

The Griffins' Nest

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RUSSIA INVADES UKRAINE



NEWS REPORT by Ruby Ellerman (9)

What began as 190,000 Russian soldiers lining Ukraine's border has quickly materialized into a full-blown invasion.

On February 24, Vladimir Putin, the President of the Russian Federation, announced "a special military operation," widely seen by international observers as an assault on Ukraine and its sovereignty.

Analysts say that after years of tension between Russia, Ukraine, and NATO, the situation is of disastrous proportions, sparking "the greatest threat to security in Europe since World War II," according to US Secretary of State Anthony Blinken.

Starting with Ukraine's independence in August 1991 after the collapse of the Soviet Union, leading to Ukraine's recent consideration to join NATO, Putin's hunger to reclaim Russia's influence over Ukraine and other countries has progressed day by day, reports *The Guardian*.

Analysts say the invasion was primarily a result of Ukraine's push to join NATO. NATO, short for North Atlantic Treaty Organisation, is a group of countries that formed an alliance after World War II, based on the premise of collective security. The alliance now consists of 30 countries, including Canada, the US, the UK, and Germany. The agreement is set up so that in the event one NATO country is attacked, the others will come to its aid. According to *Al Jazeera*, Russia feels vulnerable having NATO countries right up against its border.

As reported by *The Guardian*, Russia was, before it invaded Ukraine, attempting to use its troops as a bargaining chip. While Putin denied any plan to attack, as admitting this would spark more conflict, he attempted using his position as leverage over the country.

Experts say Putin was likely trying to force Ukrainian President Volodymyr Zelenskyy to give Russia a say in Ukraine's potential NATO membership, by putting pressure on its borders. Russia also appears interested in proving that it is still a superpower, trying to re-establish its former status from the previous century.

Although the present Russian Federation and the Soviet Union are two distinct states, Russia has strong national ties to the power and history of the former USSR. According to *Vox*, Ukraine, and particular-

ly Crimea, was of great importance to the Soviet Union before its independence. Its location along the Black Sea provided trade and resources, boosting the economy. Putin sees Russia's loss of Ukraine in the Cold War as a symbol of its loss. Therefore, if Ukraine bends to Russia's demands to pull back from NATO influence, this would prove to the West that Russia has more control.

Additionally, some experts speculate that Russia is taking advantage of the US's post-Afghanistan withdrawal position to strike now. Due to US President Biden's campaign promise to end the "forever wars" in Afghanistan and the Middle East, Russia may have believed the US would be unwilling to engage militarily in a foreign state following its defeat last year.

According to *The Guardian*, Putin's demands included NATO backing off from supporting Ukraine, as well as never accepting it as a member. He also asked Ukraine to remove its territorial claim over Crimea. Additionally, Putin wanted to prevent the moving of new US medium-range missiles into eastern and southern Europe. However, no country has yet to approve of any of Putin's terms — precisely what fueled the current conflict.

On February 21, Russia recognized the Donetsk and Luhansk People's Republics, two separatist-controlled territories in east Ukraine, as independent. While many Russian-speaking Ukrainians live there, according to international law they are still part of Ukraine. Russia also sent troops into the regions in what they described as a "peacekeeping" force, a statement strongly rejected by the international community.

As well, Putin's ominous threat on February 24, after the start of the invasion, still hangs in the air: "Whoever tries to interfere with us, and even more so, to create threats for our country, for our people, should know that Russia's response will be immediate and will lead you to such consequences that you have never experienced in your history."

However, Zelenskyy declared on February 25, "Ukraine has been and remains ready to talk about ceasefire and peace," and has repeatedly said Ukraine intends to defend its sovereignty. Whether Putin will

agree to discuss pulling back is unlikely but remains to be seen, report news organizations worldwide. Talks between Ukraine and Russia initiated at the Belarussian border on February 28 appear inclusive as of publication.

Russia's aggression has drawn swift international condemnation. "The Russian attack on Ukraine is a blatant violation of international law," stated the Chancellor of Germany, Olaf Scholz. "There is no justification for it." Prime Minister Justin Trudeau said, and emphasized Canada's support for Ukraine. "Canada calls on Russia to immediately cease all hostile and provocative actions against Ukraine and withdraw all military and proxy forces from the country," tweeted Trudeau the day before the invasion began.

Due to the increased security risk more than a dozen NATO countries have ordered their citizens to leave Ukraine, reports the *BBC*. These include the US, UK, and Germany. Canada too has asked for "all Canadians in Ukraine to make the necessary arrangements to leave the country now."

The Government of Canada stated Canada "has been steadfast in [its] commitment to Ukraine's sovereignty, territorial integrity, and independence," and enacted strict sanctions.

As of publication, Russia's invasion is approaching Kharkiv, Ukraine's second-largest city, as well as outward from the Donetsk and Luhansk regions and straight toward Ukraine's capital, Kyiv, from the border surrounding Chernihiv.

Putin's justification of the invasion lies in his 'Nazi' narrative, in which he started in a speech his goal was "the demilitarization and denazification of" Ukraine. According to *NBC*, Putin has long attempted to paint Kyiv as a Nazi supportive, antisemitic society with no proof for his claims. Ukraine's Jewish president responded to Putin's speech by asking, "How can I be a Nazi?" after having lost three family members in the Holocaust.

Russia has run into significant resistance from the Ukrainian military and civilian militia, and experts say previous analyses overestimated the strength of Russian forces and underestimated the strength of

Ukrainian forces.

Around the world and even in Russia rallies have been taking place, beginning only hours after the start of the invasion. In St. Petersburg, Russia, a young crowd shouted "No to war!" and "Ukraine is not our enemy!" as they marched along St. Petersburg's main street. Over two thousand Russians have been arrested protesting their President's invasion of Ukraine. "I have no words, it's just disgusting," said a young woman at the rally.

On February 26, Vancouverites participated in the "Stand with Ukraine against Russian Invasion" rally, along with citizens in many other major cities around the world during the past weeks.

Recently NATO has activated their response force for the first time in reply to the invasion, reports *CNN*. As well, the European Union and allies have decided to remove Russia from SWIFT, the primary international payment system.

Germany has decided that "a complete field hospital will be handed over, including the necessary training, all co-financed by Germany to the tune of 5.3 million Euros (CAD \$7.5M)" for Ukraine, said German Defence Minister Christine Lambrecht. German Chancellor Olaf Scholz also announced last Sunday that Germany would more than double their defense budget to 100 billion euros, being what experts have called the largest shift in post-WWII German military policy.

Many countries have been sending weapons to Ukraine, while subnational jurisdictions like Quebec and BC have removed Russian alcohol from government liquor stores, in addition to national and international sanctions. It is clear that many countries are in support of Ukraine, experts say. In response, however, Putin has put Russia's nuclear weapons on high alert.

As of March 1, there were at least 5,710 people either killed or wounded during the conflict, with the United Nations High Commissioner for Refugees stating that there have been at least 660,000 refugees fleeing Ukraine. A US official stated that the Biden administration's information "indicates that Russia plans to threaten [to kill] the family members of Ukrainian soldiers if they do not surrender."

BC's New COVID Strategy: Treat It Like the Flu

NEWS REPORT by Julia Ling (11)

First reported by the World Health Organization in late November of 2021, the Omicron variant of COVID-19 is now the dominant strain in BC. Omicron has been seen by experts as milder, and as a result it is more difficult to tell if minor symptoms are COVID-19 or the common cold.

As the line grew more blurred, demand for polymerase chain reaction (PCR)

tests outstripped BC's supply, and testing was reserved for at-risk groups and people with moderate to serious symptoms. The result: individual cases are currently not being counted. Instead, hospitalizations and death counts are used to monitor the spread.

In response to Omicron's mildness and the province's high overall vaccination

rates — 93.2 per cent of eligible people 12 and older in BC have received their first dose as of February 18, 2022 — BC has changed many of its guidelines and restrictions regarding COVID-19. As of early February, the public health orders limited personal gatherings to yours and another household, or ten guests, all vaccinated. Indoor organized gatherings were strictly prohibited, and indoor venues such as movie theatres were reduced to 50 per cent capacity.

Beginning February 17, restrictions were eased. Now, personal gatherings do not have limits on guests. Indoor organized gatherings, gyms, and seated venues are at full capacity. It is to be noted that

despite these changes, masks are still required everywhere indoors, and proof of vaccination is needed to enter. Restrictions, barring masks and vaccine passports, are functionally over.

Provincial Health Officer Bonnie Henry anticipates school COVID-19 guidelines to change "sooner than later," also citing concern about vaccination rates in children aged 5 to 11. As of February 15, only 55 per cent of eligible children had received one dose. To increase vaccination speed, Henry is considering targeted clinics for younger children, and encourages parent-physician communication on the safety and efficacy of the vaccine for children.

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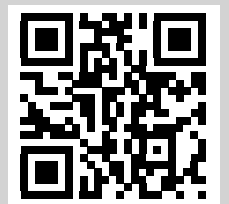
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HAMBER AND STUDENT LIFE



2022's RECRUITED ATHLETES

NEWS REPORT by Adelaide Guan (9)

As Hamber's class of 2022's high school years come to a close, doors to new opportunities are opening. For several Hamberites, these opportunities are taking the form of university athletics. Who are these committed athletes, and what did it take to get to where they are?

Hamber students have committed to universities for a variety of athletic disciplines. **Nina Louis** (12) has signed with UBC Okanagan's varsity women's soccer team. **Hazara Sandhu** (12) plans to play field hockey with York University. **Jessica Ng** (12) has committed to UBC for golf. What these three athletes share is their experience, determination, and love for their respective sports.

"It's been a few years now where I've been eager to play with a university soccer team," said Louis. "I'm so excited that this dream has actually come true."

Louis has played soccer since she was four years old. She currently plays in the selects A division of the MWSL, British Columbia's women's soccer league. Playing against women twice her age that have a lot of experience can be tough, but Louis thinks it's a good challenge. "I know it's great preparation for when I eventually go to play at the university level," she remarked.

Sandhu began playing field hockey in first grade. It was her uncle, a former national team player, who introduced her to the sport and inspired her from the beginning. She began to want to pursue university field hockey in grade nine. "This is something I really love and I could really see myself playing in university and further into life," she said. Sandhu is a co-captain of Hamber's girls' field hockey team and a player for the Polar Bears Field Hockey Club. She

is also involved with Field Hockey BC.

Ng first started playing golf for fun when she was five. At 12 years old, she began to play more competitively. That was when Ng first started thinking about playing in university, and since then it's been her aspiration. Because golf is an individual sport, Ng doesn't play for a club. "I just go out to a course that's close to my home and practice there," she stated.

As a multi-sport athlete, Sandhu had to make sacrifices to get to where she is. Growing up, she had a variety of interests, including soccer, basketball, and dance. "A lot of different activities that I loved I had to give up," said Sandhu. "Training at a high level is very demanding."

Louis and Ng both say that they had no regrets, although the athletes had to make sacrifices. "I have zero time

for a part-time job," laughed Louis. The soccer player was still able to make time in her schedule for clubs and school sports. Though Ng had to skip out on some studying and time with friends, she regrets nothing. "It's gotten me to where I am today and it's given me opportunities I'm really thankful for," she explained.

Because Sandhu began taking field hockey seriously later than other players, she had some catching up to do. "I had to push myself by creating my own schedule to make sure I set aside time to go out to the field and practice," she revealed. Sandhu would train privately with her uncle, focussing on her physicality and skill.

Ng's main obstacle was her mentality. "I think golf is such a mental sport and to be able to develop that skill has been really hard for me," explained Ng. To overcome this, she's been focussing on developing a more positive mindset.

Louis, along with other athletes, had to face the recruiting process at the peak of Covid-19. Because of restrictions, she wasn't able to visit many campuses, there were limited identification camps, and her club games were cancelled. These components can be crucial for universities to recruit new players. "To overcome these challenges, I took advantage of what was available for players," Louis said. She participated in identification camps whenever possible, and played her hardest in games to obtain clips for highlight reels. Louis also attended multiple virtual seminars held by university teams to get insight into their programs.

For now, all three athletes' futures in their sports are unclear. Most do plan to continue playing; whether professionally or not.

"I definitely would take the opportunity to play professionally because field

hockey is something I love a lot," said Sandhu. The field hockey player thinks not continuing with the sport after university would be an upset for her.

"I just hope I'm successful during my university soccer years," said Louis. If the opportunity to play professionally came up, she thinks she would likely take it. "Otherwise, I think it would be fun to just continue playing on a high-level women's team after university," she decided.

Ng currently doesn't plan on playing professionally, but wouldn't cross it off her list. "I wouldn't completely disregard playing professionally," she disclosed.

Hamber's committed athletes have years of experience with their respective sports. With this experience comes lessons learned and advice for younger student-athletes.

"Definitely don't be afraid to take risks," Sandhu says. She thinks she was hesitant to get into such a high level of field hockey and to get the necessary exposure to be recruited for university teams. Sandhu feels that she missed many opportunities, especially when COVID-19 hit. "If you want to do something, I think you can 100% do it, as long as you work hard. Put yourself out there," she would like to advise younger athletes.

"Start reaching out to schools and coaches that you're interested in early," Louis says. She thinks it's important to obtain clips for highlight reels. Louis also attended multiple virtual seminars held by university teams to get insight into their programs.

Ng's advice to younger athletes is to really enjoy the process. "I know people say time flies by fast, but it really does," she said. Love what you're doing, and take advantage of the time you have.

How Mask Modifications Impact Efficacy

ANALYSIS by Mathew Fu (11) and Alanna Rudolph (11)

With the continued pandemic safety protocols, masks and their various modifications have become commonplace in society. A recent study published in the American Journal of Infection Control looked into the efficacy of different masks against COVID-19.

The most effective modification for improving source control is double masking or using a mask brace. Other effective modifications include knotting and tucking the mask, using earloop toggles, or using an ear loop strap. Ineffective modifications include crossing the earloops or placing a bracket underneath the mask.

The study tested the effectiveness of masks as source control, which differs from personal protective equipment ("PPE"). Source control prevents the wearer from transmitting aerosols to others, while PPE protects the wearer from exposure. Both cloth and medical masks are for source control, as they are ineffective at providing respiratory protection. In other words, wearing a mask protects those around you, but not yourself.

The masks used in the study included medical masks and cloth masks of various materials and ply. Double masking was defined as wearing a 3-ply cloth mask over a medical mask. Knotting and tucking was defined as knotting the earloops and tucking the mask loops under the knotted loop. Earloop toggles or adjustable straps were effective when they resulted in increased tension. All masks and other modification devices were pur-

chased online.

The particle collection efficiency was measured for two different brands of medical masks. Without modification, the collection efficiency was 56 per cent and 63 per cent respectively for coughing and 42 per cent and 55 per cent respectively for exhalation.

When double masking, the collection efficiencies were 85 per cent and 92 per cent when coughing and 92 per cent and 91 per cent when exhaling. With a mask brace overtop, average collection efficiencies were 95 per cent and 99 per cent for coughs and exhalation respectively.

For cloth masks, efficacy increased with increased ply. The collection efficiency for unmodified masks was 42 per cent for the 2-ply mask, 51 per cent for the 3-ply mask, and 71 per cent for the 4-ply, all for coughs.

The study was conducted with a simulator that expelled a test aerosol, consisting of potassium chloride and sodium fluorescein aerosol solution, as a source and a breathing simulator six feet away as a recipient. A mask with or without a modification was placed on the source. Then, a particle counter measured the concentration of aerosols at the recipient simulator.

With the continued prevalence of COVID-19 cases, these methods for scientific evidence on the matter of mask efficacy and the effectiveness of various modifications become increasingly significant.



The GOATs of Ennovate: How Hamber's Award-Winning GOAT Soap Came to Life

NEWS REPORT by Katja Radovic-Jonsson (10)

Over the past few months, GOAT Soap has become a brand that many Hamberites have come to know and love. By selling a variety of organic goat-milk-based soaps over the holidays, the company has become incredibly successful within and outside our school community, selling 176 bars of soap over two months. Additionally, the Grade 11 and 12 students behind the initiative recently won first place in the UBC Ennovate business competition. But although the brand has become wildly popular, not much is known about its journey to success. How did GOAT soap come to life, exactly?

Every year, an organization called Enactus UBC hosts a business competition for BC high school students. The first six weeks of the program allows participants to attend workshops about advertising, marketing, presentation, and financing. It then allows participants to create a product to sell that relates to a yearly theme. This year, the theme was sustainability.

Selling soap wasn't the team's first idea. "We initially wanted to sell candles, but because of the pandemic, [we decided to sell soap to promote hand hygiene]," says team member **Justin Siu** (11). In regards to their choice of using goat milk, **Ryan Hsu** (11) explains that it was "mainly about differentiating

ourselves from other companies ... we thought it would be a cool way to make our brand different from the others."

Once an idea was established and a brand was created, the team was given a three-month selling period to put their product into action. While the full recipe for the soap is a secret, it was based on a pre-existing soap recipe which the team "heavily modified to fit our mission of being organic and sustainable," according to Hsu.

The selling process was not an easy one. "In the beginning, there was an influx of sales, and we found it difficult to manage our efforts efficiently with high labour and a low number of workers," **Jenny Lan** (12) explains.

Despite the challenges they had to face, the GOAT Soap team prevailed. "We were able to establish a make-to-stock production method instead of a make-to-order method, which streamlined our process," Lan says.

At the end of the selling period, the team made a pitch to Ennovate's panel of judges in a conference held online. Out of 14 teams, four advanced to the finals. After pitching once more in the final round, the GOAT Soap team placed first in the competition.

"We went in with the mindset that we'd at least represent our school in a positive way, but when we actually won,

I didn't think it was real. It was a great experience hearing the words that we had actually won," Hsu says.

While winning was certainly exciting for the students, helping the community was even more impactful for them. "Our brand is really focused on building a bond with each customer, and [it was great to] see that Hamber students are supporting our product, and to see that connection and the positive reviews," **Andrew Chung** (12) explains. This emphasis on community support extended beyond the school community as well, with 100 per cent of the company's profits going to the BC SPCA.

With the Ennovate competition now over, GOAT Soap Hamber has reached the end of its journey. However, for the students behind the company, this may only be the beginning of their entrepreneurship journey. According to Hsu, much of the team will likely use the experience they had to participate in future competitions, or even start their own companies someday.

For Lan, moving forward from the experience is difficult. Working on such a project with like-minded individuals is certainly one to be remembered. With that said, the thing she will remember most is that "as much as the result was rewarding, the lessons they learned were equally as rewarding."



Beyond Football

NEWS REPORT by Spencer Izen (12)

"It's not about football. It's about helping people find their best potential," says Griffins Football Head Coach Mr. Bobby Gibson, reflecting back on the district-unique program he founded nearly 12 years ago.

Gibson, who had grown up in Saskatoon, was surprised to learn after moving West that the sport he loved didn't have much of a place on the fields of Vancouver's public secondary schools. After landing a full-time position with Eric Hamber's Physical Education Department, Gibson set out to change that.

"I said to myself, once I get into a school and into a PE department, I want to try and make [football] happen," Gibson told *The Province* a dozen years ago back when the program was just getting started. Famed BC sports reporter Howard Tsumara, who interviewed Gibson for *The Province*, described the initiation of Hamber's Griffins football team as "biggest start-up project in all of high school sports."

In the latter half of the 2010s, the Griffins transformed from a junior varsity start-up to a Tier II BC Championship-winning, letter-of-intent-signing, university-recognized name in the world of secondary sports.

Ishaan Gaur, who graduated in 2021, played for the Griffins throughout his high school career, and said the program "played a large role in [his] growth as a student-athlete and person." Gaur, who has continued to play football for Simon Fraser University, shared his favourite memory of the program "winning a championship in 2017 while playing in BC place," adding that it was a "surreal" experience.

Playing 10 seasons, the COVID-19 Pandemic's onset in early 2020 brought the team to a halt, and they haven't been able to get back on the field since. During the fall, Gibson ran a three-days a week informal football program with a few students. "It was actually pretty remarkable that they knew that they would probably never actually get to go to another school to play or practice or anytime," Gibson shared in admiration, adding that the tight group of four was "out regularly" for eight weeks.

Joshua Klimek (12), one of the four students who trained this past fall, told *The Nest* "the program was a great opportunity to meet new people, improve my overall athletic ability, and discipline."

Throughout the Griffins 12 years, the program has faced persistent challenges, both on and off the field.

"The single biggest challenge that we have had and continue to have is people playing," Gibson said.

Gibson explained that while there

are always students who want to play, "there's a lot of concern around football," which he understands. "I think that we take the head-injury topic a lot more seriously than a lot of other places, and a lot of other sports, but that's probably the single biggest thing that keeps people away. Parents will say 'nope, my kid's not allowed to play football.'"

"I always find it interesting because [parents] will say [a student will have] had five concussions playing soccer, and I ask 'Are you still playing soccer?'," to which Gibson says the answer is usually yes, but football is still off the table for most.

"[Our] biggest challenge is 100 per cent getting kids out to play," Gibson reiterated, and added that although he gets around 5 to 10 emails a year from parents and students outside Hamber's catchment asking if they can transfer to play for the Griffins, they aren't able to admit students due to the District's cross-boundary application restrictions. Gibson says that an exemption or alteration to cross-boundary policy would help the program.

However, finding players isn't the only challenge the program has faced.

"Funding has been difficult at times," Gibson expressed, saying that both Hamber's PAC and Athletics Department have stepped up in times of need and been supportive. The program is financially independent from the school, as the Athletic Department doesn't get enough funding to support a football team, Gibson explained. And between players, managers, coaches, and other staff with the team, Gibson says around 50 students were involved in the program pre-COVID.

"It costs a lot of money to run a program, and way more now than [when we started]. It used to [cost] \$300 for a bus and \$150 for a helmet, now busses are \$700 and helmets are \$800. But every step along the way, we've [gotten] lucky. There have been people that have come to coach, and they [had] a connection, and we needed new jerseys, and they talk to somebody, and they got us jerseys."

Gibson said in previous years, whenever the program faced financial hurdles, they simply persevered and made it work. "My attitude all along is that 'you know what, it's gonna work out, if we plug away it'll happen,' and up until last season it carried us through."

With that said, Gibson notes that Hamber's wide variety of curricular and extracurricular activities make the football program one of many offering students must choose from and that while other schools may have football as the one and only robust program, he appreciates the diversity and wouldn't change that, even if it gathered more players.

"We run soccer, we run volleyball, we run cross country, we run so many things, and I would never want to see us take anything away just to try and get a couple of extra players," Gibson said. "Some of those things that could help [increase participation], I wouldn't even want them to happen anyway."

Gibson is hopeful that the team will be able to return to games in the fall of the 2022/2023 school year, but says at the end of the day, his goal for every player is that "when they come through our program, they learn a lot about themselves and that when they leave, they are ready to be the best possible version themselves. And if we win a football game or two along the way, that's great."

2022's Most Anticipated Movies

NEWS REPORT by Willow Peterson (8)

Death on the Nile

Genre: Mystery, thriller
Release Date: February 11, 2022
Based on Agatha Christie's novel "Death on the Nile"

A vacation aboard a luxury river steamer abruptly halts when a murder is discovered. A couple's honeymoon is tragically cut short. Terror,

suspicion, and suspense arise from all the guests on the steamer because they all know that one of them is the murderer.

Uncharted

Genre: Action, adventure
Release Date: February 18, 2022
Based on Naughty Dog's popular video game of the same name

This is an action-packed movie that takes place all across the world. It involves two people going on a dangerous adventure in search of the greatest treasure never found. Along the way, one of the main characters discovers clues leading up to where his long lost brother is.

Turning Red

Genre: Comedy, fantasy

HAMBER AND STUDENT LIFE

CLUBS UPDATE

NEWS REPORT by Olivia Gowans Hoar (8) and Cara Rudolph (8)

Over the past few years, many changes have come to the clubs at Hamber as they adapted to COVID and the new semester system. While some clubs are fully operational, some changed their structures entirely. The Griffins' Nest reached out to clubs to provide updates on how they are running.

Math Club

Jenny Li (12), one of the leaders of Math Club, expressed that 2022 especially affected the annual "Math Challengers" competition.

"The competition, it's usually held in person at UBC or SFU, but now, we have to host it at our own school, so we have to figure out a time for everyone to do the competition, that works out for everyone, and get teachers to invigilate," shared Li.

Some students have contacted her over the extended Winter Break to say they don't want to participate in the competition due to COVID concerns. "The three weeks of no meetings was hard on us because it [should've] be our peak preparation period where we meet a bunch of times a week and prepare for the contest," Li said.

In addition to helping students prepare for math contests, Math Club also offers math help to students. With around 17 coaches, they are dedicated to helping all students better understand any math concept.

Bullet Journal Club

Bullet Journal Club allows students to get together and learn how to organize their life using bullet journals, which are customizable planners that you can tailor to your own needs.

The switch from the quarter system to the semester system was a major adjustment for their club.

"With the quarter system, we had to meet outside of school hours and students would have to dedicate time out of their schedule to attend meetings," said co-club head **Alanna Lee** (10). "Now, with lunchtime at school, our club is less intimate because students tend to just drop in whenever they feel like it."

Recently, Bullet Journal Club has experienced a decrease in attendance.

"I think some people might have forgotten that our club exists after the January postponement, but honestly, we're okay with that!" Lee shared. "Our club is very low-commitment; we encourage people to come only if they want to!"

If restrictions comply, the club is hoping to take its members on out-of-school trips to bond and find the best bullet journal supplies.

Craft Club

"Last school year, Craft Club entirely disbanded. Now that we're back, more people than ever have joined, so club meetings have required more planning, preparation, and a larger budget," revealed co-club head **Noah Yu** (11).

The increase in club members, combined with COVID restrictions, has necessitated a new system of meeting sign-ups. Only a limited number of peo-

ple can be accommodated each meeting. For non-attending club members, there are many social media sites to check for updates, including a Spotify account.

Craft Club will be collaborating with Crochet Club for a crocheting session in early March.

Literature Club

Literature Club is a club for people to come together and discuss literature-related media.

"We actually started our club during the pandemic. Last year, it was purely online," **Lily Kong-Waller** (11), co-club head explained. "We would hold online meetings over Teams after school, which I personally hated. It felt a lot like a podcast."

During the postponement of clubs in January, Lit Club was not able to meet like other clubs, and knew from past experience that online meetings didn't work.

The semester system has had a positive influence on club membership. "During the quarter system, we had a very small number of members, and that's increased a lot this year," shared co-club head **Alanna Rudolph** (11).

"We noticed on Clubs Day, we had this huge amount of people signing up, and we think it's mostly because people want to go to clubs again, because we missed them all last year," Kong-Waller postulated.

Literature Club continues to meet in person, discussing new, interesting topics every meeting.

Debate Club

Debate Club is a space where students learn debate formats and debating skills such as critical thinking, public speaking and persuasive writing. The club often hosts practice debates at school and even competes in outside of school tournaments.

"One of the major effects of COVID is that we can no longer attend in-person tournaments, and are restricted to only online tournaments," said club president **Dean Rohman** (12). "Online tournaments don't have the same energy and atmosphere [of] in-person tournaments, but [we're] glad [we're] able to compete and participate."

Pre-club postponement, Debate Club was preparing for the Regionals Tournament. They held informal meetings safely distanced outside in the courtyard.

Meetings typically took up to two hours to cover pertinent, debate-related information.

Debate Club previously held meetings during FIT. With FIT, they were restricted to only 50 minutes, which was not enough for all they needed to cover.

With the club restrictions lifted, Debate Club is looking forward to participating in more competitions.

"We are attending more tournaments this year than last year, which is always a good sign!" Rohman shared enthusiastically. "The debaters are very eager to learn, and the other executives and I are trying to give them as many opportunities and resources as we can to help them achieve their goals."

Debate Club recently held their

first after-school meeting since December.

Ski and Snowboard Club

Ski and Snowboard Club allows students to participate in an entire day of instructed skiing or snowboarding.

"We go up to Whistler Blackcomb for four sessions, generally in the new year, although we often have a session that'll allow students to go up in December," club sponsor **Mr. Albrecht** explained.

Because of apparent fuel shortages, the first session in December had to be postponed.

"All [four trips] have been postponed indefinitely. In other words, they are, at least at this point, cancelled," said Albrecht.

"There is a possibility that we can go for the last two trips, but it's hard to say just how likely that will be," said Albrecht. "We have to arrange buses, we have to arrange a mountain, supervision, and we also have to have an agreement from the school board to allow us to go."

Since none of that has been prepared, the trips are on hold for now.

Mr. Albrecht also expressed his hope to be able to attend the trips again in the future, because the students and teachers understood the value of getting four entire days of skiing or snowboarding with the help of an instructor.

Hand in Hand

Hand in Hand is a club centered around elementary school mentorship.

"Our goal is to prepare elementary students for high school. To do that we have a pen pal program, which we do with two of Hamber's feeder elementary Simon Fraser and General Wolfe," explained **Judy Li** (12), one of the club's executives, explained.

As the club was started during COVID, many of its initiatives were organized to follow last year's stricter guidelines. "I think COVID in general increased people's interest because it was a non-contact club; you could just write the letters from home and you wouldn't have to go to a club meeting."

To ensure consistent letter delivery, Hand in Hand created schedules for the high school students and the elementary pen students to follow. The January club postponement interfered with their planning.

"We had to basically push back our entire pen pal schedule. We have been palling for Simon Fraser, General Wolfe, and senior pen palling with some seniors from a local program, and that's in English and Chinese. We had to cut off one of the letters for each of the programs," Li explained.

At the end of last year, Hand in Hand is planning to hold an in-person meeting with the elementary schoolers and their pen pals.

While the January club postponement was a setback for many of Hamber's clubs, most are bouncing back and continuing with their regular operations.

For now, Hamber is happy to see the re-opening of many clubs, and the revival of Hamber's well-loved club community.

wizard, is a menace to the wizarding world after taking actions to take control of it. Dumbledore can't overrule Grindelwald alone so he rounds up multiple other wizards and witches to help him fight the threatening wizard. Along the way, they discover an army of beasts to aid them in their brawl against Grindelwald.

Doctor Strange in the Multiverse of Madness
Genre: Adventure, fantasy, horror
Release Date: May 6, 2022
Based on Marvel's comics

Doctor Strange accidentally casts a spell that opens up a dangerous portal to the multiverse. But soon after, a threat emerges from the portal and Doctor Strange isn't sure if he and his team are strong enough to defeat it.

Fantastic Beasts: The Secrets of Dumbledore
Genre: Fantasy, adventure
Release Date: April 15, 2022
Based on the Harry Potter series by J. K. Rowling

Professor Albus Dumbledore knows that Gellert Grindelwald, a powerful

with a form of vampirism instead.

Sonic the Hedgehog 2

Genre: Action, comedy, adventure
Release Date: April 8, 2022
Sonic wants to show that he is a true hero. He teams up with his new partner Knuckles along with Sonic's other sidekick, Tails. Together they search for a mystical emerald, that has the power to dispatch civilians, before it ends up in the wrong hands.

Fantastic Beasts: The Secrets of Dumbledore
Genre: Fantasy, adventure
Release Date: April 15, 2022
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Professor Albus Dumbledore knows that Gellert Grindelwald, a powerful

VANCOUVER AND THE PROVINCE

FALCON WINS BC LIBERAL LEADERSHIP RACE

NEWS REPORT by Parker Haga (12)



KEVIN FALCON / FACEBOOK

On February 6, 2022, former Deputy Premier Kevin Falcon was elected as the new leader of the BC Liberal Party, winning over 52 per cent of the vote. His nearest competitor was Ellis Ross, who finished with approximately 24 percent of the vote. Michael Lee came in third with 14 per cent, followed by Val Litwin, Gavin Dew, Renee Merrifield and Stan Sipsos, who were all dropped after four ballots.

Prior to the election, Falcon was a cabinet minister under former Premier Christy Clark. He served as the province's Minister of Finance and as the 12th Deputy Premier of British Columbia. In 2011, Falcon lost to Clark in his bid for Liberal party leader. Then, in 2012, Falcon announced he was stepping back from politics to spend more time with his family and focus on his work with a Vancouver investment and property development firm. After the BC Liberal Party's 2020 election loss with the lowest seat count since 1991, Falcon announced he would run for Liberal Party leader once again.

Upon winning, Falcon prepared a speech that highlighted his priorities as the new leader of the BC Liberal Party. He spoke about his plan to diversify the party's candidate and membership base, address environmental issues, and address affordability. Falcon pledged to reconstruct the BC Liberal party to attract more voters.

"I want to see British Columbians of all races, sexualities, genders, cultures, religions, and all economic backgrounds to know that they can join us as proud BC Liberals," Falcon said in his speech.

The BC Liberal party is separate from the federal Liberal party.

During the leadership race, the party gained over 20,000 members which raised concerns and led to an internal audit.

Vikram Bajwa, a businessman and member of the BC Liberal Party, started a last-minute petition because he speculated that memberships were not properly audited and reasonable steps were not taken to ensure voter eligibility. He requested that the BC Supreme Court delay the release of the results for 15 days pending the audit conducted by the BC Liberals. However, Justice Heather MacNaughton denied Bajwa's request because she believed it would be unfair to the other party members and his concerns did not have enough evidence in support.

With the leadership race over and Kevin Falcon taking over the provincial Liberals, British Columbians should expect to see a shift in the dynamics. To quote Falcon, "I mean this sincerely, I would rather not win unless the party is prepared to be rock solid behind me in the change of direction I want to take this party."



JASON FRANSON / THE CANADIAN PRESS

WET'SUWET'EN PIPELINE ENCROACHMENT

NEWS REPORT by Reya Khanna (9)

The Coastal GasLink Pipeline is being built through the traditional lands of the Wet'suwet'en people in Northern BC. The controversial project is being protested by multiple Indigenous groups.

The Coastal GasLink Pipeline (CGL), gained international awareness in 2020, though the announcement of its construction was declared October 2, 2018.

LNG is a large industrial energy project for Liquefied Natural Gas and is the largest private sector investment in Canada's history. The Coastal GasLink Pipeline will span 670 kilometres from Dawson Creek to the LNG Canada facility in Kitimat.

As stated on the CGL website, "Coastal GasLink will not be producing or exporting natural gas or LNG – our role is to ensure the safe transportation of natural gas. The approved Coastal GasLink route was determined by considering Indigenous, landowner and stakeholder input, the environment, archaeological and cultural values, land use compatibility, safety, constructability

and economics."

Hereditary Chiefs of Wet'suwet'en stated that no pipeline would be built on their land and asked the corporation to leave. The corporation obtained a court injunction against the Wet'suwet'en protesters on January 7, 2020, meaning they must refrain from protesting on the land.

CGL needs the consent of Hereditary Chiefs to continue building the pipeline, which has not been granted. The United Nations Rights of Indigenous Peoples (UNDRIP) states that the rights of Indigenous peoples include free, prior and informed consent regarding projects that impact their lands and livelihoods. The provincial government passed UNDRIP into law in November 2019. This means the Indigenous peoples have the right of having informed consent on projects regarding their land, such as the CGL pipeline.

There have been many protests to fight the pipeline's construction, such as the protest at Coyote Camp. Abuse from the RCMP to Indigenous peoples,

land defenders, and protesters has occurred. In addition, infringement of land ownership, forcibly removing Indigenous Peoples from their own territory, and the exploitation of natural resources is occurring.

"In today's world we're fearful of the police, we're fearful of the governments, all of the threats that are happening. Guess what we do? We put our kids right in our hearts and all the fears go away," Hereditary Chief Woos of the Gidim'ten clan, whose territory was swarmed in November 2021, told Ricochet.

On November 18 and 19, 2021, the RCMP entered Wet'suwet'en territory and forcibly removed Wet'suwet'en peoples from the Gidim'ten checkpoint and Coyote camp.

A new hearing has been scheduled for March 15, 2022, for the CGL pipeline opposition members who were arrested in November 2021 for breaching a B.C. Supreme Court injunction.

The pipeline is at over 60 per cent completion and continues to be protested.



VANCOUVER ART GALLERY

Rebuilding the Vancouver Art Gallery, a Decade Later

NEWS REPORT by Alexandra Chow (10)

Over 10 years ago, Vancouver Art Gallery (VAG) staff voiced that the current gallery was too small and inadequate for exhibits. While land across from Larwill Park was set aside to have a new gallery be built on, the lack of funding has prevented construction from starting. However, new funding has recently been secured, and the reality of having a larger, more functional VAG is quickly approaching.

The new art gallery will be located in the Chan Centre for the Visual Arts building, named in gratitude of the \$40 million donation from the Chan Family Foundation. It will be built on the parking lot across from Larwill Park, located at 668 Cambie Street in Downtown Vancouver. The three-acre plot of land was donated to the Vancouver Art

Gallery by the City of Vancouver. The current location of the VAG will be used for other cultural purposes that will be determined after the land is vacated.

The future Chan Centre for the Visual Arts building is being designed by the Swiss architectural firm Herzog & de Meuron. The input of local Coast Salish artists has also been collected to commemorate the unceded Indigenous land that the building will be situated on. The design has been revised twice since it was originally drafted in 2015—once in 2019 and most recently in 2021.

The 2021 design is based on the Coast Salish worldview and represents "spiritual energy and protection," according to Coast Salish consultant Skwetsimelxw Willard 'Buddy' Joseph. Wood and copper are being used be-

VANCOUVER-BORN ARITZIA EXPLODES INTO GLOBAL SUCCESS

NEWS REPORT by Sara Maya Budhiraja (9)



Whether it's a pair of TNA leggings, a Babaton sweater or the iconic SuperPuff, everyone either owns or knows someone who has an item from Arizia. The Vancouver-based brand was created in the Hills Department Store in 1984, and since then, has blossomed into an internationally sought-after retailer.

Popular items from their brands have been worn by celebrities such as Ariana Grande, Kendall Jenner, and Meghan Markle.

The store carries many brands, including Babaton and Wilfred, which have also become successful independently. The brand has also benefited from their substantial social media presence. Their Instagram account, which actively showcases their clothing, has amassed over 1.2 million followers.

Forbes has described Arizia's brand as one that is "leading with empathy, action and innovation." Arizia has donated packages of their products to frontline workers during the pandemic, and made contributions to Canadian charities, such as Cause We Care Foundation, Big Sisters of BC Lower Mainland, and the Canadian Journalism Foundation.

Aritzia's success extends beyond its social media pages and 101 stores across North America. The brand has also had tremendous success in the stock market. The value of the company has increased massively since it went public on the Toronto Stock Exchange in late 2016.

Though Arizia only has physical stores in Canada and the United States, the brand recently began offering shipping to China, the United Arab Emirates, Russia, and Singapore. This is in addition to its existing online shipping options to the UK, South Korea, Japan, Taiwan, and Australia.

Fiscally, the company performed better than the year before, as sales skyrocketed to satisfy online shoppers' demand. Arizia has been capitalizing off of the stay-at-home lifestyle that was adopted at the beginning of COVID, announcing new collections of lounge-wear nearly every quarter of a year, and placing more emphasis on the comfort and functionality of their popular items.

The brand has also begun to release limited collections for occasions such as Mother's Day and Lunar New Year, which have proved to be lucrative for the company. Pieces from their Mother's Day collection have made appearances in Forbes, while their Lunar New Year collection was featured in Glitter fashion magazine.

By far the most popular Arizia item, the SuperPuff jacket has been worn by numerous Hollywood stars including Hailey Bieber, Karlie Kloss, and Emma Roberts. The jacket has a growing number of celebrities who have worn it, and, by extension, promoted the Vancouver retailer. Arizia continues to benefit from its growing influence in the affordable luxury wear space, success in the stock market, and stores, and will surely be a formidable fashion force in the years to come.

Since 2016, plans have been made

Indigenous-Led Olympic Bid Could Bring the Winter Games Back to Vancouver in 2030



SHUTTERSTOCK

NEWS REPORT by Arabella Mew (9)

The Canadian Olympic Committee (COC) and the Canadian Paralympic Committee (CPC) have announced the first-ever Indigenous-led Olympic bid, proposing that the 2030 Winter Olympics be brought to Vancouver.

The Lil'wat, Musqueam, Squamish, and Tsleil-Waututh First Nations, the City of Vancouver, and the Resort

Municipality of Whistler have signed a Memorandum of Understanding (MOU) to explore this possibility. If the bid is successful, it would be the second Winter Olympic and Paralympic Games hosted on Indigenous land in British Columbia after the Vancouver 2010 Olympics.

"Such a bid would be the first In-

igenous-led bid in the history of the Games and, if successful, would be a major step towards Reconciliation through sport. The four Host Nations proudly welcomed the world for the 2010 Vancouver Games, playing an important role as they took place on our shared territories," a February 1 statement from the Squamish Nation read. "The 2030 Games would be an opportunity for the Host Nations, and their Members, to take on the lead role in all aspects of planning and hosting this international event."

While a formal bid has not yet been placed, First Nations are engaging municipalities in order to assess the possibility.

"This MOU is also an important first step towards exploring the feasibility of bringing the Olympic and Paralympic Games back to the region," the CPC and COC said in a joint statement. "We believe this agreement provides the foundation for transformative change for future event hosting and collaborative work with Indigenous communities across Canada and the world."

The COC and CPC expressed that they "believe there is incredible potential for a transformative Olympic and Paralympic Games in the region and

support a process that explores feasibility in accordance with First Nations protocol, Canada's Truth and Reconciliation Report Call to Action 91, the United Nations Declarations on the Rights of Indigenous Peoples and BC's Declaration on the Rights of Indigenous Peoples."

In a statement, Musqueam Chief Wayne Sparrow voiced this same sentiment, saying that "by exploring the possibility of bringing the Games back to our territories, we have an opportunity to create a new Olympic legacy that is grounded in our unique Indigenous perspectives."

The Government of Canada launched the Truth and Reconciliation Commission to investigate injustices committed against Indigenous peoples. A report with 94 Calls to Action was published in 2015.

Call to Action 91 states that the Commission calls upon "the officials and host countries of international sporting events such as the Olympics, Pan Am, and Commonwealth Games to ensure that Indigenous peoples' territorial protocols are respected, and local Indigenous communities are engaged in all aspects of planning and participating in such events," and was cited by the

COC and CPC.

Other bids for the 2030 Winter Games are Barcelona, Zaragoza and Pyrenees, Spain, host of the 1993 Summer Games; Sapporo, Japan, host of the 1972 Winter Games; and Salt Lake City, United States, host of the 2002 Winter Games.

Vancouver fits well into what is proposed in the International Olympic Committee (IOC) Agenda due to the slim budget, reuse of existing infrastructure, and suitable environment for winter sports. According to experts, Vancouver would require minimal new infrastructure because of pre-existing sliding centres, ski jumps, and speed-sliding ovals, although athlete accommodation and a curling venue would be needed.

Many believe that if Vancouver's 2030 Olympic bid is successful, the city could set a new standard for a socially responsible Games and be a vehicle for transformative change, but Vancouver Mayor Kennedy Stewart told CBC, "No matter what is decided by the Indigenous peoples represented here today, Vancouver will continue to walk this different and unfamiliar path as we continue to put reconciliation into action."

VANCOUVER'S UPCOMING DEVELOPMENT PROJECTS

NEWS REPORT by Noah Yu (11)

Despite delays to project timelines due to COVID-19 pandemic protocols, Vancouver's developmental committees have been actively planning and carrying out numerous projects.

General Community Development:

Since 2019, the Broadway Plan has been working towards general advancement where the Broadway Subway Project will be located. A draft plan is to be completed this coming March, and the Subway Project, which is to be connected to the millennium line, is expected to be completed by 2025. The growth of this community will be surveyed and studied by the Social and Cultural Integrated Impact Assessment Study (SCIIA) for future plans. The resulting development could take around 30 years.

The Cambie Corridor Plan aims for general developmental progress new housing units and occupations, of communities surrounding the Canada Line. Plans within this project have been in effect since 2018. Carrying out this plan could take around 30 years in total.

Ever since the redesignation of purposes in East Fraser Lands zones in the late 2000's, plans have been developed since 2016 for a new community in the area, spanning from Kerr St. to Boundary Rd. Over the next 25 years, parks, schools, and other public spaces and services are to be constructed. The project's construction is expected to be half-complete by 2025.

Because of its major influence on Vancouver's economy, the False Creek Flats Plan, which began in 2017, strives to develop the False Creek community socioeconomically by increasing employment, creating public services and active areas, and creating support programs for businesses to grow. Changes to come include the New St. Paul's Hospital.

The False Creek South neighbourhood is a waterfront neighbourhood between the Cambie and Burrard bridges. Over the coming years, the False Creek South is to be developed by making the community more economically and environmentally friendly through affordable housing units and increased green space. Carrying out plans could take around 20 years.

Since 2016, plans have been made

for the development of the Heather Lands via construction advancement. Properties in the area are to be altered to change the densities of housing units, building heights, and overall "character."

The Jericho Lands, an area owned by the Musqueam, Squamish and Tsleil-Waututh Nations, is currently in the process of drafting concepts and creating policies for the development of the Jericho communities. Since 2019, sessions have taken place for discussions regarding the development with Indigenous members of the communities. The progress of the Jericho Lands is expected to take around 20-30 years.

The Langara Gardens Policy Planning Program, originally approved in 2013 and adopted in 2018, is directed towards the economic and environmental development of the Langara Gardens for residents in the community.

Planning for the Little Mountain Site Planning Program began in 2012. Since then, the plan has been further developed for the rezoning (redesignation of districts) of the Little Mountain. The application for the planning was approved in 2016. Future development plans will occur with individual buildings in the community.

The Mount Pleasant Industrial Area plan is targeted towards the economic and job growth of the Mount Pleasant community. Its ideal location for housing and proximity to public services and spaces makes it an essential community for the economy. The plan consists of zoning or dividing the Mount Pleasant community into districts for economic advancement.

The Northeast False Creek is an undeveloped piece of land. The long-term plan is to develop the land into a community by creating housing units.

Recently, the Oakridge Transit Centre site was an undeveloped piece of land that applied for repurposing. Its new layout will include housing units, retail space, and recreational park space. The new community is expected to be completed in 10-12 years.

Development plans for Southeast False Creek began in 2003. Ideally, the community would progress while maintaining its environmental reputation through "efficient energy solutions, high-performance green buildings, and

easy transit access" (City of Vancouver).

Central Waterfront Hub Framework:

Planning for the Central Waterfront Hub Framework began as early as the 1970s, and the project has been in effect since the late 2000s. This plan aims to grow the Central Waterfront Hub as a trade station for Downtown Waterfront. This project is long-term and has no timeline.

Chinatown Transformation:

Chinatown has always been a major hub for culture and community in Vancouver, serving as a residence for immigrants since the 1800s. The Chinatown Transformation project aims to strengthen Chinatown's cultural identity through various community projects. Within the transformation project, there are two major organizational committees: the Legacy Stewardship Group (LSG) and the Chinatown Transformation Team (CTT). The LSG, established in 2017, is composed of 35 overseeing members who report on and guide community projects, and will create a Cultural Heritage Asset Management Plan (CHAMP) for Chinatown. The CTT, established in 2018, will likewise create a CHAMP for Chinatown. Both groups strive to advance Chinatown via social and constructional means throughout the future. The groups' duties have included data collection, cleanups, and overseeing cultural events and projects.

New St. Paul's Hospital:

St. Paul's Hospital, currently located on Burrard St. is relocating to the False Creek Flats. Originally founded in 1894, relocation of St. Paul's will ensure that patients will be cared for properly according to the Ministry of Health's new health care model. Benefits will include more care space for patients, housing units for employees, and various research, retail and cultural facilities. Planning began in 2016, construction began in 2021, and the project is expected to be completed by 2027. The overall cost is expected to be around \$2 billion.

Oakridge Centre:

Oakridge Centre is currently in the process of being renewed. Redeveloping the mall will provide conveniently located shops for consumers, new housing units, and places for recreational activity, including outdoor parks, a community centre, and a public library. Planning began in 2007, construction began in late 2019 and is expected to be completed between 2024 to 2027; the overall cost will be around \$5 billion.

Tiny Shelters for Homelessness

NEWS REPORT by Adrian Yue (9)



FRANCIS GEORGIAN

The City of Vancouver is piloting the construction of a "tiny shelter" project in the False Creek Flats. These shelters, aimed at creating spaces for housing the homeless, have been approved by City Council, and are anticipated to open by the fall of 2022. They will have access to heating, air-conditioning, and all amenities provided at the Klahowya Tillicum Lalum shelter, located near the project.

This project, which will consist of around 10 structures meant to house 20 people overall, is planned for the next two years. Each "tiny shelter" will be composed of one room with space for one person or a couple to sleep in and store their belongings, as stated by the city.

To provide a framework for the creation of the Tiny Shelter program, the City of Vancouver has outlined \$1.5 million in Empty Homes Tax revenue

to fund the project, as obtained from the *Daily Hive*.

In other parts of the world, 'Tiny Shelters' have been erected for a multitude of purposes. Among them are Los Angeles' tiny shelters: who were erected as a temporary path out of homelessness, Seattle's web of shelter systems, and Elkhart County, Indiana's Tiny Shelter project: whose aim is to provide shelter to homeless people who do not want the traditional approach to homelessness.

Inspired by the tiny shelters in Dignity Village, Portland, Oregon, these shelters will be 100 square feet once complete.

The idea was brought to council in a motion submitted by Councillor Peter Fry in October of 2020 as a way to address the homelessness crisis, which stood at 2,095 people in the last count done in March of 2020.

In an interview by the Globe and Mail, Councillor Fry said "the SROs and the shelters aren't appropriate housing for a lot of the population... The increased privacy and autonomy offered by tiny shelters makes them a more humane and dignified option than shared shelters."

The construction of these 'Tiny Shelters' will be a new addition to more than 1700 permanent supportive residences constructed in Vancouver since 2010.

CROWDING IN HOSPITALS

NEWS REPORT by Michelle Park (11)

COVID-19 hospitalizations in BC have decreased rapidly over the past month, alleviating pressure on the once overcrowded hospital system in the province.

Hospitalizations peaked at 1,048 on January 31, and have since gone down to 549 on March 1, a decrease of 52 per cent. During the peak in cases, Adrian Dix, BC's Minister of Health reported that 95 per cent of hospital beds were occupied.

Experts say 85 per cent is the target occupancy rate for hospital beds. Currently, BC's hospital system has been brought down to a more reasonable occupancy rate.

According to CTV News Vancouver, active and lab-confirmed cases of COVID-19 have reached over 33,000.

BC Ministry of Health data has reported the numbers of missed work shifts per day to be over 3,800 among 120,000 of BC's health care workers in the first week of January 2022. Despite the cases drop-

ping day by day, some of the hospitals in BC are still under staffed and unoccupied. An analysis by Health Emergency Management BC stated that due to doctor shortages, emergency departments were "awaiting further guidance on whether COVID-positive physicians could work in any capacity." Doctors and nurses are out sick and COVID patients who have been tested positive have little to no space to isolate themselves from other patients while waiting to be admitted.

Experts agree that vaccination is the best step to prevent hospitalization due to COVID.

According to COVID-19 Tracker Canada, nearly 90 per cent of BC's vaccine-eligible residents have received at least one dose and over 85 per cent have received two doses. People who are fully vaccinated with a third dose make up around only 49 per cent of BC's population.

CANADA

LULULEMON: A NEW LOOK FOR TEAM CANADA

NEWS REPORT by *Élise Roy (12)*

Lululemon made its debut at the Beijing 2022 Winter Olympic and Paralympic Games as the designer of Team Canada's uniform. On September 23, 2021, the company announced that it had entered a contract to be Team Canada's supplier for the next four Olympiads until the 2028 Summer Games. Lululemon paid Team Canada an undisclosed sum of money, a strategic move that puts the Vancouver-based sportswear brand on the world stage.

Lululemon took over from Hudson's Bay, which held the position for 16 years. Hudson's Bay had designed popular Olympic and Paralympic apparel, such as the red knit gloves for the Vancouver 2010 Games.

The 2022 uniform was created with the intention of inclusivity and versatility. Lululemon Vice President Chantelle Murnaghan states that Olympians and Paralympians "can really customise or personalise their experience based on expectations, body types, [and] thermal preference."

Lululemon's down puffer jacket is reminiscent of Team Canada's 2006 uniform, designed by Hudson's Bay. The 2022 coats offer a modern twist on the reemerging oversized jacket trend. Lululemon's design contains inner straps so, according to the Lululemon website, "you can wear it like a backpack if you overheat."

Garments are accessible to Paralympians. For example, back zippers make it more comfortable for athletes in wheelchairs to sit down. Karen O'Neill, CEO of the Canadian Paralympic Committee, states, "we're always interested in looking at performance, innovation, accessibility and inclusive clothing, and oftentimes that doesn't come right off the rack, particularly when you're dealing with world-class performance."

"It can be as simple as an enlarged tab on a zipper for someone who might have challenges with mobility or locomotor," says O'Neill.

Lululemon's marketing campaign includes Team Canada athletes as brand ambassadors, such as Dawn Richardson of bobsleight, Liam Hickey of Para Ice Hockey, and Paul Poirer of figure skating.



OLYMPIC CANADA

SNOW MORE WINTER SPORTS? Climate Change is Taking its Toll

ANALYSIS by *Alanna Rudolph (11)*

When it gets cold outside, plenty of people grab their snow gear and head out for skiing, snowboarding, and other winter sports. However, recent years have shown Canadians increasingly unpredictable weather. Climate change may make it more difficult for locals to enjoy the various options available in the Lower Mainland and will affect the Olympic Games for years to come.

The Beijing Olympics are the first Winter Games to use 100 per cent machine made snow. Past Winter Games used large amounts of artificial snow,

Historically, Team Canada's uniforms have been a display of fashion. At the opening ceremony for the Calgary 1988 games, athletes sported cowboy hats and fringed shawls designed by Sunice apparel.

The opening ceremony uniform for Barcelona 1992 consisted of multicoloured button-down shirts tucked into matching bermuda shorts. The bold pattern was a staple of the decade.

Hudson's Bay's Tokyo 2020 design included a spray-painted denim jacket for the closing ceremonies, paying homage to the host city's vibrant fashion scene.

Lululemon's Olympic uniform kit incorporates trends such as an oversized streetwear look in its joggers, crewnecks, and puffer jackets. Other modern pieces include the cropped hoodie and bucket hat. The garments are "perfect on and off the podium," according to the Lululemon Guest Education Centre. They are marketed to the public in addition to being worn by athletes.

The 2022 collection also maintains a contemporary look through its colour choices. Lululemon's predecessor, Hudson's Bay, used the bright red and white palette of the Canadian flag in its uniform design. Lululemon opts for a deeper red with elements of maroon and beige or light grey rather than white: colours that are relevant to current fashion.

Customers have noted that the brand has a high price point in comparison to the Hudson Bay's designs. For example, the Hudson's Bay mittens sold for \$10, and Lululemon's similar "Quilted Mittens on String" is priced at \$68.

Deb Reid, a Team Canada fan and Olympic merchandise collector from Toronto, says she was "surprised to see the prices," as "\$68 for a pair [of mittens] is too much."

The sales of the Hudson's Bay red mittens have raised over \$34 million for the Canadian Olympic foundation since 2010. Lululemon's fundraising item is the \$38 cross-body Future Legacy Bag, for which 10 per cent of proceeds are donated. The total amount fundraised through Lululemon's item has yet to be released.

Curling, surprisingly, has been lacking in medals this winter, as only the Canadian men's team made it to the podium. The men's curling team received the bronze medal, falling behind Great Britain and Sweden. Jennifer Jones in the women's competitions was disqualified after tying with China and Great Britain, not making enough

Agreement, the number of reliable hosts stay essentially the same. In a worse case scenario with high emissions, there are four reliable host cities by the 2050s and only one by the 2080s.

Artificial snow is an option for winter sports to continue even with climate change, but there are limitations. Snowmaking requires certain temperatures as well as lots of electricity and water. That may be sustainable in British Columbia, where there is plenty of hydropower and water sources, but may result in an even larger carbon footprint in other locations.

Closer to home, local mountains have started reacting to the changes. Cypress and Seymour Mountain resorts told *Glacier Media* about their adaptations in recent years, including investments in snowmaking equipment and off season grooming. When ski runs are made smoother by putting dirt on top, they require less snow to

TEAM CANADA'S TRIUMPHS AND LOSSES

NEWS REPORT by *Alice Deyell (8)*



HIROKO MASUIKE/THE NEW YORK TIMES

Starting with a fiery opening ceremony in the Beijing National Stadium, the 2022 Winter Olympics flew by in a blast of triumph, loss, and perseverance. Team Canada won a total of 4 gold medals, 8 silver medals, and 14 bronze medals, placing 11th overall. Notwithstanding the medal count, Canada had many successes in this Winter Olympics. From ice hockey to speed skating, the Canadian athletes fostered a sense of pride across the country.

In speed skating, three medals have been won by athletes Isabelle Weidemann, Ivania Blondin, and Valerie Maltais. On February 5th, Isabelle Weidemann won the first medal for Canada of this Winter Games, a bronze in the women's 3000-metre speed skate. Two other Canadians Valerie Maltais and Ivania Blondin finished 12th and 14th, respectively. Weidemann then won a silver medal in the women's 5000-metre speed skate. The only speed skating gold was in the women's speed pursuit. The team was composed of Isabelle Weidemann, Ivania Blondin, and Valerie Maltais.

Canada has not been nearly as successful in Alpine skiing, but James Crawford snagged the bronze in the Men's Alpine Combined Slalom after Austria and Norway landed gold and silver respectively.

Biathlon and Cross-country skiing have not yielded any medals for Canada, although Canada did participate in multiple events.

Two bobsleigh medals have been awarded to Canada in the Women's Monobob and the 4-man bobsleigh. Christine De Bruin won bronze in the Women's Monobob, only two-tenths of a second behind the United States's Meyers Taylor, coming up just short of silver. Cam Stones, Ryan Sommer, Justin Kripps, and Benjamin Coakwell worked together to land third in the 4-man event.

Curling, surprisingly, has been lacking in medals this winter, as only the Canadian men's team made it to the podium. The men's curling team received the bronze medal, falling behind Great Britain and Sweden. Jennifer Jones in the women's competitions was disqualified after tying with China and Great Britain, not making enough

points to get on the podium. While some amazing Canadian figure skaters have skated and danced on the ice, they simply could not place in the top three of competitors. Madeline Schizas performed very well as the youngest on the Canadian team, at only 19 years old. Other skaters included Roman Sadovsky and Piper Gilles.

Freestyle skiing has held four medals for Canada, two silver and two bronze, in two different competitions. In the men's moguls, Mikael Kingsbury came up behind Walter Walberg of Sweden, earning himself a silver medal, his third Olympic medal. In a mixed team aerials Marion Thénault, Miha Fontaine, and Lewis Irving joined together to win bronze. This was the first medal in the past five Olympics, since 2002, that Canadians have won in this event. In women's Freeski half-pipe, Cassie Sharpe got the silver, and Rachael Karker the bronze.

In ice hockey, Canada's women's team dominated their side of the competition, while the men's team did not do as well. The women have beaten Switzerland, Finland, the Russian Olympic Committee, the USA and Sweden. Undeclared, they grabbed the gold medal, beating the US in the Gold medal game, 3-2. Canada and the United States have met at the final game for hockey nearly every Olympics. The Canadian team has won five while the American team has only won two. Hockey fans across Canada celebrated the win in Beijing, and excited to continue the gold streak after losing in 2018.

The Canadian men's hockey team beat Germany and China, but lost to the US and Sweden. They were eliminated in the quarterfinal game, so they will not receive an Olympic medal for the first time since 2006.

Luge and Nordic combined have had no Canadian medals to speak of, after coming nowhere near the podium in most of the events.

Short-track speed skating has been a medal-ridden sport for Canada this year. Kim Boutin received the bronze medal in the women's 500-metre short-track speed skate. Steven Dubois received the other bronze medal, in the men's 500-metre short-track speed skate. In the men's 1500 metre short-

track speed skate, he also achieved a silver medal for Canada. Dubois, with Charles Hamelin, Maxime Laoun, Pascal Dion, and Jordan Pierre-Gilles, won the gold from the men's 1000m, Laurent Dubreuil won the silver medal, coming onto the podium in the event he is historically less skilled in. Another silver came from the women's mass start event, where 2022 medalist Ivania Blondin scored another medal.

Despite there being no Canadian Skeleton medalists, Mirela Rahneva, a slider from Ottawa, reached a career-best. She came in fifth with a four-minute, nine-second run, moving up seven spots from her final placement in the 2018 Pyeongchang games.

Canada won its first Olympic medal ever in ski jumping, from the mixed team who won bronze. Alexandria Loutitt, Matthew Soukup, Abigail Strate, and Mackenzie Boyd-Clowes formed the bronze-winning Canadian mixed team. Loutitt, Soukup and Strate are all first-time Olympians, Boyd-Clowes being the only one with prior Olympic experience. Yet, these four beat all previous Canadian ski jumping teams.

Canada has had a great run in snowboarding, with a gold, a silver and four bronze medals. Max Parrot won the gold in men's snowboard slopestyle, and before that, a bronze medal in men's snowboard big air. Meryeta O'Dine competed in two events as well, the women's snowboard cross and the mixed team snowboard cross, the latter with Eliot Grondin. In the women's snowboard cross, she was only half a second off the time of American athlete Jacobellis. Then in the men's snowboard cross, Meryeta's mixed team partner Eliot Grondin won the silver for first time since 2006.

Luge and Nordic combined have had no Canadian medals to speak of, after coming nowhere near the podium in most of the events.

The Olympics are a well-watched event, with over 70 per cent of Canadians watching CBC/Radio-Canada's Beijing Olympic coverage. These numbers are up 11 per cent from the 2018 Pyeongchang Winter Games. The most-watched event this winter Olympics was the women's gold medal hockey game between Canada and the United States.

lose accessibility or have to travel further to find snow sports.

What about the seasonal tourists who come here to ski or snowboard? BC's economy will likely take a hit. The province has an estimated tourism export revenue of \$3.5 billion, 25 per cent of which is based in Whistler, according to a 2016 economic planning report.

The effects have already been felt locally. At Whistler Blackcomb, the Camp of Champions was a snowpark based on the Horstman Glacier. Olympians from across the globe went to train, but in 2017 it declared bankruptcy and closed permanently. The glacier was gone; it had lost over 140 vertical feet of ice in the 30 years it was open.

While there will probably still be winter sports for years to come, within a lifetime irreversible changes will happen to the way people enjoy the season.

In future, snow enthusiasts may

THE AFTERMATH OF THE SO CALLED "GREAT RESIGNATION"

NEWS REPORT by *Suhani Dosanjh (8)*

Following the spring of 2021, people have been quitting their jobs by the millions, breaking records that haven't been broken in two decades.

This phenomenon has been dubbed as The Great Resignation by Dr. Anthony Klotz of Texas A&M University, who believes that as the pandemic comes to an end, and job insecurity starts to become less and less common, workers have started re-considering their careers, and what they really want out of them.

Dr. Klotz expanded on this in a statement of his, adding that "the pandemic forced [people] to take stock of their lives and gave them the opportunity to reimagine it."

As a result, more and more people are leaving their jobs, and seeking different priorities as life is finally turning back to "normal". Last year in the United States alone, approximately 3.95 million workers quit their jobs each month, making 2021 the highest recorded average of job quitting, topping the 2019 average of 3.5 million.

However, in Canada, it is still being disputed as to whether or not the country is having their own Great Resignation. To put it simply, although we have definitely had an increase in the amount of people leaving their jobs, it is just not enough to count as record breaking.

As Brendon Bernard, senior econo-

mist of Indeed Canada put it, "It doesn't look like we've seen a huge wave of resignations. We don't have any hard data in Canada to really show that there's a sustained upswing in employed workers voluntarily leaving their jobs – at least more so than normal times."

So, although Canada hasn't been hit as hard by this peculiar situation, the United States surely has, leaving employers and economists alike wondering when this large-scale, record breaking quitting will come to an end?

According to an article published in the MIT Sloan Management Review, it was revealed that after analyzing large amounts of data, the biggest reason why workers ultimately quit their jobs is because their workplace had a toxic corporate work environment.

The other top five reasons why people quit working at different companies were if a company had constant job insecurity and frequent layoffs, high levels of innovation, failure to recognize worker performance, and a poor response to COVID-19.

In close relation, some of the top four types of jobs that were most affected by The Great Resignation itself were nurses, health care workers, and hospital employees, child care and residential facility workers, retail workers, and hotel and restaurant workers. Some common similarities these jobs could have is that they require hard demand,

and very strenuous work.

Most experts agree that the only way this high quitting trend will end is if workplaces re-evaluate, address, and change the way they treat their employees for the better. Only after a large reconstruction, one could even say The Great Reconstruction, of the average workplace, will workers feel content in their once mundane and stressful jobs.

To be specific, this Great Reconstruction would have to change the way that employers think and treat their employees. For example, employers could start trying out four day workweeks, instead of the customary five day weeks. Many believe that this would lower productivity and cause less work to get done, when the very opposite is the case. It actually boosts productivity in workers, as well as causes reduced stress, and less burnout in employees.

The four day workweek is an example of how an employer could reconstruct their thoughts on what they're employees schedule should be. And rather than be tough on them, the employer could decide to be empathetic to their employee, which will most likely make the work quality of said employee much greater.

The point is, to end The Great Resignation, a "Great Re-construction" of the general workplace must take place. In this Great Reconstruction, employers need to take into consideration

the University of Toronto.

In 1984, Bondar was the only woman in the first Canadian Space Agency (CSA) astronaut campaign. Eight years later, Bondar got her spaceflight on the Space Shuttle Discovery, mission STS-42, which lasted just over eight days. Her crew included five Americans and one German, under the command of US astronaut Ronald J. Grabe. As the seven walked out to the launchpad, Eve Savory, who was covering the story for CBC, waved a Girl Guides flag. Bondar cheered, lifting both hands in the air in an iconic moment captured on camera.

Bondar conducted 40 advanced experiments for 14 different countries during her time in space, mostly about space's impact on the human body.

This mission was affected by the Challenger disaster in 1986 when the space shuttle Challenger exploded shortly after launch. It was a devastating event that put the space shuttle program on pause for two years.

The crew returned safely on January 30, 1992, after gaining much insight into space-focused science. That September, Bondar left the CSA as she was not going to be reassigned to a spaceflight.

For the 20 years after her trip to space, Bondar studied how the brain adapts to unfamiliar environments. She earned achievements for her research in space medicine, including the F.W. (Casey) Baldwin Award from the Canadian Aeronautics and Space Institute, and 28 honorary doctorates from North American Universities.

For over ten years, she led an in-

ternational space medicine research team for NASA. They found new connections between astronauts recovering from microgravity and discovered more about neurological illnesses on Earth, such as strokes and Parkinson's disease.

Bondar also has travelled the world as a photographer and author. She is an honours student in Professional Nature Photography at the Brooks Institute of Photography. Bondar aims to encourage people to protect the planet by showing them the natural beauty that people must preserve. Bondar published four photography books.

Bondar was enthralled by the view of the planet from space. Bondar nearly missed this view since she was working so hard. "The highlight was seeing Earth," said Bondar. "It was a unique moment that not only changed the way I understand our planet, but it also helped frame how I view Earth and approach life on it. The experience encouraged me to embrace conservation of our natural world and work to protect our home." Bondar shared in an interview with CTV.

Roberta continues to reflect on the time she spent as a nature photographer, and the programs she created to benefit the Earth. Bondar used her experience as a photographer and astronaut to launch Avian Migration Aerial Surface Space (AMASS). This project observes birds' migratory patterns and other changes from both space and Earth. In 2018, photos from the International Space Station helped to finish Bondar's AMASS program's project.

There are a few main factors causing the increase in inflation. Supply chain issues have affected global trade, leading to an increase in demand but a decrease in supply. Goods become more scarce and consequently more expensive.

Additionally, consumers were buying fewer goods in 2020. Now that people are getting back to their pre-COVID routines, they have a pent-up demand for items they couldn't or wouldn't buy during the earlier stages of the pandemic.

Many of these factors have effects not limited to Canada. The United States' CPI rose by 7.5 per cent in 2021, while both Germany and the United Kingdom's CPI rose by 4.9 per cent—much higher than yearly averages.

Canada's inflation rate will likely continue to increase throughout 2022. A report by Dalhousie University in Nova Scotia forecasts a 5 to 7 per cent rise in food prices throughout the year.

Deputy Governor of the Bank of Canada, Toni Gravelle, believes there is no clear end to these global problems. "If supply disruptions and related cost pressures persist for longer than expected and strong goods demand continues, this would increase the likelihood of inflation remaining above our control range," he noted to the Surrey Board of Trade back in December 2021.

Experts believe that if inflation continues at the rate it is, without an equivalent increase in wages, many Canadians will not be able to afford basic consumer goods in the coming years.

BLACK HISTORY MONTH: February & Forever

NEWS REPORT by *Bianca Takenaka (10)*



JAMES SKITT MATTHEWS/CITY ARCHIVES

Black History Month is the annual celebration recognizing the contributions and achievements of Black people. According to Senator Donald H. Oliver in the 2008 Motion to Recognize Contributions of Black Canadians and February as Black History month, "The celebration encourages us to honour the significant role that Black people, both past and present, have played in shaping the mosaic of Canada and its values." Oliver was the first Black man appointed to the Canadian Senate.

The House of Commons first officially recognized Black History Month in December 1995 following a motion introduced by the Honourable Jean Augustine, the first African Canadian woman elected to Parliament.

The theme of 2022's Black History Month is "February and Forever," which focuses on recognizing the daily contributions made by Black Canadians.

To commemorate Black History Month, two students shared in a video about their experience in the course "African Descent History in BC 12". Madame N. Fester, teacher of the course, joined these two students in attending the VSB's January 31 board meeting. Fester shared that the course is a way to demonstrate that "there is a lot of difficulty and strife within the context Black history, but there is also joy and resilience."

Students expressed how much they learned throughout the course through examining the relationship between oppression and modern society. One enrolled student, Tobias, explained that "we hear a lot about how racism is systemic, but this course actually provided insights to what systems are in place and the origins of the systems."

Another student named Quincy elaborated that "in this class, we have productive discussions about race and it will be something that I will take with me in the future."

The provincial government and the VSB took the month as an opportunity to highlight and honour the life of Barbara Howard. Howard was born and raised in Vancouver and was the first Black female athlete to represent Canada. She later became the first racialized teacher to be recruited by the VSB.

Various institutions across Canada hosted events for Black History Month. UBC held an online "walk-through" commemorating the accomplishments of black nurses throughout history. The public may also visit the physical display case in the School of Nursing and watch a video on the nursing website.

The BC Black Awareness Society also held events in February and continues to do so throughout March. On Sunday, March 27, a free online event titled "Black History Here, Now, Then, Always" will be held. Panelists are curators of the exhibits Hope Meets Action: Echoes Through the Black Continuum at the Royal BC Museum; and Sankofa: African Routes, Canadian Roots at the Museum of Anthropology. Viewers can register on the BC Black Awareness Society's events website.

CANADA

EDITORIAL



TAKE NOTE, TRUSTEE CANDIDATES

Students, parents, and staff deserve a systematic shift to accountability and transparency. Here's how trustees running in the October elections can make it happen.

The Vancouver School Board is an elected public body of nine trustees who make localized decisions based on guidelines set by the Ministry of Education and the province. Being the second largest district in British Columbia, over 50,000 students, 9,000 staff, and half a billion dollars flow through the jurisdiction every year.

In October, the public will vote in nine candidates for VSB trustee to represent them on the school board in the 2022 municipal elections.

However, students are the group that the school board's decisions are most consequential to. The same group has the least voice in those decisions.

That needs to change. And with that, The Griffins' Nest Editorial Board has compiled a list of demands for 2022 Vancouver School Board Candidates, to be considered a non-partisan mandate letter from the almost 20,000 district secondary students, nearly 3,000 of whom will be eligible to vote in this year's upcoming election.

Education is about students, and it's time the Vancouver School Board operates that way.

1 Our Current Board is a Passive Board. That's Unacceptable.

The purpose of school trustees is to hold our public education system accountable to the public. The current Vancouver School Board is far too close to management, and as a collective, does not ask tough questions of staff. Trustees should be engaged and inquisitive, and as a body, they are currently neither. Students expect the trustees to properly consult the perspective of all stakeholders as opposed to the current deference to management's word. A passive democracy is a weak democracy and democracy is weak in the District.

2 Reevaluate School Scheduling

School schedules must be re-evaluated to ensure they maximize students' success. Flexible periods should continue to be incorporated into schools' daily schedules, but with less interruption from mandatory school-wide activities, such as safety drills or assemblies. To ensure students are well-rested and prepared for school each day, later start-times should be considered. Students and staff recommendations should determine which school system (linear, semester, quarter) provides the most enriching learning experience.

3 Engage in Meaningful Student Consultation

The VSB's current level of student consultation currently receives a fantastically failing grade. And there's no public relations spin to put on that statement. Consultation of students consistently appears minimally affectual in the District's decision making, especially through restrictive surveys. Senior management and trustees need to meaningfully consult with those whose lives board decisions impact the most but have the least voice. A robust framework for collecting and using student input in decision-making is needed.

4 Civil Liberties Must be Respected in Schools

Freedom of expression, whether it be in the form of posters, discussion, campus newspapers, or dress, is a Charter right particularly abused by staff who do not understand the civil liberties implications of their job. That, among other students' rights issues, needs to be addressed and aided by the consultation of the British Columbia Civil Liberties Association, West Coast Legal Education and Action Fund, and the British Columbia Human Rights Clinic in developing a plan to respect civil liberties in Vancouver's public schools.

5 Lighting and Temperature in Schools

The poor quality of lighting and poor heating/ventilation in schools affects the mental well-being of students. Particularly in classrooms and hallways that have no windows, the dim, yellow lighting is noticeable. A change to brighter, neutral-tone lights is ideal. Also, improve heat regulation systems, notably heating schools in the wintertime and maintaining an adequate temperature in the summer months. Many schools' temperature control systems are inconsistent even within buildings, creating uncomfortable learning spaces.

6 Process for Filing Serious Complaints Against a Teacher

Serious non-academic complaints about teachers need to be addressed and adjudicated quickly, effectively, and objectively. Victims of teacher sexual harassment or bullying have the right to have their complaints addressed. Current mechanisms for teacher behavioral accountability are ineffective and inconsequential, and force students into situations society would not tolerate in any other setting. The school district is failing wholly in this realm, and fundamental and unprecedented progress is to keep school safe for students.

7 Engage Teachers' Unions to Review Professional Autonomy

Professional autonomy in collective agreements has profound necessities, including the protection of teaching styles and unique methods of instruction. However, it has left many teachers unaccountable to their students and their families and administrators are effectively powerless to intervene and serious academic concerns. A solution that balances the current imbalance of student and staff interests needs to be reached through consultation of the VSTA, BCTF, other subject matter experts, and students themselves.

8 Consistency Across the District for the Mandatory CLC Course

The content, structure, and attendance requirements for Career Life Connections 12 ('CLC') varies greatly across the District. Much like other graduation-mandated courses, students should expect a level of consistency throughout District schools for CLC. The option of taking CLC in students' Grade 11 year should be provided to all students to allow for more flexibility in their timetable and the possibility of using their CLC Capstone as a "passion project" in their supplementary post-secondary applications.

9 Afford Student Councils More Independence

Student Councils across the District require more independence from their administration in order to fully represent the student body. They currently lack autonomy, and work at the whims of their school officials. With greater independence, student voices are held in a higher regard and more meaningful representation and action can be achieved.

10 Mental Health Support

Mental health issues and stress are common amongst students, making accessible support necessary. Students may hesitate to reach out to their counselor or be unaware of existing support services. A proactive, informational approach to mental health in classrooms (i.e. increasing mental health check-ins) would be extremely beneficial.

11 Commit to Improving Workplace Culture for Staff who Speak Up

The Vancouver School District has yet to recover from the toxic workplace culture revealed in 2016. Some staff go about their professional lives keeping their concerns private out of fear of reprisal. That's unacceptable in a 21st century workplace and at a public body. More needs to be done to allow for effective articulation of teachers' professional concerns.

12 Increase Enriching Field Trips and Guest Speakers

Field trips and guest speakers allow students to deepen their understanding of course content. They provide students with the opportunity to learn in natural environments, be exposed to primary source resources, and connect abstract concepts to real-life experiences, thus both should be considered a critical component of the curriculum.

13 Re-Evaluate The Use of Teams

Microsoft Teams has become integral to schooling in the District. However, Teams was rushed into use at the beginning of the COVID-19 pandemic, and its effects on student education has not been fully scrutinized since. The District should commit to a full report on how Teams has fallen short and measures up to expectations.

14 Cover Costs of Printing that Students Currently Have to Pay

At some secondary schools in the District, students who require the use of a school printer to print their homework, assignments, and projects are currently subject to the corresponding fees to do so. Those costs must be covered by the Vancouver School District. Students should not be paying out-of-pocket for lacking access to a domestic printer.

15 Work with the City and Translink to Develop Safe Routes to School

Transportation can act as a barrier for students to access school. Collaboration with the City of Vancouver and Translink for bike/walking routes and transit routes would improve accessibility and student safety. Especially in neighbourhoods with growing school-age populations, increases in safe transportation to schools is necessary.

16 Access to Devices for All Students

Many teachers require students to submit assignments online, something only students with access to a device can do. Financial means should not limit a student's success in school. Schools need to find alternate means of learning, or provide devices to students who are unable to access their own on a consistent basis, so they are equitably accounted for.

17 Provide Resources to Students Dealing with Addictions

Schools should increase the number of resources they offer to students dealing with addictions, and make existing ones more accessible. While the VSB currently works with SACY to address addiction, many students aren't aware of this and the availability of their staff members is often slim. Schools would benefit from full-time substance abuse counsellors, more educational presentations or workshops, and connections to external youth organizations.

18 Amend AP 106 so Trustees Drive Consultations

Public consultations are currently driven by management staff, which has led to significant strife and damage to the District's constituency relations. Management staff have proven time and time again since 2017 that they cannot be trusted to transparently, objectively, and meaningfully conduct consultations of stakeholders and the public. Trustees, who, unlike management, are accountable to the public, need to drive the consultation process. This is essential.

19 Immediately Remove the \$2,400 Honorarium of the Student Trustee

The annual \$2,400 honorarium for the VDSC Student Trustee needs to be immediately removed. VDSC's collective attendance rate to VSB meetings has been below expectations, and there is no reason a single student should receive a monetary reward for ceremonially representing student voice. The honorarium is practically offensive to all other students who do important work for their communities without any form of monetary compensation.

20 Urgently Develop Media and Information Literacy Resources

The current level of media and information literacy of Vancouver's students is dangerously low. Our democracy depends on a population that can understand and interpret information soundly. The VSB should immediately engage News Media Canada and OpenMedia as well as other consultants to develop a strategic plan to promote the development of information and media literacy and to prepare students and staff to actively combat mis/disinformation.

21 Make the Student Trustee Electable by the School District Population

The Student Trustee has been elected exclusively by Vancouver District Student Council ("VDSC") members by an online ballot (COVID accommodation) or by in-person vote. The Student Trustee is supposed to represent the entire school district population at the board level, yet the trustee is voted in by a select group of students. Just as school trustees are voted in by the general voting population, the Student Trustee must be selected by who they represent.

22 Revisit and Reevaluate Interactions with DPAC

The District Parent Advisory Council is treated by the VSB as an annoyance, not an actual stakeholder group. This is not an appropriate way to interact with a core stakeholder group. The current relationship held by the two hinder public discourse and limit meaningful engagement. The VSB must reevaluate its interactions with the District Parent Advisory Council, and work collaboratively to heed and respect the views of parents in the District immediately.

23 Support in Post-Secondary Applications

Grade 12 students need guidance and time to prepare post-secondary applications. Most students do not know where to begin in this process. Consider step-by-step assemblies. Allocate time for students to work on applications with the help of teachers and counsellors. Schools should also employ a staff member to act as a career counsellor to walk students through their career goals and the possibility of post-secondary education. This is critical in students' futures.

24 Larger Scale Emphasis on Environmental Consciousness

It is known that climate change is not only dangerous, but rapidly advancing. Our school system needs to both actively foster a generation of change-makers on the environmental forefront and invest in infrastructure that aims to minimize environmental footprint. Environmentalism should be incorporated into course content across a multitude of subject areas. Robust recycling programs should be invested in and new construction should be carbon neutral.

25 Extend 5 Minute Time Limit for Guest Speakers at Board Meetings

Guest speakers petitioning their cause at board meetings frequently lack the time to champion their cause. The five minute limit currently imposed prevents speakers from explaining their points fully and accurately. Extending the limit to 10 minutes will help substantially in increasing stakeholder engagement.

26 Ensure Schools Have an Adequate Counselling Department

Secondary schools should have qualified counselling teams that can meet the needs of all students. This means having a sufficient number of counsellors available and ensuring that they offer both adequate mental health support and valuable career advice. Both organizing courses and providing student support is crucial.

27 Re-Evaluate the Efficacy of the VLN

The Vancouver Learning Network has been found to be a largely ineffective medium for online learning. With so many students relying on it for educational service, it is a necessity that the VSB re-evaluates its effectiveness and readjusts the VLN to aid student education, especially with the VSB last reviewing the VLN in 2016.

28 Alternate Learning Programs

Students' individual needs vary greatly. In recent months, many of VSB's programs catered to advanced or Ministry designated "P" students have been removed or restructured in the name of equity. An increased number of these options are necessary to foster learning in students of all abilities. External academics must be consulted.

Those 18 years of age or older are eligible to vote for trustees in the upcoming municipal election on **Saturday, October 15, 2022**

EDITORIAL

CANADA

TRUCKERS' "FREEDOM CONVOY"

NEWS REPORT by Simone Hamilton (11)

On January 28, a group of Canadian truckers and their supporters started assembling in downtown Ottawa in protest of the vaccine mandate on the United States - Canada land borders and all other COVID-19 related regulations in the country.

Their cause quickly spread, causing a state of emergency in Ottawa and international economic dysfunction after many key border crossings closed.

Hundreds of trucks occupied downtown and certain residential areas of Ottawa in the height of these protests. Demonstrators camped out in Ottawa for over three weeks, and used signage, vehicle horns, and their overwhelming presence and power in numbers to spread their message.

The "Freedom Convoy" has lasted weeks, and the situation in Ottawa and across the country has escalated. Prime Minister Trudeau engaged the Emergencies Act in a historic first to provide police with more legal flexibility to remove trucks from downtown Ottawa.

On February 14, Prime Minister Justin Trudeau announced the federal government would be invoking the Emergencies Act in response to the dysfunction across the country's borders. He clarified that he was not calling in the Armed Forces, or overriding the Charter. Trudeau also said Canadians' freedom of expression and peaceful assembly is not being compromised. Emergencies Act is a law passed in 1988 that allows the federal government additional, necessary powers in event of an emergency that threatens national security. This includes the power to declare public order emergencies where certain public demonstrations can be prohibited.

The Emergencies Act is currently being used to freeze participants' bank accounts and legally requires every financial institution to assist the RCMP. When the act was announced, Ottawa Police were analyzing how exactly they could use the Act to progress action, and they had started by issuing warnings of criminal charges amongst protesters downtown.

On February 19, police moved in



on protesters using force. The police retook Wellington Street and made 170 arrests. They removed up to 53 vehicles. Before police action, it is estimated that around 360 vehicles occupied the streets surrounding Parliament Hill.

Ottawa Police secured an area where they control traffic into the Parliament district. Almost 100 checkpoints exist for police to prevent more demonstrators from joining the now illegal protests.

Among the Convoy's demands includes Prime Minister Justin Trudeau's resignation, the lifting of vaccine mandates within Canada and Canada-US border crossing, and provincial mask mandates.

Protesters gained major financial support through a GoFundMe page, with donations reaching 7.8 million dollars total before complaints reached GoFundMe. GoFundMe suspended the funds for violating the website's terms

of service, and gave full refunds to donors.

The self-proclaimed peaceful demonstration has put the City of Ottawa in a state of emergency. Complaints from Ottawa residents include 24/7 car horn honking, road blockades, business closures, and harassment.

The worst of the allegations: hate crimes. The Ottawa city police set up a hotline for hate crimes, assaults, and harassment related to the convoy. It reportedly received over 200 calls in the first week of February. Photos of vandalized Canadian flags with hand drawn swastikas, Nazi flags, and Confederate flags that are associated with the Freedom Convoy have circled the internet.

Ottawa Police issued thousands of bylaw tickets, each up to \$1000. These include enforcing tickets on horn-honking downtown according to an Ontario judge's injunction.

In Windsor, Ontario, the busiest

land border crossing in North America, the Ambassador Bridge, was closed for almost a week. This crippled a key trade route connecting Windsor and Detroit. It reopened on February 14 after Windsor Police started arresting protesters on February 13, almost 30 people were arrested for criminal mischief. A judge had issued a warning to leave by 7pm on Friday February 11.

Similar incidents of public and border disturbances have occurred across the country. The Courts border dividing Alberta and Montana has been blocked by semi trailers, trucks, and farming equipment. A similar situation occurred at the Canada-US border between Emerson, Manitoba and Pembina, North Dakota.

Four people were arrested by RCMP at the Pacific Highway border crossing in British Columbia for breaking through a police barricade. There were no injuries reported related to said incident.

UNMARKED GRAVES ACROSS CANADA

NEWS REPORT by Liliana Chow (12)

When several hundred unmarked graves were found on former residential school sites on Tk'emlups to Secwepemc territory and on Cowessess First Nation territory in mid-2021, public outrage ensued. The eyes of many Canadians were opened to the veiled horrors of residential schools, which had mortality rates of up to 60 per cent. Publicizing these findings and spreading awareness on the treatment at these schools is crucial to prevent cultural genocide from reoccurring.

Indigenous Peoples have known about these unmarked mass graves for years, but it was only with the recent developments in radar technology that they were finally able to prove that these graves existed. Most recently, Williams Lake First Nation in British Columbia discovered 93 more potential burial sites near the former St. Joseph Mission Residential School.

Self-identity was a trait especially stripped away by the Indian Residential School System. Students were forced to assimilate and appear more European through the chopping of their hair, changing of their names, and stripping of their language. Their inability to identify how they wished was detrimental to Indigenous cultures.

Indigenous leaders have expressed relief that these discoveries are finally highlighting the reality of what occurred at residential schools. Many view this as a progression in the process of reconciling with the trauma faced at the hands of the Canadian Government. "There can be no reconciliation before there is truth," Williams Lake First Nation Chief Willie Sellars voiced. With the potential burial sites having been discovered, Sellars emphasized, "this reawakening in Indian country has allowed us to start the process of healing."

This isn't the first time that Warde has produced a viral game. Warde created "The Button", a social experiment that became popular on Reddit, as well as another social experiment called "Place".

Recently "Wordle" was purchased by The New York Times for a price purportedly in the low seven figures.

Like many popular games, "Wordle" has had several copy-cats emerge. One of its imitations, "WhatWord-Wordle", has reached 20,000 downloads worldwide and has become the top-ranked word game in the U.K., Ireland and Netherlands, as of January 8.

Another "Wordle" imitation game called "Wordle!" reached 40,000 downloads and reached the fourth spot for word games in the U.S. in early January.

Apple had begun removing many imitation "Wordle" games from its App Store after they started to gain traction.

"Wordle" has received complaints from players since The New York Times assumed ownership. Players have noticed an increase in the difficulty of the words, and that their win streaks from previous games have been lost.

Despite the preservation of players' win-streaks being promised when the launch was announced, the NYT found that they were being reset after successfully completing the "Wordle" the day of the launch.

The New York Times has since been able to restore streaks for those who had lost theirs. However, players had to successfully complete the next day's "Wordle" and refresh their browsers in order to recover the data.

The NYT believes that the vast majority of "Wordle" players' statistics should have now been transferred successfully. However, some players reportedly are still experiencing this issue.

When The Troubles (a conflict in Colonial Ireland) seized Belfast, nine-year-old Buddy and his family must make a difficult decision: stay and fight for their home or leave. This sad, dramatic comedy explores the true meaning of home.

INTERNATIONAL

JAMES WEBB TELESCOPE LAUNCH

NEWS REPORT by Salena Sharma (8)

NASA's James Webb Telescope (JWST) reached its destination, Lagrange Point (L2) on January 24, 2022, preparing to study the earliest stars and galaxies and analyze their emergence in the Universe. After leaving Earth on December 25, 2021, Webb set out on a mission into the past hoping to be the ticket to the unknown aspects of the Universe's formation.

The James Webb Telescope is a project by the National Aeronautics and Space Administration (NASA), the Canadian Space Agency (CSA), and the European Space Agency (ESA).

The ESA provided the mission with an Ariane 5 ECA rocket and launched the telescope from Kourou in French Guinea. The CSA provided Webb with scientific equipment such as the Fine Guidance Sensor (FGS) that allows the telescope to precisely point. NASA had many roles in this project with one being building the 43.5-foot telescope. All three agencies' collaboration led to the establishment of one of the most technologically advanced telescopes ever built.

Canadian astronomers and scientists who contributed to the project will be among the first to study Webb's discoveries. According to the CSA, Canadian astronomers will study three different observation systems, one of them being Early Release Science. In this system, scientists will study the interplay between infrared light which is made by large stars and their local environment.

Work began for the telescope in 1996 with a budget of \$500 million. However, the project had many set-

backs for its launch date. It was initially supposed to launch in 2007 but there were many delays because of a design change and budget issues. Finally, the completion and launch of the telescope were achieved in late 2021.

The Webb telescope was originally named the Next Generation Space Telescope, but in September 2002, the telescope's name was changed to the James Webb Telescope, deriving its name from former NASA administrator, James E. Webb, who oversaw most Apollo missions during the mid-1900s.

When an astronomical object's spectrum is rearranging toward longer (red) wavelengths, it is known as a redshift. Similar to the Doppler effect, the light source moves relative to an observer and the wavelengths appear longer than when they were discharged. The ability to perceive redshifts will shed light on some of the first star formations in the Universe.

Calculations from researchers showed that the first star formations happened somewhere between redshift 15 and 30. During those redshifts, the universe was only around 1.5 per cent of its current age. Today, the universe is 13.8 billion years old, and these redshifts have connected for 100 to 250 million years since the Big Bang.

One of the reasons JWST was developed was to aid in the discoveries of the Hubble Space Telescope. The two telescopes are similar but serve distinct, differing purposes. Webb will not be in orbit around Earth-like Hubble. Instead, it will orbit around the Sun at L2, which is 1.5 million miles away

from Earth. This orbit path will cause the telescope to stay in line with Earth, allowing its sun shield to safeguard the telescope from the light and heat from the Sun, Earth, and the Moon. This allows the telescope's scientific equipment to function properly when testing out its instruments.

Scientists will use Webb to study 11 exoplanets that are larger than Earth, but smaller than Neptune and will learn about how they developed over time. Scientists hope Webb will answer the questions as to whether exoplanets are habitable for humans.

JWST can also detect the appearance of planets as large as Jupiter, using the infrared light that comes from the planet. With Webb's equipment, it can block out the light of the planets as the parent stars of those planets are bright compared to other stars. This can help Webb detect information about the planet which would be crucial for scientists back at Earth as the information collected could help answer the many questions about these planets that could never be answered. This type of information Webb finds will be shared with NASA's Ames Research Center in Silicon Valley, California. They will be among the first to share Webb's discoveries with others and can build off the foundation Webb set from its discoveries.

The Near Infrared Camera (NIRCam), the Near-Infrared Spectrograph (NIRSpec), the Mid-Infrared Instrument (MIRI), and the Fine Guidance Sensor/Near-Infrared Imager and Slitless Spectrograph (FGS-NIRISS) are four pieces of scientific equipment

Webb has for its mission. These instruments will serve many purposes with the assistance of James Webb. Spectrographs, for example, are on each of Webb's scientific equipment. It will help the telescope see into the darkness and will shine light out into a spectrum so that the light of each independent wavelength can be sized. Each of these pieces of equipment comes in various modes that will help Webb and scientists at Earth to make conclusions on the consequences of the Big Bang.

Webb's design varies greatly from other space telescopes. One example is its sun shield. Webb's cameras are sensitive to the sun, so a sun shield was placed on the telescope to protect its instruments and mirrors. The sun shield has significant protection as it is the same as the size of a tennis court. According to NASA, the side of Webb that is facing the Sun has a 300-degree Celsius difference between the shaded areas. Another interesting design element is the gold-plated mirrors. Gold reflects infrared light. Infrared light can peek from the farthest corners of the universe and if exposed to it, the Webb telescope will not be able to function properly.

"It's a humbling experience to be part of such a massive endeavour," Natasha Bathla, a research scientist at NASA's Ames Center stated. "About 10,000 people have contributed to this telescope, and thousands more across over 400 institutions will be analyzing data from its first cycle. It's an amazing opportunity to get to do science on this scale."

OSCAR NOMINEES

NEWS REPORT by Elle Glen (8)

The Power of the Dog is nominated for: Best Picture, Best Actor (Benedict Cumberbatch), Best Supporting Actress (Kirsten Dunst), Best Supporting Actor (Jesse Plemons and Kodi Smit-McPhee), Best Director (Jane Campion), Best Original Score, Best Adapted Screenplay, Best Cinematography, Best Production Design, Best Film Editing and Best Sound

Set in Montana in the 1920s, Phil, an arrogant rancher, responds with mocking cruelty when his brother marries a widow with a teenage son. As Phil proceeds to mercilessly torment them, he becomes exposed to the unexpected.

Cinematographer Ari Wegner is the second woman ever to be nominated for Best Cinematography and a potential victory would be a historical success for equality. "The Power of the Dog" is available on Netflix.

Dune is nominated for: Best Picture, Best Original Score, Best Adapted Screenplay, Best Cinematography, Best Visual Effects, Best Production Design, Best Costume Design, Best Makeup and Hairstyling, Best Film Editing and Best Sound

Based on the groundbreaking novel by Frank Herbert, Dune follows Paul Atreides, a gifted youth, who is born with a destiny beyond his understanding and must journey to the most dangerous planet in the universe to save his family and people.

The 1984 rendition of Dune was nominated for only one Oscar. This film was nominated for ten, including Best Picture and Best Visual Effects.

Belfast is nominated for: Best Picture, Best Supporting Actor (Ciarán Hinds), Best Supporting Actress (Judi Dench), Best Director (Kenneth Branagh), Best Original Score, Best Original Screenplay and Best Sound

When The Troubles (a conflict in Colonial Ireland) seized Belfast, nine-year-old Buddy and his family must make a difficult decision: stay and fight for their home or leave. This sad, dramatic comedy explores the true meaning of home.

"Belfast" is semi-autobiographical and is loosely based on director Kenneth Branagh's experience growing up in Ireland during the period of civil war. Many have said Branagh has earned a nomination for best director because of this film's uniqueness and nostalgia.

West Side Story is nominated for: Best Picture, Best Supporting Actress (Ariana Debose), Best Director (Steven Spielberg), Best Cinematography, Best Production Design, Best Costume Design and Best Sound

A modern musical that takes Romeo and Juliet and drops them into the harsh streets of the Upper West Side. As rival street gangs, the Jets and the Sharks battle for dominance behind the scenes, Maria and Tony find themselves drawn together despite belonging to opposing sides.

Ariana Debose has been nominated for her supporting role as Anita in Stephen Spielberg's remake. Exactly 60 years ago, Rita Moreno won an Oscar for the same role. Watch "West Side Story" on Disney+ on March 2.

King Richard is nominated for: Best Picture, Best Actor (Will Smith), Best Supporting Actress (Aunjanue Ellis), Best Original Score, Best Original Screenplay and Best Film Editing

Equipped with only his wits and a 78-page plan, Richard Williams is determined to secure his daughters, Venus and Serena, a place in tennis history, despite the odds.

This movie highlights the importance of the Williams sisters' success and how they made history despite gender and racial barriers.

Don't Look Up is nominated for: Best Picture, Best Editing, Best Original Score, Best Original Score and Best Film Editing

The world is turned upside down when two astronomers discover a comet that will cause global extinction, but here's the real problem: nobody cares. This apocalyptic comedy is a satirical critique of society, politics and human self-interest, and has an important message that is relevant today. Watch "Don't Look Up" on Netflix.

Honourable Mentions: Encanto, Nightmare Alley, Coda, Licorice Pizza, The Tragedy of Macbeth, Tick...Tick...Boom, Being the Ricardos and Spencer.

2022 GRAMMY AWARDS

NEWS REPORT by Shaan Sandhu (10)

Since 1959, the Grammys have been an annual event in the music industry, widely known as "music's biggest night." The 2022 Grammys were scheduled for January 31, but due to the soar in Omicron cases in the United States, the award show was pushed back to April 3. This created a five-month gap between the announcement of nominees and the ceremony. It is scheduled to air from 5:00-8:30 PM Pacific Time.

The 2022 Grammys include 86 categories with many nominations for each. Members of the Recording Academy vote upon the winners for each category, usually voting for categories they specialize in. The highly anticipated categories include Song of the Year, Album of the Year, Record of the Year, and Best New Artist. Each of these four categories has ten nominees.

1. Album of the Year
Album of the Year is the most prestigious award that is presented at the Grammys. It commemorates artists who create a unique body of work. The nominations for Album of the Year are: We Are - John Batiste, Love For Sale - Tony Bennett and Lady Gaga, Justice - Justin Bieber, Planet Her (Deluxe) - Doja Cat, Happier Than Ever - Billie Eilish, Back Of My Mind - H.E.R., Montero - Lil Nas X, Sour - Olivia Rodrigo, Evermore - Taylor Swift and Donda - Kanye West.

Album of the year is a competitive category. Commentators in the industry have suggested that the artist with the best odds may be Olivia Rodrigo. Her debut album Sour dominated the billboard charts throughout the summer. Sour was the biggest album of 2021, and the first debut album to have two singles land number one on the Billboard Top 100 charts.

2. Song of the Year
Song of the Year is dedicated to the songwriters who composed the lyrics and melody. The nominees consist of "Bad Habits" - Ed Sheeran, "A Beautiful Noise" - Alicia Keys & Brandi Carlile, "Drivers License" - Olivia Rodrigo, "Fight For You" - H.E.R., "Happier Than Ever" - Billie Eilish, "Kiss Me More" - Doja Cat and SZA, "Leave The Door Open" - Silk Sonic, "Montero Call Me By Your Name" - Lil Nas X, "Peach-

es" - Justin Bieber, Daniel Caesar, and Giveon and "Right On Time" - Brandi Carlile.

"Leave The Door Open" by Silk Sonic has a strong chance of winning Song of the Year. The supergroup, Silk Sonic, was an unexpected collaboration between Anderson Paak and Bruno Mars, and "Leave The Door Open" was the highlighted song of that album. The 6-year wait for Bruno Mars to release a new album generated lots of excitement, which could boost the odds of "Leave The Door Open" winning this award. Bruno Mars has been relevant in the music industry for over a decade and has been awarded and nominated for Grammys throughout his career. His experience and reputation will be beneficial when voting occurs.

3. Record of the Year
Record of the Year differs from Song of the Year because the award goes to all contributors of the song including songwriters and publishers. The nominees for Record of the Year include: "I Still Have Faith In You" - ABBA, "Freedom" - Jon Batiste, "I Get A Kick Out Of You" - Tony Bennett & Lady Gaga, "Peaches" - Justin Bieber Featuring Daniel Caesar & Giveon, "Right On Time" - Brandi Carlile, "Kiss Me More" - Doja Cat Featuring SZA, "Happier Than Ever" - Billie Eilish, "Montero (Call Me By Your Name)" - Lil Nas X, "drivers license" - Olivia Rodrigo and "Leave The Door Open" - Silk Sonic.

Based on previous years, "Happier Than Ever" by Billie Eilish is likely to win Record of the Year. In 2020, her hit song "Bad Guy" won this award, alongside "Everything I Wanted" in 2021. Ever since her sweep at the Grammys in 2020, Billie Eilish has been a favourite at the award show.

4. Best New Artist
Best New Artist is awarded to the artists who had the biggest breakout year: Arooj Aftab, Jimmie Allen, Baby Keem, FINNEAS, Glass Animals, Japanese Breakfast, The Kid LAROI, Arlo Parks, Olivia Rodrigo, and Saweetie.

Of all the nominees, Olivia Rodrigo is most prominent. She saw the greatest commercial success. In 2021, she was one of the biggest artists of the year, with her debut album Sour achieving double platinum status.

QUEBEC'S PROPOSED "VAX TAX"

NEWS REPORT by Teagan Nichol (9)



In early January, Québec Premier François Legault announced that his government was considering taxing those who chose not to get vaccinated. Legault, after public uproar, has now confirmed that this bill will not be made law.

The proposed plan would have taxed those who chose not to get vaccinated against COVID-19 within the province. Every adult who chose not to get vaccinated would be charged a significant healthcare "contribution."

Following the announcement, there was a spike in first-dose vacci-

nation bookings in Québec. Québec Health Minister Christian Dubé stated that following the tax announcement, first vaccination appointments increased up to 5,000 on January 10 and 7,000 on January 11, a "record for [the past] several days."

Roughly ten per cent of Quebecers eligible for vaccination remain unvaccinated. The main focus of this bill would've been to encourage unvaccinated people to get vaccinated as an alternative to having to pay the "significant contribution."

Additionally this tax would be

pushing part of the cost of hospitalization for people with COVID-19, who are disproportionately unvaccinated people, onto those who choose to remain unvaccinated against the virus.

"I think right now it's a question of fairness for the 90 per cent of the population who made some sacrifices," Mr Legault said while announcing the plan to tax. "I think we owe them this kind of measure."

A bill had been prepared by Québec's Finance Minister, Eric Girard, but according to Legault, will not be considered further.

The tax was scrapped due to concerns raised by many citizens and the risk of dividing the Quebecois. During his announcement on the scrapping of the tax, Legault emphasized on the need for unity and "social peace" in Québec.

"I understand that this divides Quebecers and right now we need to build bridges," Legault sympathized. "My role is to try to bring Quebecers together to stay united as a people."

This announcement comes after growing concerns over the ethicality and legality of this proposed bill.

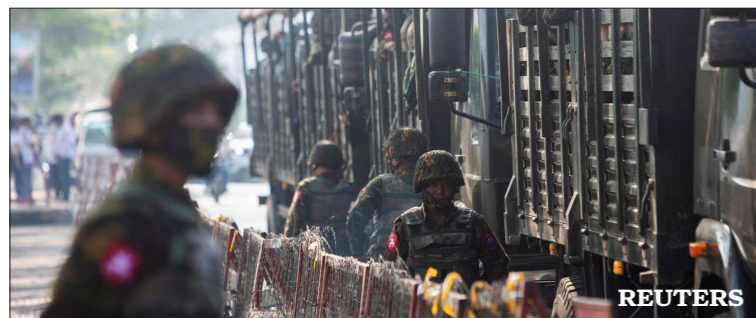
Many civil rights advocates have expressed distaste and concern over the proposed plan, including the Canadian Civil Liberties Association who considered the plan deeply troubling. Cara Zwiabel, Director of Fundamental Freedoms and Acting General Counsel for the association, called the plan "divisive" and "unprecedented," pointing out that "[the Canadian] Charter recognizes individual autonomy over our bodies and medical decisions."

Legality may have also been a problem for this plan if it were to be implemented. According to Davies Ward Phillips and Vineberg LLP lawyer, Jean-Philippe Groleau, the bill

INTERNATIONAL

MYANMAR MARKS ONE YEAR OF MILITARY RULE

NEWS REPORT by Derek Chau (10)



Myanmar has been under the rule of its military, officially called the Tatmadaw, for over a year since February 1, 2021's coup d'état. Thousands have died or were arrested while resisting the military's sweeping control, and massive protests, known as the Spring Revolution, have broken out in opposition to the regime. Citizens have been forced to flee the country or live with the constant fear of persecution.

Outrage from Myanmar citizens fuelled a nationwide civil disobedience movement. Millions of people were seen in mass protests organized throughout cities and villages nationally two days following the military's violence. The military responded to these protests by firing live and rubber bullets, as well as by shooting high-pressure water jets from water cannons into the crowds.

Since the military coup d'état of 1962, Myanmar has operated under a military dictatorship, and has struggled with economic stagnation. However, a rising opposition party called the National League for Democracy (NLD), led by civilian activist, Aung San Suu Kyi, was formed in 1988 and gained support from citizens across Myanmar.

According to the Assistance Association for Political Prisoners' most recent statistics, 1,297 people have been killed by the military and 10,536 have been detained. Protests demanding the return of a democratic government continue to rage throughout Myanmar. In Myanmar's jungles and smaller villages, people have armed themselves with firearms and hand grenades, preparing to defend themselves from a potential military attack. There have been many instances of violence, notably in the township of Kani where 40 men were killed.

A majority of the Kani township murders took place in Yin village. Eyewitnesses told media that at least 13 men from their village were brutally murdered by the military.

Some citizens gathered to form local militias called the People's Defense Forces. The People's Defense Forces attacked military convoys, and even assassinated military officials. In regions where these local militias are prevalent, the military has retaliated by cutting off food supplies, burning villages, shooting rocket launchers, and firing at fleeing civilians, regardless of whether they were actively involved in protests or People's Defense Forces.

Many families have also sought refuge in neighbouring India due to the return of Myanmar's military dictatorship. Aid groups have already committed to help these refugees during this humanitarian crisis.

Foreign nations' condemned the coup and the violence that erupted afterwards have called out the Tatmadaw for creating a "reign of terror." Additionally, sanctions from the United States, United Kingdom, and the European Union have been imposed onto Myanmar. The United Nations stated that Myanmar would experience "an intensification of violence and a rapid rise in poverty" under another period of military dictatorship.

Peaceful protests against the military's actions broke out in the weeks following the coup. No fatalities were recorded until the military fired live rounds in the city of Mandalay, killing two unarmed protesters. One of the victims was reported to be a 16-year-old boy.

A national emergency was announced on television on February 1, 2021 as broadcasts, flights, and internet were all suspended. The military took control of roads. The stock market and banks were shut down. Additionally, leaders of the National League for Democracy as well as other opposing politicians, activists, and writers, were all arrested. Aung San Suu Kyi was incarcerated and her position was filled by the military commander, Min Aung Hlaing.

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Impact of the Therasnos Ruling on Tech Startups

ANALYSIS by Max Von Dehn (10)

Imagine a world where you could test for anything between cholesterol levels or antibodies, with a single drop of blood, in an instant.

blood, and could only test for a couple factors at a time, it was sold as miracle technology.

In 2014, Therasnos, and its founder Elizabeth Holmes, were prepared to lead the medical industry into a new era. Dubbed the "iPod of healthcare", Therasnos planned to release technology that would forever change blood sampling. Therasnos claimed it was able to run hundreds of tests on a single drop of blood, and at a lower price than conventional systems, making the entire system more efficient.

Therasnos was founded in 2003 by Elizabeth Holmes at age 19, while she was still attending Stanford University, although she quickly dropped out to pursue Therasnos full time. The core of her breakthrough at Therasnos was their Edison machines, which were the machines that were claimed to run over 100 tests on a single drop of blood. The company received massive support in its opening years, starting out in a basement back in 2004, to be valued at \$9 billion in 2014. However, Therasnos was not the sil-

blood, and could only test for a couple factors at a time, it was sold as miracle technology.

Compared to the technology at the time, which required large amounts of

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Diplomatic Boycott of the 2022 Beijing Olympics

NEWS REPORT by Julien Yuen (11)

The 2022 Beijing Winter Olympics took place from February 4 to 20 and the Paralympics will be held from March 4 to 13.

In December, countries including the United States, United Kingdom, Canada, and Australia announced a diplomatic boycott of the games in protest of human rights abuses by the Chinese government in Xinjiang, Tibet, and Hong Kong. While athletes went, no government officials or ministers were in attendance.

In response to the diplomatic boycott and accusations of human rights abuses in Xinjiang, China's Foreign Ministry spokesperson Zhao Lijian stated in a press conference on December 7, 2021, that the "alleged" Uyghur Genocide does not exist and the treatment of Indigenous Americans in the United States is "the real genocide."

Zhao also urged the United States to stop politicizing the Olympics. When asked whether China will boycott future Olympics hosted by the US, he said the US had "lifted stone and crushed its foot by destroying the foundation of co-operation between the two countries."

On February 22, 2021, the Canadian House of Commons passed a motion that declared that the treatment of Uyghurs and other Turkic Muslims is genocide by the People's Republic of China with 266 to 0 votes.

The Ambassador of China to the United Kingdom denied human rights abuses against the Uyghur minority in Northwestern China after being shown footage of shaved and blindfolded people being escorted to trains in a BBC interview in 2021.

In 2018, the United Nations human rights panel stated that it had received credible reports that 1 million Uyghurs in China are held in "massive internment camp[s] that is shrouded in secrecy." Beijing implemented the National Security Law in Hong Kong in 2020, by-passing the local legislature, in response to the pro-democracy protests. Since then, lawmakers and activists were arrested for "subverting the state" while news outlets have been raided and shut down with their former seniors also arrested.

The law grants ambiguous powers to the governments and law enforcement bodies of both Hong Kong and China. Offenders could be sentenced to a maximum of life imprisonment for crimes of secession, subversion, terrorism, and collusion with foreign forces. Cases could be sent to mainland China for trial by a new Beijing-established security office in the territory, which has its own law enforcement personnel that is not under the local authority's jurisdiction. Judges will be appointed by the Chief Executive of Hong Kong to hear

national security cases. Court cases in Hong Kong have been opened to the public and journalists to attend, but cases related to the new law could be heard behind doors. This law applies to everyone including those outside of Hong Kong's jurisdiction and non-residents.

At the opening ceremony of the Beijing Olympics, a Dutch reporter was dragged away by security guards during a live broadcast. Game participants and journalists are confined to a "closed-loop" during the games as part of the COVID-19 measures.

Human rights activist groups, including Amnesty International and the Canada Tibet Committee, have shown support to the diplomatic boycott, stating that the decision "is a blow to the impunity of the Chinese Government." The Uyghur Human Rights Project "hail[ed] the U.S. diplomatic boycott as a strong message that genocide will not be accepted by the international community." Other groups stated that while the diplomatic boycott is a "positive step", it is "not enough."

A piece by the New York Times stated that the move by former US President George Bush to attend the 2008 Beijing Olympics gave legitimacy to the country which was engaging in crackdowns in Tibet and that the next step after a diplomatic boycott of the 2022 games should have been pulling out sponsors.

Welcome to the "Metaverse"

NEWS REPORT by Teresa Chen (11) and David Zhang (11)

Following Facebook's recent name change to "Meta", the metaverse has become a hot topic in regards to the future of the internet. Major companies including Microsoft and Meta (Facebook) have already announced to the public what their visions of the metaverse will look like—each a different approach to a potentially big industry.

The term metaverse first appeared in Neal Stephenson's 1992 science fiction novel Snow Crash. The book describes metaverse as a virtual reality space accessible by users through individual terminals such as VR headsets. It acts as a digital place where people can interact without affecting the real world. The concept of experiencing life in a digital world is not a new idea, and popular films such as Ready Player One and Sword Art Online (SAO) have already offered their own interpretations.

What is Meta's vision of the metaverse? Surprisingly, Meta's vision is not much different from common depictions in science fiction literature and media. Users will be able to use virtual reality (VR) or augmented reality (AR) through its portals to access the metaverse and interact with friends and family.

Some people believe parts of the metaverse already exist and have existed for many years, while others believe it is a new step in the evolution of technology. The metaverse—regardless of what it may look like—will likely be a significant aspect of our future digital lifestyle, or as Mark Zuckerberg says, it will be "the successor of the mobile internet."

Video games such as Roblox, Minecraft, and The Sims have existed for over a decade—all of which simulate a virtual world for players to live in. The only difference between these games and the metaverse is that the metaverse will feel more four-dimensional and real than current models.

However, with gaming being the number one addiction amongst teens, health experts pointed out the risk that the metaverse—a parallel world with no boundaries—could mentally destroy vulnerable populations. Addictions to digital technology have been linked to anxiety and depression, and with the metaverse encouraging its users to be even more socially isolated, this could worsen those side effects. Since users will most likely be spending most of their time indoors whilst in the metaverse, vitamin D deficiency is also a potential threat.

The metaverse will be a world built on reality with digital modifications. For example, if users want to play table tennis with their friend, but are not in close

physical proximity to each other, they can log into the metaverse and use a virtual table as well as virtual balls and paddles to play. It is also entirely possible to incorporate real objects and have only certain elements be virtual. The metaverse will display the user and their friend on the interface, along with all the virtual elements, allowing for a live game and real time communication.

This is only a portion of the possibilities in the metaverse though. From attending virtual school to exploring the Sahara Desert, anyone can go anywhere with a click of a button. Schools will be able to offer virtual field trips, allowing students to travel back in time to learn about various historic events, or allow them to fly to outer space and learn about the solar system. Families can sit in their living room and take a vacation to Hawaii, or visit their relatives who live across the globe. The opportunities are nearly endless, permitting anyone with access to the metaverse to do as they would like in the reality-based virtual world.

The metaverse will also incorporate the usage of cryptocurrency. Users will be able to play cryptocurrency games similar to Axie Infinity where players buy, train, and trade NFT Pokémons each registered on the Ethereum blockchain. With the least valuable Pokémon characters worth 100 USD, players have the potential to make a considerable amount of money from the metaverse. Since cryptocurrency is a decentralized form of currency, third parties like the bank will no longer be involved.

However, even the cautionary tale of Therasnos will not dampen the entrepreneurial spirit of the tech industry for long. Much of the tech sector thrives on creating exciting ideas, and overselling for the hope of investment. Investors on the other hand, while they might keep Therasnos in mind, will continue to take gambles, hoping to get lucky.

Therasnos was not only a threat to the bank account of investors, but more importantly jeopardized the health of many unsuspecting patients. There exists a complacent feeling within the tech sector, one that makes the sector very unwilling to change. While to many on the outside, Therasnos remains a reminder about betting on miracles, within the tech sector's echo chamber, it seems not much has been learned.

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VACCINE INEQUITY: The biggest obstacle to ending COVID-19

NEWS REPORT by Hannah Azad (12)

The inequitable distribution of COVID vaccines has been a leading concern of the World Health Organization (WHO) since rollout programs began in late 2020. The WHO suspects that if vaccines were distributed equitably, all health workers and seniors—two groups that are most vulnerable and frequently exposed to COVID-19—would be vaccinated across the world. However, upper-middle and high-income countries have received a disproportionately higher percentage of the COVID vaccines than low-income countries.

"Vaccine inequity is the world's biggest obstacle to ending this pandemic and recovering from COVID-19," Director-General of the WHO, Tedros Adhanom Ghebreyesus warned. "The longer vaccine inequity persists, the more opportunity this virus has to spread and evolve in ways we cannot predict nor prevent. We are all in this together."

The WHO announced in early 2021 that they aim to have 10 per cent of every country's population vaccinated by September, 40 per cent by the end of the year, and 70 per cent by mid-2022. 56 countries failed to reach September 2021's goal, and the statistics continue to fall short of

the organization's initial plans. According to the Global Dashboard for Vaccine Equity, 68.18 per cent of wealthier countries have been vaccinated with at least one dose, while only 12.11 per cent have in low-income countries as of February 9, 2022. WHO also reported that poorer nations have received only 0.6 per cent of the 8 billion shots that have been administered internationally.

A contributing factor to this inequity is "vaccine nationalism." This phenomenon refers to the tendency of vaccine-producing countries to restrict distribution to other nations. "No country can boost its way out of the pandemic," Tedros emphasized in a press briefing in December 2021, later adding, "vaccine nationalism will prolong the pandemic, not shorten it."

Additionally, the cost of COVID vaccines are high in comparison to other vaccines, reducing its accessibility to certain countries. The United Nations Development Programme reported on their Data Futures Platform that the vaccines are an average of \$2 to \$40 USD per dose, with a unit delivery fee of approximately \$3.70. WHO has ex-

plained that low-income countries must increase their healthcare budget by 30 to 60 per cent in order to vaccinate 70 per cent of their population, while high-income countries are only expected to increase theirs by 0.8 per cent to achieve the same vaccination rate.

Experts fear that if COVID vaccine inequity persists and the pandemic draws out, new strains of the virus will arise. "Inequitable vaccine distribution...is allowing even more deadly variants to emerge and spread across the globe," the United Nations' (UN) website reads.

This inequity also presents severe economic issues throughout the world. The UN expects low-income countries to feel the negative economic effects of COVID until 2024. Meanwhile, high-income countries are generally predicted to return to pre-COVID economic conditions by the end of this year.

To help mitigate vaccine inequity, the United Nations Children's Fund (UNICEF), with help from Gavi, The Vaccine Alliance, WHO and CEPI created COVAX, an abbreviation for COVID-19 Vaccines Global Access. This initiative is dedicated to accelerating the

Known in the legal community for their meticulously detailed decisions, Jackson has had multiple high-profile rulings over her eight years on the Federal District Court.

Jackson is expected to sit on the Court for years to come, as she is currently 51 years of age. Though she will certainly bring fresh perspectives to the court, in the short term her impact may not be tangible.

The basic ideological balance of the Court will not be altered with the appointment of Breyer's predecessor. The current make up of the court as six conservative Justices nominated by Republican presidents and three liberal Justices nominated by Democrat presidents will remain, as Breyer, one of the Court's liberal Justices will be replaced by Jackson, another liberal Justice.

For the majority of its history, only White men have sat on the Supreme Court, but the addition of more diverse Justices has led to material changes in the lives of Americans.

In specific, after the addition of the first justice of colour, Justice Thurgood Marshall, the Court narrowly found certain applications of the death penalty to be cruel and unusual punishment. In 1996, the last male-only US public university, the Virginia Military Institute, was required to accept female

distribution of COVID vaccines, and ensuring they are accessible to countries "based on need and not purchasing power." They aid in the distribution to 80 per cent of the world's population.

Wealthier countries, including Canada, the UK and Japan, have pledged to donate money and vaccine doses to low-income countries through the initiative. The US has contributed the most, donating \$4 billion and having shipped 235 million of the 1.1 billion doses that they pledged. "To beat the pandemic here, we need to beat it everywhere," US President Joe Biden said at the Global COVID-19 Summit in September of 2021.

However, the public has criticized COVAX for being slower in its distributions than it has claimed it would be. Upon its creation, COVAX stated that they would provide two million doses internationally in 2021. By January 15, 2022, COVAX had only supplied their billionth dose, one-half of the amount they initially predicted they would supply, and approximately one-fourth of the 4.6 billion doses previously purchased by high-income nations, as reported by Duke University.

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When scientists work to develop vaccines, they account for potential mutations that the virus could undergo. Examining COVID in particular, the vaccines distributed have been thoroughly tested against many possible variations. This allows the vaccine to provide a general protection against future mutations.

However, with the current two most recent, prevalent COVID mutations, the Delta variant and Omicron variant, the vaccine can only negate so many of the effects. The Delta variant, according to the Government of Canada's official COVID webpage, is 50 per cent more transmissible compared to the virus identified at the start of the pandemic, and has an impact on vaccine efficacy. Individuals who are vaccinated can still get infected by the variant in what is known as a breakthrough infection, and can spread the virus to others. Similarly, the Omicron variant can infect despite the vaccine, though the severity is reduced. However, it is far more contagious. Additionally, the Omicron variant can reduce the effectiveness of some antibody treatments.

In the spring of 2021, Ontario experienced a spike in COVID cases, with over 60 per cent caused by mutations, specifically the B.1.1.7 variant, or the Alpha variant. At that time, vaccines were not widely available across the country. Ontario saw a rise in hospitalizations amongst the younger generations, as well as a higher mortality rate.

In the past three months, the Omicron variant has started to overwhelm healthcare workers across the world. In January 2022, Canada had broken its one-day record for most hospitalizations attributed to COVID-19. In the United States around the same time, COVID hospitalizations reached a record high of 132,646, according to a Reuters tally conducted that month.

Large surges of COVID cases are difficult for hospitals to handle, especially considering the shortage of space, nurses and doctors. According to interviews conducted by *NowThis News*, healthcare workers across the US report that many of their colleagues have reached their breaking point with this pandemic, quitting their jobs, putting even more pressure onto the remaining workers. This spirals into circumstances difficult to control, which is how the emergence of variants can quickly overwhelm healthcare systems internationally.

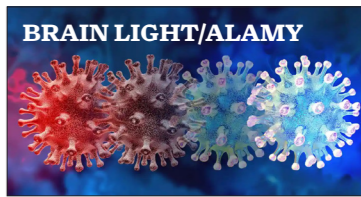
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HOW COVID MUTATES, CREATING VARIANTS

NEWS REPORT by Jeffrey Chan (9)



Over the past two years, the COVID-19 pandemic has been composed of not just one strain, but rather multiple different mutations.

These COVID mutations have caused problems in the healthcare sector due to the varying effects of each strain. Some can transmit through people who are vaccinated, and others have a much higher infection rate than the original strain. This becomes a major issue if the healthcare system is not adequately equipped.

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INTERNATIONAL

OPINION

"The Empire, long divided, must unite! Long united, must divide. Thus it has ever been." So opens the Romance of the Three Kingdoms, one of the great classics of Chinese literature. The saying refers to the tendency of the Middle Kingdom to remain united under Imperial governance for centuries before falling into chaos until a new dynasty emerges. For over seven decades, since 1949, China has been united under the stewardship of the Communist Party. For the first thirty years, China suffered from purges, famine, and repression. But, after the death of Mao Zedong, his successor Deng Xiaoping began a series of reforms designed to liberalise and open up Chinese society, ushering in an era of unprecedented progress, growth, and expansion. In recent years, under the, as I argue, incapable leadership of President Xi Jinping, many of these reforms are being rolled back. The Chinese government, once wishing to build bridges with the West and foster cooperation, is now burning them, aggravating tensions and discrediting itself in the eyes of the international community. The West views China as an existential threat. I argue that while a threat, China has already sown the seeds of its own decline, and its assault on the democratic, free world will be ephemeral.

There are three main arguments to back this somewhat unpopular claim. First, demographics, second, economics, and third, foreign policy. I argue that the one-child policy has permanently damaged China's ability to maintain a stable working population and combined with a lack of immigration, China's future as a superpower may be in doubt. China's economy is built upon some of the greatest public debt found in any large nation around the world, vulnerable to interest rate hikes by the other major economies. China's economic policies are increasingly driving away foreign investment and causing major slowdowns domestically. Finally, China's foreign policy is uniting the neighbouring states against them and causing the West to be as far more cautious and wary of Chinese encroachment.

A Demographic Crisis

In 1979, the Chinese government introduced a new policy to combat a rapidly-lyring population: the one-child policy. This policy was designed to slow China's population explosion, and it worked like a charm: China's birth rate plummeted from 2.75 children per woman to 1.62 children per woman in 2016, when the policy was changed to a two-child policy. In 2021, the limit was lifted to three children. A clear issue had emerged: China's population was ageing rapidly. Population



Is the Dragon Starting to Fall? Why China's Rise is not as Inevitable as You Think

OPINION by Ellis Jackson (11)

growth had slowed, and by 2021 when China conducted its most recent census, the growth rate was down to a snail's pace of 0.53 per cent. This presents numerous challenges. In other developed nations, such as Germany and Japan, who are experiencing similar issues, the workforce has begun to shrink while the costs relating to the elderly like health-care and pensions have steadily ticked upwards. Economic growth has slowed dramatically, and many of these ageing economies are lethargic and stagnant, burdened by low tax revenues and high social spending costs.

China's recent changes to the policy of limiting childbirth have not improved the situation. High living costs, a highly competitive and time-consuming work culture, and a lack of desire among families to have more children have resulted in a very low rate of population growth. This demographic crisis is further exacerbated by the fact that China is losing over 1.7 million people a year to emigration, according to the World Bank.

All this endangers China's future economic prosperity and progress, especially considering China has not been able to enter the ranks of high-income economies such as those found in the West. The Chinese government has promised to improve social services to incentivize childbirth, but some academics, such as Yi Fuxian of the University of Wisconsin, a researcher of obstetrics and gynaecology and longtime critic of family-planning policies say that it is too late.

It's the Economy, Stupid

A second problem China is facing is its mountain of debt that has funded its rapid economic expansion over the past decades. According to Reuters, China's national public debt currently sits at over 250 per cent of GDP, a very worrying figure. Generally, the "raw" amount of debt is not as significant as the debt-to-GDP ratio, which is more indicative of the health of the economy. Examine private debt, and it looks just as concerning, with the figure worth over 210 per cent of GDP. Should interest rates rise, as the U.S. Federal Reserve, Bank of Canada, Bank of England, and other central banks have indicated they might, China could be in trouble debt-wise, burdened by payments on their loans, both at the level of households and businesses and at the level of governments. At the World Economic Forum in Davos in late 2021, President Xi Jinping pleaded with the Federal Reserve, the U.S.'s central bank, saying, "If major economies slam on the brakes or take a U-turn in their monetary policies, there would be serious negative spillovers."

China's economy is also slowing down, regardless of the public debt. Rising expenses and weak revenues for businesses, caused by inflation and reduced consumption, has resulted in the fall of millions of small businesses. This is a pressing concern, as China's economy is highly dependent on the private sector for employment and economic output. The costs of starting a business in China were already quite high, and so this large-scale closure of businesses could be detrimental to the future economic health of

ARE THE SPIDER-MAN MOVIES WORTH ALL THE ATTENTION?

OPINION by Tiffany Adams (8)

Spider-Man is loved by many generations alike. From 1962 when the first comic was made, to 2021 when the latest Spider-Man movie came out, it has been admired by billions of people. The entire franchise has accumulated over \$36 billion at the box office after its debut. People may find themselves wondering, "Is watching all nine Spider-Man movies worth my time?" Well, all nine movies combine to be around 753 minutes long, and if I am correct, that would be a lot of time spent watching a teenage boy fight super villains.

Spider-Man (2002) is a great film for young and old alike. The movie is about a teenage boy living in New York in the year 2001. He gets bitten by a radioactive spider which makes him develop superpowers that he uses to help keep the citizens of New York safe. This movie birthed a line of iconic actors and movies. It was immensely captivating. There were many climactic moments that had me invested and wanting to watch more. Although the movie was magnificent overall, the animation was not great. Some scenes looked as though you were playing Fortnite on a microwave. Many great quotes came from this movie, in-

cluding "With great power comes great responsibility" and "The end of one thing, is the start of something new." I recommend watching it if you are searching for an action-romance movie or if you want to understand the plot leading up to Spider-Man: No Way Home.

Watching Spider-Man 2 (2004), I cried three too many times. The movie addresses Peter's financial adversity, his struggle to balance being Spider-Man and a student at a top university, and if of course, the crisis he faces when his idol turns into a crazy octopus made out of steel. I do not remember why I cried three times watching the movie, but I think it was because of the strong romance between Peter Parker and Mary Jane Watson (MJ). A quote that absolutely made me bawl my eyes out was "I believe there's a hero in all of us that keeps us honest, gives us strength, makes us noble, and finally allows us to die with pride even though sometimes we have to be steady and give up the things we want most, even our dreams." The amount of hope that this sentence instills within me is gratifying. You should watch it if you want to cry or to prepare yourself for Spider-Man: No Way Home (NWH).

the beginning of **The Amazing Spider-Man 2** (2014) partially reveals how Peter's parents died. Being Spider-Man consumes a lot of Peter's time—it even causes him to nearly miss his graduation ceremony. An old friend from Peter's past appears and wants his help, however, Peter isn't able to. Spider-Man retires from crime fighting to become a firefighter. No one could ever be as romantic as Andrew Garfield's portrayal of Spider-Man. We need more men like him in our world. Genuinely, this movie is probably my favourite out of all of the Spider-Man movies. It has a good plot, there's a lot of suspense, and the end-credits song is great. Everything about it is amazing.

From **Spider-Man: Homecoming** (2017) to **Spider-Man: No Way Home**, not keeping up with the Avengers timeline makes understanding all three movies a bit messy. The movie starts off with an illegal weapon business. Revealing that he is Spider-Man could give Peter the power to be the most popular kid at school, but it could also put the people he loves in danger. To be honest, I'm not a big fan of this movie—probably because my parents got divorced around the time this movie came out so it reminds me of it. It's a good movie, but it's not my favourite. The strange thing about Spider-Man: Homecoming is that there was no origin story for Peter Parker.

In **Spider-Man: Far From Home** (2019), after The Blip, countless people mourned the death of the superheroes who died keeping them safe from Thanos. Peter went on a school trip to Europe, but his trip was ruined by a man named Quentin Beck. Beck got Peter

caught up in a scheme he organized to make himself famous. It turns out that he was a fraud (thank god because we don't like Jake Gyllenhaal) and wanted to take over the whole world. If I'm being 100 per cent truthful, this movie was not good. It was better than Homecoming, but the fact that Jake Gyllenhaal is one of the main characters makes it awful. However, it's great that we get to see more of MJ showing her true self. One part of this movie that was probably the best out of all of the Spider-Man movies before it were the visual effects.

Spider-Man: No Way Home (2021) is currently the sixth most grossing movie in all of history, making almost \$2 billion at the box office. In this movie, Peter is left all alone without parents, Tony Stark is dead and the whole world hates him. He tries to fix everything, and, well, it doesn't work. His attempts involve him tampering with the multiverse, which results in all of the Spider-Mans, including Tobey Maguire and Andrew Garfield, having a family meeting. Everything about it is amazing. It features all of the Spider-Mans and the end-credits song is amazing.

In summary, yes, the Spider-Man movies are definitely worth all of the attention they get. I cannot imagine the world without the Spider-Man movies—it is simply incomprehensible. A world without Spider-Man is absurd to think about. I spent over 753 minutes just in preparation to write this (yes, I watched all the films), and that excludes minutes it took to physically write the article. What you should take away from this article is that with great power comes great responsibility.

China.

Real-estate development and construction, a major industry representing approximately 25 per cent of China's economic output, has slowed down drastically as the burden of heavy borrowing and speculation come to bear. China's government is effectively stuck, as attempting to break the bubble to reduce the cost of housing in China could be detrimental for the industry, while doing nothing could result in an increasingly unaffordable housing market. Many development companies, such as the real-estate giant Evergrande, have run into financial difficulties, further exacerbating the problems in the sector.

Historically speaking, when dictatorial regimes lose the ability to improve the standard of living for their citizens, the people become dissatisfied and more prone to unrest and rebellion. China runs the risk of allowing its economic slowdown to bring about damaging political and social implications. This plays a role in inhibiting China's ability to look at a future of assured stability and peace.

A Failure of Statecraft

The third major problem facing China is the increasingly broad diplomatic coalition that is rallying against her, due primarily to a highly abrasive and aggressive foreign policy style sometimes referred to as "wolf-warrior diplomacy."

Wolf-warrior diplomacy is a new and highly aggressive form of diplomacy, with the Chinese Foreign Ministry often making use of social media to "defend"

China's honour against Western powers. Chinese diplomats will make controversial statements, insult foreign leaders, and aggressively assert China's moral superiority over other states. China has also been aggressively expanding in areas such as the South China Sea and encroaching on Taiwanese sovereignty, and assaulting those who call them out.

China's new diplomatic stance is best exemplified by Zhao Lijian, the spokesperson for the Chinese Foreign Ministry. He, for example, suggested that the United States may have planted COVID-19 in Wuhan, a statement insulting to the U.S. government. He has been perceived by much of the foreign-policy establishment as spearheading the shift to the wolf-warrior style. The aggressive actions of the Chinese government have often accompanied the new rhetorical tactic, such as when Vietnam protested after a Chinese maritime surveillance vessel allegedly rammed one of their fishing boats in the South China Sea, and China stated that Vietnam's claims were "illegal" and then promptly removed over 80 islands and other bodies in the Sea. While not a direct violation of international law, it was a major assertion of China's power and deeply insulting to the nations impacted.

A significant consequence of China's new diplomatic strategy is that it has ushered further cooperation among those who stand against it. The United States, European Union, India, Canada, and the United Kingdom, among others, have stood together on the issue of the People's Republic's actions on the international stage, resulting in China becoming broadly diplomatically isolated and lacking in powerful allies. The Quadrilateral Security Dialogue (the "Quad"), an alliance of the United States, Japan, Australia, and India, is a good example of Chinese statecraft gone wrong. The informal coalition aims to promote security in the Indo-Pacific and combat China's rising influence in the region, and has become increasingly significant as China has pushed these nations away, whether it is through trade conflicts with Australia, skirmishes with India, and aggressive rhetoric with America.

China is a nation that has been dealt an excellent hand. A massive population, a vast economy, and enormous potential, it could be a great power in the world for decades to come. However, through its own poor policy choices, it is throwing that all away, destroying its potential for population expansion, establishing a large, but fragile economy, and angering and driving away much of the world. It could have been great, but now, it would seem, the Empire, long united, must divide.

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Video Game Sound Design is Underrated.



OPINION by Nigel Goto (10) and Max Von Dehn (10)

The video game industry has grown massively across the first two decades of the century, having become a mainstay in modern culture. As the technology and passion for video games has grown, many aspects of games have become underappreciated. However, of everything that makes up a video game, nothing disappears into the background like sound design.

Sound design is the backbone to a player's experience, encompassing all audible aspects of video games, from soundtracks, to voice acting, to footsteps. While ray-traced graphics may frontline a game's release, the sound design also significantly impacts the enjoyment of a game, if not have a greater impact. Poor sound design makes even the best paced games crawl along, distorting the intended feel. Despite this, sound design exists as a second thought for many players.

Effective sound is an incredible aid in creating a game, one of the most versatile in a designer's toolkit. It can create grandiose moments and make a world feel alive. It allows a game to intensify a player's emotions, improving all aspects of a game, from the smallest details, to overarching thematic moments.

One place where sound design shines is in creating atmosphere. Sound design fills the void of an empty world, allowing it to feel truly alive. One example is the indie game Subnautica, released in 2018 by Unknown Worlds Entertainment, which throws the player on an alien ocean planet, forcing them to survive and explore the diverse world. An element of Subnautica's soundscape that stands out, and shows sound design at its finest, is its soundtrack. Composed of electronic sounds flowing in and out like the ocean's currents, it reinforces the intended alien atmosphere.

However, the greatest use of sound design in Subnautica comes in how it creates the terror and curiosity that the game is known for. While the visuals build terror by hindering the player's vision, it is the sounds in the distance, distorted by the water, that create Subnautica's excellent atmosphere. The creatures are a great example, with creative sound design giving them a distinct presence at a distance. The game also uses sound design to keep the player aware of their surroundings, with currents swirling around the player, and the vehicle's low hums distorting through the water.

SuperGiant games' Hades, is another game that utilises sound to enhance its game. Some of Hades' best components are the brilliant voice acting and immersive sound effects, each enhancing Hades' strongest points: its fluid gameplay and outstanding story. However, what elevates the player's experience the most throughout the game is the soundtrack. Unlike most games, Hades' soundtrack, composed by Darren Korb, focuses more on complementing the game than independent brilliance, which ends up working to its benefit. Hades' soundtrack starts pleasant, mirroring the game's slower pace. However, as the player progresses, the music builds into grand and intense tracks, each emphasising the growing intensity of the game. Music is often used to intensify challenges

as it does in Hades. It is an integral to many games, such as the popular indie games Cuphead and Undertale, culminating in some of the most iconic boss fights and memorable moments.

One parallel with most old games is the strong sense of nostalgia that comes when looking back on them. One of the key reasons it feels so strong is often rooted in the game's sound design. Almost everyone has strong memories of music from their past, and video game soundtracks are no different. Unlike the graphics of a game, sound design can bring a player back to their initial experiences, delving into the game and their past life. Some games that are prime examples of this are Mario Kart Wii, and Minecraft; their distinctive sound design echoing back to a player's first memories of the game.

Mario Kart Wii is a great example of how sound design works to improve all types of games, not just story-driven, atmospheric pieces. Mario Kart uses its sound design to enhance its unique experience; that of an upbeat, chaos-filled racing game. Tracks such as "Coconut Mall" feature a bouncy tune, that upon reaching the final lap, speeds up, building the intensity for the final stretch.

All the tracks in the game contain memorable songs that fit the game perfectly, having become synonymous with Mario Kart. Even the projectiles from Mario Kart can bring back strong feelings, such as the alarming sound of a blue shell ruining your race.

One of the smallest sound design tricks that Mario Kart uses to complete its experience is adding the Doppler Effect into the game.

The Doppler Effect is a natural phenomenon responsible for sounds increasing in pitch as they approach and decreasing in pitch as they move away. This sound is very often associated with cars and speed, so it is right at home in Mario Kart. It is one of the best examples of sound design used well, as it is a nearly unnoticeable detail on its own, but when fitted into the rest of the game, it completes it.

Minecraft is a great example of a nostalgic game, deeply tied to its sound design. It uses its ambient music, paired with its immersive yet helpful sound effects to deliver a calm exploratory experience to its player. As the player explores and expands within the game, they are accompanied by the quiet yet powerful soundscapes of musician C418's soundtrack. This results in a strong association between the game and C418's soundtrack, which causes Minecraft players to heavily connect their time in the game with the soundtrack.

While one of the most difficult aspects of a video game to pull off, sound design is a vital component, utilising its power to reinforce or modify the intended player experience. Sound design's influence stretches even further than the game, creating bigger audiences for the artists, and creating memorable moments for games. Ensuring an indestructible bond between video games and their sound design is formed pushes both to their fullest potential. Creating powerful soundtracks that leave a lasting impression and soundscapes that immerse the player in the game, sound design is truly an undervalued masterpiece.

OPINION

THE RISE OF INSTAGRAM & EATING DISORDERS

OPINION by Marissa Lear (12)

Teenagers are no strangers to the positive and negative effects of social media. Instagram in particular has become a platform so integrated into the daily lives of adolescents, that often, its power goes unnoticed. In 2021, over half of Instagram's users were under the age of 34 with the majority of them being females in their late teens, according to Statista Research Department. In 2018, Polaris, a youth mental health care facility in California, recorded that 50 percent of teenage girls and 30 percent of teenage boys in the US exhibit dangerous weight control behaviours including fasting, laxative abuse, vomiting, and over-exercising.

These statistics have no correlation on their own, but with 73 percent of American teens saying that Instagram is the top way product advertisements can reach them, experts agree that it is capable of promoting extremely toxic ideals. Research from *The Wall Street Journal* in October 2021 found that Instagram not only glorifies eating disorders, but promotes this perspective through their algorithm. This confirms the speculations that Instagram is dangerous to those who may be struggling with anorexia, bulimia, and other eating disorders. These findings are imperative as they show that the demographics most susceptible to eating disorders are the ones using the app the most.

One of the most damaging fads found on Instagram is the trend of people showcasing 'before and after' pictures. In some instances, this can be a harmless display of physical progress for athletes, body builders, and others. However, it becomes an issue when these pictures are used alongside captions that encourage unnecessary weight loss and send the message that a slimmer version of oneself is a better version, regardless of what strategies are used to get to that point. The diet and nutrition industry thrives off these images, as they profit from convincing viewers that they can achieve the same results as the person pictured. Some so-called "fitness gurus" on Instagram use this trend to negatively motivate young followers who don't know better to strive to copy their physique. It communicates to youth that this is how they need to look in order to be accepted.

Last October, CNN found that Instagram's algorithms pushed "accounts promoting extreme dieting and eating disorders" to users that already fol-

The Magic of Lin Manuel Miranda's Songwriting

OPINION by Bianca Takenaka (10)

When Lin Manuel Miranda speaks or writes, the world listens. He is a multi-talented artist who combines two differing topics: hip-hop and revolutionary history. Miranda's skill as a playwright makes him stand out from other Broadway and Hollywood stars.

Born in a Puerto Rican household in Northern Manhattan, Miranda's childhood was immersed in salsa and show tunes. He watched his first Broadway musical, *Les Misérables*, at seven years old. This made a lasting impact on him. His musical taste consisted of hip-hop and R&B, leading him to become a proficient rapper, evident within his recent work in Hamilton and Moana.

"We had a student-written theatre group at my high school, where students would write plays, and then another bunch of students would pick five and direct them. So, I got the opportunity to be produced at 12 years old!" Miranda told CNN, while explaining where his passion for playwriting began.

"Would I be writing hip-hop songs

and trying to be an artist? I might be doing a totally different thing if that club hadn't existed," Miranda said.

In 2009, Miranda read a biography written by Ron Chernow following the life of Alexander Hamilton. He associated Hamilton's life with his own, noting their similar origins in the Caribbean and New York. He connected the beginning sentences of Hamilton's biography to basic structures of rap music.

"After that, I decided I had to write this play," stated Miranda for *Vanity Fair*. "Hamilton literally wrote a verse to get him off an island—He transcends the struggle, and if you look at your favourite rapper, that's most likely what they did."

Miranda states in an interview with Rotten Tomatoes about Hamilton's "My Shot", "there's a lot of references in there. There's Mobb Deep in 'I'm only 19 but my mind is older', the 'A-LE-X-A-N-D', that's Biggie's 'N-O-T-O-R-I-O', so I'm grabbing from the influences and paying homage to [them]."

"I'm literally calling on the ancestors of this flow. The 'woah', is based on the AOL startup dial up octave because I wanted it to feel like... [Hamilton's] words are connecting with and reverberating out into the world, and I associate that with the first time I signed onto the internet."

Along with Hamilton, he also transferred his hip-hop and rap interests into films such as *Moana* and *Encanto*.

In the same interview for CNN, Miranda describes his unusual and somewhat bizarre writing process. "I'll record just enough of [the music] to

lowed diet accounts or other pro-eating-disorder accounts, which are not supposed to be on the platform in the first place.

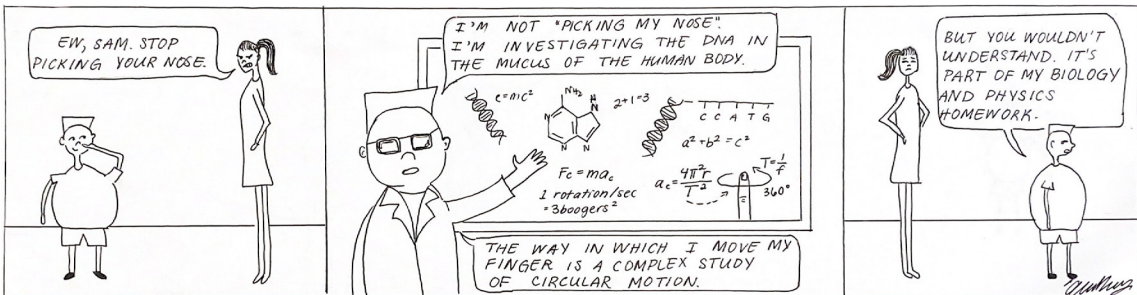
What makes this finding so terrifying is the validation it gives followers who are already battling disordered thoughts relating to eating and weight. Not only does it enhance the toxic belief system that causes those behaviours, but it also validates the negative thoughts those teens may be having. Pamela Key, a psychology professor at Florida State University, described this concept as 'confirmation bias' as youth are given confirmation through Instagram that their biases towards food and exercise are correct. A Facebook representative claimed that Instagram denied that they were providing access to pro-eating-disorder content, despite there being thousands of posts on their platform under the hashtag "Pro-AnaTips"—which is a common abbreviation for anorexia. This displayed their ignorance to health care professionals advocating on behalf of this cause and the millions of youths looking to this company to filter out negative influences.

In October 2021, *The Wall Street Journal* found that for 1 in 3 teenage girls, Instagram exacerbates their body image issues. This sheer amount of power is lethal, and the abuse of algorithms plays directly into this statistic.

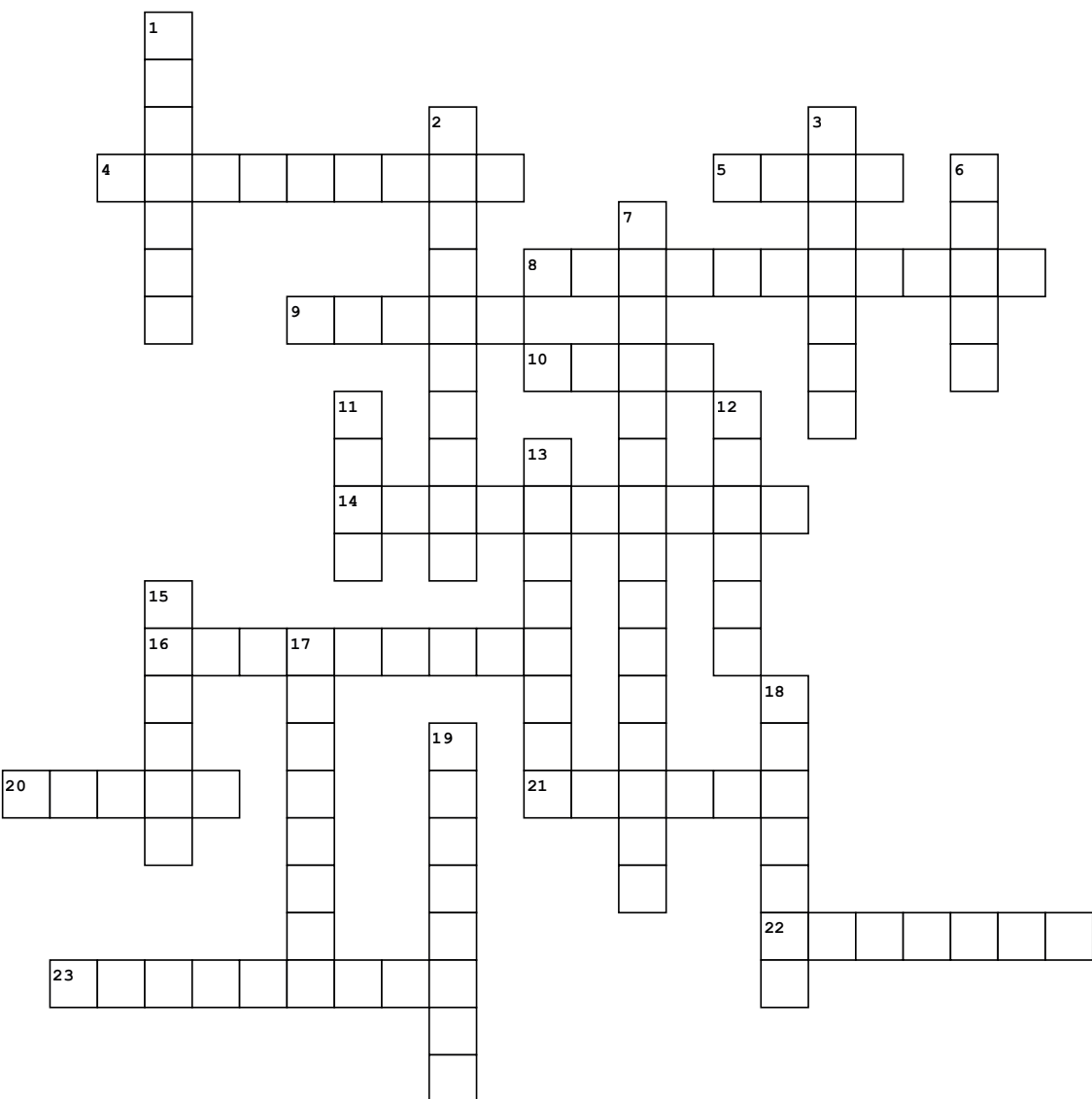
Experts know that Instagram can't cause eating disorders directly, but it is certainly a contributing factor to developing the habits that lead to this mental illness. The false messaging trusted upon users, constant stream of these beliefs, and systematic promotion of content targeted to those most vulnerable, show the clear link between this platform and disordered eating. When paired with the simultaneous rise of eating disorders in the specific demographic known to use Instagram the most, which has been founded by numerous scientific researchers, it is clear that Instagram and eating disorders are connected. Society needs to wake up and realize the negative consequences that accompany the power that social media has been given. This dangerously low standard of content is life threatening.

HAMBERGER

Sam the Scientist



COMIC by Elise Roy (12)



CROSSWORD CORNER

By Elise Roy (12)

Down

- 1. (1) A powerful offshore current; (2) 2013 Vance Joy song
- 2. Espresso beverage with foamed milk
- 3. (1) Word meaning sincere; (2) name of a local ice cream shop
- 6. Large shrimp
- 7. NHL team whose fans throw octopuses onto the rink during playoff games
- 11. First name shared by Slaughterhouse Five author and Nirvana member
- 12. Artist known for the "pop-art" movement and Campbell's Soup paintings
- 13. Thick, dark syrup that is a component of brown sugar
- 15. Vietnamese sub sandwich
- 17. Type of citrus, a component of Earl Grey tea
- 18. Actress whose work includes recent Spider-Man films and the Euphoria series
- 19. Regarded as one of the best songwriters of all time, this 80-year-old musician received the Nobel prize in literature in 2016.

Across

- 4. Rotating swing ride at the PNE that is 67 metres tall
- 5. (1) The average of a set of numbers; (2) unkind
- 8. Television series surrounding a Chemistry teacher's illicit business
- 9. Largest bone in the human body
- 10. Starchy root vegetable that can be purple in colour
- 14. The oldest member of the Beatles
- 16. New Zealand rugby team
- 20. Airship that relied on hydrogen at the time of its invention
- 21. 10-kilometre race held annually in Vancouver, sponsored by one of the city's newspapers.
- 22. Multimedia artist whose work is currently featured at the Vancouver Art Gallery
- 23. German dish consisting of thin, breaded slice of meat

ASK THE NEST

Q: I'm secretly a huge Dua Lipa fan and it's eating into my personal life because I'm up really late (I don't want to say how late) every night listening to her songs and looking at pictures of her face and when I get to school I'm so tired I'm almost falling down but the only thing that keeps me going every day is hearing her beautiful voice. I look like I'm paying attention to my friends at lunch and my teachers in class but I always have at least one earbud on playing her music in secret. It's just a really bad cycle. No one knows why I've been acting differently and my grades are dropping in all my classes. But I love love love Dua and I don't ever want to stop supporting her and I don't know how I could live without her music. Keep listening to Future Nostalgia loves! Dua, if you're reading this, I love you!

-Disheveled Dua Fanatic

A: Dear Disheveled Dua Fanatic, Your addiction to Dua Lipa's music is completely understandable. However, it's ideal to create a healthy Dua Lipa/life balance. To reduce your screen time, print a photo of Dua instead of viewing it on a device. Set a reasonable bedtime and only listen to Dua Lipa until 11 PM. To improve your grades, set a schedule of studying for 30 minutes, then rewarding yourself with a Dua Lipa song. I wish you all the best in your recovery.

-The Nest

Q: I'm in the middle of a math test right now typing this and I need help quick: what's 9+10

-Not a Numbers Guy

A: 21.

-The Nest

Q: How do I ask adults for reference letters or to be a reference? It seems so awkward and such a weird question!

-Anxious Applicant

A: Anxious Applicant, Ask the adult confidently and respectfully. It can also be impactful to explain why you require the reference letter. They will be pleased to be your reference if they know that you are passionate about the given program. You can show your appreciation verbally, or write them a sweet thank-you card.

It can seem awkward to ask, but remember that everyone needs reference letters at some point in their life!

-The Nest

Q: My parents just split up. How do I manage my belongings going between houses every few days?

-Confused & Co-Parented

A: Dear Confused & Co-Parented, Keep a few essential clothing items at each house, such as a few t-shirts and pants, and socks. Purchase duplicates of toiletry items so you don't need to worry about bringing soaps and creams back and forth. You may also require chargers for your devices at each house.

You may find that you repeatedly forget certain items each time you move. Make a list of items (i.e. on your Notes app) that you mustn't forget to remind yourself before you relocate.

I wish you all the best in this challenging time.

-The Nest

The Escapism of Podcasts

REVIEW by Annabelle McGarry (12)



Anything Goes (Ramble Productions)

Anything Goes is a podcast where, quite literally, anything goes. It discusses a wide range of subjects, from breakup advice to fashion trends. The host, Emma Chamberlain, is a social media influencer and fashion content creator with a unique approach to guiding listeners through life, while discussing her opinions on relevant topics. This podcast has a laid back and conversational style, with professional production quality. Chamberlain's comfortable voice is both refreshing and powerful. Her genuine aspirations and unfiltered perspectives that she talks about on the show make it feel more personal to listeners. Emma Chamberlain has a beautiful way of connecting with her audience members, even those who do not already follow her on YouTube and Instagram.

Crime Junkie (AudioChuck Productions)


If you are interested in true crime, this is the podcast for you. Ashley Flowers and Brit Prawat provide detailed information on the evidence and victim stories of infamous crimes on their podcast, Crime Junkie. This includes The Golden State Killer, The Watts Family Murder, and Highway of Tears Serial Killer. Covering untold stories of unsolved mysteries, the two hosts are able to captivate their listeners with their great chemistry. The stories they provide each week are packed with details, as well as theories supported by extensive research. The duo's storytelling skills create an engaging atmosphere for listeners to learn about some of the world's most horrific tales.

Office Ladies (EarWolf Productions)

Whether you are walking home from school or running a marathon, sometimes comedy is a necessity. Co-stars Jenna Fischer and Angela Kinsey from the show The Office relive each episode in excellent detail. Ranked number one on Apple Music podcast charts, it's filled with informative silly tangents between the quirky dynamic duo. They bring in past co-stars of The Office to unveil behind the scenes, never seen footage, and the unforgettable experiences they have had while filming. The Office Ladies provide a form of escapism and the chance to learn new things about a classic series. Their similar voices make it difficult to differentiate who's talking but nevertheless they're able to tell a great story. This podcast definitely deserves a Dundie Award.

ESPN Daily (ESPN)

If sports are your passion, ESPN Daily is the podcast for you. The variety of topics covered will intrigue almost any sports enthusiast. The original hosts Mina Kimes and Pablo Torre express their opinions on current and past sporting events. After the departure of Mina Kimes in July 2020, Pablo Torre has taken on the solo role of hosting this podcast. There has been a lot of backlash from fans about the absence of the initial comradery of the co-hosts. Across multiple episodes you are introduced to guest pros, experts, and analysts, including Alex Smith and Bill Barnwell, to cover some of the most legendary moments in sports history. Overall, listeners are able to experience the breaking news of SportCentral without the flashy headlines. The enthusiastic energy and occasional jokes generate an enjoyable experience. Be ready to dive deep into the big world of sports by listening to this podcast.



Seeking advice? Reach out to The Nest anonymously via the form on our website www.ehnewspaper.ca

If your question wasn't answered, please write to us again: you may be featured in issues to come or on our Instagram!