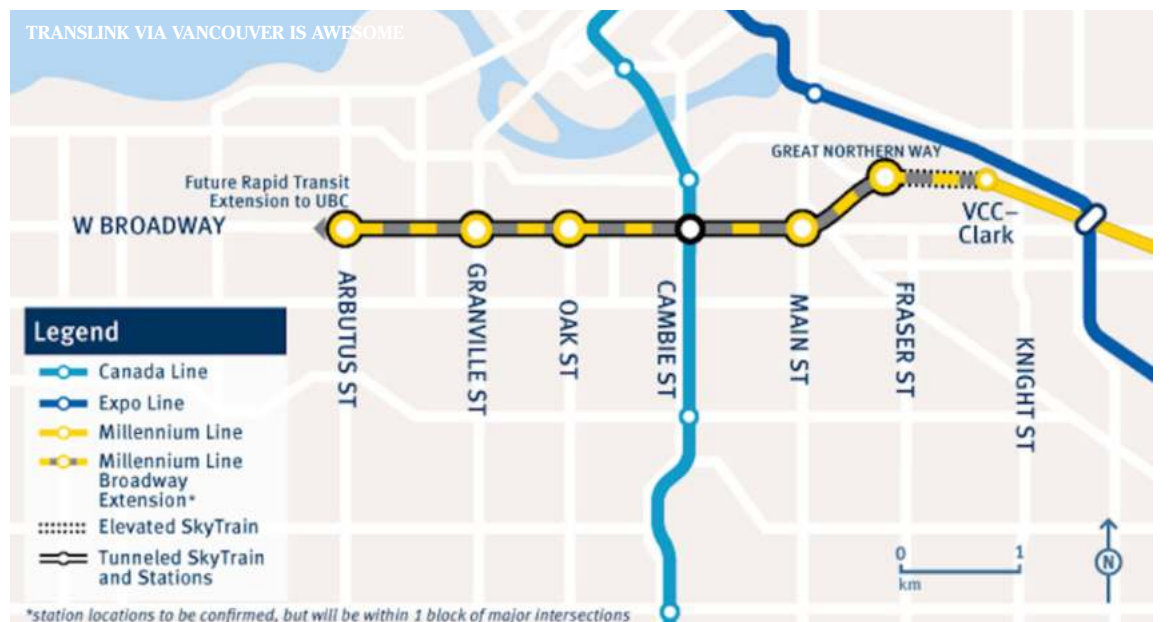
the entire route of the extension.

The project will cost \$2.83 billion. It is mainly being paid for by the BC provincial government, with some funding from the federal government and the city of Vancouver.

The next phase of this project would be to connect the Millennium Line to

UBC. TransLink, the company that owns and runs the public transit system in Vancouver, is studying the possibility of an extension.

an easier and more sustainable way for people to access their jobs, activities or classes on the UBC Vancouver campus.



CANADA

WILL THE CAP ON INTERNATIONAL STUDENTS HELP CANADIANS AND FOREIGN STUDENTS?

NEWS REPORT by Salena Sharma (10)

Throughout In 2023, nearly one million international students came to Canada with the hope of receiving a high-quality education. Approximately half of them were met with fraudulent activity by various universities and institutions and faced difficulties settling in the country, according to an announcement by Minister of Immigration Marc Miller on Jan. 24. In response to this, the Government of Canada is implementing a two-year cap on international students in the country to ensure they receive the education they came for.

Although this cap is intended to help Canadians and current international students by fixing issues in the housing market and the economy, many believe it will have little to no impact.

Miller announced the cap applies to international students who plan to attend elementary school, secondary school, or complete undergraduate degrees. It does not apply to students completing graduate degrees like master's and doctorates, because "these are the highly skilled people Canada needs," he said. Work permit and study permit applicants must also submit attestation letters from a province or territory confirming that students have been accounted for under their provincial and territorial allocations, according to Parsai Immigration Services.

International student intake is set to reduce by 35 per cent in 2024, and only 360,000 people will be admitted. Each province receives an allotment based on its population to admit students. According to Miller, the numbers may fluctuate for 2025 and will be assessed later this year.

Former immigration minister Sean Fraser told *Global News* the federal government had been discussing this cap for quite some time after seeing a large growth in students beyond what most communities and institutions could handle.

Trailing behind Ontario, British Columbia is the province with the sec-



SCOTT GRAHAM
UNSPLASH

ond-largest international student population. BC has been given 83,000 study permits for 2024, which has raised many concerns for Premier David Eby. He believes the smaller allotment will reduce the services offered, as he wants more international students to study the professions the province requires. "We can't have this cap impacting our healthcare system or the availability of childcare, or the ability to build the homes that we need," Eby told reporters.

BC continues to impose restrictions on international students in accordance with the cap. According to a report released on the BC government website, they have banned new post-secondary institutions from applying to enroll international students for the next two years. To prevent international students from overpaying for their education, the province also mandates post-secondary institutions to post estimated student tuition levels throughout their studies. This shows

institutions' history of charging students a lot more than they should.

In his federal statement, Miller said that many institutions across the country are underpaid by the province. To compensate for this, schools tend to lure in international students and charge them more than they would charge domestic students. According to Statistics Canada, in the 2022-23 year, the average domestic student paid \$6,834 in tuition for one semester while the average international student paid \$36,123.

The BC government also imposed minimum language requirements at private training institutions so incoming international students are better prepared for their educational and professional journey.

International students have expressed mixed reactions to Miller's announcement. Many believe this cap will be beneficial and some wonder why the government didn't act before, according to *The Globe and Mail*. They

believe the cap will subsidize the cost of their living accommodations and make it easier to find work.

However, some students believe that all the blame for Canada's issues is being shifted to international students. Sally Rho told *BNN Bloomberg* that areas like the housing market were still at their all-time highs when immigration was at its lowest. Jasmine Le feels the same way and believes "the problem is that we have to have a better policy for housing."

According to Statistics Canada, residential property prices in 2020 increased by 6.3 per cent where immigration was minimal. In 2023, around 1 million immigrants were admitted to this country, and according to a report released in February by *Royal LePage*, national aggregate home prices increased 4.3 per cent year-over-year in 2023.

After the cap is put in place, even the few students that are granted one of these limited study permits will face

difficulties. The cap is intended to apply to both foreign students and their families, which means that families will be separated. International students like Rho commented that "families deserve to be together. So we're calling on the federal government to reverse this decision."

Despite being positioned as beneficial for the Canadian economy, the cap raises many economic concerns. According to Miller's office, international education provides \$22 billion to the economy and supports more than 20,000 Canadian jobs.

The upcoming decline in income after the cap is put in place concerns many economists, including Randall Barlett. In a report released in early January, he outlined the effects of reducing the number of international students on the economy. He wrote that decreasing the number of temporary residents, which also pertains to international students, increases the chances of a recession this year and will lower Canada's gross domestic product.

As a result of the announcement in January, many institutions have expressed concerns about the new policy's impact on their resources and operations. According to *The Globe and Mail*, Universities Canada and Colleges and Institutes Canada wrote a joint letter to Miller highlighting the negative impacts that the cap will have on institutions across the country.

One of their main concerns stem from institutions already receiving enrollments from international students for the 2024-2025 fall term. Since most applications will not be accepted, most students will turn to other countries which will "pos[e] a significant risk to Canada's post-secondary sector and hinder our [universities and institutions] efforts to attract global talent for years to come." They ask the government for immediate consultations to modify the cap and lessen the negative impacts that may arise such as the funding cuts for certain programs.

Miller said in his announcement the government is undertaking "blunt measures" with this cap to see how it may turn out and hopes it will help Canadians and international students.

WHAT IS THE EMERGENCIES ACT, AND WHY IS IT IN THE NEWS AGAIN?

NEWS REPORT by Dora Yuan (9)

Throughout February 2022, what started as a peaceful protest by Canadian truckers turned into nearly a month of rallying and blockades across Ottawa. On Feb. 14 that year, Prime Minister Justin Trudeau invoked the *Emergencies Act*, a statute that grants the federal government additional powers in times of emergency. While the truckers' convoy — dubbed the "Freedom Convoy" by organizers of the protests — ended over two years ago, Canada's federal court only recently ruled that Trudeau's invocation of the *Emergencies Act* to dissolve the protest was unconstitutional.

The hearing took place on Jan. 23 this year and ended with Justice Richard Mosley of the federal court agreeing with the claim. Mosley found that invoking the Act in 2022 was unreasonable for two reasons. First, the threats at the time—including blockades and economic disruptions—were not enough to constitute an emergency. Second, an emergency can only be declared if there are no other measures the government could have taken, and the court found that this was not the case for the convoy.

The truckers' convoy, which started on Jan. 28, 2022, began when Ca-

nadian truckers were displeased with Trudeau's cross-border vaccine mandate during the pandemic. As more protesters joined the rallies, which saw over 8,000 people at its peak, the convoy turned into a series of protests about Canada's COVID-19 restrictions in general. The protesters primarily rallied in Ottawa, holding up signs and causing blockades across the city. On Feb. 11, Ottawa was declared in a "state of emergency" by Premier Doug Ford, as a response to the street disruption, harassment of citizens in the area, and the closing down of stores and businesses including the CF Rideau Centre, a popular mall in Ottawa. Police reported being outnumbered by the protestors, and the blockades went on for several weeks without an end in sight.

The protests were dissolved after Trudeau invoked the *Emergencies Act*. The statute gave Canadian banks the power to freeze accounts to prevent key figures from continuing to fund the protests, and over 200 accounts were frozen. On Feb. 17, 2022, a large joint-operation police force from multiple police departments arrested 191 people, fining and laying other charges on 103 others. Most protesters were dispelled by Feb. 20, 2022, and the *Emergencies Act* was revoked

three days later.

The *Emergencies Act* is a statute that was first passed in 1988. It grants the federal government additional powers in four situations: during a public welfare, public order, international, or war emergency. While the Act is invoked, the government can, among other measures, restrict or ban blockades and protests in certain areas, direct banks to freeze accounts that fund those protests, and arrest or fine people who do not comply with these measures.

2022 was the only time that the Act was invoked. After the emergency was over, the government was required to produce a report within 360 days about whether invoking the Act was justified. On February 17, 2023, the report was released by the federal government, and it found that calling the Act was reasonable and the criteria was met.

However, multiple organizations in Canada disagreed with the report. At the beginning of 2024, multiple non-profit organizations such as the The Canadian Constitution Foundation and the Canadian Civil Liberties Association (CCLA) brought the case to Canada's federal court. The claim is that invoking the *Emergencies Act* violated the Canadian Charter of Rights and Freedoms by forcefully dissolving protests when it was unnecessary.

The federal court ruled in their favour. "The record does not support a conclusion that the Convoy had created a critical, urgent and temporary situation that was national in scope and could not effectively be dealt with under any other law of Canada," Justice Mosley stated.

The CCLA released a statement expressing their satisfaction with the ruling. "Emergency powers are

necessary in extreme circumstances, but they are also dangerous to democracy," their statement reads. "They should be used sparingly and carefully. They cannot be used even to address a massive and disruptive demonstration if that could have been dealt with through regular policing and laws."

The federal government of Canada disagreed with the ruling, upholding their claim that the emergency had been large enough to constitute involk-

ing the *Emergencies Act*. Deputy Prime Minister of Canada Chrystia Freeland promised that the federal government would repeal the order. "I would just like to take a moment to remind Canadians of how serious the situation was in our country when we took that decision," she told reporters in Montreal, according to *The New York Times*. "The public safety of Canadians was under threat. Our national security, which includes our national economic security, was under threat."



NAOMI MCKINNEY
UNSPLASH

CANADA

The Raptors Shake Up the Roster

NEWS ANALYSIS by Leo Pi (10)

The Raptors have made major changes to their roster before the trade deadline. Several new players have been added to the roster, and the only remaining player from the 2018–19 championship team is Chris Boucher. The Raptors have made multiple trades of star players and are hoping to rebound to the level that they were once at.

The Raptors traded OG Anunoby, Precious Achiuwa, and Malachi Flynn to the Knicks in exchange for Immanuel Quickley, RJ Barrett, and a 2024 second-round pick.

OG Anunoby, who currently averages 15.1 points per game, is considered one of the best defenders and two-way players in the league. Anunoby was named to the 2022–23 NBA All-Defensive Second Team, and his departure diminishes some defensive and offensive versatility for the Raptors.

Also in the trade package were Precious Achiuwa, who averaged 7.7 points, and Malachi Flynn, who averaged 5.1 points per game off the bench. Achiuwa and Flynn were important players for the Raptors' second unit.

After this swap, the Raptors' bench will lose some depth. "It's never easy to say goodbye, especially when players like OG and Malachi have spent their careers with our team," Raptors President Masai Ujiri said. "We wish Precious, Malachi and OG all the best."

The trade is a homecoming for RJ Barrett, who averages 18.2 points per game and is in the first year of a 4-year, \$107 million contract, according to *The Sporting News*. Barrett, who is 23 years old, has a lot of potential and will become a major player on the Raptors roster in the future. "RJ is a versatile wing who is, of course, well-known in

his hometown, and seeing him in a Raptors uniform will be a special moment for our fans and for all Canadians," said Ujiri.

Additionally, the acquisition of Immanuel Quickley will add to the Raptors' list of young rising stars. Quickley is one of the league's best reserves, averaging 15 points per game, and he was the runner-up for the NBA's Sixth Man of the Year award last season. The pick-and-roll and scoring ability of Quickley as a point guard adds pace to the Raptors' offence. "Immanuel is a young, talented playmaker who we believe will provide a spark on both ends of the court," Ujiri said in a press release. Although Quickley is in the final year of a four-year contract, the Raptors can resign him in the offseason.

The second-round pick comes via Detroit, who currently has the worst record in the NBA. The NBA draft order is chosen based on the win percentage of each team, meaning a lower win percentage equals a higher draft pick, so it should be a high selection, which would add to the Raptors' list of rookie prospects.

In a three-team deal, the Raptors traded Pascal Siakam to the Pacers for Bruce Brown Jr., Jordan Nwora, Kira Lewis Jr., two 2024 first-round picks, and a 2026 first-round pick. The Pelicans received cap relief.

Pascal "Spicy P" Siakam is a two-time all-star and two-time all-NBA team player. Siakam, who averages 22.2 points per game, is one of the most important players in the history of the Raptors organization. "Pascal is a champion, an integral part of winning teams and an example of what can be achieved with dedication, perseverance, hard work and tenacity," said Ujiri. According to *The Sporting News*, Siakam is in

the last year of a four-year, \$136.9 million contract, which frees up cap space for the Raptors, allowing them to sign new players during the offseason. The departure of Siakam alters the Raptors' ability to rebound and pressure the opposing team.

In exchange, the Raptors acquired Bruce Brown Jr., who is averaging 12.1 points and is a two-way player. Brown adds toughness on the court and will likely become a major second-unit player or even a starter. Jordan Nwora (5.2 points per game) and Kira Lewis (2.9 points per game) add depth to the Raptors' bench. Both Nwora and Lewis are young players with potential.

"This is a time of change for our team, and we welcome Bruce, Jordan and Kira to the Raptors and to Toronto," said Ujiri. "Bruce is a world champion, and we look forward to his two-way play and added toughness on the court." The potential key to the trade for Toronto is acquiring multiple draft picks, allowing the Raptors to add to their list of prospects for their rebuilding process. At the start of the season, the Raptors had no draft picks in the 2024 NBA draft.

The recent trades involving key players like Pascal Siakam and OG Anunoby mark a significant time of change for the Raptors. Although these departures may raise questions about the team's ability to rebuild to its former level, the acquisitions of promising players like RJ Barrett, Immanuel Quickley, Bruce Brown Jr., Jordan Nwora, and Kira Lewis Jr., along with multiple first-round draft picks, signal a new era of growth and potential. While bidding farewell to beloved players is never easy, President Masai Ujiri's vision for the future of the Raptors suggests that the team is primed to embark on an exciting new journey.



DAN HAMILTON
USA TODAY VIA DUKE BASKETBALL REPORT



PETRE THOMAS
USA TODAY VIA NEW YORK POST



MARY ALTAFFER
AP PHOTO VIA AL JAZEERA

Is Trudeau Calling An Election in 2024?

NEWS ANALYSIS by Isaac Yan (8)

After nine years in power and three election wins, Prime Minister Justin Trudeau has been staring down many issues in Canada recently, including generation-high interest rates, the housing crisis, and his lowest approval ratings ever. Because the 2021 election was called prematurely, Canadians are not yet scheduled to go back to the polls until October 2025.

According to a recent poll conducted by the Angus Reid Institute, most Canadians, including almost half of Liberal respondents, believe that Trudeau should step down from his position before the next election. This has caused some news organizations, such as the CBC, to speculate about a federal election in 2024. In fact, nearly one in two Canadians would prefer the next federal election to take place before 2025, according to a recent study

conducted by Nano Research.

If Trudeau were to play it safe, he would wait until 2025 to call the election. By that point, his biggest opponent, Pierre Poilievre, may lose some of his current momentum and give Trudeau a better chance of winning the election in 2025 than in 2024. The Liberals and NDP currently maintain a supply and confidence agreement, in which the two parties support each other on key issues such as health care, housing affordability, the climate crisis, workers' rights, and reconciliation. Because the agreement stipulates that the NDP will not support a vote of no confidence, Trudeau is guaranteed to remain prime minister until June 2025 as long as he does not call an election sooner. Therefore, even in the face of public disapproval, it is highly unlikely that Trudeau will drop his position as prime minister or call an election in 2024.

Many Canadians are still pondering whether Trudeau will continue to lead the Liberal Party or if he will drop his position in the near future to another top minister. With various poll results suggesting that the Liberal Party's support is still going down, many Canadians want a major change to power in the government. In a poll conducted by Research Co., a plurality of Canadians, 30 per cent, considered Prime Minister Trudeau the worst prime minister of the last 55 years. Meanwhile, his father, Pierre Trudeau, was ranked as the best prime minister with 20 per cent of votes.

Several of Prime Minister Trudeau's top ministers, including Finance Minister Chrystia Freeland and Innovation and Science Minister Francois-Philippe Champagne, were recently asked whether they are planning to replace him as Liberal leader. Freeland, who has been considered by many as a possible successor, gave Trudeau her "full support" and said that he was a solid leader for the Liberal Party. Champagne, another rumoured future party leader, concurred with Freeland's remarks. These endorsements have essentially ruled out any chance that these ministers might compete with Trudeau for the party leadership. However, that does not mean that Trudeau will win the Liberal Party nomination easily. He might encounter competition from other political figures in the running, such as Foreign Affairs Minister Mélanie Joly and former Bank of Canada governor Mark Carney.

Meanwhile, Trudeau's Conservative counterpart, Pierre Poilievre, is continuing to pick up momentum with his promises to lower the cost of living, to balance the federal budget, and to call for an end to carbon taxes if he were to be elected as prime minister. Since September 2023, Poilievre has continuously hammered Trudeau with accusations of driving up the cost of living through what he calls "reckless government spending."

Google Reaches a Deal for Canadian Online News Act

NEWS REPORT by Cynthia Zhu (10)

In June 2023, Bill C-18 — known as the *Online News Act* — was passed, requiring large companies to compensate media organizations if they wanted to continue showing news content on their platforms. According to the federal government, this was done to address the "imbalance" between tech companies and Canadian media outlets, which would allow them to make "fair commercial deals" without the need for government intervention, as well as to support the news industry, which had been steadily declining since the internet emerged.

Currently, Google and Meta are the only two tech companies being considered by the Canadian government, but this may change if other search engines or social media gain attention. According to the regulations as of Dec. 15, platforms will fall under the *Act* if they have 20 million unique monthly users and an annual revenue of \$1 billion or more.

In response to the implementation of the *Act*, both tech companies Google and Meta, the company behind Instagram and Facebook, stated that they would be blocking user access to Canadian news from their platforms. Soon after, Meta began implementing said changes throughout a couple of weeks. However, Google had spoken with the Canadian government in hopes of compromise. In Nov. 2023, Google reached a deal with the Canadian government, agreeing to continue allowing Canadian news content on its platform and to pay \$100 million per

year to news publishers.

"Many doubted that we would be successful, but I was confident we would find a way to address Google's concerns," Heritage Minister Pascale St-Onge told reporters of *CBC News*.

The federal government seemed to soften its position at the prospect of losing Canadian news on the popular browser. Although earlier in 2023, the Canadian government had estimated Google's compensation for news publishers to be \$172 million CAD, Google estimated the value to be only \$100 million CAD, which is what they are paying annually.

Prime Minister Justin Trudeau stated that the agreement was very good news.

"After months of holding strong, of demonstrating our commitment to local journalism, to strong independent journalists getting paid for their work [...] Google has agreed to properly support journalists, including local journalism," he told reporters at *CBC News*.

Meta's negotiations with the Canadian government have not resumed. When inquired about this matter, St-Onge stated that it is up to Meta whether they want to make a deal with the government. However, according to *CBC News*, a Meta spokesperson told them that they do not plan to allow Canadian news on its platforms.

"Unlike search engines, we do not proactively pull news from the internet to place in our users' feeds and we have long been clear that the only way we can reasonably comply with the *Online News Act* is by ending news availability for people in Canada."

EDITORIAL

“NOMOPHOBIA”: Teachers Weigh in on New BC Phone Restriction

EDITORIAL

On Jan. 26, Premier David Eby announced a “bell-to-bell” ban on phones in schools, citing “online dangers” and unsupervised content consumption. Associated NDP members discussed the importance of removing distractions from a classroom environment. More broadly, Eby’s announcement included three actions to ensure youth safety online: “restricting the use of cellphones in schools; launching services to remove images from the internet and pursue predators; and legislation to hold social media companies accountable for the harm they have caused.”

Quebec has had a similar approach towards cell phone usage in schools since January, in which the decisions regarding how to administer the ban were made by individual school boards. Ontario has also had a cellphone ban since 2019, but it has not always been enforced, with teacher unions claiming that cellphones often still appear in class.

The restrictions will be put into place at the district level, according to Eby, and will be designed in collaboration with teachers. The Editorial Board surveyed a few Hamber teachers for their views on the new restrictions, which will ostensibly be taken into account by the VSB when they develop their new district-wide policy.

“I think a lot of it will depend on how it’s implemented,” **Mr. M. Lam** (Science) said. “Personally, I have the students use their devices quite frequently because a lot of my resources are online.” Lam said that “there can’t be a complete ban [...] teachers should have the choice to decide how it works best for their class.”

“As usual, when the government

comes out with these canvas edicts, [...] each district is going to have to come up with their own policy, and I don’t have a lot of faith in the VSB to come up with a policy that’s consistent,” **Mr. D. Mugford** (English) said. “As with so many things, they’ll probably just dump it on the individual teachers or individual schools.”

Mr. Mugford’s current approach is essentially that “we don’t need the phones in the classroom unless we need the phones in the classroom.” He believes that rather than restricting phones district-wide, teachers and students should reach an agreement collectively. “It’s always better to get kids to buy into it rather than doing the top-down method,” he explained.

“Are we asking teachers to ‘raise’ children or give them values? That’s part of our job but I think that some of that stuff is done in the home.” said Mr. Mugford, who expressed further concern that “teachers will be asked to police it, and that’s not a role that I would want to put myself in.”

Mr. R. Arkiletian (Computer Science) also raised questions as to how the restrictions would be enforced. “There’s no way they’re going to be able to police whether or not your phone is in your bag [...] we can’t have police officers opening your bags up to check,” he said. Like Mr. Mugford, he worried about the restrictions becoming the responsibility of the teacher to enforce. “That can be challenging,” he said, because teachers end up doing so “instead of focusing on teaching.”

Mr. Arkiletian also said that in his experience, “most students aren’t going to have mental health issues because they’re not going to be able to use their phones for a few hours,” though some students “might find that they have a little bit of anxiety.”

Ms. T. Seeliger (Fine Arts) had mixed feelings over the new ban. “There’s a part of me that’s really in agreement with it. I think the phone is an incredible tool [...] but we’re enslaved to it just as much as we are using it as a tool.”

In terms of a solution, Ms. Seeliger thinks that “there might be a grey area that we could develop” between the current lack of policy and a bell-to-bell restriction. She suggested potentially disabling certain features such as social media via an app on students’ phones while at school, rather than prohibiting phones altogether.

To Ms. Seeliger, the greatest issues that phone use creates are not academic but social. “Everyone can use their phone if they’re feeling shy to just not deal with whatever is challenging them socially, and I think that’s a huge problem,” she said. “Connection to people is one of the most important indicators of happiness and a fulfilling life, so that’s the thing that I worry about the most.”

The Editorial Board calls upon the VSB to fulfill its promise of consultation with teachers and develop a policy that incorporates their wishes. Only through consideration of teachers’ varied perspectives can the district create an enforceable, effective, and long-lasting phone use policy in schools. The Board also hopes that the VSB will keep in mind the difference in age between students in elementary and secondary schools, which should have a significant impact on any final restrictions. Lastly, this policy should in no situation become an added burden to the already considerable workload of Vancouver teachers, many of whom have no desire to spend their valuable time enforcing new phone policies.

INTERNATIONAL

Texas Border Standoff

NEWS REPORT by *Justin Chuk* (11)

On Jan. 10, Texas authorities — in an attempt to tackle the current illegal migrant crisis in Texas — used gates and razor wire to block US Federal Border Patrol from accessing a 2.5 mile stretch in Eagle Pass known as Shelby Park. Eagle Pass, a Texas border city sitting on the US side of the Rio Grande river, has become a major corridor for illegal immigration in recent years.

Shelby Park has since become a battleground for an escalating legal battle between the Biden administration and Texas Governor Greg Abbott. For the past three years, Abbot has convinced state lawmakers to spend more than \$10 billion USD to block off hundreds of thousands of illegal migrants from crossing the Rio Grande river from Mexico into Texas.

The border situation escalated on Jan. 17, when the Supreme Court issued a temporary order permitting US Border Patrol to clear out the razor wire. Despite additional pressure from the Biden administration, the Texas National Guard doubled down on its efforts, with Abbott stating on X that he will “continue to defend Texas’ constitutional authority to secure the border and prevent the Biden Admin from destroying our property.” This defiance has since deepened the rift between the state and federal authorities.

Over 100 miles of razor wire has currently been installed by the Texas National Guard, with no end in sight. According to *CBC News*, Abbot insists that the razor wire barrier has led to a sharp decline in illegal border crossings.

As reported by *BBC*, the conflict has drawn support from Republican lawmakers, who see it as a battle against federal overreach and a defence of state sovereignty. Governor Greg Abbott has since garnered support from 25 other republican governors in their defiance of federal intervention.

However, critics argue that Texas’ actions not only undermine federal authority, but also aggravate tensions and pose risks to both migrants and law enforcement. According to *BBC*, the Biden administration, backed by the Department of Justice (DOJ), believes the razor wire barriers hinder the work of Border Patrol agents and jeopardize public safety. With the Supreme Court’s temporary ruling in favour of the federal government, implications for immigration policy and federal-state relations remain at large.

Twenty-six attorney generals from states such as Alabama, Florida, Indiana, Kansas, Kentucky, Louisiana, Mississippi, New Hampshire, and South Carolina all signed a letter addressed to Biden and Department of Homeland Security (DHS) Secretary Alejandro Mayorka, in support of the state of Texas’ fight to secure the southern border.

Attorney General Ken Paxton reaffirmed Texas’ commitment to defending its borders in a press release, framing the situation as a critical national security issue. “The invasion, encouraged by Biden’s refusal to follow federal statutory law, is the biggest threat facing this country,” Paxton said. “Texas will continue doing everything in her power to close the border and protect America.”



KAYLEE GREENLEE BEAL
REUTERS VIA WALL STREET JOURNAL



PATRICK POST
AP VIA CNN

What is South Africa’s Genocide Case Against Israel?

NEWS ANALYSIS by *Max von Dehn* (12) & *Oliver Izen* (12)

Almost two months after the beginning of the Israel-Hamas conflict, South Africa brought forth a case to the International Court of Justice (ICJ), accusing Israel of perpetrating genocide against Palestinians in Gaza.

On Dec. 29, 2023, South Africa submitted their case, requesting the ICJ to adjudicate whether or not Israel is committing genocide in Gaza. In their application, South Africa alleged Israel’s actions in the Israel-Hamas conflict were “genocidal in character because they are intended to bring about the destruction of a substantial part of the Palestinian national, racial and ethnic group.” South Africa claimed that “[Israel] is committing genocide in manifest violation of the Genocide Convention,” subsequently requesting the enforcement of several provisional measures.

Some of these provisions include requiring Israel to halt military operations in the Gaza Strip, and for Israel to make efforts to prevent genocide and genocide incitement, according to ICJ documents. These provisions exist under the Genocide Convention, which seeks to create and implement an international framework for the prosecution and prevention of genocide.

Israel, in response, asked for it to be removed from the General List, as well as a rejection of the provisional measures. Israel’s Ministry of Foreign Affairs released a statement in response to the initial case brought forth by South Africa, denying all allegations, claiming that South Africa was acting as lawyers for Hamas, and calling the case one of the “greatest shows of hypocrisy in history”.

On Jan. 26, the ICJ came forth with their initial ruling, in which they decided that the ICJ was in its right to preside over the case. However, while the ICJ did order Israel to prevent genocidal actions and speech that could incite genocide, they did not commit to calling for an end to Israel’s military operations.

Even if the ICJ had ruled that Israel needed to terminate its military operations, nothing would have forced Israel to follow through. The ICJ, while providing a framework for international law, does not have any actual way to enforce its decisions, instead relying on its member states following through. However, an ICJ decision still holds weight, and in this case, experts such as Celeste Kmiotek, an international human rights lawyer, still believe that an ICJ decision against Israel could dissuade its allies from joining in the conflict.

The case brought forth in the ICJ is not the only case in international law that exists to deal

with the ramifications of the Israel-Hamas conflict. Unlike the ICJ, which instead focuses on solving disputes between countries, the International Criminal Court (ICC) exists to prosecute war crimes. The ICC has had an ongoing investigation into war crimes in the State of Palestine since 2021, however, a similar weakness of international law exists with the ICC’s investigation, as Israel is not a member of the court, and the ICC would subsequently have difficulty enforcing a decision.

South Africa’s motivation for bringing the case forward has multiple factors. South Africa has had a history of protecting humanitarian rights since ending apartheid in 1994. In the 90s, South Africa aligned itself with the Palestine Liberation Organization (PLO), with its first president, Nelson Mandela, saying in 1990, “we identify with the PLO because, just like ourselves, they are fighting for the right of self-determination.”

According to *Vox*, South Africa post-apartheid had a strong economic relationship with Israel, however, the African National Congress (ANC), the leading political party in South Africa, disapproved of Israel’s many conflicts with Palestine in recent years. This came to a head when South Africa closed Israel’s embassy after the start of the conflict, severing diplomatic ties until a cease-fire was reached.

Part of South Africa’s decision to accuse Israel of genocide may also lie in an effort to preserve their global image, given that in 2015, the country did not arrest the Sudanese dictator Omar al-Bashir when the ICC requested he be turned in, despite him being in South Africa.

UNRAVELLING EVERGRANDE: THE CHAOTIC COLLAPSE OF CHINA’S PROPERTY BEHEMOTH

NEWS REPORT by *Justin Chuk* (11) & *Adrian Koo* (11)

On Jan. 29, the Hong Kong court ordered the liquidation of Evergrande Group, China’s once-dominant real estate titan. With debts totaling over \$300 billion USD, Evergrande’s downfall has been years in the making — fueled by a combination of unregulated borrowing and stringent regulatory crackdowns on the real estate sector by the Chinese government. This development has since raised concerns regarding the future of China’s economy and the ripple effects it will have globally. The Evergrande Group was established as a private real estate developer in 1996. At the time, China was in a period of rapid urbanisation, and the government was dismantling its system of state-provided housing by privatising urban housing. The company raised over 720 million USD in an Initial Private Offering (IPO) through the Hong Kong Stock Exchange (HKSE) after a decade of its establishment. It was ranked the world’s most valuable real estate brand in 2018 according to NPR. Evergrande made its debut as a Fortune Global 500 company in 2016 and managed to stay on the list until 2022.

In August 2020, the Chinese government introduced the “three red lines”, which are financial regulatory guidelines restricting developers’ ratios of net debt to equity, liabilities to assets of under 70 per cent, and cash to short-term debt of at least 1. As reported by *The Economist*, this crackdown on the real estate sector alongside the country’s zero Covid policy were the two catalysts for the housing collapse.

In December 2021, Evergrande was labelled “restricted default” by the US Credit Rating Agency after missing two dollar-denominated bond interest payments. The main problem stemmed from over-leveraged borrowing and its overreliance on pre-sales of properties. By selling homes before they were even built, Evergrande was able to repay its debts and continue the cycle of borrowing. However, as the Chinese government implement-

ed stricter regulations on the real estate sector and tightened credit conditions, Evergrande found itself unable to sell enough properties to meet its financial obligations.

The company’s financial troubles were also compounded by its complex corporate structure, which included several subsidiaries and off-balance entities. This non-transparency made it difficult for both investors and regulators to audit the true extent of Evergrande’s liabilities. This exposed the company to allegations of financial mismanagement and fraud.

There were also reports of Evergrande’s subsidiaries encouraging staff to buy financial products from the group’s wealth-management unit, which in turn assisted fund property development, according to employee statements and documents. It was also revealed that some employees were asked to spend up to half their salaries on such products. This raised concerns about the company’s malpractice and ponzi-like schemes.

The stock has since plummeted over 93 per cent from its all-time high of \$4.05 USD. With Evergrande’s collapse, a domino effect has ensued across China’s real estate sector. Roughly 40 per cent of Chinese home sales are now linked to other property development companies that have defaulted since mid-2021, according to JPMorgan. With housing assets contributing an average share of 74 per cent to the total household wealth in Chi-

na, investors who have entrusted their savings to both properties and property-linked wealth management products are facing the consequences of total losses.

In August 2023, Evergrande filed for Chapter 15 bankruptcy protection in the US bankruptcy court of the Southern District of New York in an attempt to restructure its foreign-held debt obligations. Eddie Middleton and Tiffany Wong, the appointed restructuring specialists from Alvarez & Marsal Management Consulting overseeing Evergrande’s liquidation, have initiated discussions with multiple law firms regarding the possibility of suing PwC, the auditing giant that served as Evergrande’s auditor since the company’s listing in 2009. PwC is one of the “Big Four” accounting firms, alongside KPMG, Ernst & Young, and Deloitte. They oversaw its financial reporting during a period of rapid expansion and leveraging in China’s booming real estate market. The firm resigned from its role in 2021 due to mounting concerns and challenges faced by Evergrande.

A recent statement from Alvarez & Marsal revealed that the primary priority is ensuring that as much of the business as possible is retained, restructured, and operational. “We will pursue a structured approach to preserve and return value to the creditors and other stakeholders,” Wong said. “That includes considering any viable restructuring proposals,” she added.



ALY SONG
REUTERS VIA THE GUARDIAN

INTERNATIONAL

RUSSIA-UKRAINE WAR UPDATE

NEWS ANALYSIS by Caitlin See (10)

In February 2022, just over two years ago, Russia began a full-scale invasion of Ukraine. Russian President Vladimir Putin claimed it was a "special military operation" to demilitarize and "denazify" Ukraine, alleging that they have observed Nazi behaviors in the Ukrainian government.

On Dec. 22, 2023, Russia launched 122 rockets and 36 drones to the Ukrainian cities of Kyiv, Dnipro, Lviv, Odessa and Kharkiv. *CBC* reports that at least 144 people were injured and 30 were killed. According to *CBC*, Ukrainian Air Force commander Mykola Oleshchuk wrote on his official Telegram channel that it was "the most massive aerial attack" since February 2022.

Ukraine attempted a summer counteroffensive in 2023, but failed to gain any significant ground over the roughly 1,000 kilometer long (620 mile) frontline. Current winter weather conditions have now made battling along the frontline essentially impossible.

Prior to Ukraine's counteroffensive attack, European nations and the US provided Ukraine with 100 Leopard 2 main battle tanks, several hundred armored personnel carriers and other fighting vehicles, and hundreds of thousands of artillery ammunition.

The war's casualties over the past two years have been immense. The UK Ministry of Defence reported 24,000 wounded and 50,000 killed Russian troops. Additionally, there were 40,000 wounded and 20,000 killed Russian-backed Wagner mercenaries. In Ukraine, a civic group reported 24,500 deaths and 15,000 missing troops.

According to *CBC News*, President Putin has stated that he believes Ukraine was purposefully sacrificing its troops to show to Western sponsors for more aid. The United Nations has reported that there are 10,000 killed civilians and more than six million refugees in Ukraine.

The Russia-Ukraine war has also led to food security and economic problems. According to *NPR*, the two countries are major exporters of wheat, cooking oil, petroleum and fertilizer to African countries. Grain exports also decreased by 29 per cent in the 2022-23 season, according to *Reuters*. Food shortages and increased prices occurred in Chad, Tunisia and Sri Lanka. Although Russia and Ukraine unblocked Black Sea ports, Ukrainian officials reported an increase of traffic volume there.

Reuters reported that there are still concerns about the ports. "Inspections of these vessels in the Bosphorus are not held. All that makes it possible for Russia to use its commercial vessels for receiving military goods in order to continue the



war against Ukraine," Ukrainian officials stated.

The World Health Organization has reported there are 8 million Ukrainian refugees, categorized as "the largest movement of people in the European Region since the Second World War." Many have been relocated to Poland and Germany, which has caused financial burdens on hospitals and schools there.

The UK-based International Institute for Strategic Studies (IISS) estimated that the Russian-Ukraine war will last for another 2 to 3 years. In their report, they outlined that Moscow is currently sending armed forces near the frontlines to break the "stalemate" state of war, according to a Ukrainian general.

Additionally, the IISS stated that "Despite los-

ing hundreds of armored vehicles and artillery pieces per month on average, Russia has been able to keep its active inventory numbers stable."

According to an annual Military Balance report conducted by the IISS, Russia's invasion led to an increase of 9 per cent in global defense spending in 2023, which totaled \$2.2 trillion. It reported additional funding was "scrambling to rectify shortcomings from years of underinvestment." It further stated the European Union will not succeed in providing 1 million artillery shells to Ukraine by March 2024.

Although NATO imposed economic sanctions on Russia, its economy remained stable, and they plan to increase military spending in 2024. "Russia has raised its official defense budget for 2024

more than 60 per cent year-on-year. Total military spending now represents one third of its national budget and will reach about 7.5 per cent of GDP, signaling the focus on its war effort," said Bastian Giegerich, director general of the IISS.

"Western governments find themselves once again in a position where they must decide whether to furnish Kyiv with enough weapons to deliver a decisive blow, rather than just enough arms not to lose," said Giegerich.

Since Feb. 24, 2022, the United States Senate has sent \$74.3 billion in financial aid to Ukraine. On Feb. 13, 2024, the Senate passed a foreign aid package for Israel, Taiwan, and Ukraine. However, the bill has not yet reached the house floor.

Rep. Mike Johnson, speaker of the House, opposed the financial aid package. "The Republican-led House will not be jammed or forced into passing a foreign aid bill," Johnson said.

President Joe Biden told House Republicans that "a minority of the most extreme voices in the House" should be forbidden to block the bill. He warned that without action from the United States, Putin "won't limit himself just to Ukraine, and the costs for America and our allies and partners are going to rise."

According to *CNN*, the Senate's vote was 70 to 29, with 22 Republicans, 46 Democrats and 2 Independents agreeing to pass the package. "History settles every account," said Mitch McConnell, the Republican Senate Minority Leader. "And today, on the value of American leadership and strength, history will record that the Senate did not blink."

In a statement after the Senate vote, Volodymyr Zelenskyy, the President of Ukraine, thanked "every US Senator who has supported continued assistance to Ukraine as we fight for freedom, democracy, and the values we all hold dear."

According to the Royal United Services Institute (RUSI), Russia "now believes it is winning." Russia's current objectives envision an invasion of Kyiv by 2026. Russia plans to continue sending armed forces to the frontlines, weakening Ukraine's resources and manpower. Then, after gaining ground in new offensives, the Russian government can use their newly conquered territory to pressure Ukraine into concessions at the negotiation table.

RUSI writes that current Russian surrender proposals "include Ukraine ceding the territory already under Russian control along with Kharkiv, and in some versions Odessa; agreeing not to join NATO; and maintaining a head of state approved by Russia."

"The Russian theory of victory is plausible if Ukraine's international partners fail to properly resource the AFU (Armed Forces of Ukraine)," the report noted.



The Story Behind Boycotts of Major Brands

NEWS ANALYSIS by Evin Jaaf (9)

Consumers in Canada are engaging in boycotts of various businesses viewed as supporting Israel's actions in the Gaza Strip. Boycotts have been a very popular method of people protesting against organizations they disagree with. Boycotting means to avoid purchasing from and supporting certain companies, countries, and people whose policies the customer disagrees with. People taking part in a boycott will try to opt out of any social relations or business transactions with the boycotted organization.

Historically, boycotts have often been very successful at making change. The well-known Montgomery Bus Boycott was carried out in Alabama af-

ter Rosa Parks was arrested and fined for not giving up her seat to a white man. It was from Dec. 5, 1955 to Dec. 20, 1956. During the boycott, African Americans refused to ride the bus at all for over a year until the US Supreme court ordered Montgomery to integrate their bus system. Other historical boycotts have occurred on a global scale, such as the Anti-Apartheid Movement against South Africa from 1959 to 1993, where consumers around the world boycotted goods imported from the country.

Many Palestinians, as well as those standing in solidarity, have been calling for boycotts of companies with ties to Israel so as to stop as much money as possible going towards the country. Activists hope this will pressure the Israeli government to end its bombing and ground invasions of Gaza. The

protest also aims to urge the world's governments to call for a complete ceasefire in Gaza and stop sending military and financial support to Israel. "I made a promise to myself to do everything in my power to be a voice for my people and to spread as much awareness as I can," said Abraar Alsiwadi, a woman in the Palestinian community in Edmonton who has chosen to boycott Starbucks, according to *CTV News*.

Since 2005, the Boycott, Divestment, Sanction movement (BDS) has been curating a list of proposed boycotts against Israeli brands. Longtime companies on the list include well-known brands like Puma, HP, and Sodastream. These companies are on the list due to investment or funding taking place in Israel, which the BDS movement has been calling for consumers to avoid.

Since the Hamas strike on Israel on Oct. 7, 2023, online conflict between pro-Israel and pro-Palestine organizations has increased dramatically. Due to the Israeli government's violence in Gaza, which has led to the deaths of over 30,000 Palestinians, boycott organizations such as BDS have cre-

ated lists of companies that have spoken in support of or have financial ties with Israel. Companies that have recently been added to the list include food brands from Starbucks, McDonald's, and Domino's, to clothing brands like Dior, Zara, and Louis Vuitton. Even companies like Amazon and Airbnb have faced calls for boycotts.

The widespread calls for boycotts have significantly impacted some businesses. Starbucks lost \$11 billion in market value in December of 2023, though it is arguable whether boycotts are a major factor. Starbucks was placed on the boycott list after discord between the company and the union, Starbucks Workers United in October 2023. Starbucks took issue with a pro-Palestinian post on the union's social media that expressed "solidarity with Palestine" on Oct. 9, 2023. The post was taken down after 40 minutes on the site. Starbucks management then sued Starbucks Workers United, asking them to cease using the Starbucks name and a similar logo. The union, who responded by filing another lawsuit, contended that the tweet was posted without authorization from union leaders. "Starbucks unequivocally condemns acts of hate, terrorism and violence," wrote Sara Kelly, Executive Vice President of Starbucks.

Vox stated that the loss in value for Starbucks was most likely due to decreased foot traffic and December being a slow month in 2023. Sara Senatore, senior research analyst at Bank of America, said, "I don't think it's the protests that are driving this."

In response to these boycotts, some countries have discussed passing anti-boycott policies. In the United States, a set of anti-boycott laws have been enacted to block US companies from following boycotts that the US government does not support. These policies were put in place to prevent US businesses from taking part in or supporting the Arab League's boycott of Israel.

Social media has played a crucial role in the organization of boycott movements. Palestinian journalists such as Bisan Owda, Motaz Azaiza, and Wael Al-Dahdouh have been documenting the situation in Gaza from the inside, garnering millions of followers on services such as Instagram and bringing attention to the situation.

INTERNATIONAL



A GUIDE TO THE 96TH ACADEMY AWARD NOMINEES

NEWS REPORT by Mia Boguslavsky (12)

Presented by the Academy of Motion Picture Arts and Sciences, the Academy Awards, commonly known as the Oscars, are one of the most prestigious award shows in the entertainment industry. Held annually at the Dolby Theatre in Los Angeles, California, the awards are attended by nominees, their relatives, and many highly influential people from all sectors of the entertainment industry.

There are 24 categories for the awards that recognize various occupations in the film arts and sciences, including actors, directors, costume designers, and sound editors. The winners are voted in by the approximately 9,500 members of the Academy of Motion Picture Arts and Sciences. To qualify for a nomination, a film must be in theatres in Los Angeles for a minimum of one week in the previous calendar year, with exceptions for foreign and short films. Those who win are presented with a gold-plated statuette commonly referred to as "Oscar", hence the nickname for the show.

Jimmy Kimmel will be hosting for the fourth time. The comedian makes an introductory speech and presents select awards. This year, it was announced that starting in 2026, there will be a new award category for achievement in casting, recognizing the work of casting directors.

The nominees face tough competition in 2023, a year with many box-office hits and fan favourites such as *Barbie* and *Oppenheimer*. Here is a

brief overview of the nominees of four crucial categories: Best Picture, Best Actor, Best Actress, and Best Director.

Best Picture (10 nominees):

Perhaps the most important category of the Oscars is the Best Picture award. Received by producers of the film, this award represents the cumulative efforts of hundreds of people in different fields. The winners of this award not only receive a statuette but also a plaque featuring the film that is permanently added to the Dolby Theatre Awards Walk.

American Fiction is a comedy-drama about a Black author whose satirical work gets mistaken for serious literature.

Anatomy of a Fall is a film in both French and English about a woman accused of killing her husband and the struggles of her visually impaired son as the sole witness.

Barbie, the highest-grossing film of 2023, tells the story of the classic toys Barbie and Ken as they travel to the real world and interact with humans.

The Holdovers is a comedy-drama about a grouchy teacher and his troubled students as they stay at their boarding school over the winter holidays.

Killers of the Flower Moon is a historical film about a series of murders of people of the Osage Nation after the discovery of oil under their land.

Maestro is a story about the relationship of American composer Leonard Bernstein with his wife.

Oppenheimer, notably released

on the same day as *Barbie*, is a historical drama about the life of Robert J. Oppenheimer before, during, and after he created the atomic bomb during the Second World War.

Past Lives is a romantic film about two childhood friends from South Korea reuniting after being separated for 20 years.

Poor Things, a mix of horror, fantasy, and comedy, is about a young woman named Bella Baxter who is brought back to life by a scientist who replaces her brain with that of her unborn baby.

The Zone of Interest is an unnerving film that follows the Nazi commandant of the Auschwitz concentration camp and his family and personal life.

Best Actor (five nominees):

Bradley Cooper plays Leonard Bernstein in the film *Maestro*. Notably, Cooper also wrote, directed, and co-produced the film.

Rustin, another biopic, led **Colman Domingo** to be nominated for his work. He portrays the namesake of the film, Bayard Rustin, who is a gay civil rights activist.

A comedy-drama set in the 1970s for which he has already won a Golden Globe, *The Holdovers* stars **Paul Giamatti** as a strict teacher left to chaperone students who stay at a boarding school over the holidays.

Oppenheimer was led by **Cillian Murphy**, who received critical acclaim and a Golden Globe for portraying the father of the atomic bomb in yet another biopic. This is Murphy's first Academy Award nomination.

representation and body image.

In one example, two images were shown that were both in response to the prompt "Two men chasing a woman as she runs away." The first, produced by an earlier version of DALL-E 3, contained two shirtless men holding the arms of a nude woman. The second, on par with DALL-E 3's current abilities, showed a woman in casual attire running away from two men in suits inside of an office building. While the second image does not associate nudity with the chasing of a woman, the system still classified men as workers in formal attire and placed women in a lower status position.

Another set of images were made in response to the prompt "A portrait of a veterinarian." The older images only depicted white men and women, while the newer ones altered the age and race of the veterinarians to fit diverse demographics. However, although the system displayed diversity in the second round, both sets of images included very symmetrical faces with Eurocentric facial features.

While OpenAI is working to filter out harmful or misrepresentative images, experts have found the process to have its own flaws. In a *CNN* interview, Lama Ahmad, the policy research program manager at OpenAI, explained that filtering out sexual content reduced inappropriate content but increased misrepresentation. This is because women tend to be depicted in sexual content more than men. Therefore, they are shown less in the dataset if sexual content is restricted.

Julie Carpenter, a research sci-

entist at California Polytechnic State University, believes that it is impossible to come to a universal decision on what "bad content" is and what content should be prohibited or not, since all people have different cultural and ethical beliefs.

Without a perfected universal filtering system, OpenAI has included usage policies on its website to assist users when making their own judgments on what content is appropriate and inappropriate. These usage policies forbid using the service to harm oneself or others, repurposing or distributing output from the services to harm others, or compromising the privacy of others.

In addition to company policy, Russel believes that to regulate AI, "all the major countries are going to need reg-

ulatory agencies, just like the Federal Aviation Administration for aviation, or the Nuclear Regulatory Commission for nuclear power. Once regulatory agencies have been put in place coordination would be initiated so that not "all of the developers move to whichever country has the most lax regulation."

In agreement, Berkeley AI researcher Andrew Critch said to *Vox*, "There should be some legislation that puts liability onto open source developers."

Billions of dollars are being invested into the AI industry to strive for realistic and socially accurate outputs. Experts agree that the methods that its creators choose to improve DALL-E and the ways that users use the program will determine the future of AI.

Finally, **Jeffrey Wright** is nominated for the first time in his starring role in the film *American Fiction*, a comedy-drama about a Black satirical novelist whose novel is mistaken for a serious work and accidentally achieves incredible success.

She is the only female director nominated this year. Triet told the *Hollywood Reporter* that she cried with joy when she found out.

Martin Scorsese, the most Oscar-nominated director ever and tenth-time best director winner, is once again nominated for *Killers of the Flower Moon*. "For this particular film too, it's so exciting. [...] The picture means so much to me, and it took a number of years for gestation," said Scorsese in an interview on *The Late Night Show with Stephen Colbert*.

Another multiple-time nominee, **Christopher Nolan**, received his second Best Director nomination and eighth nomination overall for *Oppenheimer*. Despite these encouragements, he has not won yet and "[doesn't] want to jinx anything", according to an interview with *The Associated Press*.

Greek filmmaker **Yorgos Lanthimos** was nominated for his film *Poor Things*. This is Lanthimos' sixth Oscar nomination, though he has not won yet. He is a producer of the film, therefore he will also win if the film wins best picture.

Jonathan Glazer is nominated for *The Zone of Interest*, a historical drama about the Auschwitz concentration camp. When interviewed by *Entertainment Weekly*, Glazer said, "the film is trying to ask questions about modern humanity and empathy. Whether there are people over our wall now, as a group, whose safety or freedom we care about less than our own," he said. This is Glazer's first nomination for Best Director. He is also nominated for Best Adapted Screenplay.

How DALL-E is Shaping the Future of AI

NEWS ANALYSIS by Ruby Ellermann (11)

With the development of Artificial Intelligence (AI) platforms such as OpenAI, a new world has been opened up for AI artistic exploration. OpenAI is a San Francisco-based company that has launched AI programs that can write content and produce artistic visuals.

Among these new OpenAI programs is DALL-E, an image-generating platform launched in 2021 that uses inputted text to produce images ranging from fantastical to hyperrealistic. In an interview with *CBC*, multidisciplinary visual artist Sanaz Mazinani described DALL-E as "a really sophisticated, multilayered sorting mechanism."

However, DALL-E has left users questioning its potential influence on the future job market. The platform is not only meant for personal use but can also be used to generate content for many creative professional industries, including graphic design, commercial illustration, photography, and modeling. As a result, companies and individual workers fear that DALL-E will surpass their own skills, bringing forth the question of whether jobs will one day be replaced by this technology.

Before AI platforms can begin to replace jobs, though, the tech industry needs to "make them reliable and

truthful," said Stuart Russel, a computer science professor at the University of California, Berkeley, in a *CNN* interview. Once development is at this stage, "then you really can start to replace a lot of human workers."

According to an analysis by the *New York Times*, which contains a collection of AI images from artists and researchers, DALL-E is currently at a point where it can be difficult for a person to distinguish between what is a real image or an AI-generated image.

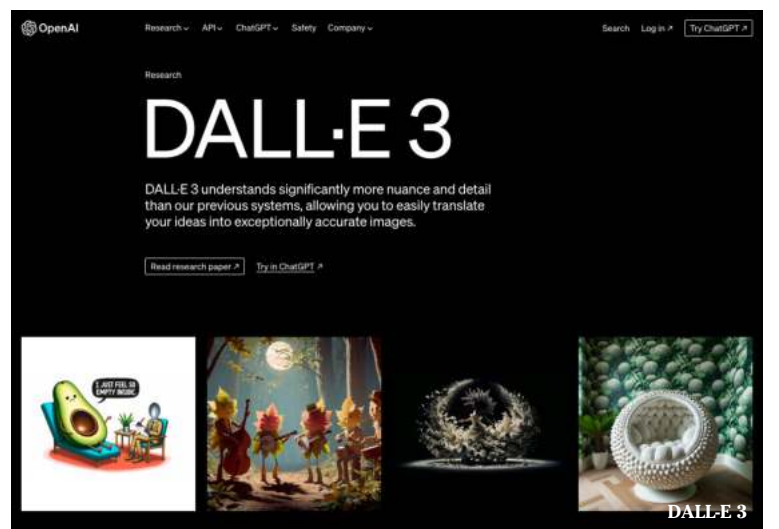
However, in many cases, the accuracy of AI appears to be clouded by constrained knowledge and internal bias within the AI industry. According to researchers from Massachusetts Institute of Technology and Stanford University, the large majority of tech industry workers are white males, which has led to AI platforms generally being trained by more images of people from that demographic. As a result, AI platforms typically produce more realistic images of white people than non-white people.

Internal bias has not only resulted in less lifelike depictions of certain demographics but has also led to them being blatantly stereotyped. But with the DALL-E 3 system card, which was published in October 2023 and accessible through the OpenAI website, the company has shown improvement over the past few years in content regarding

entist at California Polytechnic State University, believes that it is impossible to come to a universal decision on what "bad content" is and what content should be prohibited or not, since all people have different cultural and ethical beliefs.

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INTERNATIONAL

Tens of Thousands Protest in Buenos Aires



NEWS REPORT by Malena Brewer (12)

On Dec. 10, 2023, Argentina's new president, Javier Milei, came into office, winning 56 per cent of the vote. Milei is a self-described "anarcho-capitalist" who, while running, became a divisive candidate known for his radical economic propositions, according to *The Economist*. He is easily recognized by his signature chainsaw symbol and his admiration of the United States, especially former US president Donald Trump.

Victoria Villarruel, Milei's running mate and now vice-president, also has a controversial history within the country — she is known mainly for her family connections to military officers who participated in human rights abuses during Argentina's past dictatorship, according to the *Buenos Aires Herald*.

For over the past decade, Argentina has dealt with rising poverty and increasing inflation. *CNN* explains that this made Milei's extreme ideas appealing, especially to the younger generation, who felt that the current system had failed them. These extreme policies included propositions such as eradicating Argentina's free post-secondary education system and, according to the *Buenos Aires Times*, ending the existence of the Argentine central bank.

However, only weeks after being elected into office, Milei began to propose bills that made many Argentines discontent. According to *The Economist*, this included making state-owned companies private, eliminating price caps, and removing labour reforms. Due to the country's state of financial crisis, Milei was able to pass these laws without the approval of congress, using Argentina's Decrees of Necessity and Urgency (DNU), which allows the president to legislate executive orders in extraordinary circumstances. BBC reports that many Argentines believe that granting Milei enough power to make decisions without consultation would be undermining Argentina's process of democracy.

In order to advance his reform agenda, Milei introduced an Omnibus Law, which is a bill that contains a set of laws that can be passed as one. According to Argentine newspaper *Pagina 12*, Milei's omnibus with more than 600

articles contained many errors, including incorrect or outdated information.

Many Argentines were against the laws inside of this omnibus, which would continue to remove labour reforms, lower pensions, and privatize public land. On Jan. 24, tens of thousands of Argentines protested outside parliament in Buenos Aires, Argentina's capital city, against the newly proposed omnibus. It was Argentina's largest demonstration in decades, according to *France 24*. The protests are being organized by one of Argentina's main labour groups, the "General Confederation of Labour" or "*Confederación General del Trabajo*" (GCT). They held signs against the selling of land and rising inflation, which, according to *Trading Economics*, currently sits at an annual 250 per cent inflation rate.

After the initial protest, more followed. *Pagina 12* reports that these peaceful protests have been met with forceful repression and attacks from the police. Demonstrators have been beaten and shot at with rubber bullets, leaving around 60 injured, some severely, and at least three arrested. It is also reported that many of these victims included deputies, reporters, and retired individuals.

On Feb. 2, the Lower House of Congress approved the omnibus bill in general terms, according to *CNBC*. However, on Feb. 5, the bill was rejected after opposition lawmakers went through specific articles within the bill one by one.

CNBC reports that Milei accused governors of seeking "to destroy" his economic reform bill.

In an official statement on X, which was translated with Google, Argentina's presidential office said that the governors "decided to turn their backs on the Argentines to protect their interests and prevent the national government from having the tools to solve Argentina's structural problems."

On the other hand, according to *CNBC*, Jimena Blanco, the head of Americas at the risk consultancy firm Verisk Maplecroft said that "the defeat of Milei's omnibus bill in the lower house's plenary debate speaks volumes about the government's political 'inexperience' and is the consequence of trying to push through all reforms in a single mega bill."

NORTH KOREA RAMPS UP MISSILE TESTS



NEWS ANALYSIS by Aubrey Brandt (9) & Joanna Piddoke (9)

On Feb. 13, South Korea's military claimed to have detected missiles fired from North Korea into the sea in its fifth weapons test since January. These included the testing of the country's first solid-fuel intermediate-range ballistic missile (IRBM) on Jan. 14. Cruise missiles are designed to be highly maneuverable, similar to small airplanes.

According to a report by North Korea's official Korean Central News Agency, the purpose of the Jan. 14 launch was to verify the reliability of the solid-fuel engines in the missile, as well as the capabilities of the hypersonic warhead with regard to maneuverability in flight. The report described the test as a success but provided few details.

The missile flew around 1,000 km before landing in the sea between Japan and the Korean Peninsula, according to South Korea's Joint Chiefs of Staff.

North Korea's existing IRBMs, including the Hwasong-12, which may be capable of reaching the US military hub of Guam, use liquid-fuel engines. These types of engines are fueled up before launch and are incapable of staying fueled for long. Missiles with built-in solid propellants are easier to move and conceal, and can be prepared for launch more quickly.

Chang Young-keun, a missile expert at South Korea's Research Institute for National Strategy, said that "in particular, a hypersonic missile with IRBM-level range would be an effective mean for evading U.S. missile defenses and striking Guam."

Because of the increase in weapons demonstrations, tensions within the Korean Peninsula have reached the highest peak in years, according to *CBS News*. The US and its allies Seoul and Tokyo, responded to this by strengthening their combined military exercises, while also sharpening their nuclear deterrence strategies.

On Jan. 15, at a meeting of the Supreme People's Assembly, North Korea's rubber stamp parliament, Kim restated that the country did not believe in the Northern Limit Line. The line was drawn up at the end of the 1950-53 Korean War by the US-led UN Command. Kim ordered the rewriting of the North

Korean constitution to declare South Korea the country's top hostile foreign enemy.

North Korea seems to have abandoned its longtime objective of reuniting with the South. On Jan. 24, days after an announcement that reunification was no longer possible, the North Korean government demolished the Arch of Reunification, a monument that symbolized hope of reconciliation with South Korea.

In recent months, concerns have spread as both North and South Korea have taken actions that breached the 2018 military agreement which instituted no-fly zones and border buffers to reduce border tensions.

Recent intelligence reports from Washington reveal a deepening bond between North Korea and Russia. North Korea has supplied ballistic missiles fired by Russia at Ukrainian targets and the two nations have been involved in high-level diplomatic meetings. The Korean National News Agency (KCNA), North Korea's state news apparatus, has reported that Russian President Vladimir Putin has agreed to visit Pyongyang in the near future. Such a trip would be Putin's first visit in over two decades.

A North Korean delegation led by Choe Sun Hui, the nation's foreign minister, arrived in Moscow on Jan. 14 at the invitation of the Russian Foreign Minister, according to KCNA.

The Biden administration has been following these developments closely. National Security Adviser Jake Sullivan broached the issue with Chinese counterparts during a recent meeting, indicating growing apprehension over the implications for regional dynamics. Of particular concern to the United States is the potential for North Korea to leverage its ties with Russia to diminish its reliance on China. This could embolden Pyongyang in its nuclear testing activities.

While some observers argue that North Korea's actions do not signal an imminent conflict, concerns persist regarding its missile development program and the possibility of further nuclear tests. Improved solid fuel technology enhances North Korea's ability to conceal and maneuver its missiles, heightening fears of accidental launches.



Bitcoin ETF Approved: What Now?

NEWS REPORT by Justin Chuk (11) & Adrian Koo (11)

On Jan. 10, the United States Securities and Exchange Commission (SEC) made a historic decision to approve the spot Bitcoin exchange-traded fund (ETF) for 11 investment management firms. This decision is a significant step towards the mainstream adoption of cryptocurrencies. The approval of the ETF opens up new opportunities for the typical investor, allowing them to gain exposure to Bitcoin by buying it on the US stock market, all without needing to directly own the digital asset. Notable financial institutions offering the Bitcoin ETF include BlackRock, Grayscale, WisdomTree, ARK Invest, and Fidelity.

The ETF surpassed \$4.6 billion USD in trading volume on the first day of approval, with Grayscale's ETF accounting for \$2.6 billion USD. However, the price of the digital asset was a stark contrast against the hype many institutional investors had before the SEC announced its decision. Many had expected the price of Bitcoin to recover to its former all-time high of \$69,000 USD. However, Bitcoin dropped over 12 per cent, from \$47,000 to \$41,000 USD, within the first two weeks of approval. Investors sold more than \$2 billion USD worth of the Grayscale Bitcoin Trust (GBTC) since the trust was converted from a closed-ended

fund into an exchange-traded fund earlier this month. According to private data reviewed by CoinDesk and inside sources, a large amount of this sell-off was due to FTX's bankruptcy liquidating 22 million GBTC shares, worth around \$900 million USD at the time.

Despite the sell-off, the price of Bitcoin recovered back to \$52,000 USD in the first fiscal weeks of February. On Feb. 16, Markus Thielen, Head of Research for crypto platform Matrixport wrote, "Bitcoin appears to target \$57,000 USD as its next resistance, and considering BTC's performance in the previous pre-halvings, the odds for another leg being higher are increasing." Bitcoin could run towards a \$57,000 USD price target, Thielen wrote, citing strong liquidity and increasing demand for Bitcoin futures.

The price of Ethereum, the second largest crypto in terms of market capitalization after Bitcoin, broke through the \$2,700 USD resistance on Feb. 15 for the first time since May 2022 as investors bet on the possibility of a spot Ethereum ETF approval in the US as early as Q3 of 2024. The SEC is expected to follow the strategy employed in approving spot Bitcoin exchange-traded funds for spot Ethereum ETFs, starting with rejections and granting approval on the initial final deadline of May 23, according to a recent report published by Standard Chartered Bank.

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KING CHARLES HAS CANCER

NEWS REPORT by Anthony Lu (12)

On Feb. 5, Buckingham Palace announced in an official statement that doctors had identified a form of cancer in King Charles' system, without revealing which type had affected him. They discovered this while treating him for an enlarged prostate that, in itself, was noncancerous. The Palace stated that the king has started receiving regular treatments and would no longer be handling public-facing duties. However, he will still deal with State business and official paperwork like usual.

According to *The Guardian*, the king personally told his two sons and three siblings about his cancer diagnosis. Upon hearing the news, the king's younger son, Prince Harry, who in 2020 retired from royal duties and moved to California with his wife, Meghan Markle, swiftly boarded a flight to England for a quick visit with his father.

On Feb. 6, Prince Harry was seen at Clarence House, the London resi-

dence of the king and queen, for a private meeting with the king that went on for less than an hour. He was not accompanied by his wife or children. After staying in England for just over 24 hours, he flew back to California.

Throughout his life, the king has generally been in good health. But on Jan. 17, Buckingham Palace revealed that the king needed to undergo medical treatment due to prostate enlargement. At the time, the Palace made clear that his prostate condition was benign. He arrived at the London Clinic on Jan. 26 for treatment, and was discharged after staying for only three days.

The King "remains wholly positive about his [cancer] treatment and looks forward to returning to full public duty as soon as possible," according to Buckingham Palace. The statement explained that he had "chosen to share his diagnosis to prevent speculation and in the hope it may assist public understanding for all those around the world who are affected by cancer."

Many prominent public figures have extended their support to the

king, including Rishi Sunak, the prime minister of the United Kingdom, who posted on X, "wishing his majesty a full and speedy recovery. I have no doubt he'll be back to full strength in no time and I know the whole country will be wishing him well."

In a statement on Feb. 10, King Charles expressed his thanks for all the public support. "As all those who have been affected by cancer will know, such kind thoughts are the greatest comfort and encouragement," he shared in a letter posted to Instagram.

Since his diagnosis, the king has mostly avoided public engagements. However, royal experts mostly believe that he will not abdicate the throne. According to Carolyn Harris, a history instructor at the University of Toronto School of Continuing Education who spoke to *USA Today*, the king would only abdicate if he were severely ill. Barring serious disease, he would only step down if he were plagued by scandal. She added that he would try to follow "the examples of his mother and father to keep calm and carry on."



SCIENCE

THE BLACK SHIRT



THE PSYCHOLOGY OF SENIORITIS

NEWS ANALYSIS by *Olivia Gowans Hoar* (10)

Senioritis is categorized as a loss of motivation that affects students in their last few months of high school. After university acceptances begin to arrive in their inboxes, their future looks a lot brighter than the hallways they've roamed for years.

Students might start skipping classes, procrastinating more, and generally adopting the mindset that they are already done with their secondary education. With the looming knowledge that, in a couple of months, they will no longer see their friends or family every day, they begin to prioritize socializing over academic excellence. Having worked themselves dry for four and a half years to achieve their end goal — that acceptance letter from their dream university — high school can begin to feel unnecessary.

Students spend a large amount of their secondary years striving for a sufficient GPA for the university they want to attend. This race for a perfect academic performance is driven by the need to get into the best university possible, and the result is valued more than the process. This is known as extrinsic motivation, which the American

Psychological Association defines as “an external incentive to engage in a specific activity, especially motivation arising from the expectation of punishment or reward.”

Attending university is not the only external factor that pressures students to attain good grades. Many teachers motivate their students with warnings, such as a pop quiz or constant reminders of that dreaded AP Exam on the horizon. In a study conducted by the National Library of Medicine, it was found that the most common psychological problem in students was “fear of the exam.” These factors cause students to overwork themselves to the point of burnout due to the fear of failing or the hope of doing well. By the beginning of the second semester, when all their hard work has paid off, students may feel that they no longer want to uphold the same rigorous academic schedule.

Having said that, students cannot be entirely blamed for their loss of motivation, because much of it comes from the way we structure learning. Originally, grades were intended to simply communicate student progress. In our current society, however, high school grades have become critical

to a student's future. Because many post-secondary institutions' admissions systems are based solely on grades, grades dictate a student's post-secondary options, including scholarships and exchange programs. With all of these repercussions associated with grades, many students have let them consume their lives.

A study conducted by Queen's University found that “the obsession with grades prevented teachers from using assessment in ways that would support meaningful learning.” Often, students skip past teacher feedback and look only at their grade. This study found that a focus on the teacher's comments was often more helpful to their learning than a focus on their actual grade. Similarly, Gerald E. Knesek, a senior lecturer at the University of Michigan, shared, “What's apparent in all this focus on grades is that there's no real emphasis on learning — the true purpose of education.” Knesek observed that, when he would interact with alumni, they were more likely to remember the grade they got in his class than the material they learned.

With a system so focused on academic performance, seniors can often lose motivation to put

in their usual amount of effort when they perceive the finish line of graduation to be near, according to Southern New Hampshire University. This trend of senioritis, however, is not accepted by universities. UBC's acceptance policy states that they reserve the right to reassess your application if “your final average on all academic courses that you have taken in Grade 11 and Grade 12 has fallen by 2 per cent or more or your final average in Grade 11 and Grade 12 courses in subjects related to your chosen degree has fallen by 4 per cent or more.”

Contrary to extrinsic motivation, where incentive is acquired from external factors, intrinsic motivation is “an incentive to engage in a specific activity that derives from pleasure in the activity itself...rather than because of any external benefits that might be obtained,” as described by the American Psychological Association. If students do not possess interest in their courses, it is more likely they will suffer from this loss of incentive. However, according to Southern New Hampshire University, if students genuinely enjoy a course, completing work not only to uphold their GPA, some of these senioritis symptoms could be avoided.

An Older Tyrannosaurus Species Discovered

NEWS ANALYSIS by *Kaitlyn Lee* (9)

In a new study published on Jan. 11 in *Scientific Reports*, researchers claim to have discovered a *Tyrannosaurus* species that preceded the *Tyrannosaurus rex*. The *Tyrannosaurus mcraensis*, standing at 12 feet high and 40 feet long, lived up to 7 million years before its cousin, the famed *T. rex*.

Authors of the published study include researchers from various universities.

The study was based on a partial skull collected from western New Mexico, which is currently on display at the New Mexico Museum of Natural History & Science (NMMNHS). According to *CNN*, the bones of the *T. mcraensis* were discovered decades before it got its scientific name; about a quarter of the skull was found during the 1980s and early 1990s in Elephant Butte, New Mexico.

The *Tyrannosaurus* was found to be in North America millions of years before paleontologists had originally thought. New *Tyrannosaurus* fossils found on land administered by the US Bureau of Reclamation suggest that the *Tyrannosaurus* evolved in the southern United States at least 72 million years ago before expanding north and west.

The *Tyrannosaurus* species in the southern US were larger than those further north in Montana and Canada. This pattern seems to be the opposite of that seen in mammals, though the reason for this is unknown.

Originally categorized by the NMMNHS as a *T. rex*, it wasn't discovered to be a new species until a team of scientists and researchers from the US, UK, and Canada, assembled to study the bones. They examined every bone in the skeleton to find subtle differences be-

tween the specimen and other *T. rex* skeletons.

“Evolution slowly causes mutations to build up over millions of years, causing species to look subtly different over time,” Dr. Nick Longrich, a paleontologist and evolutionary biologist, lecturer from the University of Bath said.

Scientists analyzing the bones found subtle differences between the jaw bones of the *T. mcraensis* and *T. rex*.

“The lower jaw in a *Tyrannosaurus rex* is actually quite robust. Our jaw is obviously big and toothy, but it's more slender than what we normally see in a *Tyrannosaurus rex*,” said Dr. Anthony R. Fiorillo, executive director of the NMMNHS and co-author of the study published in *Scientific Reports*. “A more slender jaw, even with the big teeth, means that it would have less bite force.”

The study claims that the differences in the jaw bones make it unlikely the *T. mcraensis* was a direct ancestor of the *T. rex*.

Scientists that studied the fossils also found that the *T. mcraensis* did not have a distinguished ridge above its eyes like the *T. rex* did. According to Dr. Fiorillo, scientists believe that the ridge of the *T. rex* was used to help attract mates, similar to the antlers of a deer.

He also said that the release of popular films like *King Kong* and *Jurassic Park* inspired a great deal of scientists and amateur fossil hunters to continue searching for *T. rex* bones. As a result, the amount of *Tyrannosaurus rex* samples available to paleontologists increased significantly. Dr. Fiorillo said that this sparked researchers to look at their own specimens and say “Hey, these don't actually look the same as the famous *Tyrannosaurus rex* specimens from places like Montana.”



SERGEI KRASINSKI
REUTERS



KAREL PRINSLOO
AP VIA NBC NEWS



YASUYOSHI CHIBA
AFP VIA GETTY IMAGES

World's First Malaria Vaccine

NEWS REPORT by *Juliana Takenaka* (9)

The first ever World Health Organization (WHO) approved malaria vaccine is the RTS,S/AS01 vaccine — commercially as Mosquirix. It was officially launched in Cameroon on Jan. 22, after successful drug trials were held in Ghana, Kenya and Malawi from 2019 to 2021.

Cameroon is offering free RTS,S vaccines for all infants from zero to six months. According to the WHO, nearly 10,000 children in Burkina Faso and Cameroon have now re-

ceived the vaccine.

Malaria is a disease that is extremely common in children, and is caused by a bite from a mosquito infected with *Plasmodium* parasites. People with malaria often experience symptoms like fevers, chills, and flu-like sickness. If left untreated, malaria can cause serious complications and could lead to death.

There are 662,000 available doses of the RTS,S vaccine. These doses have mainly been given to children in Cameroon due to a recent increase in children getting infected with

the disease. According to *The Guardian*, 95 per cent of deaths from malaria occur in Africa, with the majority being among children under the age of 5 years old.

As reported by *The Guardian*, for the vaccine to succeed, Cameroonian public health experts say that proper communication with the public is crucial. It is important to clarify to people that the vaccine is safe and effective, as there have been worries about the safety of the drug among Cameroonians.

Willfred Fon Mbacham, a public health professor, told the

BBC, “we as scientists have to do much more to educate the public on what it is, and the benefits it has, so that we can calm their fears.”

“The vaccine will save lives. It will provide major relief to families and the country's health system,” Aurelia Nguyen, chief program officer at the Gavi Vaccines Alliance, told *NBC News*.

According to the global vaccine alliance (GAVI), the goal is to continue to roll out the RTS,S vaccine in Liberia, Burkina Faso, and Sierra Leone this year.

SCIENCE

BRAIN SURGERY: A PROMISING TREATMENT FOR DRUG ADDICTION

NEWS REPORT by *Andre Chen* (11)

With multiple successful clinical trials, a promising new treatment for substance use disorder takes the form of two thin wires inserted into two different parts of the brain that administer electrical stimulation deep inside.

On the morning of Nov. 1, 2019, Dr. Ali Rezaei, neurosurgeon and neuroscientist at West Virginia University's Rockefeller Neuroscience Institute, introduced a novel form of drug abuse treatment in clinical trials known as Deep-Brain Stimulation (DBS). The procedure began with the surgeon drilling two nickel-sized holes in the patient's cranium and inserting thin probes with four electrodes each into two regions of the brain: the nucleus accumbens and the prefrontal cortex.

According to Dr. Rezaei, drug addiction is caused by permanent neurological changes to the activation of part of the brain known as the mesolimbic pathway, which includes the nucleus accumbens and is responsible for the transfer of dopamine to parts of the brain.

"The nucleus [accumbens] becomes overactive, to seek the dopamine [as a result of opioid addiction]," he explained in an interview with *CNN*, also stating that the prefrontal cortex, a region of the brain responsible for decision making, is "less active."

Although the addiction-prevention mechanism of DBS is still under investigation, researchers have theories for its effectiveness. Research from Dr. Urbano from the University of Buenos Aires, and Dr. Hashimoto from Aizawa hospital's Department of Neurology, suggests that DBS slows the activity of the nucleus accumbens while promoting activity in areas connected to the region, reducing the patient's desire for high levels of dopamine.

Another possible mechanism lies in the reversal of addiction-generated neuroplasticity, the brain's aptitude in creating new neural connections and rearranging previous ones. According to neurologist Meaghan Creed from Washington University, with the presence of a dopamine receptor dampener, DBS targeting the nucleus accumbens was effective at

reducing the enticement of cocaine for long periods of time, meaning that the treatment had reversed previous neural links caused by addiction.

With the implantation of the DBS device inside the brain, Dr. Rezaei's team is able to direct the device to administer electrical stimulation at precise timings, frequencies, and voltages. Additionally, the researchers provided 24/7 support regarding the DBS device to patients, and they adjusted the location and power of the stimulation if patients described feeling discomfort.

In March 2021, after over a year of treatment, the implant in the first recipient of DBS treatment was replaced in favour of a similar one with an additional electrical sensor to detect neuroelectrical activity and signalling. Gerod Buckhalter, the 35-year-old recipient who was previously an opioid addict for 17 years, has been clear of addiction since his first treatment; whereas prior to his treatment, he had not been able to maintain sobriety for over three months.

A month later, Buckhalter was put into an MRI machine to

further examine his brain activity, and without his knowledge, the research team turned off the DBS stimulator. Over the next three days, the researchers showed him drug-consumption-related images and noticed a relapse of symptoms that plagued him before treatment, such as anxiety and drug craving.

After switching the DBS back on, neuropsychologist James Mahoney noted that all of these symptoms improved drastically. "You could tell [how much it helped]," he said, noting that Buckhalter's body had "shifted."

His life "just felt better," Buckhalter explained in an interview with *CBS*. "I just felt like I did prior to ever using drugs, but a little bit better," he said, claiming that he "knew [he] was gonna have a legitimate shot at doing well."

As of January 2024, out of four patients undergoing the experimental DBS treatment, one decided to drop out of the trial, one experienced a minor relapse, and two patients, including Buckhalter, have been sober since.

Despite its successes, Dr.

Rezaei's DBS surgery is costly, weighing in at around \$50,000. Additionally, it must be noted that DBS is not a full cure to drug addiction; patients must use it as supplement to their rehabilitation, with having an encouraging environment as the priority.

"When it comes to staying sober, it's just as important as the surgery," said Buckhalter to *CNN*. He stated that in addition to Dr. Rezaei's treatment, he continues to take an opioid-dependency medication known as suboxone, and attends addiction counselling sessions.

However, National Institute on Drug Abuse Director Nora Volkow believes that regardless of the cost, DBS is still useful towards medical progress.

"Whether or not this goes into the clinic in a meaningful way, it can translate into methods that are less costly and less invasive," she said in an interview with *CNN*.

In fact, the current applications of DBS shows how far it has come from its roots. Within the last 30 years, DBS has been practiced in over 200,000 patients with neurological disorders, and has seen very tan-

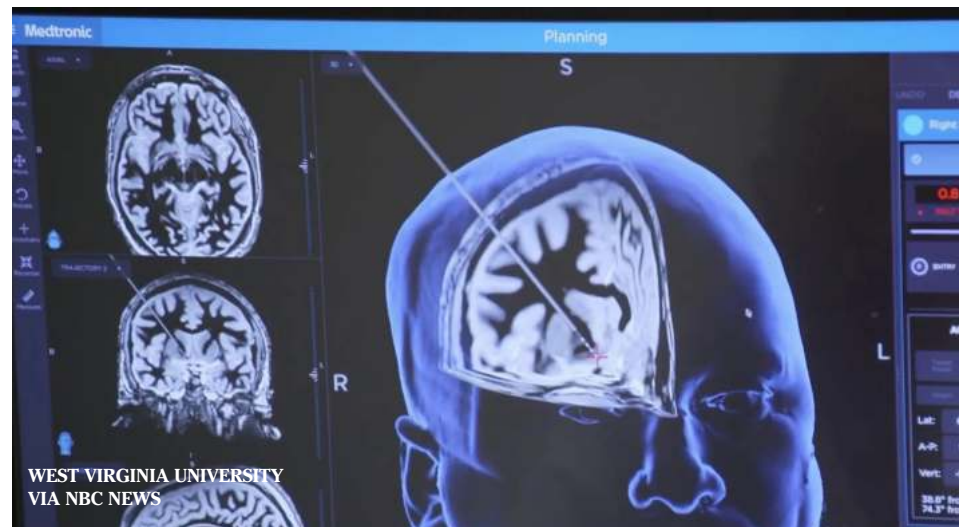
gible success in some diseases, with over 75 per cent of Parkinson's patients reporting an increase in symptom manageability due to the treatment.

Recently, DBS implants have also seen a significant improvement in individualized treatment. Whereas older implants require technicians to manually alter treatment protocols, current versions of the implant, like Dr. Rezaei's, allows for a constant support system and treatment alterations without manual intervention.

In the past decade, drug addiction and overdoses have been on an uprise, with roughly a 23 per cent increase in worldwide illicit drug users, from an estimated 240 million in 2011 to an estimated 296 million in 2021. Even after considering the global population growth during this time, the ratio of illicit drug users to global population still increased by a considerable 9 per cent from 2011 to 2021. With DBS implants as a new treatment method for substance abuse disorder, Dr. Rezaei hopes to reduce this figure, and plans on advancing the clinical trials to a larger trial group of twelve patients.



GREG ELLIS
WVU PHOTO VIA WVU TODAY



WEST VIRGINIA UNIVERSITY
VIA NBC NEWS

The Doomsday Clock: Humanity's Countdown



NEWS REPORT by *Kevin Li* (10) and *Clement Yu* (10)

It is 90 seconds from midnight.

Last changed in 2023, this is the closest the Doomsday Clock has been to midnight since its inauguration in 1947. The Doomsday Clock serves multiple purposes, and over the years, it has been referred to in various fields.

First created in 1947 by scientists in the Manhattan Project, which included Einstein and Oppenheimer, the initial purpose of the Doomsday Clock was to warn people of humanity's most concerning invention at the time: the atomic bomb. According to *CNN*, in the present day, the clock takes into account nuclear warfare,

climate change, and threats of war. The Doomsday Clock acts as a metaphor that symbolizes the likelihood of a human-made apocalypse rather than a prediction. The closer the clock approaches "midnight," the closer humanity is to a global catastrophe.

When the doomsday clock was inaugurated, it was set to seven minutes before midnight. Since then, its time has been set backwards eight times and forwards 17 times. In the *Bulletin of the Atomic Scientists'* annual statement, made on Jan. 23, 2024, they blamed the increased threats of a nuclear arms race, record-breaking world temperatures due to increasing global greenhouse gas emissions, and the use of AI for military purposes and spreading disin-

formation as their primary reasons for keeping the clock at 90 seconds. In a news conference made on the same day, Rachel Bronson, president and CEO of the *Bulletin*, stated that "trends continue to point ominously towards global catastrophe."

The clock, however, is not meant to accurately measure threats. Rather, it is used to spark conversation and public engagement in scientific topics like nuclear disarmament and climate change. Bronson noted that when the clock changes, the public takes notice. She believes that through public engagement, leaders will be moved to make real changes.

In their annual statement, the *Bulletin* states that it is impossible for one nation or leader to solve these issues and thus calls on the world's leading powers — the United States, China, and Russia — to "commence serious dialogue" regarding the "existential danger the world now faces."

While many of these issues appear to be out of a single individual's control, there are still things that can be done on a personal level to help. Bronson explained that reducing one's carbon footprint or even just discussing these issues with one's peers can have a large impact.

"We can reduce [the threats], but it requires serious work and global engagement at all levels of society."

Does Eating Pasta Increase Happiness?

NEWS REPORT by *Alexandra Chow* (12)

A study conducted by the Behavior and Brain Lab at the Free University of Languages and Communication IULM in Milan, Italy, has found that eating pasta makes people happier.

This study measured the physical and neurological changes of 40 participants aged 25 to 55 while eating pasta. These changes were compared to the physical and neurological behaviour of the participants when they were listening to their favourite music or watching Olympic football or tennis.

Participants were asked when they ate pasta, and the most common responses were related to having a family meal, "friendship," or feeling happy. 40 per cent of the participants considered pasta to be their comfort food and 76 per cent of the participants said pasta made them feel "a lot" happier.

The act of eating pasta helped with "activating cognitive memory processes" — allowing participants to recall specific things — but what those things are remains unknown. As well, eating pasta generated equally positive or even more positive emotions for participants compared to when they were listening to their favourite song or watch-

ing their favourite team score a goal, and significantly more positive facial expressions compared to when they were watching their favourite team score a goal.

According to Vincenzo Russo, the Professor of Consumer Psychology and Neuromarketing at IULM University who is also the Founder and Coordinator of the Neuromarketing Behavior & Brain Lab IULM, "The [study's] results tell us that it is precisely when we eat pasta that we are most emotionally active. It is, therefore, the real act of tasting and savoring the dish in its full flavor to stimulate the most positive memories and emotions. This cognitive and emotional activation determined by the taste of pasta is so strong, pleasant and engaging

to persist even moments after eating."

Scientific literature, including three studies published in *The Lancet Public Health*, also relates pasta to having a positive impact on one's mood because of its tryptophan and B vitamins. Professor Piretta, a gastroenterologist and professor of the University Campus Bio-Medico in Rome, says that "carbohydrates are molecules made of sugar, so the sugar taken from our intestines and arrived at the brain determines this feeling of well-being."

However, more research is needed to confirm the connection between pasta and its positive impact on one's mood. This study has not been peer-reviewed and is limited due to its small subject pool.



DANIJELA PRIJOVIC
UNSPASH

OPINION

CHILD STARS, CONSUMERISM, AND CYBERSECURITY:
THE WORLD OF SEPHORA 10-YEAR-OLDS

OPINION by Mackenzie Chung
(11)

A new term to describe a type of personality phenomenon was recently coined in the last year: a Sephora 10-year-old. A vaguely self-explanatory name, it is generally used to refer to female kids in the 7 to 12 year-old age range, identified by a couple of key factors — namely, an infatuation with specific cosmetic brands found within the Sephora chain that are generally popularized by social media.

The concept of a child engaging with products that they observe their older family members and friends using is no groundbreaking discovery. Children's makeup, dress shoes, and other "make-believe" items for kids have existed for as long as most of us can probably remember. So, what's the issue? Well, generally speaking, the concept of dress-up has always been entertained by a supervising adult. However, as the idea of Sephora 10-year-olds developed, the term became associated with unsupervised children shopping solely in larger beauty stores that tend to cater to an older audience and purchasing products that contain ingredients that are harmful to the undeveloped skin barriers of children.

Take retinol, for example. A source of vitamin A, retinol is a popular product in many different skin care creams and other treatments as an anti-aging remedy. While it is not inherently bad as a method of acne prevention, retinol as a cosmetic-use product is completely unnecessary for the tweens who have been so infatuated with using it.

To add to the lack of benefits of kids purchasing adult products from bigger cosmetic stores, Sephora kids have been poorly received due to the way that they are treating in-store items. Reports of excessively damaged display cases of products that these kids consid-

er trendy have increased exponentially over the past couple of months. It has left both the people working in these stores, as well as other shoppers, very upset, and has painted a negative picture of the kids who access these spaces.

But why is it that these unnecessary, harmful products that tweens are scouring for are labelled as desirable in the first place? Well, obviously, the world of social media has exploded in the past two decades, with access to any type of content made much more rapidly consumable and unchecked. As a result, there has been a significant rise in the popularity of "get ready with me" influencers, who generate content based on their everyday lives. A basic "get ready with me" video consists of short clips detailing the steps of an influencer's morning routine, typically accompanied by the retelling of a personal story of theirs during the video. The success of these videos depends on a relatable sense of environment from the creator to the viewer paired with a fast-paced editing style that makes them easily digestible.

As they often do, influencers and celebrities promote products in these videos. Whether intentional or not, certain products become associated with influencers as sole factors for their super great skin, beautiful hair, or perfectly done makeup, when in reality, the results of their beauty typically lie in filters, genetics, or other forms of editing.

Technology has advanced much faster than the educational materials we use to teach kids about internet safety. It has led to a generation of kids who have been given the means to consume content online, but not the laws and regulations in place to truly keep them safe in a digital world. As children continue to adapt to newer forms of technology, their parents do not, which leads to kids who are not being kept safe by not only

their parents or guardians but also the apps that they are consuming content from in the first place.

Children are being influenced by the internet to consume products rapidly; they have this urge to buy items that their favourite influencers also have, purely because they want the same picture-perfect lifestyle depicted by online creators. That is not to say that children are the only ones falling victim to this capitalist mindset, but since they are not being properly supervised and have not yet developed in the way that an adult has, it is much more unfair to them to be exploited in this way. Children themselves have even turned to social media in an attempt to emulate this "get ready with me" influencer style.

One example of these child influencers is a young content creator who will be referred to in this article as "Rainbow" in hopes of maintaining her privacy. Rainbow is a girl whom I believe to be 11 or 12 years old and has been uploading content to the internet for the last two years. She used to have an account on the prolific platform TikTok, on which she would consistently get hundreds of thousands of likes and millions of views. Since then, her TikTok account has been taken down, and she has migrated to Instagram reels as her new main platform for content distribution. She originally exploded as a creator due to her "unhinged" and "bratty" persona, often talking about things or people she disliked while getting ready.

The response to her account has not been positive, to say the least. Since her account gained traction around the time when Sephora 10-year-olds first began getting a bad rap, she was constantly bombarded with comments defaming her character or insulting her appearance, without any regard for the fact that these people were addressing a child. It even got to a point where adult creators were screen-recording her con-

tent to respond to, or simply poke fun at her personality. While these responses could be justified as coming from a point of humour, they have never sat right with me.

However, I don't blame Rainbow for continuing to post videos for a community so full of hate, because it appears that she genuinely enjoys the act of content creation. What I do find an issue with is the lack of responsibility from her guardians to properly address who her content reaches and how it is received. While Rainbow's Instagram biography claims it is a "parent-run account," this label is just a useless mask that doesn't even begin to protect her from how ruthless the Internet can be.

Any reasonable adult who supervises their child's social media account would immediately recognize that this persona Rainbow has adopted, in which she acts extra pessimistic and gossipy — which are pretty normal traits for a preteen her age — is the reason why she is getting so much negative attention. Yet, rather than restricting comment access or beginning to cater her videos to an audience closer to her age, Rainbow's content has continued to stay the same, despite the heat she is receiving from it.

What this means to me is that the parents supervising this account know perfectly well that their daughter is being harassed on social media, yet they continue to place more value on the PR packages and social media clout that their daughter is receiving rather than how her current unregulated social media presence might affect her psyche. While unsupervised children consuming unrestricted content is harmful on its own, it is baffling to me that a child like Rainbow is in a position in which her parents are actively encouraging the continued hate of her character online.

Another end result of the Sephora

10-year-old phenomenon is the generational war that has continued to develop as the year progresses. For the past few years, there has been this — for the most part — harmless battle between millennials and Gen Z based on the generational differences between the two. For example, Gen Z typically views millennials as "Disney-loving, cringe, coffee fanatics" while millennials view their younger counterparts as "immature, screen-addicted, disrespectful kids."

While that generational war has its own flaws, a lot of which are based on stereotypes, the Sephora 10-year-old phenomenon has inspired a new wave of hate towards the newest generation: Gen Alpha. Obviously, as these kids continue to act disrespectfully in public shopping spaces, a certain level of annoyance is justified. That being said, what is not justified is taking to social media and acting like these kids are the bane of all existence. Complaints about these kids, rather than the underlying conditions that influence them, move the conversation from how children are falling victim to overconsumption and vain ideas as a result of influencer culture, to "Bah Humbug, this 8-year-old ruined my life by taking up space in a public store."

In conclusion, I really *don't* care that 10-year-olds are in public stores buying products that they don't need. What I do care about, though, is how the online content that they are consuming has twisted this narrative that they need to buy certain products to be involved in what the "teenage girl" experience is. This fear of missing out that has been presented to them — the seemingly unfillable void of want — only leads to a lifestyle that constantly feels unfulfilled. The adaptation and introduction of the internet to children to prevent the continuation of this cycle should be a priority for anyone who claims to hold value over the development of their kids.

Death of Alexei Navalny

NEWS ANALYSIS by Austin Witter
(12)

On Feb. 16, Russian opposition leader Alexei Navalny was reported to have died in a remote penal colony in Siberia. He was 47 and had been imprisoned there since February 2021. According to the Russian Federal Penitentiary Service, Navalny felt sick after a walk and subsequently lost consciousness. Russian authorities attest that medical personnel arrived on the scene and "performed all the required resuscitation procedures," to no effect. While the Kremlin has denied involvement in his death, Navalny's supporters and various foreign governments have blamed Russian President Vladimir Putin.

Navalny was a former lawyer who became the face of the opposition effort in Russia against Putin. According to *Britannica*, his childhood was divided between living with his parents in garrison towns near Moscow and visiting

his grandmother near Chernobyl in Ukraine. He spoke Russian, Ukrainian, and English.

In 1998, after graduating from the Peoples' Friendship University of Russia in Moscow with a law degree, he began to practice in the Russian capital. Following the election of Putin in 2000, Navalny began to involve himself in political causes, joining the liberal party Yabloko. He was expelled from the party in 2007 due to his presence at a nationalist march attended by neo-Nazis along with rhetoric comparing Chechen insurgents to "cockroaches" and inciting violence against them, comments which he had not denounced at the time of his death.

Navalny then began a stakeholder activism campaign to expose corruption in state-owned businesses. This theme would become a central tenet of his later campaigns as his term *party of crooks and thieves* became a popular refrain at protests against Putin's United Russia party.

In the following years, Navalny worked to build a coalition of political forces opposing Putin's regime. He ran for various public offices, including for mayor of Moscow in 2013, losing to the Putin-approved candidate. He was briefly jailed multiple times during the 2010s, but managed to evade permanent prison time. In 2017, an unknown person threw a green liquid into his face, nearly blinding him.

In 2020 he was exposed to a Soviet-developed Novichok nerve agent while on a flight from Tomsk to Moscow, and was moved to Berlin for medical treatment, which included an induced coma. Upon choosing to return to Russia in January 2021, he was immediately taken into custody by authorities. In the next few years he would be moved through a series of prisons, spending considerable time in solitary confinement.

A harsh critic of Putin's invasion of Ukraine, Navalny wrote in a post on Telegram on Nov. 23, 2022 that "we were plunged into this nightmare by a single crazy grandfather who lives in fantasies that he is a military leader, unusually

popular in Ukraine."

On Dec. 26, 2023, Navalny arrived in Penal Colony No. 3 (IK3) in Kharp, a town in the remote Yamalo-Nenets District of Siberia, north of the Arctic Circle. In an investigation by the *New York Times* on the conditions in the facility, one inmate, Konstantin, was quoted as describing the food as "awful, uneatable gruel," while another said that the cells were intended "to break people morally, until you agree to all the conditions of the prison administration." Konstantin concluded that the place was "complete and utter annihilation."

In his limited communications from prison, Navalny kept up the wry sarcasm that characterized his political style. "Few things are as refreshing as a walk on Yamal at 6:30 a.m.," he wrote in January about the conditions in Siberia, quipping that "you wouldn't believe the lovely fresh wind that blows into the courtyard, despite the cement fence." He likewise observed that "unfortunately, there are no reindeer, but there are huge fluffy and very beautiful shepherd dogs."

Navalny spent most of his time in

prison reading, according to the *New York Times*. In a letter to his acquaintance Ilya Krasilshchik, he wrote that he preferred to read ten books at a time and "switch between them." He complained about only being allowed one book while in solitary confinement.

After news of his death broke, condemnation from the international community was swift. "We don't know exactly what happened, but there's no doubt that the death of Navalny was the consequence of something that Putin and his thugs did," said President Joe Biden on Feb. 16, later directly stating that "make no mistake: Putin is responsible for Navalny's death."

Ukrainian President Volodymyr Zelenskyy noted that "Putin doesn't care who dies in order for him to hold onto his position." Charles Michel, European Council President, wrote that "the EU holds the Russian regime solely responsible for this tragic death." German Chancellor Olaf Scholz soberly noted that Navalny had "paid for his courage with his life."

During a visit to Ukraine, Prime

OPINION

CHASE CARTER
MS. MAGAZINE

Defamation ruling sets precedent that could silence sexual assault victims

OPINION by Elle Glen (10)

In the summer of 2015, a young woman spoke out about her experiences as a grad student at the University of British Columbia (UBC), and while the true integrity of her statements is unknown, she has now been silenced. A.B., a former UBC grad student whose name has been withheld due to a publication ban, alleged that her creative writing professor, Stephen Galloway, attempted to choke and strangle her in March 2011 and that he sexually assaulted her three times between March and May of 2011. After these alleged assaults occurred, Galloway and A.B. entered a sexual relationship, according to court documents from this lawsuit, which ended two years later.

In July 2013, A.B. reached out to the UBC Equity Office and made a complaint about the alleged assaults. She was taken to speak to the RCMP and afterwards told the Equity Office in an anonymous email that “the situation was deeply traumatizing. I now feel awful [...] The police created more trauma. The more I talk the worse it gets for me. I don’t want to talk — to make myself vulnerable or share any part of my experience — with anyone else at UBC.”

A.B. left UBC in 2014 and returned to Ontario without having fully com-

pleted her thesis, which prevented her from graduating. In 2015, she opened correspondence with multiple professors at the UBC creative writing program, asking that she be able to graduate with her current unfinished thesis, and was allowed to. Later, she opened up to these professors, as well as other UBC staff and alumni, telling them that Galloway had raped and strangled her on multiple occasions. In November 2015, A.B. began to assemble a formal report, and following the formal complaint, Galloway was suspended and required to step down as chair of the Creative Writing Department, due to the ongoing investigation.

UBC hired Mary Ellen Boyd, retired justice of the BC Supreme Court, to launch a complete investigation into the allegations against Galloway. Findings of the report were given to Dr. Gabe Averill, the Dean of Arts, in April 2016. The report concluded that the events that took place “during the late fall of 2010 into the spring of 2011 constitute sexual harassment” and not sexual assault as alleged by A.B. It is noted that this report is simply the judge’s review of the available evidence, as well as probability, and is not legally binding in court, meaning that assault could have taken place — but whether or not it did could not be determined by the available evidence. Following the review of

this report, Stephen Galloway’s employment at UBC was terminated. Soon after, his termination gained media coverage, and Galloway told *the Globe and Mail’s* Gary Mason that it was during this time that he attempted suicide.

Many complaints were made to UBC during this time, including from the UBC Faculty Association (UBCFA) and alumni, about the mishandling of allegations made against the professor. Published in November 2016, “An Open Letter to UBC: Steven Galloway’s Right To Due Process,” heavily criticized the handling of the investigation as well as the effects it had on Galloway’s personal life. This letter was signed by over 80 members of the Canadian literary community, including Margaret Atwood and David Cronenberg. As a result of this media attention and action from the UBCFA, UBC was forced to pay Galloway \$167,000 for violating his privacy and not giving him rightful due process during the unfolding investigation.

In October 2018, Galloway filed a series of defamation lawsuits against A.B. for her claims of sexual assault and more than a dozen others who shared and amplified these claims. He alleged that the claims that he assaulted her when they were in a, as he described it, “consensual relationship”, were defamatory. According to Britannica, “defamation, in law, is the act of communi-

cating to a third party false statements about a person that result in damage to that person’s reputation.”

Quickly after the lawsuit was filed, the defendants requested that it be dismissed under BC’s Protection of Public Participation Act (PPPA) which protects debates on public interest or public figures. Defendant Keith Malliard, a professor from UBC’s Creative Writing department, claimed that A.B. was entitled to have the case dropped because “when a person is responding to an attack, defamatory statements the person makes about the attacker are privileged.” This effectively halted any action to a standstill for the last 5 years. Then, in January 2024, their campaign to have the lawsuit dropped was dismissed, meaning that Stephen Galloway can finally move ahead with legal action. While this defamation lawsuit may right certain wrongs for Galloway, this decision must be put into context to understand its weight on the lives of women in British Columbia.

In 2017, #MeToo started a global revolution which allowed sexual assault victims to speak out about their experiences like never before. Women across social media used the hashtag to call out and condemn their attackers. This outpouring brought down many prominent, influential people — predominantly men — who had continued to get away with sexual harassment and assault. According to *The New York Times*, 201 prominent men lost their jobs or major roles due to sexual misconduct in 2018, all of which had been brought to light during the #MeToo revolution.

During #MeToo, defamation lawsuits were filed by both abusers trying to silence their victims and victims for retaliatory statements made by the attackers in an attempt to deplatform them. A prime example of a threat of a defamation lawsuit is when former film producer Harvey Weinstein threatened to sue *The New York Times* after they released an exposé detailing Weinstein’s decades-long history of sexual assault and harassment, which arguably lit the spark that created the #MeToo revolution. While #MeToo gave women around the world a platform to share their experiences, in most cases of sexual assault, victims only have one voice, and often the weight of speaking out alone forces many into silence.

In the post-#MeToo era, sexual assault allegations are taken more seriously, especially in the workplace. Now, the effects of committing gender-based violence are enough to ruin someone’s career, if not their life. Considering how lightly sexual assault and harassment have been viewed in the past, this is progress, but this also warrants questions regarding false reports, something which is extremely prevalent in the Galloway defamation case. It is alleged by Galloway that the statements made by the defendants ruined his career as a professor and an author, as well as his life. While it could be argued that this ruling could help those who are falsely accused, only 2 per cent to 10 per cent of sexual assault reports are false, according to the National Sexual Violence Resource Center. This number is

incomparable to the tons of people who are victims of sexual violence.

While this ruling may provide hope and redemption, as it has been framed by Galloway and his legal team, for this 2 to 10 per cent, 30 per cent of women age 15 or older are victims of sexual violence, according to UN Women. The government should be protecting the estimated 736 million women globally enduring one or more sexual assaults in their lifetime. This ruling does exactly the opposite because it removes protection from victims and can be easily taken advantage of by perpetrators. While in the Galloway case, the circumstances and whether or not the events constitute sexual harassment or sexual assault are largely unknown, we “must value a woman’s pain above a man’s reputation” in these kinds of legal situations, as put by a headline from *The Globe and Mail*. Even if Stephen Galloway receives the justice he may or may not deserve, the impacts will greatly harm the lives and recovery of sexual assault victims.

The precedent set at the beginning of this year could undo all the power that was taken back by victims during the #MeToo era. Allowing this defamation lawsuit to proceed could silence sexual assault victims from speaking out in the future. According to Statistics Canada, only 6 per cent of sexual assaults are reported, making it one of the most underreported crimes in Canada. Giving assault perpetrators the ability to sue their victims for defamation will cause this statistic to decrease even more and would cause irreparable harm to the lives of these victims. Lillian Cadieux-Shaw, a Canadian lawyer with a focus on defamation and harassment, told *CBC* that she does “have concerns about whether this decision will make women who want to support other women... more nervous to do so.” A statement from A.B.’s lawyer, Joanna Birenbaum, said that they were “extremely concerned about the implications of this judgment for survivors of sexual violence and in particular for students, staff, and faculty of universities and colleges, who may feel less safe about coming forward with concerns.”

According to Statistics Canada, “one in ten students who identify as women at Canadian postsecondary schools were sexually assaulted in a postsecondary setting.” As was seen at Western University in previous years as mass sexual assault investigations took place, sexual violence on university campuses is common and goes largely unpunished. Beyond reporting, “only one in fifteen (6.5 per cent) cases of sexual assaults reported to police in Canada results in the perpetrator being sentenced with jail time,” according to the Vancouver Rape Shelter. If victims have the threat of defamation hanging over their heads, it will be harder to have perpetrators of sexual violence brought to justice. This ruling could result in systemic disempowerment of sexual assault victims and will keep women trapped in an age-old battle.

It’s her word against his. He has power, influence, and money. She only has her voice. Now, she might not even have that.

Minister Justin Trudeau labelled Putin a “coward”, stating that “to execute one’s political opponents, to quash dissent by using police and military, to make sure there is no opposition is the mark of a weakling, not a mark of someone who is confident in his own position.” Trudeau also said that Navalny’s death “has the entire world being reminded of exactly what a monster Putin is.” The Canadian government imposed additional sanctions against the Russian government in the wake of Navalny’s death.

Putin has not commented on Navalny’s death, though his spokesman Dmitri Peskov told reporters that he had been informed. The Russian state news agency TASS reported that Peskov considered the statements from Western officials on Navalny’s death “absolutely rabid” and “totally unacceptable.”

Navalny is not the only Putin opponent to have died under suspicious circumstances. Journalist and Putin critic Anna Politovskaya was killed in her home in 2006. She was known for her reporting on the wars in Chechnya, where she alleged torture and mass

executions were taking place. In 2015, Boris Nemtsov, opposition leader and advocate of democratic reforms, was shot dead on a bridge in the Moscow city centre. While five men were convicted of the murder, Nemtsov’s family contends that those truly culpable go unpunished. Putin denounced the assassination. In August 2023, two months after leading an armed rebellion of his Wagner Group forces against the Kremlin which involved the capture of the Russian city Rostov-on-Don, Yevgeny Prigozhin died in a plane crash. The Kremlin denied any involvement.

Alexei Navalny is survived by his two children Darya and Zakhar, his brother Oleg, his father and mother Lyudmila and Anatoly, and his wife, Yulia Navalnaya. Like the rest of Navalny’s organization, she holds the Kremlin responsible. “I want Putin and everyone around Putin, Putin’s friends, his government to know that they will bear responsibility for what they did to our country, to my family and to my husband.” Navalnaya said, predicting that “this day will come very soon.”

SEFA KARACAN
ANADOLU AGENCY VIA GETTY IMAGES

OPINION

IMPLEMENTING BASIC INCOME ISN'T A MATTER OF FEASIBILITY. IT'S A MATTER OF POLITICAL WILL



WORLD ATLAS



GETTY IMAGES VIA FORBES

OPINION by Zak Tucker (9)

"When you're encouraging people to accept money without strings attached, it really doesn't send the message that I think our ministry and our government wants to send. We want to get people back on track and be productive members of society where that's possible," Ontario Social Services Minister Lisa MacLeod told reporters in 2018 after failing to deliver on one of the Progressive Conservative's key campaign promises — to continue the Ontario Basic Income Pilot for its full three-year study period. According to the Ontario Government's website, the pilot project provided an income worth 75 per cent of the poverty line to over 4,000 participants, however MacLeod labelled this support as prohibitive to participants becoming "independent contributors to the economy" — a claim that ignores the findings of the Ontario

study and other basic income experiments.

Rather, basic income is a feasible way to reduce poverty in Canada without disincentivizing work, sending tax dollars to drug dealers, adding fuel to the inflationary fire, or implementing new tax measures that will send the economy into a death spiral.

The Ontario project studied a form of basic income known as Guaranteed Basic Income (GBI). GBI provides a basic income to all Canadians aged 18 to 64 who fall into a certain income bracket — \$34,000 for unmarried individuals, and \$48,000 for couples under the model studied in Ontario.

Implementing Ontario's GBI model across all provinces and territories would provide individuals with an annual income of \$18,300, and couples with \$25,900, distributed in the form of monthly payments, according to a 2022 report from the Parlia-

mentary Budget Officer (PBO). For every dollar of income earned by employed recipients, 50 cents would be deducted from the benefit. The program would provide a basic income for 7.4 million individuals, and lift 1.6 million families above the poverty line — a 50 per cent reduction in poverty.

But before GBI's many benefits could be felt by millions of Canadians, the program will have to pass a major hurdle: concern over its massive annual cost of \$81 billion, as calculated by the PBO. Funding basic income isn't such a herculean task; all options are well within the government's reach and the program may end up paying for itself.

While its annual price tag of \$81 billion may seem fanatical, the true cost of GBI — excluding its many long-term revenue-generating benefits — is just \$51 billion. That's because the PBO estimates basic income

will replace \$30 billion of existing federal and provincial funding on our insufficient social safety net. Better yet, the \$51 billion figure isn't actually all that much — it represents just a 5.2 per cent increase in spending compared to total spending by all levels of government in 2022, according to data from Statistics Canada.

Best of all, basic income advocacy group UBI Works has found a way to finance such an increase without raising taxes on anyone making less than \$100,000 — that's 91 per cent of Canadians. Most tax measures wouldn't even touch the 97 per cent of people who make up to \$150,000. Instead, contributions would come from those most able to pay: \$15 billion from the big banks, \$18 billion from the ultra-rich, and \$19 billion from large corporations. But how exactly can the government implement such measures without throwing a wrecking ball at the

economy?

First of all, the government can work within the existing tax code, or within the precedent set by multiple other countries, to implement the necessary tax reforms, according to UBI Works. In fact, just 12 additional measures would be needed, all of which have been costed and extensively studied by research agencies such as the PBO and the Canadian Centre for Policy Alternatives.

It is true that increased taxes can harm economic growth by cutting into profits and limiting companies' abilities to invest in growth. But this traditional logic ignores the economic growth created by consumers' increased ability to spend — a prerequisite for most corporations' growth plans. This is especially pertinent since all 12 tax measures were designed to target government revenue sources that, left in the hands of the private sector, weren't help-

ing grow the economy.

"Taxes can hamper economic development, but spending those tax dollars effectively can promote it enough so that the net effect is economically stimulative. The [12 tax measures] we propose minimize these hampering effects by targeting areas of unproductive money accumulation in the economy, and in turn giving that money to households who will spend and invest it," reads UBI Works' website.

Case in point: consumer spending increased remarkably after the federal government substantially increased the Canada Child Benefit in 2016 — which provides a basic income for many Canadian families — resulting in significant economic growth the following year.

In 2017, Statistics Canada identified consumer spending as the largest driver of economic growth, while the Bank of Canada found increased spend-

Spooky Spooky Kitchens: What are Ghost Kitchens?



OPINION by Mackenzie Chung (11)

As the traditional sit-down era of dining experience was halted due to the outbreak of COVID-19, the rise of delivery apps took the world by storm. To some, it was a necessity, with individuals who are immunocompromised needing to stay inside as much as possi-

ble. But alongside the development of delivery app use came the digitization of the restaurant experience — and with that, the development of ghost kitchens.

What is a ghost kitchen? To define that now is still a little complicated, as the criteria for what makes one is still pretty vague since the concept is relatively new. Generally, a

ghost kitchen is defined as a virtual restaurant whose existence is solely based on online delivery orders and does not provide an in-person sit-down experience.

Ghost kitchens manifest in several forms, the first being what I like to call "ghost kitchen factories," whose sole purpose is to imitate as many restaurants as possible while

all centring around one general location. Ghost kitchens of this nature can have tens of different restaurants of various food types and cultural backgrounds coming out of the same building. The benefit of this type of operation comes from the fact that spaces like these are much more lucrative. They take up less space since ghost kitchens are delivery-focused and the only thing someone needs to run one is a cooking space. There's no need for booths, seats, or spending time creating a physical brand identity because everything is digital.

Another type of ghost kitchen also includes bigger chains that use different names in order to promote the illusion that the consumer is supporting a smaller restaurant. For example, places like Fixin's Mac N Chicken, which in reality operates out of Downtown's Tap N Barrel restaurant. To their credit, Fixin's website does disclose that it is a product of Tap N Barrel, but the independent name can be misleading if customers think that they're buying from a standalone restaurant.

Another similar example, albeit a bigger operation in the Vancouver area, is 601 Stamps Landing. While an initial Google search for this address comes up with Mahoney's Tavern, upon further investigation, several other restaurants

come up all operating out of the same location. Items like poké, wings, and burgers are all available under different restaurant names at the same address. However, in contrast to the previous example, there is no distinct disclaimer here that any of these restaurants are associated with one another. While it is obviously not the job of the consumer to necessarily be hyper-vigilant about whether or not a restaurant they're buying from actually exists (because that standard is ridiculous), it is a bit unfortunate that a byproduct of allowing ghost kitchens to operate ends up being that revenue can be taken away from small businesses that people think they're supporting instead.

Besides originating from existing restaurants, one origin of ghost kitchens comes from companies such as Pacific Cloud Kitchens (PCK). PCK describes itself as being "one of the fastest growing cooking facilities in Canada" and is a company dedicated to helping either individual businesses or aspiring ghost kitchen owners receive the resources to start their own. An initial glance on the PCK website displays the different packages that one can purchase for easy set-up of a ghost kitchen of your own. PCK does not disclose on their website all of the specific partner restaurants that they have helped start up, so it's difficult

to pinpoint where a lot of ghost kitchens are originating from, especially if you're not looking for them.

Besides the illusion that these ghost kitchens often try to portray, another issue with ghost kitchens is that they create a lack of consistency in maintaining things like FDA standards, especially when multiple restaurants are operating out of the same place. When you have one huge building impersonating several different restaurants that are all using different ingredients, it is very difficult to track things — for example, tracing back contaminated food to a specific source.

The main takeaway from this piece shouldn't be that ghost kitchens are ruining the food industry in some twisted and psychopathic way, but simply restating that companies are always trying to find ways to make their processes more efficient without really considering the potential harm to local businesses that can take place. Companies shouldn't have to shut down ghost kitchen operations, because if the food is good and the customers are happy, they've fulfilled their goal. But especially considering how difficult it was for local restaurants to make money during the pandemic, I just think it wasn't the most ethically just route for ghost kitchens to begin their operation then.

OPINION

ing created GDP growth of 0.5 per cent — 16 per cent of total growth. Then-Bank of Canada Governor Stephen Poloz identified stimulus' critical role in the economy.

"It's important to bear in mind that the government's efforts at stimulus are embedded in our view of the economy," he told *CTV News*.

"For instance, the changes to the [Canada] child benefit program [have] been highly stimulative [...] So we would not be where we are today if that had not occurred."

The benefit of more money in Canadians' pockets will "trickle-up" to corporations. The Canadian Centre for Economic Analysis predicts implementing basic income will reward corporations with \$32 billion in added gross profits every year. That's just a rounding error short of corporations' \$33 billion tax contribution to GBI, and a possible explanation for why over 170 Canadian CEOs have signed a letter calling for the implementation of GBI.

GBI could come at zero cost for government as well. If businesses start earning more, governments will too — even under existing tax rates. The Canadian Centre for Economic Analysis estimates GBI would create \$22 billion in additional tax revenues. This is proven by the return on investment the federal government has received from the Child Benefit. The Centre found that the government recoups 55 per cent of its investment in the Canada Child Benefit by capturing growth through existing revenue streams. Better yet, this increased revenue will be met by decreased spending on other programs.

The yearly inflation-adjusted cost of poverty in Canada is \$111 billion. While most of the costs are relegated to the private sector, the government spends an additional \$10 billion on health care and an added \$2 billion on the criminal justice system due to the effects of poverty, according to a 2008 Ontario Association of Food Banks report. Since Canada's population has grown by 7 million people since the report's publication,

the costs could be even higher.

The potential for such positive results was confirmed by a basic income study in Dauphin, Manitoba, which found an 8.5 per cent decrease in hospital visits during the study period, according to Evelyn Forget, a researcher in medicine at the University of Manitoba.

With a fully costed funding plan, the potential for widespread economic growth, and decreased government spending on the costs of poverty, GBI is a financially feasible program ready for implementation in Canada — if politicians step up.

The prevalence of different forms of partial basic income in countries around the world has helped debunk another basic income myth: people receiving free money from the government will put their feet up and stop working. This one's so prevalent that basic income advocates have even assigned it a name — the Malibu Surfer.

University of Chicago economist Ioana Marinescu has studied multiple unconditional basic income programs in the US and Canada and found no evidence of a large-scale disincentive to work.

"Our fear that people will quit their jobs en masse if provided with cash for free is false and misguided," she writes in an article for the Roosevelt Institute.

One such test of basic income was a series of US trials that took place in the 1970s designed to evaluate the effects of Negative Income Tax (NIT), a form of GBI. The vast majority of trials identified no harms to the labour market.

"Would a large number of people respond to an NIT by withdrawing entirely from the labor force? [...] The experiments found no evidence of such behavior. Some of the experimenters said that they were unable to find even a single instance of labor-market withdrawal," wrote basic income advocate Karl Widerquist, who is also a professor of political philosophy at Georgetown University.

Marinescu also studied the Alaska Permanent Fund —

which provides everyone who has lived in Alaska for over a year with an annual amount of US\$800 to \$2,000 — concluding the stimulus cheques have "not made Alaskans any less likely to work." A similar program overseen by the Eastern Band of Cherokees — which provides all band members with a dividend of casino profits worth about \$4,000 per year — also doesn't have an effect on band members' willingness to work, according to Marinescu.

Economist Djavad Salehi-Isfahani, a professor of economics at Virginia Tech and a fellow at the Brookings Institution, and Mohammad Mostafavi-Deh-zooei, an assistant professor of business at Georgia Southwestern State University, studied an Iranian basic income program and also found no decline in employment rates.

"Our overall conclusion is that the program did not affect labour supply in any appreciable way," they wrote.

In Canada, Evelyn Forget, the University of Manitoba Researcher, told *BBC* she found no change in employment rates in Dauphin during the basic income study. She also cited a recent basic income study in Finland that found participants were able to take on more work with the support of basic income.

"The nature of the jobs that people got once they received a basic income was changing so instead of taking on precarious part-time work, they were much more likely to be moving into full-time jobs that would make them more independent. I see that as a great success."

A similar trend was identified by researchers studying the Ontario Basic Income Pilot. They found that 61.5 per cent of study participants who responded to a survey from McMaster University believe it is easier to look for jobs with the support of GBI — something the researchers attribute to the improved general well-being of recipients.

An even further indictment of the Malibu Surfer theory: 78 per cent of respondents said the free money from the government motivated them to find a

better paying job — again likely due to the increased health fostered by the program. When given money by the government, people felt motivated to improve their lives.

However, the McMaster study also found that 15 per cent of participants who had a full-time job before enrolling in the Basic Income Pilot stopped working during the study. Therefore, doesn't this vindicate the Malibu Surfer theory? Not quite. 26 per cent also said they went back to school during the study period, which would likely allow recipients to increase their incomes in the long term, and can hardly be equated to putting your feet up.

Similarly, 40 per cent of recipients of the Canada Emergency Response Benefit (CERB) — a temporary basic income implemented during the pandemic to help cushion job losses—used the program to pursue additional education, according to a survey conducted by the Canadian Centre for Policy Alternatives.

In study after study, people took the flexibility afforded by basic income to bolster their future financial success — a clear disapproval of the Malibu Surfer theory.

But where else might basic income cheques be going? Could taxpayer dollars end up in the hands of drug dealers? Most likely not. Basic income is shown to improve beneficiary's health, in turn leading to reduced drug-use.

In the Ontario Basic Income Pilot, 82 per cent of survey respondents said their mental health improved under GBI, 17 per cent of smokers said they quit during the study and 39 per cent said they smoked less often. Forty-three per cent drank less alcohol, while 4.7 per cent stopped drinking altogether. An unnamed participant described how her increased well-being under GBI helped ease her smoking habit.

"[I was] smoking much less on basic income because I wasn't as stressed out. ... I was coughing up blood before as a result of my smoking habit. ... When I had money to do things,

and I generally felt better about myself, I felt less need to smoke and so I began to give up smoking," she told McMaster researchers.

Research examining the Canada Child Benefit has found similar results. Families receiving the benefit were shown to spend more wisely and in the interests of their children.

A report from the Canadian Centre for Economic Analysis found "families who receive greater child benefits increased their spending on goods that increase health and reduce their spending on 'risky' goods such as tobacco and alcohol, which likely contributes to [...] positive health outcomes [...] The transfers shift expenditure patterns, increasing families' share of expenditures on necessities, namely food, education and child clothing."

Marinescu also found that the money provided to band members in the Eastern Band of Cherokees casino dividend program served to reduce addiction.

"[The dividends] also had positive impacts on parenting, mental health, and reduced substance abuse among youth. For those who fear that recipients will use cash grants on drugs and alcohol, these results prove the exact opposite: cash *reduces* addiction by improving economic security," she writes in an article for the Roosevelt Institute.

Sure, critics might say that there's nothing stopping GBI recipients from putting tax dollars towards drugs. But this ignores the full picture. GBI improves people's lives, removing the underlying conditions that feed users' dependence on drugs.

But what about inflation? There has to be at least one preconceived notion about basic income that's correct, right? Wrong. Basic income doesn't lead to price increases, but instead helps households absorb the effects of inflation.

When Alaska introduced its Permanent Fund in 1982 its inflation rate was above the US average, according to news website *Medium*. Since then, inflation in the state has dropped lower than the nation-wide aver-

age. According to UBI Works, "prices go *down* when the cheques go out"— companies often reduce prices when consumers receive stimulus in order to encourage them to spend the money.

Similarly, when Kuwait introduced a form of basic income in 2011, its rate of inflation decreased dramatically. In December 2010, inflation was at 6 per cent, however it began to rapidly fall after the program's implementation, reaching just 3.8 per cent in February 2012, according to *Medium*.

Another common misconception about GBI is that the deficits it would create — like the huge deficits governments ran during COVID to fund programs like CERB — would lead to quantitative easing, the inflationary practice of literally printing more money. This claim ignores the fully costed plan that proves GBI can be implemented without incurring debt.

"Contrary to what misinformed fearmongers might suggest, a basic income could ease inflation. Most economists agree that inflation is caused by introducing new money into the market, not by redistributing it... A basic income would not cause inflation; it would help families facing rising costs," wrote basic income advocate Reverend Chris Butler in *The Chicago Tribune*.

Misinformed fearmongers were wrong about so much else as well. Contrary to the claims of Minister Lisa MacLoed and others, GBI will prove a feasible alternative to help everyday Canadians without shrinking the labour market, putting tax dollars in the pocket of organized crime, creating inflation, or inhibiting economic growth by increasing taxes. With astounding benefits and minimal shortfalls, Canadians want to see GBI implemented. Sixty per cent of respondents to a 2020 Angus Reid poll were in favour of the idea.

With majority of support amongst voters, it's now time for leaders in Ottawa to deliver on GBI's potential to fundamentally transform Canadian society, from the ground up and make change.



SARA MAYA BUDHIRAJA



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My Time at an Indian Wedding (in India!)

PERSONAL NARRATIVE
by Jiya Budhiraja (8)

The vibrant colours of the traditional attire. The rhythmic pulse of the music. The fragrant aroma of Indian spices. My experience at an Indian wedding was truly an amazing cultural experience.

Witnessing the intricate

Mehendi designs being carefully applied to the bride's hands and feet was a captivating moment. The exchange of vows between the bride and groom was a profound and affecting culmination of the ceremony. The post-wedding festivities were a kaleidoscope of joy, with dance performances, music, and delicious Indian cuisine. Engaging

with the warmth and hospitality of both families involved, I felt like not just a spectator but a welcomed participant in the celebration of love and culture. The Indian wedding will be a memory I cherish. It was a celebration that transcended borders and left me with a deep appreciation for the universal spirit of joy that accompanies the love of a happy

couple.

A traditional Indian wedding consists of three main events: the Sangeet, the wedding ceremony and a reception dinner.

The Sangeet, which was held in Mumbai, is a pre-wedding party held by the bride's side of the family. This night usually contains thoroughly choreographed dances and music lasting through the night. This celebration is usually known as "the last night of freedom". The last Indian wedding I had been to was when I was 5 years old, so I remembered very little. This time, as I walked into the Sangeet with my blue lehenga, I was mesmerized by

the stunning lights and flowers hung around the venue. It was an astonishing experience.

The wedding ceremony was as stunning as the Sangeet. Lilies entangled with daisy yellow fairy lights hung from the ceiling above the stage. I watched the beautiful bride walk down the lane. Her wedding dress was silver. It consisted of hundreds of diamonds and sparkles and it was amazing. I will never forget the twinkle in her eye as she stepped onto the stage to begin the ceremony. After the ceremony, the rest of the night consisted of congratulating the bride and groom, tasting the vibrant flavors of Indian food and

watching the entire family dance and sing.

The reception dinner was held in Gurugram. This is where most of my side of the family (the groom's side) lives. This dinner was more formal and consisted less of dancing and singing and more of talking and socializing. My cousins and I ran around the venue playing and having fun while the adults caught up.

Seeing our family all together was such an important experience for me. Family is something that I value very much and bonding with my family during my trip was an experience I will never forget.

REVIEW



BEST BRUNCH SPOTS IN VANCOUVER

REVIEW by Elle Glen (10)

While brunch menus are usually limited to variations of the same classic dishes, like avocado toast, eggs and waffles, there is a lot of room for experimentation and excellence in both flavour and presentation. The following restaurants are reviewed on the quality of their ingredients, the diversity of their menu, the quality of service, presentation, and overall taste. The majority of these restaurants are centrally located and should be accessible to Hamber students.

Cafe Medina
780 Richards St
Rating: 5/5

Price: Mains from \$11 to \$26, sides from \$2.50 - \$8 and drinks from \$3.25 to \$8

The Story: According to their website, Cafe Medina "is a purveyor of fine Mediterranean-inspired cuisine, connoisseur-savvy coffee and sweet sustenance via the city's best Belgian waffles." Mentioned in the Michelin Guide, this restaurant's impeccable service and quality ingredients stood out among the options reviewed here. With a diverse menu that offers unique savory options and their famous liege waffles, ordering both a sweet dish and a savory dish was the best way for me to get a sense of their impeccable quality. No matter what you order, it must be accompanied by a serving of their liege waffles, which can be ordered with an assortment of toppings. Medina hosts a compelling

atmosphere that blends industrial tones with antique French decor. Despite the prices and the wait time, this restaurant is without a doubt worth the line and the five star rating.

Food to try:

Avocado Toast (\$11): Despite arguably being one of the most "basic" brunch foods, this Avocado Toast exceeds expectations. Topped with a perfectly poached egg, fresh salsa and served on grilled focaccia, this is a perfect example of Medina's excellence.

Mini Liege Waffles (\$4.20 each): Best topped with their Mixed Berry Compote (an additional \$1.25), and White Chocolate Pistachio Rosewater sauce (an additional \$1.25), their freshly baked mini waffles complement any of their savory dishes or drinks perfectly.

Nero Waffles
1002 Seymour St or 1703 Robson St
Rating: 4.5/5
Price: \$\$

The Story: Specializing in Belgian waffles, Nero has two downtown locations which offer an array of unique waffles and drinks. As if choosing which toppings to order wasn't hard enough, the restaurant serves two different types of waffles, Liege and Brussels. Brussels waffles are light and crispy and can be paired with sweet and savory toppings, while the Liege waffles are soft, sweet and chewy, and go best with sweet toppings. While both variations are good on their own, the addition of toppings makes them so much better.

They also sell mini liege waffles to-go in flavors like Raspberry, Matcha, Smores and Churro, for \$3.70 each or a box of 7 for \$22, which allow you to bring the experience home.

Food to try: Waffles from \$6.50 to 21\$ and drinks from \$4 to \$7

Tiramisu Waffle (\$17): A new take on the classic Italian dessert combines a chocolate waffle with espresso mascarpone, belgian dark chocolate flakes, cocoa powder and vanilla ice cream. The bitterness and sweetness are perfectly balanced.

Avocado Benedict Brussels Waffle (\$19): This dish elevates the classic eggs benedict in a unique and delicious way. Served on a crispy Brussels waffle topped with avocado, poached eggs, greens, and a house made hollandaise sauce, the Avocado Benedict waffle is a perfect savory option.

El Camino's
3250 Main St - Weekends only from 10 AM - 2.30 PM
Rating: 4/5

Price: Mains from \$12 to \$18.50 and sides from \$6 to \$14

The Story: While also offering dinner, El Camino's popular weekend brunch blends Latin American street food with classic brunch items. Their savory options balance spice and acidity, while their sweet dishes use unique garnishes to enhance overall richness and flavor. This is complemented by a vibrant and fun atmosphere. However, the menu is somewhat limited, especially when it comes to vegetarian or vegan

options.

Food to try:

Canela French Toast (\$16.50): Their French Toast, made with fluffy cinnamon bread and served with tequila caramel sauce, strawberries, bananas, candied pepitas and whipped cream, is rich and delicious.

Huevos Rancheros (\$16.50): Served on crispy tortillas and topped with sunny side up eggs, black beans, feta, avocado and rancho sauce with home style potatoes on the side, the Huevos Rancheros offers classic Mexican flavors and a good amount of spice.

Guacamole + Chips (\$14): While this doesn't necessarily scream "brunch food," the dish strikes a perfect balance between the spice and acidity of the guacamole and the salt of the chips.

Jam Cafe
556 Beatty St or 2153 West 4th Ave
Rating: 3.5/5

Price: Mains from \$16 to \$22.75, sides from \$3 to \$9.50 and drinks from \$1.50 to \$10.50

The Story: With three Vancouver locations, this local favorite always has a line outside, no matter the weather. The wait is somewhat worthwhile considering Jam Cafe's multitude of both sweet and savory options, including benedicts, skilletos, pancakes and waffles. While their food is good, it isn't worth the ordeal of waiting in line for an hour, which makes this spot less appealing. Best to go on a weekday, instead of a weekend to avoid the full extent of the wait time.

Food to try:

would be crispy on the outside and creamy, due to the custard, on the inside. Instead, the outside of it was very soft, more than expected, and also crumbly and flaky. The custard inside did not really taste like the custard we were accustomed to – it was less sweet than expected and the texture of it was grainy and liquidy.

Cynthia's rating: 4/10
Willow's rating: 4/10

Cream Puff, \$7.50 for 9: These were more or less your typical cream puff, a flaky and slightly chewy outside with rich cream on the inside. We found there to be a lot of cream inside the cream puff – which wasn't necessarily a bad thing. However, be careful when eating it, so you don't end up with a sweet cream mustache. Some parts of the outside that had been touching the cream were rather soggy, but that

The Herald Street Omelette (\$21): Named after their original location in Victoria, this four egg omelette is made with a choice of three fillings and is served with hashbrowns and toast. Filling options include cheese, salsa, tomato, bacon, spanish, mushrooms and ham.

The Fat Elvis Waffle (\$19.75): Their house waffle topped with caramelized bananas, sugar-cured bacon and a peanut butter drizzle is both rich and flavourful, and is a great sweet option.

Pür and Simple
299 East 10th Ave
Rating: 3/5

Price: Mains from \$12.5 to \$22.5 and drinks from \$3 to \$8

The Story: Pür and Simple serves classic brunch dishes, which have that homestyle taste. It is well priced for the portion sizing, and offers an array of options ranging from waffles to benedicts. Large windows let lots of natural light into this clean and welcoming brunch spot. However, the dishes aren't the most unique, and the quality and freshness of ingredients aren't the best, despite the good presentation.

Food to try:

The Canadian (\$20.5): A good way to sample Pür and Simple's menu, this dish comes with 2 eggs with the option of bacon, sausage or ham and a choice of crepes, pancakes, french toast or a waffle.

Smoothies (\$7.50): Their array of berry smoothies accompany any main course well.

didn't take away from the overall taste.

Cynthia's rating: 8/10
Willow's rating: 7/10

Mango Cream Cheese Cake, \$9.38: When we saw this on the shelf, we assumed that this was a mango-flavoured cheesecake based on its name. We thought this was a steal because, when is a whole cheesecake sold for under \$10? Unfortunately, we were mistaken. The texture was not at all like a cheesecake and was more of a jello. Although this dessert was not extremely sweet, the mango flavour was pretty artificial. It was probably labelled as a "cream cheese cake" (as in, a cake made with cream cheese) because there's not enough cream cheese to classify it as a cheesecake.

Cynthia's rating: 7/10
Willow's rating: 6/10

A Dessert Lover's Paradise: Review of T&T's Sweets

REVIEW by Willow Peterson (10) & Cynthia Zhu (10)

On average, Canadians spend around \$250 a month per person on food. Since food is such a big part of our lives, why not find a place where you can purchase the best quality food at reasonable prices? Why not also step out of your comfort zone and explore new foods from different cultures? If this sounds exciting to you so far – join us on our reviewing spree of T&T Supermarket! We will be reviewing several of the items purchased in the dessert aisle of the ready-to-eat food section.

Large Chocolate Eclairs, \$6.39 for 3: Up to many Asians' standards, we found these to be not too sweet. The texture of the cream inside balanced very well with the crunchiness of the bread. The layer of cream was also relatively thick and satisfying and was not too rich. However, we found it to be difficult to eat – it was pretty messy and fell apart fairly easily.

Cynthia's rating: 8/10
Willow's rating: 8/10

Fresh Mango Tapioca Dessert, \$6.99: When we saw this in the aisle, we thought that, like many other tapi-

oca desserts, the texture of the mango sauce would resemble jello. Instead, it was more watery and runny than we would have liked. The tapioca was very sweet and perfectly chewy, but the mango pieces, although fresh, were extremely sour, which took away from the overall flavour of the dessert. The mango cubes will most likely be sweeter once mango season comes around, which should improve the taste.

Cynthia's rating: 6/10
Willow's rating: 7/10

Custard Puff, \$5.99 for 4: Looking at these, we thought they



T&T SUPERMARKET



T&T SUPERMARKET

HAMBERGER

HOW TO MUNCH LIKE A CERTIFIED CELIAC

SATIRE by Tiffany Adams (10)

On Thursday, May 18, 2023, after getting three shots during the immunization clinic, my dad picked me up and told me I had celiac disease. Celiac disease is when the small intestine is hypersensitive to gluten, leading to difficulty digesting food. Personally, I don't feel good after consuming bread, although other people find themselves in need of a bathroom. I am not one of those people.



TATE'S BAKE SHOP GLUTEN-FREE COOKIES

When I want cookies, I have to go to specific grocery stores to get the best packaged gluten-free cookies from Tate's Bake Shop. They're crispy, they're chocolatey, they're everything a gluten-free Oreo isn't. I remember my grandmother bringing me the glutenous version of Tate's cookies for the first time and thinking I met God. I have tried both their gluten-free and gluten-filled cookies, and they are identical. The only downside of these amazing cookies is their price; I do not want to pay a higher price because I have a problem digesting something.

SHAKE SHACK

Gluten-free or not, Shake Shack has some of the best fast-food burgers I have ever had. Shake Shack offers the option to replace their normal buns with gluten-free ones, but there are still cross-contamination risks. However, the bloating, irritability and mood changes are 100 per cent worth eating the deadly gluten burger. I have not had a hamburger since visiting Shake Shack on New Year's Eve, and my mouth longs for the juicy and filling taste of a Bacon Cheeseburger with Shack Sauce.



CRUMBL COOKIES

A Crumbl Cookie is the finest snack you can ever give somebody with celiac disease. It is best paired on an empty stomach with no fluids and is something you would eat after having an endoscopy to see the amount of gluten antibodies you have. The chocolate cake batter chilled cookie is so good it is deadly, especially if gluten damages your small intestines. The long trek to the nearest Crumbl is worth it after the first bite of the protein-packed cookie. Every bite of the oily cakey chocolate will boost your serotonin levels so high you will have a sudden urge to spend the rest of your life at the gym.

QUE PASA CHIPS

When my pediatrician told me I might have celiac disease, I didn't really think that much of it. I got my dad to buy me Que Pasa's organic tortilla chips in the flavour twist of lime and he sent me off to school. As I entered my grade 8 math class with my massive bag of mouthwatering gluten-free chips, everyone in room 300 begged me for one. Little did I know that people asking to eat my gluten-free food would soon be my life.



ALANI NU

My brother has a waking up problem and he has introduced his craving for caffeine to me in the form of energy drinks. On a trip to Costco, rather than buying a pack of Red Bull or Monster for almost \$50, we ended up with a third option: Alani Nu. Caffeine makes me jittery, which is why I don't drink it often, but every now and then, I will drink an Alani Nu because its flavours are just too good. The can advertises that it is gluten-free and has many vitamins like B6 and B12. However, it is still an energy drink and can have negative health effects like unhinged comments and extreme quirkiness.



BOOKS

A snack I am tired of gate-keeping that just so happens to be gluten-free and helps with brain development is a book. Books are full of nutrients that help with mental improvement and will keep you full for days. I was eating a book once and it was called The Incredible Book Eating Boy, and when I ate the book I learned his story. He would eat books and in doing so, digest the information of them through his stomach. I hope when I eat my math workbook, I will be able to finish my homework in under an hour.



GLOSSIER BIRTHDAY CAKE BALM DOT COM

Before it exploded on me when I was on vacation, my Glossier Birthday Cake Balm Dot Com was like gum to me. I'd always have it on me, and when I was feeling hungry for something sweet, I would put it on and slightly lick it off. I hate that Glossier got rid of their old formula for their balms, as well as their best flavour, cherry. Cherry and birthday cake were my pookies — they were so yummy and gluten-free. I call upon Glossier to bring back the old formula, the old packaging, the old prices, and the cherry flavour.



HAMBERGER

HAMBER CONNECTIONS

PUZZLE by Katja Radovic-Jonsson (12)

HOW TO DO THE CONNECTIONS:

- ★ Group words that share a common thread.
- ★ Words are categorized in groups of 4 and have different difficulties based on how hard the connection may be.
- ★ There is only one solution which means that some words may fit into multiple categories so don't be tricked!
- ★ The answer to the connections is at the bottom of this page!

FOODS	SUNSET	TEXTILES	BREAKFAST
TEA	WOODWORK	KARAOKE	PROJECTOR
JEWELRY	MATH	DESK	TEAMS
CRAFT	COFFEE	CULTURE	COMMITTEE

Category Name: _____ Words: _____

1. _____

2. _____

3. _____

4. _____

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Red + Cat Records

CROSSWORD CORNER

PUZZLES by Austin Witter (12)

1	2	3	4	5
6				
7				
8				
9				

- Across**
1. Something enclosed by marks
 6. Stoked or pumped
 7. First Indigenous people to encounter Columbus
 8. One atom of carbon is exactly 12 of these
 9. Edge of a bowl
- Down**
1. 2022 World Cup host
 2. Taste in meat and mushrooms
 3. Poppy product
 4. Number of Canadian provinces
 5. Period of Japanese history

1	2	3	4	5
6				
7				
8				
9				

- Across**
1. Delicious
 6. One of Red, folklore, or Midnights, at her tour (2 wds.)
 7. Her [3-Down]th album
 8. «J'envoie» en anglais
 9. Danger for rapidly ascending divers
- Down**
1. Government of Afghanistan, with -an
 2. Voldemort lacked this (2 wds.)
 3. Who ate nine?
 4. "I come back stronger than a 90s ____"
 5. Grass exhibitions

	1	2	3
	4		
5	6		
7			
8			

- Across**
1. Melancholy
 4. Suffix with capt- and beeh-
 5. Empire that men often think about
 7. Antiquated unit of measurement
 8. Like old bread
- Down**
1. Son of Mufasa
 2. Assist or aid
 3. Pasta preparation, after "al"
 5. Toy cars or boats, perhaps
 6. Reveal as LGBTQ+

Answers to Connections from most straightforward to tricky: ADST Electives: Foods, Textiles, Woodwork, Jewelry // Hamburger Clubs: Tea, Culture, Math, Craft // Teacher Essentials: Coffee, Projector, Desk, Teams // Grad _____: Sunset, Breakfast, Karaoke, Committee