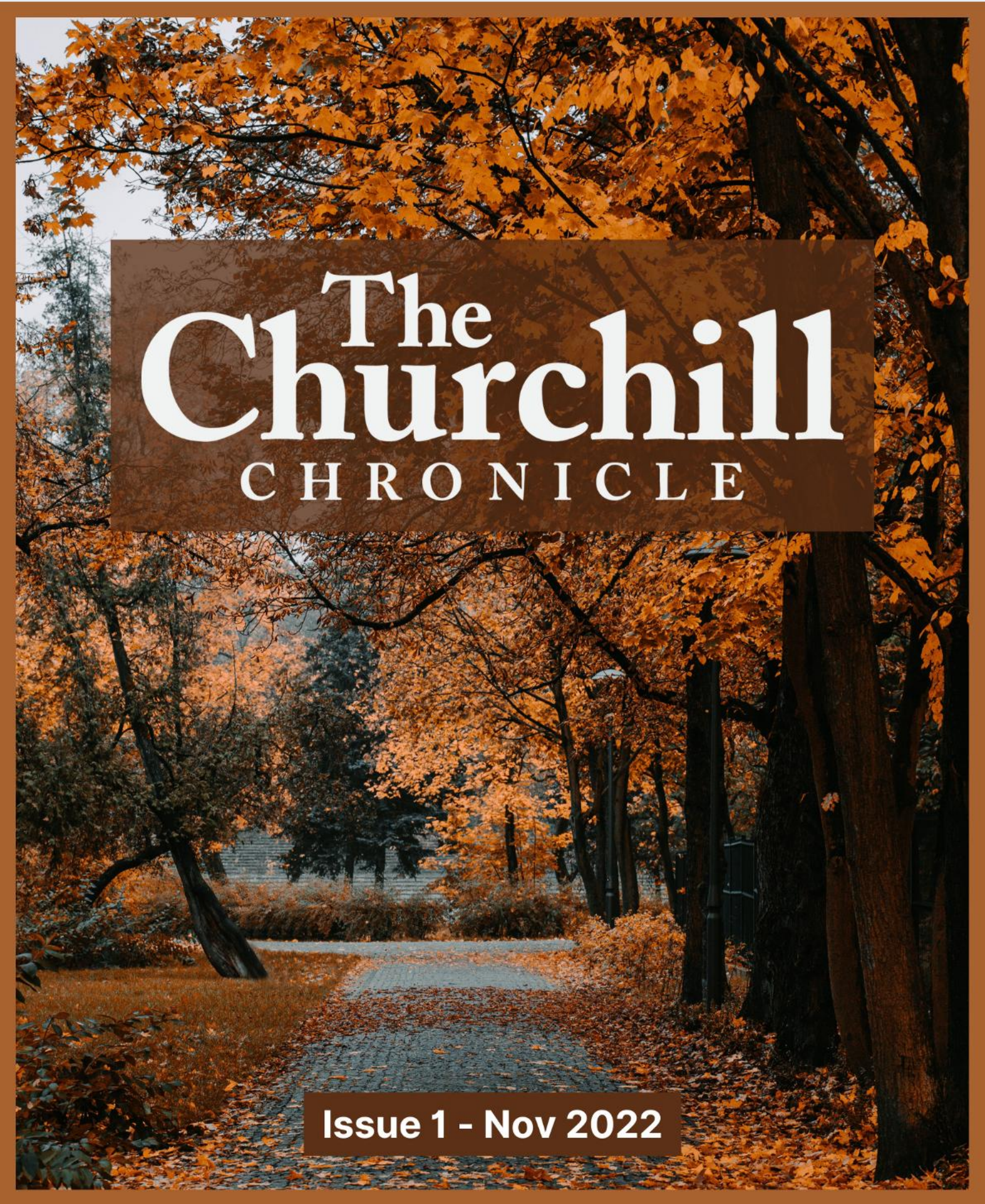


A photograph of a tree-lined path in autumn. The path is paved with cobblestones and covered in fallen orange and yellow leaves. The trees on either side have dense foliage in similar autumnal colors. In the background, a building with a grey roof is partially visible through the trees. A semi-transparent brown rectangular box is centered over the upper half of the image, containing the title text.

The Churchill CHRONICLE

Issue 1 - Nov 2022

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Village of the Valley

EVA WHYTE

Even before the first boom of thunder, they were ready. Furniture was pushed to the side and strapped to their spots, gardens covered and enforced to withstand the coming turmoil. Each of the eighty-three residents were safely in their homes, accompanied by everything they would need to endure what was to come. There they sat waiting for the daunting voyage ahead.

A week earlier, when the ground was slick with water and a loud squelching accompanied their every step: they knew it was that time again. Preparations were swift and everyone fell into their designated role.

Tyrell checked houses, rectifying weaknesses while Jodi's team dismantled the boardwalk and planks stored, anticipating their use. They worked tirelessly from sunrise to sunset until their houses stood ready, patched up and coated in thick layers of waterproof sealants.

It wasn't long before the storm rolled overhead, and a wall of grey clouds menaced and inevitably descended. Then, booming cracks of lightning would arc across the sky like fireworks, and the mesmerizing streaks of light illuminated the faces of the villagers gazing through protective glass panes. Miles above, water overflowed from the lake, tumbling over itself to reach the village first. Water pooled into the valley, rising a few inches to several feet deep. Onlookers prayed everything would run smoothly and their efforts wouldn't be in vain.

Just before water and deck met, houses lurched to life, groaning as they dislodged from the place they had occupied for the last year. It was then villagers lowered motors, dipping them into still-rising water. In unison, each engine stirred, a hum cutting through the downpour. Clutching the wheel, they piloted their homes away from the sharp, rocky edges of the surrounding mountains and from the place they once resided. Rain still clamoured down, pouring into the gorge, raging while ripples sent them rocking.

A day later, the narrow passage opened, mountains peeling back before the clear expanse of ocean. The storm that had been beating down on them settled into rhythmic tapping. A few hours passed, the furor fading as the sun chipped its way through the clouds, finally breaking free. The hardest part of the journey has passed. Now, the passage is back. It would take a few days for the water to fully drain, and in that time, residents would make their way back through the basin. Not for the first nor the last time, they would lay anchor, preparing for landfall once again.



Photograph by Ryan Yee

Clad in Culture

By Matthew Osunde

On October 6th, Churchill proudly boasted its annual Cultural Day. We students were encouraged to attend school adorned by the various raiments and regalia associated with our heritages. This occasion encouraged reverence for our different histories and traditions, allowing disparate, neglected, and uncommonly celebrated aspects of our identities to have the spotlight to form a beautiful medley of culture. Our school community is overjoyed by the level of participation and mutual respect that we Churchillians exhibited on that day, virtues we aim to maintain and improve throughout the school year. As his many diversely dressed peers left in a long procession at the end of the day, a watching student commented: "Anyone outside the school looking in would be mind boggled by this crowd," referring to the degree and prominence of the diversity therein.

"Socks and sandals are my culture," wittily remarked one student much earlier in the day as his friends inquired about the casualness of his clothing.

Representatives from our esteemed yearbook club traversed the school, photographing the cultural wear of their fellow students for this year's coming edition. They took care to be as inclusive as possible and attempted to ensure that the sheer diversity of the student population was recognized in their work. This may have gone too far in places—I distinctly recall a student with black suit pants and a white dress shirt (himself of Slavic descent) being humorously pulled into a group picture, citing his representation of "Swedish" attire. Better safe than sorry, I suppose.

All in all, a commendation is in order for the respect and inclusivity of our peers, with high praise going to those who went out of their way to dress up. Go on and express yourselves and be upstanding representatives of your school and culture as the year continues. Practice this energetically and without the need for urging from others. Make school spirit and community involvement a core tenet of your everyday life, using our official days as a unique occasion to celebrate it further.

Photograph by
Dana Klynstra



Ryan Shtuka

By Khushi Grewal

It's October- the month of horror stories. Whether they're ghost stories or true crime stories, they're sure to leave some chills up your spine. This month's tale is about the disappearance of Ryan Shtuka, a young man who was last seen on February 17, 2018.

Ryan Shtuka was 20 years old and lived his entire childhood in Beaumont, Alberta. On December 1st, 2017, he and his childhood best friend, James, moved to Sun Peaks to work through the winter. On February 16, 2018, Ryan had gone to work and then returned to the residence he shared with James. That evening, he and James first went to a bar named Masa's with a couple of friends and then went to a popular local bar called Bottoms for the silent disco club. Once it was 1 am and Bottoms had closed for the night, the friend group didn't feel like going home for the night. Instead, they decided to attend a house party right around the corner from where Ryan and James lived.

Around 1:30 am, James was ready to go home. He thought he had seen Ryan getting up to put on his coat and shoes, but during the walk back home, James and their group of friends looked around and saw that Ryan wasn't behind them at all. James thought Ryan might still be at the party and would catch up eventually. Considering that Sun Peaks was a small town with a population of 616 people and Ryan was a grown adult, he didn't worry too much.

Yet the next day, the friend group filed a missing person report to the police as Ryan never made it home in the evening and missed his entire shift. The police and James both called Ryan's parents, informing them about his abrupt disappearance. Ryan's parents drove to Sun Peaks, prepared for the worst-case scenario.

A year later, search teams, rescue groups, search dogs, RCMP tactical teams, drones, helicopters, private investigators, his family, friends and hundreds of volunteers aided the effort to find Ryan, yet nothing has shown up. Not a single piece of evidence that could move the case further can be found. Four years later, to this day, Ryan's parents still go back to Sun Peak and search for their son.

If you have any information about the disappearance of Ryan Shtuka, please call Kamloops RCMP at 1-250-828-3000 or visit their website at <https://kamloopscrimestoppers.ca/submit-a-tip/>.

Broken Promises

Fatima Sabic

Broken hearts begin with
broken promises,
bleeding black blood,
the colour red no longer
caring to appear
in the life-force deprived
of love.

Or maybe they shatter,
turning into sharp shards
of soul-glass,
too fragile to mend,
too sharp to hold,
like a half-written story
beginning to unfold.

And when they mend,
they break again
after eye-contact with
the heart-breaker,
the "trust-wrecker".

Broken promises lead to broken hearts.



Photograph by Kaitlin Wu

broken speech

Subashini Thangadurai

words leave a passage of hurt behind every syllable. i have known
for an eternity that certain sounds don't flow easily. a bothering
gray window blinds a sunny early afternoon. time ticks by and it's
running low on patience as knees wobble and turn to dust. phone
calls with three words in response to too many that sound rich in
spices, reminiscent of my home. warm like sitting down and
rummaging through memories of birthdays together, unlike my
own articulations that lay bare on a cracked sidewalk. an old doll
with pink lips grasping a designer purse lays in a closet behind,
behind me. the dictionary in my hands does not create a complete
sentence. i lack the alphabet to tell you of the last bittersweet
page i turned last october. behind curtains of worry that shameful
curls hide i mutter - i can't speak.

The Gift

Esther Park

As we think back to the sorrowful past
We acknowledge it with a sigh
And move on with the pain that will last

But as we approach the future, things change
People are allowed to celebrate their opinions
That is the beauty that will never be strange

From one coast of Canada to the end
Each culture is unique like no other
And freely we can each attend

So let's all celebrate the present now
As today is a gift given to all
Like the lovely salad bowl of cultures found

What NOT To Do Around Your Artist Friend

By: Anonymous

1. "Can you draw me?"

Do not say this as it infuriates artists. They draw for themselves and to express themselves. They will appreciate you saying things such as, "Wow, that looks great! You must have put a lot of effort into it!" because it shows that you take the time to admire their work rather than use them for their skills. If you want a piece, say: "Are your commissions open?" If they say yes, ask for their prices and THEN make an order. If you aren't willing to pay don't say this to an artist as it will make them furious. You are implying that their work isn't good enough.

2. "Did you draw that?"

No, Jenna, an alien came down and drew it for them. If it's in their sketchbooks or they are drawing it WHILE you ask this, the said artist will have to fight the urge to hit you with the piece. It is great that you think it's very impressive and that you admire the work, but please don't ask them if they drew it. It will only anger them.

3. Hover over their shoulder while they are trying to draw.

It is tempting, but it makes the artist very uncomfortable. Most artists don't like drawing while we feel our breath at the back of our necks, or when we are constantly making comments such as "Why doesn't it have clothes? Where are the eyes? Who is it? Is it you?" It's a work in progress, and the artist would like to be left alone. If you want to see it, please just ask them. They will show you if they are comfortable.

4. Steal their sketchbooks.

A sketchbook can be as personal as a diary. It has secrets in it, it has personal things that they don't feel comfortable sharing. It is no better than taking someone's phone and scrolling through their messages. A sketchbook is a personal item which should be treated with respect. If you want to see it, ask if they can show you some of their art. If they say no, leave them alone.

5. Give advice when you aren't an artist.

Artists know what they are doing. They don't need you telling them what they should and should not be doing to their work. They already know. If an artist doesn't ask for your opinion, chances are, they don't want it. If you know what you are talking about, ask them if they WANT help before offering tips. Artists all have different styles and don't need you telling them whether or not it's good or not. Artists already doubt themselves constantly, always wondering if they are good enough and doing this will only bring their self-esteem lower.

6. "You're such a good drawer!"

A drawer is not a noun. If anything it only angers the artist. The term 'artist' is much preferred.

7. "What's your real job?" / "You're not going to make much."

Art is a real job. Artists make A LOT of money. You don't need to make their life choices for them. They know what they signed up for and they are proud to be artists. Don't make them feel like their art is not good enough to make a difference or that no one will want our work. Artists say that to themselves enough as is.

8. "Your prices are too high!" Artists put a lot of effort and love into their work, art supplies are crazy expensive and they are investing a lot of time into this piece. They have set this price for a reason and if you want it for cheaper, you would have to go to a different artist. Don't try bargaining with them. It won't go in your favour.

9. "Can you draw this in a different artist's style?"

No. If you want it in that artist's style, then go ask that artist. If you don't want to pay that artist's prices, you are going to have to figure something out or talk it out, because no artist should have to compromise their form of expression simply for your convenience. An art style is a huge form of expression all in itself. Asking an artist to change is like asking them to change themselves. This will not be appreciated by any artist.

Things to say to an artist to earn their respect:

"That art could step on me and I'd thank it."

"You put a lot of effort into that and it shows."

"That's beautiful! You have a skill and you certainly know how to use it."

"My friend/co-worker should see this!"

"What inspired this work?"

"I recognize it as your work immediately." / "Your style is distinguished and unique."

"I find it difficult to stop looking at the drawing...it's amazing."

"This work makes me feel something."



Cartoon by
Cindy
Cheng



Cartoon
by Jessica
Xu



Samia Ali



Benjamin Kleile

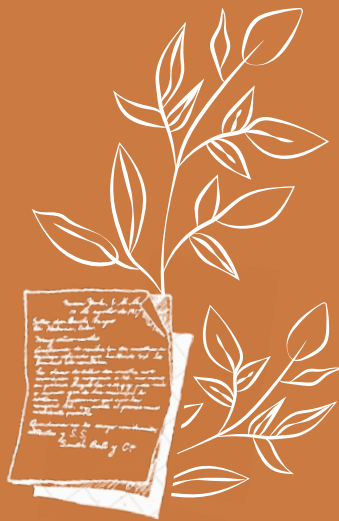
Wonder always, what you see
Opened eyes, never on me
Reaching out with simple things
Doesn't leave with soaring wings
Sometimes.

Introspective gets me nowhere

Can't each day be like that one?
Always so much like you, I hear
Never lucky enough to be there
Tricky juggle of what to share

Switching back and forth
Acting different than before
You could never change my mind, but promise, I won't be left behind.

Eva Blakney



What to Watch

Sabah Chowdhury

For October, I decided to watch the light-hearted, comedic sitcom *Modern Family*. *Modern Family* aired its first episode in 2009, then its last in 2020, following 11 years of success. The

TV show includes famous actors like Julie Bowen, Sofia Vergara, and Sarah Hyland. It is a sitcom following the extended family of the Pritchetts and the Dunphys, recording their everyday life in a documentary-like manner. This TV show makes its comedically-popular legacy by ensuring strong stereotypes about its main characters, emphasizing their flaws for viewers to see themselves in. The sitcom explores marital, sibling, and romantic relationships, providing sentimental storylines guaranteed to make you tear up.

Jay and Gloria Pritchett get married a year before the season takes place. Jay is an older, average-looking man, while his wife is young and gorgeous. This situation provides the setup for many 'gold-digger' stereotypes, but regardless, viewers learn they truly love each other. Gloria has a son from a previous marriage, Manny Delgado, who fights gender stereotypes by being a feminine man. Phil and Claire Dunphy are parents to three children. Claire is Jay's daughter, and Phil is his son-in-law, constantly fighting for his approval. Phil is always joking around, and Claire is an obsessive control freak, providing a balance in personality in their marriage. Their children each have their problems, and as the show progresses, we see the struggles Phil and Claire take in their parenting styles to transform three teenagers into adults. Jay's second child, Mitchell, is married to Cam Tucker. Together they navigate fostering an Asian girl named Lily. Mitchell is a snobby city boy, and Cam grew up on a farm in Missouri. Their opposing personalities make for hilarious banter between the couple.

The unconventional family ties represented in this TV show make for amusing plotlines and witty jokes. I find myself always laughing at the clever jokes composed and it truly is a must-watch for many sitcom fans! Once you start to learn more about the characters, they'll become a lovable and comforting group of people that you'll watch evolve in all 11 seasons. *Modern Family's* episodes will have you roaring with laughter as each episode proceeds with its clever plotlines! Watching how all members of the family are driven by their care and love for each other, I have grown to love this TV show and the fictional characters represented.



Photographed By: Margaux Wu

The Neglect of Self Care

Written By: Sing Kan

As school starts and homework begins piling away on your desk, it is easy to neglect basic needs such as sleep, rest, and maintaining relationships with the people around us. However, self-care is not simply bubble baths and doing face masks; it's about helping yourself be your best version.

Videos on social media may show self-care days where someone gets in a robe, drinks a green smoothie, and watches a movie in bed, which are all forms of self-care but do not highlight the reading and intellectual aspects of it. There are tons of self-help books out there that talk about how elevating your mindset naturally improves your quality of life. To heal and work toward betterment, you must actively desire to start caring for yourself. To be blunt, you need to be more selfish about your needs.

Self-care is not short-term. It is a life-long process where one constantly works toward betterment. Different forms of self-care include reading self-help books, exercising, learning a new instrument, or spending time with and building your relationship with loved ones.

Furthermore, unhealthy habits, such as constant worrying about what others think, can lead to a toxic mindset. Life is too short to stress about people who are going to be irrelevant in your future. Who cares if they don't like the way you dress?

There is always more joy in doing everything to make yourself happy. Stop living your life to please other people. With that said, start enjoying yourself and live your life to the fullest!

What is the level of stress among Churchill's grade ten students?

Written By: Ava Miller

The jump from middle to high school is astronomical. Schedule changes, longer classes and just a new environment can already be overwhelming, not to mention the workload. There is no doubt that Churchill's grade 10s will feel some stress due to all these changes; however, to what extent do grade tens face this challenge? I surveyed multiple grade ten students to figure it out.

As part of my survey, I asked students about what classes make them the most stressed and to place their stress levels from a range of one through five. Lastly, I asked if they were involved in extracurricular activities and what the most stressful part about high school was.

When surveying, I found that math took the cake for the most stressful class. When I asked students about their stress levels, most said on a scale from 1 (being not stressed at all) to 5 (being extremely stressed), they were at a four, and needless to say, the population I surveyed is very stressed. When the individuals were asked what the most stressful part about high school was, the answers were split practically fifty-fifty between homework and time management. One of my more surprising discoveries was stress linked to extracurricular activities. Coming into this, I was adamant that more stressed students would be less likely to participate, but I found this to be false. I discovered that more stressed students were more likely to participate in extracurricular activities. When students were questioned about what class causes the most stress, 50% of students responded with math and then the other half said English and science.

Overall, teens face a variety of challenges in today's society, which often causes high levels of stress. Students should be able to be carefree and themselves at school, but this study shows that school may be doing more harm than good for teens' mental health.



Photograph by: Lisa Chen

The Return!

By: Gian Cayabyab

Watch out for Churchill's Anime Community! One of the Infamous Big 3 anime, pillars of the whole community, has arrived with a grand return. This fall anime season: "Bleach" is back and vengeful. During the heyday of the anime community in the west, the Big 3, "One Piece", "Naruto" and "Bleach" were the most popular series of the time.

Unfortunately, only One Piece was the last of the Big 3 to survive. Until nearly a decade after its finish, "Bleach" has returned with an animation that can contend with some of the best modern anime has to offer.

However, "Bleach" has had significant roadblocks to becoming the anime of the year. This fall season is filled with fantastic anime! "Chainsaw Man" (From Studio Mappa) seems like the biggest contender for "Bleach". Starting as a popular manga series along with the likes of "Jujutsu Kaisen" and "Demon Slayer", the anime adaptation of "Chainsaw Man" wants to emulate the success of such anime. It seems to be "Bleach's" most prominent rival to win this season. "Chainsaw Man" has all the makings of success: an excellent studio, broad appeal with fun, often violent action and interesting characters. The latest polls agree! In a survey, "Chainsaw Man" was barely ahead of "Bleach" in most anticipated anime.

Though, when the first episodes of "Bleach" and "Chainsaw Man" were released, the view counts and tweets surrounding "Chainsaw Man" were nearly double that of "Bleach". But make no mistake, "Bleach" is holding its own. Being a continuation of an old anime, "Bleach" has the disadvantage of being harder to get into. Fans were even complaining about the lousy marketing "Bleach" was getting, and despite all these disadvantages, these two anime are still far ahead in terms of hype compared to the rest of the fall anime such as "Mob Psycho" and "Blue Lock". Both "Bleach" and "Chainsaw Man" are holding their position far above in the anime world! Time will tell which anime will be crowned as the best of the season.

I'm rooting for the underdog that's come back after a decade. How about you?!

Eric Reviews: Attack on Titan

Let me start and explain what Attack on Titan (AOT) is; At its foundation, AOT is an anime about giants called Titans and a small society of people living in an isolated region trying to push back these titans. Under this premise, we follow the journey of Eren Jaeger, our protagonist and his struggle against the Titans.

Now, what makes it worthy of review? The first factor is the storytelling through characters; Attack on Titan develops characters with human emotions and thoughts, forcing them to make tough decisions and face moral dilemmas. Overall, they explore ideas of human mortality and their struggle against a force they cannot contest.

It takes time to write characters that grow on you and that you feel have plot armour, which is something that traditionally protects them in the story until they are no longer needed. They get you attached to them and make you feel like they can't die because of all the time spent developing their character. By creating this expectation, character deaths become much more impactful and jolting to the viewer. It grounds you as the viewer to realise that these characters are people. They aren't invincible, and they won't always find a way to escape their predicament. Instead, they are on the defence, always trying to survive. This makes the action scenes much tenser because you don't know who will die and who will survive, especially since the deaths are quick and unexpected.

At its core, AOT is a story about humanity, tackling the different aspects of race, conflict, and truth. It tells a compelling story in a fantasy world to illustrate fundamental aspects of human nature. To say it's just a show about titans and people would discredit so much of what makes AOT, AOT. A fair warning, this show is not for the faint of heart. It is brutal and will show gruesome deaths to prove a point. There is some censorship, but it is minimal and leaves very little to the imagination. Please do not let this turn you away from at least trying a few episodes, but if you absolutely cannot handle blood and death, this show will not be for you. I encourage you all to watch the first episode at least. While that only tells a fraction of the overarching story, it will set the grounds for everything that follows and should be more than enough to convince you to watch the rest.

AOT is a brilliant story that delves into more than just a war between humans and titans; it is a story about people. To conclude, I rate AOT very positively at a final grade of 97%.

By: Eric Xu

THE RAVEN AND THE WRITING DESK

By Simrah Zaman

Why is a raven like a writing desk?
Because they each produce a few notes.
We are all mad here, don't you know?

Why is a raven like a writing desk?
Because they both have quills dipped in ink
We are all mad here, don't you know?

Why is a raven like a writing desk?
They are both so full of poetry, you see.
Darkness and whimsy, nightmares and song
We are all mad here, don't you know?

Why is a raven like a writing desk?
I haven't the slightest idea.
I simply cannot recall why a raven is like a writing desk.

Stuff and nonsense,
Nonsense and stuff and
Much of a muchness
And nonsense all over again.

We are all mad here, I know.



Priyanka Gupta

THE COLOUR OF RAIN

By Moumita Murshed

"We shouldn't be out here, you know."

The boy slips his hands into his pockets, knowing well his protests were falling upon deaf ears. He watches the sky, waiting for the stars to whisper above them, yet they do not appear. He hasn't seen any lights in the heavens for a long time. Instead, they remain in an endless depth filled with his pities. The sky is a colourless grey.

Followed by his eyes, the fulmination disappears in the clouds, lingering only in his watchful eyes. With a hum, the boy draws his finger across streaks of rain left upon a crystal panel. The lull of the storm makes the window creak, rusted with age. The sensation is strangely calming to him, though it stands unfamiliar.

It's too *quiet*.

He watches the water drip from the open window to the floor, yet it holds no meaning. There is no beauty in the floods here. It is almost sickly, the way the sky has had its pigment drained into achromatic scenery, so much so that sometimes he wishes his colour would vanish; that way, he would appear the same as everyone else, lifeless and cold. His friend hums alongside him, picking at the peeling tarnish of the sill.

"I know. We should be home."



Umair Mir

THE HIDDEN SIDE OF MARVEL

hiba hassan

The Marvel Cinematic Universe is the highest-grossing movie franchise of all time. The universes are split into phases and, in total, are made up of 29 movies. With the first movie which came out in 2008, it's safe to say that most of us have seen at least one film. However, there's a side to Marvel that has been overshadowed and almost hidden by other projects: Marvel's Netflix television series. Every month I'll spotlight one of Marvel's Netflix shows and provide a rating, reasoning, synopsis and explanation for each show.

The first season of Marvel's first Netflix television show was released in 2015, called Daredevil. Fans were thrilled with the different forms of Marvel content they were receiving and the darker side of Marvel that the show was providing. Throughout the next 4 years, more seasons of Daredevil, along with Jessica Jones, Luke Cage, Iron Fist, The Defenders, and The Punisher were cancelled in 2019 when Disney+ was in the works.

These shows are part of "The Defenders Saga," categorized separately on Disney+ after Disney regained licenses for them and removed them from Netflix at the end of February 2022. "The Defenders Saga" as a whole represents a darker take on Marvel, and it is important to note that all of the shows are rated TV-MA. While these shows exist within the same universe, they are not necessarily in the same universe as the rest of the MCU. For example, other heroes and villains from the MCU are never seen nor mentioned in any of these shows even though some reside within the same city. However, as recently seen in two of Marvel's new shows, Hawkeye and She-Hulk, this may not be the case for much longer. This is why I've decided to also review these two shows despite not being part of "The Defenders Saga".

Join me as I reveal "The Defenders Saga" of Marvel's Netflix television series, a "hidden" section of Marvel that may have a larger influence on the future of the Marvel Cinematic Universe than we think.



PHOTOGRAPH BY SADRA SHAMANIAN

THE LONELIEST TIME: SLAYING THROUGH SPACE

katlyn nguyen

If you need a new funky song to get you through your loneliest time, I recommend listening to "The Loneliest Time" by Carly Rae Jepsen featuring Rufus Wainwright! This song depicts turning to a past lover and asking for a second chance at love. Listening to this song sends you on an epic journey through space and gives you an instant mood boost. The disco track has a beautifully colourful music video along with it and I would do anything to be one of those dancing stars.

Words cannot describe how much emotion this song gives me, so instead, I will describe the journey my soul went through while listening to this beautiful piece of art! Imagine I'm alone in my sad and bleak room, and then Carly Slay Jepsen and Rufus Slainwright come down in a rocket ship and send me to the moon, where there is an epic disco dance party. As I go down the soul train, my troubles and fears are left on Earth, and I have no choice but to slay my way through space.

This song is fun, bright, campy and nostalgic. I couldn't ask for a better title track for Carly's new album, also called "The Loneliest Time," which will probably be out by the time you read this piece.



CARTOON BY RYAN LIANG

Paper Wishes

Niki Honarvar

I have lived in Canada my whole life. It is a place that I am beyond grateful to call home. I have never really had another place to call home, and this is all I've ever known. Recently, I have begun to think about what it would be like to live in a place where things weren't so smooth sailing, easy and unknown. My curiosity led me to a place where I am keener to learn about our world's history and how valuing our history is crucial.

The book *Paper Wishes* put me in the shoes of a young girl, Manami, who lived through World War II and went to internment camps along with other Japanese Americans by government orders. Before she was forced into Internment camps, Manami lived a life of peace. Internment camps took away the things she once had, and she missed them dearly. The internment camp was a formidable time for Manami, and she was confused and distraught because the things she once knew began to slip away.

I've always looked at life through a smaller lens thus, so I knew so little. *Paper Wishes* gave me a new perspective to understand how hard it can be to have your peaceful life change so immensely. It gave me the lens to perceive and understand how our world came to be today. This lens showed me history- the bad and the hardships and how much our world has changed since then. This book forced me to learn more about the history of our world because, without it, we wouldn't see all the culture and heritage we see now in Canada.

Our world has changed so much over the years. For the most part, it has changed for good. In Canada, we are lucky to be a part of a place where inclusivity is such a presence and is valued. Understanding Canada and our world have led me to realize how our school is a place that has been built on the pillars of acceptance and embracing one's culture. Our school is very similar to how Canada is, except we are a smaller population filled with so many different faces, and each has a different story and culture that we should all come to value.



Photograph by Raisa Tathoi

The Culture We Have

Our culture glistens through the night sky,
And its shine makes sure that no one's shy,
The glimmer that flows through the air leaves an impression on all
who care.

Though the shimmer impresses crowds, it is solely unique to the
bearers of light,
Its roots grew deep from a different land, but now it shines in this
snowy land.

Our culture dazzles in a tree garden.
It is beautiful like a cherry blossom,

Its foundation is a strong oak tree and the winds can't break it if
they please.

The leaves of the cherry blossom fall and new species of trees
start to form.

Some are big, and some are small, but the impact they have is
equal in all.

They share this place and grow as one but you can point each tree
out one by one.

Our cultures exist in harmony.

Like the angels in heaven and the Bonsai tree,
We take turns to let one shine and uplift the dim till they have a
bright light.

We have a light that won't die down and sing and shout to light.
Each shine is unique and perfect in all, so let's let it shine in this
country tonight.

- Tiffany Archibong

Cultural Salad Bowl

Faiza Nanjiba

Diversity is
Extremely crucial in
Keeping the peace

Within a salad.
There are so many veggies
Even fruits inside.

If you are feeling
Lucky today, you can try
Interacting with

Different cultures.
Our uniqueness is a
Gift to all of us.

We may indeed have
Some similarities, but
Cultures differ from

Country to country.
Respect and
acknowledgement
Of so many things.

Cultures are truly
A wondrous aspect of
A diverse salad

That we all call Canada.

SNAKE SHED

Ellen Chen

I watch as the snake sheds its skin. It is an ugly, grey film that peels off arduously, sometimes in uneven chunks. As the long reptile stretches itself across the enclosure, it leaves flakes of itself on its surroundings, pulling itself out of its old jacket, and desperately leaving behind what it had been before.

This act of shedding reminded me of what my parents had to forgo and leave in China so that I could be born Canadian. The flakes that had once clung to them with such stubbornness now crumbled away in the face of the cold Canadian climate, the English signs, and the lack of Chinese street foods.

At the age of 7, I quit Chinese school in a mess of tears and begged my parents to never send me back. It was an impulsive decision, but I struggled to comprehend the complicated structures of each word and had a meagre understanding of my own culture: I was at my breaking point. Blinded by frustration, I let go of the language my parents had spoken their whole lives.

As the years progressed, my mind became filled with more and more of the angled consonants of the English language and the wispy Chinese letters left my memory. English began to dominate my tongue, even as I spoke with my parents.

One day, as I glanced in the mirror just before heading off for school, I was engulfed by guilt.

My eyes were shaped like my mom's. My hair was dark like my dad's. And in my smile were the subtlest hints that I was, in fact, their beloved daughter.

Yet, every word that fell from my lips was a language other than theirs.

Somehow, as I watch the snake, sadness fills me. I realize that its shredded moults isn't grisly. It's not ugly, nor does it peel away like unwanted clothing. Instead, it is nothing less than the snake's foundational past and a part of a larger whole.

Perhaps shredded skin never truly leaves you but sticks with you and those who come after you. Chinese is a part of my parents and a part of myself. Their shed shines a wispy silver, not grey.

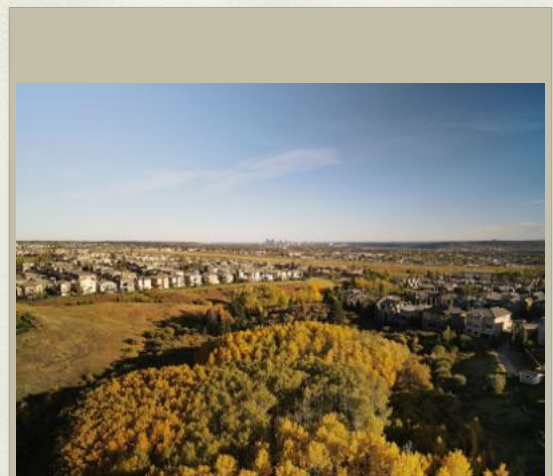
I leave the zoo through its wide doors, following behind my parents. As we settle into the car, I smile.

"Huí jiā le."*

*Mandarin for "Let's go home."



Photograph by Raisa Tathoi



Photograph by Nicolas

The People in the Trees by Hanya Yanagihara Review

By Manaar Fatima

There are books, and then there's this book.

The People in the Trees is about a young doctor named Norton Perina on an expedition with his team to a remote Micronesian island in search of a rumoured lost tribe. They succeed, and Norton gains worldwide fame — even winning the Nobel prize for discoveries he makes regarding the tribe's long lifespan. He soon realizes that his fame comes at a steep price and as things spiral quickly out of control, his demons take hold, with devastating personal consequences.

To begin, the topics discussed in this book are very, very heavy. Be warned.

Moving on: this novel was incredible in its efforts to make readers question their morality and the way they view the world. It is meant to make you ask yourself how far people should be willing to go in the name of discovery, and what turns scientific legends into monsters. Where should people draw the line? Yanagihara takes great effort to pull people from their comfort zones and force them to view the world differently.

The story will take you on a journey far away on an island that's mysterious and alluring but spit you back into a harsh reality with Norton's decisions. Yanagihara immerses you in an unexplainable feeling of helplessness by exploring themes of colonialism and misogyny.

Norton Perina, the narrator of the book, is unreliable. He pushes you into questioning everything he says, but more importantly, everything he doesn't. How much of what he narrates is fact? In the end, when the full truth of the story is finally revealed, you can only be taken aback by the brutality of it.

Overall, the book was as disturbing and unsettling as it set out to be. Hanya Yanagihara did a wondrous job with the writing, pulling readers into a world full of uncertainty and immorality. This book is not for readers seeking comfort in a story, but if you want a book that makes you question the wickedness of the world, this book is a great choice for your next read.

◆ A Good Girl's Guide To Murder Review

By Mikayla Girard

Pretty and popular high school senior Andie Bell is murdered by her boyfriend, Sal Singh, who then kills himself. It was all anyone could talk about in the town of Fairview, and five years later, Pip sees how the tragedy still casts a haunting shadow over her town. Now a senior herself, Pip decides to re-examine the closed case for her final project, at first to simply cast doubt on the initial investigation. But when she discovers a trail of dark secrets that might prove Sal innocent, the line between past and present begins to blur. Someone in Fairview doesn't want Pip digging around for answers, and now her own life may be in danger.

This review does not contain spoilers.

While at first, this book may seem like another story about a teenage detective somehow solving mysteries the police couldn't, this book—and the subsequent series—go far beyond that. Pip captivates the readers with her ambition and persistence, unique traits that compel readers to follow along as her curiosity and loyalty drive her further and further. This book explores themes of grief, blame, and destructive obsessions, along with heavier topics such as murder, self-harm, and rape, so be warned. Holly Jackson also masterfully develops ideas of good people doing bad things for good intentions; Jackson makes every character multi-faceted and often more distinct than they initially seemed to be. They are all incredibly fleshed out, each with a thousand invisible things influencing their decisions.

This book is impossible to put down as the plot weaves around you like a spider's web until you can't help but stick alongside Pip until the very end. Tiny hints get intertwined throughout the story that may not seem noteworthy at first, until a new clue is revealed later on—perhaps even in book two or three, leading the pieces to fall into place. As one of the only mystery books that I believe is still interesting the second time around, this book is an impressive composition in the mystery genre. I didn't even think I liked mystery books until I read A Good Girl's Guide to Murder, so even if you are sure it's not your speed, I highly recommend giving it a try. This would be a perfect book to read for Halloween, paired with total procrastination and a complete lack of motivation for all responsibilities. Happy reading!



Cartoon by Athena Xiao

Sometimes it *doesn't* by Fouzan Rizwan

Did you know that the human brain is incapable of comprehending the negative? You might find yourself confused by what it means. The best way to understand this may be through an example.

Do **not** think of homework.
What did you do? You thought of homework.

Do **not** think of a banana.
You thought of a banana.

We, as humans, cannot understand the negative. We reinforce things when we put them in the negative.

I can't finish my homework,
I can't finish my homework,
I can't finish my homework.
What happens?
You don't finish your homework.

I can't do this; what happens?
You really couldn't do it.

Compare that to I am going to finish my homework, or I am going to keep to this. What happens? You get what you want, and even if you don't get it in one try, at least you got further than before. It might feel unreal that this works, but it does, and you have probably experienced this without knowing it.

Have you gone biking or watched people biking and wondered why you don't hit the trees, poles, or parked cars in your way? Or maybe you have never hit your bike on anything before.
Why?

If you were biking and your only thought was, "don't hit a pole, don't hit a pole, don't hit a pole." What were you watching? You were watching the poles, and all you saw were the poles. Compare that to "follow the sidewalk, follow the sidewalk, follow the sidewalk," and you end up watching the sidewalk.

If you say don't hit the pole, you won't be able to find a way out. *You will only see poles.* If you say follow the sidewalk, you won't see any poles, *but rather, you'll see plenty of sidewalks and paths.*

If you focus on the poles, you will only see obstacles. If you choose to focus on the sidewalk, you will only see the path through the obstacles. You choose how you see. It is all about *perception.*

Change what you see, and you will change what you get

Abyssos by Vivian Li



Memory Lane by Aleena Khilji

What does memory lane look like? To me, they are the moments that collectively make you whole. An assemblage of laughs and happy memories, but also consists of unforgettable times with the beloved people you consider your foundation. So, let us talk about the different kinds of memories starting with the dreadful ones.

Ah, the dreadful ones. These are the ones where your sleepless nights and harrowing days dominate your life. The ones where those close to you drift away, as an everlasting barrier held you back. The maddening days when a multitude of responsibilities suddenly occupied your mind. When you no longer could remember what a state of peace and serenity meant. Amidst this whirlpool of utter chaos was a shroud of contentment, which was the only thing that kept you sane - were these memories that lingered over the enraging ones?

Then there are the enraging ones. These are the ones where a state of hastiness swarms you, and without knowing it, all your anger is unleashed in a matter of seconds. What makes them so enraging? Was it the feeling of betrayal, or the feeling of knowing that it could have been preventable? When someone who you trusted and generously cared for took that abundance of love and devotion and threw it away.

Sometimes, memory lane can be a distressful place, but it creates the best of us and helps us progress into the people we are. Without memory lane or an accumulation of lively memories, harrowing memories, and hasty memories, we would be lost. Cherish your memories and remember who you are.

Autumn Rush

Farah Nuzhat

The red, amber and golden colours of autumn leaves scattered the ground, creating a warm palette. Animals chattered in the chilly atmosphere.

But Aurora despised autumn.

She couldn't stand the drab colours and sudden drop in temperature. The trees always seemed empty without all of their leaves and the animals were either leaving or preparing for hibernation. All of that seemed so insignificant, yet Aurora couldn't help but feel despair. Even with a scarf wrapped tightly around her neck and an oversized sweater engulfing her, the cold still managed to find her.

Grumbling, she trudged through the park, leaves crunching under her feet. Laughter and cheerful banter filled the atmosphere. Surrounded by so many people, Aurora never felt more alone. How could they be happy in this awful season? Picking up the pace, she ignored the tears burning in her eyes. The joyous conversations became more and more muffled when a beautiful melody suddenly filled the air.

Aurora stopped abruptly, intrigued by the mysterious singer. Following the crowd, she was met with a girl casually sitting on a bench, lightly strumming a guitar. She was the embodiment of autumn with her bright auburn hair and light brown eyes. Her voice felt warm and enchanting. Aurora heard the crowd whisper the girl's name: Wisteria. She vaguely recognized the name as she had come across it a few times on social media, but she had never paid much attention.

Song after song, Wisteria effortlessly pulled off each one. She made singing look as easy as breathing. The beautiful lyrics and her emotion-filled voice tied together elegantly. Aurora swore she felt Wisteria's gaze linger on her as if she was singing only to her, but she brushed it off. It wasn't until the last song she played that she realized Wisteria was focused on her. The song illustrated the story of a lonely boy who desired to have a friend to run away from reality with. Aurora was especially captivated by this song, her eyes locked with Wisteria's the entire time.

After Wisteria finished and the crowd dispersed, she approached Aurora. A comfortable air fell upon them like they were old friends. They chatted comfortably, playfully responding to each others' remarks until Wisteria asked,

"Do you trust me?"

"Yes," Aurora whispered, without thinking.

"Then run away with me."

Maybe autumn wasn't so bad after all.



Nigerian Puff-Puff Recipe

BY ORE AINA

Puff-puffs are a common delicacy in Nigeria that are made of fried dough. They taste like donuts... But at the same time, they do not!! So what exactly do they taste like? Well, you've got to try them to discover this unique taste.

Here's what you need:

2 Cups (250g) of Plain Flour
2 teaspoons of instant yeast
½ teaspoon of ground nutmeg
½ teaspoon of cinnamon
½ cup of granulated sugar
1 teaspoon of vanilla extract
Lukewarm water for mixing
Vegetable Oil for frying
One ice cream scoop :)

Directions:

1. Add all dry ingredients (flour, sugar, yeast, nutmeg, cinnamon) into a medium-sized bowl and mix till all ingredients are spread evenly.
2. Pour in about a cup of lukewarm water and stir the batter. Ensure the batter is not too watery (make sure the mixture is thicker than your average pancake mix).
3. Add a teaspoon of vanilla extract to the batter.
4. Cover the bowl with aluminum foil and ensure that no air gets into the batter/bowl.
5. Store the bowl in a warm place (could be in the oven that is off) and wait for 45-60 minutes.

6. After waiting for about 45-60 minutes, bring out your batter and it should have risen.
7. Get a pot and fill it with oil. Put it on the stove at medium heat. Ensure the pot is deep in order for you to get the round desired shape.
8. Lightly oil your ice cream scoop to allow your batter to slide easily into the pan and avoid unnecessary stickiness.
9. Scoop your batter with the ice cream scoop and gently pour it into the heated oil. Ensure the batter sizzles upon being put in the oil before adding more batter to the oil.
10. Fry till golden brown in colour.
11. After you have reached the desired colour, you will want to transfer the puff-puffs into a sieve to drain the oil.
12. Enjoy!

o c t o b e r

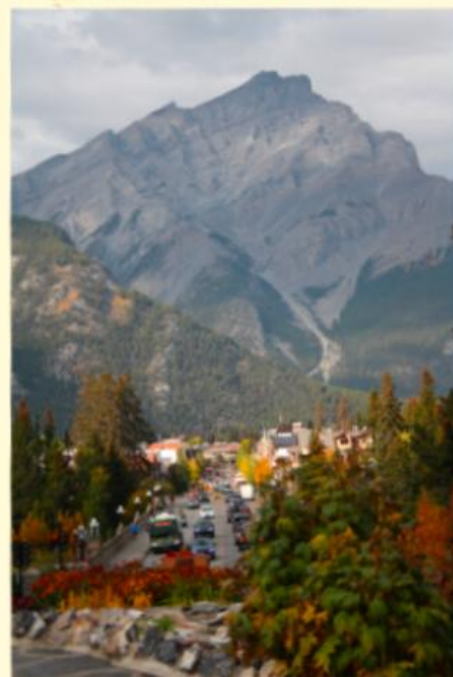


photo by:
Sabrina Huang

How to Filet a Fish

BY DENNIS BAI

Fish is an ideal protein source and is full of omega-3 and vitamins. While fish is good for you, most people avoid it altogether because they find it intimidating. It is hard trying to cook something with so many small bones that if you miss, it can end up lodged in your throat. Most people who want filets will buy pre-cut fish filets since it is more convenient. There is nothing wrong with buying things prepared, but to have the freshest fish: you need to do it yourself. For seafood, freshness makes a big difference in the quality of the dish. You can filet any fish, but some fish will be easier than others depending on their size and the number of pin bones they may have.

Before you filet a fish, make sure you have a thin, sharp knife, preferably a filet knife and tweezers. The filet knife will allow you to keep most of the meat while fileting a fish due to its shape and flexibility, and a tweezer will help remove pin bones from your filets later. Keep in mind a sharp knife will do the job as well, but a filet knife will make it somewhat easier. Once you have these two things, you can start fileting a fish!

Tools Needed:

- Sharp knife or filet knife
- Tweezers (if fish has large pin bones)
- Cutting board
- Your mom
- Your dad

Step 1: Cut behind the ear of the fish down to the bone

The easiest way to find the ear of a fish is by finding the small fin that protrudes from the side of its body and cutting behind it. Typically the ear will be in front of the fin. Make sure to cut down to the bone. Your goal is to separate the head from the body of the fish without cutting through the bone.

Step 2: On one side, make an incision against the spine, and slide your knife down to the tail of the body

This is where the sharp knife, or filet knife, comes in handy. By having something sharp to cut with, you do not have to do as much work slicing back and forth, and the knife will separate the meat from the bone without much pressure. Your goal is to slide your knife as close to the spine as you can to avoid losing the meat; Make sure to do this while lifting the filet from the bone and work your way down the side of the fish. By the end of this step, you should be able to remove the entire meat section from the bone.

Step 3: Turn the fish over to the other side and repeat steps 1 and 2

Step 4: Remove pin bones from both filets

Pin bones are those small bones that run across the midsection of your filet if you were to lay it flat on a table. Usually, the pin bones can be found near the side of the filet, closest to where the head used to be.

The size of your fish will change what you do.

Medium - Large Fish (>7 inches) - If you have a large fish (like salmon or tuna), you want to use tweezers to pull out the pin bones. Pull diagonally upwards in the direction of where the head used to be.

Small Fish (4-6 inches) - If you have a small fish (like mackerel), use your finger, and run it along the middle of the filet to get an idea of where the pin bones are. Then, take your sharp knife, make a tiny V-shaped incision around the bones, and pull out the area you cut out including the pin bones.

Step 5: With one hand, hold down the skin, and with the other, slide your knife against the skin to remove the scales.

This step is optional.

Step 6: Trim the sides of the filet to clean up the edges

While this step is optional, this will make the dish look better.

And you're done! Fileting may be tricky the first time you try, but you will improve with time.

Mental Health Issues and Relationships

By Alina Russell

Hi everyone! I am starting this column with an introduction. This column is about mental health issues, how they relate to relationships and advice on managing relationships. These tips may apply to friends, family and significant others. It will also include advice on toxic friendships, family relationships and more each month!

Firstly, what is mental health? Mental health is our emotional, psychological and social well-being. We know our mental health isn't good if we constantly put ourselves down, assume bad things about others, especially with little to no evidence of it, and think about doing irrational things. Likewise, we know our mental health is healthy when we are confident in ourselves, when we are positive, when we don't let little things get to us and when we build ourselves up and do rational things.

A person with bad mental health may feel insecure about themselves and in relationships. This insecurity may come in different ways. For instance, someone feels they aren't "good enough" for their partner. This thought may lead to a fear of being cheated on or abandoned. Even when abandonment isn't going to happen organically, and even if the other person isn't cheating, individuals with poor mental health aren't satisfied with their partner's reassurance.

Insecurity takes time and effort to manage. The thoughts and feelings may seem irrational, but the way the person communicates their feelings could also be irrational, even when their thoughts are rational and based on concrete evidence. An example would be when a partner has not done the dishes, taken out the garbage, or vacuumed while their significant other was out of the house. Rather than confront one's partner about the situation, they decide not to speak to their partner about it. Instead, they do the chores themselves and give their partner the silent treatment. This might be out of fear that their emotions were invalid or irrational and that their significant other would not take it the right way.

This example illustrates why it is vital to communicate with your partners and friends to avoid these misunderstandings. When you feel like you are experiencing this, take a breather, step back and think about how you should approach the situation and how it will impact all those involved. Keep in mind other people's feelings while safeguarding your own! Good luck!

That is all for me, have a nice day Churchill and see you at the next one!



Photograph taken by Amara Grimes



Photograph taken by Cami Hsieh

Mother's Blood

By. Adara Chen

My mother was not bred for brutality.

She is an immigrant. Born and raised in the depths of extant Chinese culture, her legs were forced crossed at the dinner table. When my mother left her country, her friends and family members called her a traitor, but her conviction that there was a hopeful world outside her little town would fuel her propitious tank. So, carrying a leather suitcase full of unsophisticated daydreams, she flew across the world and crossed the borders of Canada, finding herself in a world of prospects with a cost. She now felt like an alien. Labelled an immigrant, she faced adversity like she never had before.

My mother's coworkers pointed fingers and laughed in her face, calling the silk on her neck absurd and the patterns on her clothes preposterous. She was an aberration in the office because of the colour of her skin. She fought hard to keep her spirits high, yet the constant incongruous treatment of everyone around her left her hopelessly enervated. She convinced herself that maybe her European coworkers were right about her after all. She didn't belong here.



Photograph by Amara Crimes

While loneliness is frightening at all times, it is especially terrifying in the cloud of self-doubt where darkness glooms over the sunniest of days like a persisting desolation. My mother was tired, to say the least. Her thoughts, plagued by self-doubt, cut deep into her flesh like the edge of the blade on her pen, and with every single stroke, uncertainty grew. The happy, aspiration-filled America she had glorified before was now turning into a world of murkiness and corruption she abhorred. Her world faded to black and white, completely depleted of life by the dark shades of obscurity. Her dejected spirits pushed her to the corner of her world, sitting quietly in the dark, legs crossed tightly yet again.

She swore to herself that she was done. She had no more bullets to shoot, but when you're swimming in an unforgivable ocean of self-doubt, choking on the salty waters of loneliness, the only weapon you have is guile. My mother was an immigrant, but she was also a fighter. Mother bit her tongue and let the waves of doubt push her into her aspirations, each defeatist thought thrusting her closer to wondrous dreams bred by her ironclad conviction. Past hesitancy and insecurity, manifest themselves into motivation and strength again.

My mother is an immigrant. And though her sentences are laced with whispers from a different tongue, her skin the colour of straw, her exertion sanctioned peace. Now, Mother recites bygone stories of outmoded prejudice, evincing her eternal gratitude for the resplendent cultural weave of Canada.

Canada: A Cultural Salad - Madia Azhar

Let us begin this column with the topic of the month, "Canada: A Cultural Salad Bowl." What an interesting name to describe Canada! Let's explore the meaning behind this name. If you were to notice the ingredients of a salad, you would see a variety of vegetables, however, those vegetables would vary in size, type, shape, etc. This would be a fair comparison to Canada, where there lies a variety of cultures that are gathered but do not form a homogeneous mixture.

In similar terms, there are multiple cultures in Canada. Not all cultures are similar in tradition or behavior, but they do all share a common trait: Canada.

Different variety of culture in Canada

Now that we have broken down and understood the meaning of Canada being a cultural salad, let's explore the variety of cultures we express as a group and a Canadian community.

Canada provides many benefits to different ethnic groups by giving us the right and freedom to express who we are and our ethnic backgrounds. For instance, schools give their students cultural days to express who they are and their cultural backgrounds. These acts of representation could come in forms of traditional clothing, bringing traditional foods, and many more. There are also places provided for us where we all can practice our own religion. These religious freedoms come in the form of mosques, temples, and churches. Canada is blessed with numerous restaurants and food trucks where individuals of all backgrounds can get a taste of different cultural foods. In addition, Canada has stores where a variety of different cultural outfits are sewn and designed. In terms of school and academic settings, oftentimes schools have cultural clubs where individuals of the same ethnic background meet and greet each other. Oftentimes, certain ethnic groups organize mass gatherings where they can celebrate their culture, dance, and enjoy their traditional music. In recent years, there has been talk of expanding language learning courses in order to adapt to the changing times of Canada.

Canada's "cultural salad bowl"-like nature is what sets it apart from numerous other countries around the globe. Becoming a pioneer in its cultural expression, Canada is ahead of the race with more to do in the coming years. Every day, a variety of backgrounds interact with one another within Canada. Canada is unique in the way it expresses its culture, not as a singular culture but as a unit and melting pot of different backgrounds.



Cartoon by Beverly Zhao

rainBOWLike fruit

A bowl of fresh fruit,
Glowing red, orange, yellow,
Green, blue, indigo,
And a hint of vivid violet,
easily compares to that of a rainbow.

A bowl of fresh fruit
Radiates with uninterrupted colour,
never ceasing to stay brilliant or peculiar,
Never ceasing to be diverse,
a bowl of fresh fruit,
each from its own original flower,
Embraces, accepts and complements one another.
Truly a bowl of fresh rainbowlike fruit.

Rachel Wu

Canada: A Cultural Salad

Imminence Part One

Ablah Gadallah



Every day at about eight thirty, right before Cillian has to head to work at nine, he walks to the park with a bag of stale bread that he cut into small cubes. He strolls through the near-empty streets of his small city, taking each step with a little more force than necessary so that the loud click of his shoes against the concrete echoes against the tall buildings on either side of him.

If you were to see him in the streets now, you wouldn't think much of him. He was a man of average stature with coiffed hair and dressed in a crisp blue suit and tie, a briefcase in one hand and a bag of bread in the other. Cillian moved through the streets like a well-oiled machine, a content smile placed on his flawless and symmetrical face. An automaton of a man seamlessly welded together.

He arrives at the park and moves to sit on one of the benches lining the perimeter of the rectangular park; He rests his briefcase next to the bench and brings the paper bag to his lap as he opens it. The local birds seem to sense the imminence of bread, perfectly cut to fit into their gaping mouths, and flock to the bench Cillian is sitting on. He pulls out one of his meticulously cut cubes and places it gently into his maw. The birds await still, hoping that he accidentally drops a piece of his unorthodox breakfast, but Cillian is meticulous in his consumption.

He had no sooner seen them than he turned his gaze away from the birds and the visitors of the park. Cillian analyzes each person who passes him and raises a brow, sneers, or at best, looks mildly disappointed. Soon enough, the birds around him have dispersed and he finishes his meal, folds the paper bag meticulously against his thigh, and rises to go to work. But right before he gets up off the bench, he feels something tap against the back of his shoe. Cillian bends down and looks underneath to see a baseball-sized orb, glowing a soft yellow in the shadow of the bench. Cillian examines the sphere and cradles it in his palms for a few seconds before slipping it into his briefcase.



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October Book Review Read it, or leave it?

Sharlene Arceo

How far will you go for love, freedom and a liar? *We Were Liars* by E. Lockhart prompts these questions and leaves readers scrambling for answers. The story is a twisted tale that unveils the truth about the Sinclairs, a picture-perfect family who spends their summers on their remote island. The story follows Cadence Sinclair, who cannot remember an accident she had on the island the previous summer, through her discovery of the lie that her family is covering up.

The book is slow-paced and will make you question the reliability of the narrator. It is descriptive and gives readers a solid exposition to understand the dynamics of the Sinclair family. There is an abundance of dynamic characters to keep up track of, but despite that, each one brings something new to the story.

One of the downfalls I noticed with this book is that it comes off as a repetitive love story. I believe that without the plot twists, the story wouldn't be nearly as interesting. It's focused on rich teens and barely touches on the subject of how the less privileged characters in the story live, which leaves the story with a lack of diverse perspectives. Nevertheless, it kept me on the edge of my seat through its use of foreshadowing. The true question is, do I think you should read it, or leave it? Honestly, I think if you want to read a twisted and shocking story, this is one to go for.



Identity Crisis Who?

By: Jinjou Wang

Canada has always had an identity crisis where it struggles for the Canadian identity and yearns to escape the perception of being the US's little brother. Each country has diverse people, history, and cultures, so how can Canada replicate that and craft a national identity distinct from our southern neighbour? What we are doing only resembles an attempt.

Canadian identity is rooted in things that supposedly distinguish itself from the US. Yet, maple syrup, the CBC and Muskoka chairs (those awkwardly shaped red chairs mostly found at tourist sites) are all pretty weak attempts at differentiation. A slightly different sugary syrup or a national news network of distinct names is atrociously ill-equipped to define a nation. However, the weakness of this cohesive national narrative sets the stage for Canada's true identity. Similar to the US, we're an immigrant nation, with the vast majority of our population arriving sometime in the past 100 years. Unlike the US, we don't have overarching norms overpowering the cultures that others bring.

Canadian cities are full of pockets of unique cultures. From the vibrant Chinatown of Vancouver to the Little Italy of Toronto, people of all backgrounds can embrace and live out their identities without the pressure to assimilate into typical societal norms. Indeed, this diverse population benefits us in many instances of societal discourse - students can interact and learn from more individuals, intellectual thought is diversified and deepened in academia, and we're able to access a vast scope of political representation and opinion. However, even though our collective identity derives from the coexistence of distinct cultures, it's damaging to over-fixate on the distinction of Canadian cultures.

Moreover, cultural gatekeeping is an issue that's often hidden under the guise of cultural appropriation activists when in reality it's an active form of segregation. To try and stop the process of cultural exchange - wherein individuals experience and adopt the areas they enjoy from other cultures - is like trying to separate the parts of the Canadian salad of cultures into separate bowls. Even if one feels massive discomfort when someone adds ketchup to their traditional ethnic cuisine, it does not justify preventing them from interacting with other cultures in the first place.

The multicultural Canadian salad bowl strikes a delicate balance: it's heterogeneous and distinct, enabling each ingredient to shine. Yet at the same time, it's integrated in a way that enables all people to enjoy and experience all other cultures. This balance should be preserved, and ought not to be disturbed by illusions from either side of the balance.



By: Ethne Cripps



By: Dana Klynstra

How the News Changes Us

By: Zhilun Yu



On April 15, 2013, the Boston Marathon was underway in Massachusetts. As spectators enthusiastically cheered for the runners crossing the finish line, two handmade bombs exploded, going off within the crowd of people. The two bombs went off ten seconds apart. Three people died that day, and hundreds more were injured. In the months that followed, media organizations broadcasted explicit images of the terrorist attack at a constant rate. Those who experienced the attack experienced life-changing physical impacts, however, some professors and colleagues from the University of California observed in a study that those who had not been present at the site of the bombing had consumed large amounts of news regarding the attack and experienced peculiarly high levels of acute stress. How can this happen?

When you continuously scroll through pages of negativity, the body's nervous system secretes stress hormones such as adrenaline and cortisol. People who continually expose themselves to stressful news may begin to lack motivation in life and view their surroundings with weariness. The Journal of Experimental Psychopathology discovered that visually shocking news, especially bystander footage, can trigger mood swings and even increase your risk of a heart attack later in life.

More notably, people start getting attached to the news they watch as if they were on the front lines themselves. News-intensive social media platforms, such as Twitter and other constant news feeds, only increase this issue. Thus, people begin to perceive news as a life-changing event in their own lives.

In conclusion, it is imperative you manage your consumption of what is released in the media, especially if you realize that it has influenced your mental health.



Photo by Nicolas



Darling, We're Worried: A Don't Worry Darling Movie Review

By Alena Chorney



Don't Worry Darling, "... is, like, it feels like a movie". Though Harry Styles's wording may be somewhat redundant, this movie is a cinematic treat for your eyes. Don't Worry Darling focuses on Jack (Harry Styles) and Alice Chambers (Florence Pugh) and their seemingly perfect life. They, among other couples, all reside in a neighbourhood named The Victory Project, a suburban area designed around the top-secret victory project.

The movie aims to model the 50's ideal family dynamic; the ladies go to ballet class, sit by the pool, and make sure their husband's food is on the table and ready to go the minute he walks through the door--all while looking fabulous. All seems peaceful at the beginning, but the facade rapidly fades. After witnessing the traumatic death of her friend, Alice begins to crack at the seams. Between the creepy visions she experiences and her unexplained loss of time, this movie will have a person on the edge of their seat. Though Alice expresses her concerns with Jack, he manipulates her into thinking everything is alright. The climax is finally reached at Jack's big promotion dinner when Alice confronts Jack's boss, Frank (Chris Pine), about what the victory project truly is. Alice fails to get answers but is now alienated from her friends and everyone else in the neighbourhood, as Frank manages to convince others that Alice is having a psychotic break. Thus, this leads to Alice being sent away for treatment and reappearing good as new! Or so everyone thinks. This thriller is full of twists and turns at every moment and may leave the viewer with more questions than answers. The real-life drama surrounding the production may have left a sour taste in people's mouths, but if one can move past it, they are in for a mind-boggling movie. Between the breathtaking soundtrack and the very unnecessary scene of Harry Styles dancing, this movie has something for everyone! Don't Worry Darling was released in theatres on September 23rd this year and should release on DVD/streaming services in 2023. Olivia Wilde directs the film, and the run time for it is 2 hours and 3 minutes. The film is rated 14A in Canada due to violent/disturbing scenes, mild swearing and sexual content.

CHURCHILL'S DIVERSITY DAY

It is well known that Sir Winston Churchill Highschool is one of the most culturally diverse schools in the city. Recently, our school got a great look at the scale of that diversity when hundreds of students dressed up in their cultural clothing. To get an insight into the background of what each student wore and why I interviewed a few students. A student who wore a Kurta from Pakistan said they chose to wear it because, "It's particularly loud and bright, which is just practically what Pakistan is and [...] it is easily worn by everyone." Another student who wore an Ankara-style top, a popular style in Nigeria, stated, "I'm Yoruba, which is a tribe in Nigeria [...] we like to wear a lot of different colours and really cool patterns."

Not only does Churchill have a diverse body of students, but everyone intermingles and befriends people from other cultures and ethnicities. For instance, I would go up to a group of people who would tell me about the origin of their outfits, which ranged from Pakistan and India to Albania. Another student I interviewed said, "I am wearing a cheongsam which is in Cantonese [...] I'm Chinese," while her friend added, "I'm half Algerian, so I'm wearing a traditional dress from the north of Algeria."

Personally, I love that we let our differences bring us closer to each other and with each turn I took I saw more and more people complimenting each other's cultures. As a grade ten student, I met a lot of new people coming into this school, and it was fascinating to learn more about them and their cultures. Overall, the cultural wear was a bright and colourful way to show off the incredible diversity of the student body at our school!

ARTICLE BY NOLA BIGLIN



CARTOON BY WALLIS BAI

PHOTO BY ETHENE CRIPPS



Holiday History: HALLOWEEN

With Halloween on its way, I wonder yet again: why do we celebrate it? On the same day every year, filled with such specific traditions and so much misinformation surrounding its origins, I wanted to research the history behind Halloween.

As you may have heard, Halloween is indeed a somewhat Christian holiday, known in Old English as "All Hallows Eve" which was part of a three-day festival known as "Hallowtide" starting October 31st and ending on November 2nd. This festival was intended for prayer for the dead to encourage their safe passage into heaven. However, if we look further back, one will find that while the Hallowtide festival became Christian (All Saints Day became formally recognized by Pope Gregory IV in the 8th century), Halloween's origins come more from Pagan beliefs.

The festival of Samhain (pronounced sow-in) was the holiday adopted by the Church that became what is now known as Halloween. The Church, wanting to assimilate Pagan practices and peoples into Christianity, decided to adopt certain Pagan holidays, including Samhain. Prior to being adopted, it had begun as a festival to honour the deceased. They believed that the veil between this world and the land of the dead was at its thinnest on this day.

Once adopted by the church, various Allhallowtide customs started popping up. Historians have found that as far back as the 15th century, there is evidence of baking and sharing "soul cakes" in parts of England, Wales, Bavaria and Austria. The baking of soul cakes and exchanging them for prayers from poor children is thought to be the precursor for modern-day trick-or-treating, and the wearing of costumes to disguise oneself against "demons" is similarly the start of the tradition of wearing costumes on Halloween.

Finally, as Irish immigrants moved to North America in the latter half of the 19th century, Halloween was spread across America, to be changed and morphed into what we celebrate in Canada today.

So really, does it matter why we celebrate anything? The point, the purpose, and the cause all mutate and shift over time and through influence.

Another Halloween passes, and we carry on traditions from lifetimes past.

ARTICLE BY NABEEHA ALI

Movie of the month: The Nightmare before Christmas

By Arsema Getachew

"Why, I could make a Christmas tree! And there's not a reason I can find, I couldn't have a Christmas time! I bet I could improve it, too! And that's exactly what I'll do!"

This quote is from my all-time favourite Tim Burton movie, *The Nightmare before Christmas*. The main character is Jack Skellington, Halloween Town's beloved pumpkin king who after years of scaring people in the real world has become bored, so he sets off and eventually finds Christmas Town. A place of bright colours and happiness, the exact opposite of Halloween Town. Once Jack gets a taste of this new world, he decides to take it as his own, taking the very fundamental components of Christmas Town that make it so unique, making the town a shell of its past. As Jack became more enthralled, tensions escalate between the two towns, causing the life of someone important in Christmas Town to be put in jeopardy, while more and more people within Christmas Town start to find out about Jack's wrongdoings, eventually getting the military involved. After a series of events, particularly a near-death experience, Jack realizes his wrongdoings. As a result, this reignites his love for Halloween Town. He makes amends and tries to fix his mistakes. The two towns coexist peacefully: celebrating the culture of each other. This is the perfect example of a cultural salad: while it took time to get there and a lot of hard work, they now can coexist and appreciate one another's holidays/towns. Making this one of the few movies that touch on cultural appropriation, the negative effects that stem from it, and also the positives that can come from two places coming together to form a cultural salad bowl. This is visible in Canada, where we appreciate and accept each other despite religious or language differences. Just like Christmas Town and Halloween Town were able to come together despite their different holidays. After all, "there is nobody better to be than you."

This is a Halloween movie, and you can watch it on the 31st on Disney+ or Amazon prime.



Photograph by Yassmen

Ghost Files Review

By Celena Zhang

Since it's Spooky Season, I thought it would be fitting to review the well-received show *Ghost Files*. For those unfamiliar with the show, *Ghost Files* was released last month and has gained a lot of traction. The show revolves around two ghost hunters, Ryan Bergara and Shane Madej, exploring various "haunted" locations to gather evidence of the supernatural. Both aim to discover the truth, although Ryan believes in ghosts while Shane is a skeptic. The show is entirely nonfiction, even though the idea of ghost hunting may seem fictional. All of the locations they visit have a rich history; some carry sorrowful tales of human lives, while others embody the tragedy that occurred. *Ghost Files* is one of my favourite shows since the cast and producers are experts at making entertaining yet spooky episodes, making it all the more riveting. The two hosts also have an interesting dynamic, and their humorous commentary makes viewers eagerly anticipate each new episode. I highly suggest watching this show if these characteristics interest you. *Ghost Files* is available on YouTube and is free to watch. You can continue supporting their channel by viewing other series such as "Too Many Spirits" and "Are You Scared?". With that said, watch *Ghost Files* now and enjoy the spooky season by indulging in more spooky content!



Photograph by Ryan Yee

DISCRIMINATION AGAINST MUSLIM WOMEN BY ALYSSA KASSAM

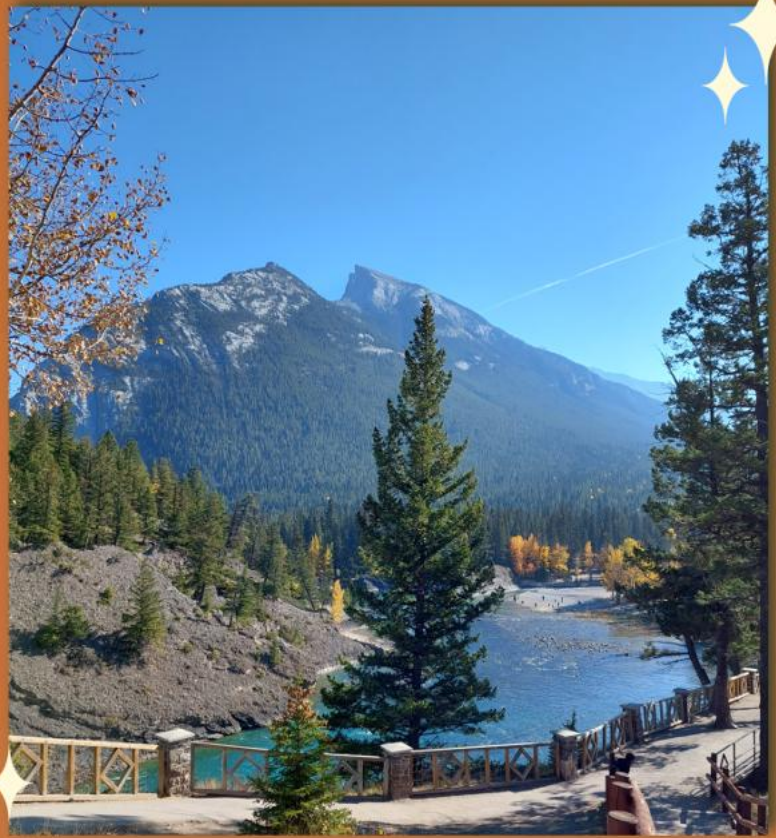
In the killing of 22-year-old Mahsa Amini, who died in the custody of Iran's Morality Police last month, civil unrest in the country has never been higher. Protesters have begun calling for justice for Amini along with an end to discrimination against women, the compulsory wearing of the hijab, and the regime itself.

Mahsa was detained outside a metro station and taken into custody before dying after spending three days in a coma. Witnesses claim she was beaten during her transportation to a detention center by the officers. They believed she violated the Iranian law that requires all women to wear head coverings and loose clothing. Officers later said Mahsa died due to a heart attack, however, her family has disputed this claim, stating that Mahsa was in perfect health when detained.

Amini's death was unjust and unfair, leading women all over Iran to protest for change. These protests are one of the greatest challenges to Iran's regime since 2009 when Iranians rallied against the presidential election that year. The current protests have been deadly, with an unknown number of people dead at the hands of the police. The Iran Human Rights organization has reported that at least 154 people have died protesting and over 1200 arrested.

The nationwide protests have only grown since September and show no signs of slowing down. Student protests have begun at universities across the country. Authorities are reported to be aggressive, and people on campus describe violent and graphic scenes. With more and more demonstrations and calls for change through social media, protests have now become worldwide, with women all over the world standing up for Mahsa and other women like her. World leaders, including Biden and Trudeau, have released sanctions against Iranian officials, while the UN has announced they are keeping a watchful eye on the protests.

Despite worldwide attention, Iranian officials have not backed down from arresting and being violent with protesters. However, protesters will not give up until they see a change in their country: until they can obtain the fundamental freedoms that many people in the West take for granted. Protesters, especially women in Iran, will not cease their efforts until they have this human right; the right to dress however they want. Mahsa's death will not go in vain but rather become a call to action for protestors around the world.



PHOTOGRAPH BY RASIA TATHOI

A Commentary on Fire

By: Kira Becker

Do you ever feel dissociated from your body, like you're watching your life being led by someone else, and you cannot believe what funnels out of your mouth or your actions? You're merely a viewer trapped in a theatre, frozen in your seat. You stay, not out of pleasure but because you're waiting to feel something, anything, but there is nothing. You are living life vicariously through someone who looks eerily similar and can have absolutely no control. I feel that too.

It is difficult to gauge when we feel burnt out, and all our anxiety and insecurity are left untouched. We don't smell the smoke because there isn't fire yet- problems accumulate, then ignite when maximum capacity is reached. Thus, only when everything is burning do we try to extinguish the sudden inferno in our lives. It does not even have to be an all-encompassing forest fire; instead, it can be multiple small flames. School, friendships, and sudden romantic relationships, all smouldering whilst you are armed with a singular fire extinguisher and no water because you're dehydrated 24/7. Most people ricochet between all of their fires, trying to tamp the flames in one go so that they can resume their everyday lives. However, I suggest you let the fire burn as long as you are willing to monitor it. Without struggles, we are flat, one-dimensional beings; when we have too many, there is the same conclusion, which is why beginning to monitor yourself is difficult. You have a life beyond tending to problems that will consume your time, however, reserve a minute for reflection; it will make all the difference. If you feel you cannot control your thoughts, stop. Stop right now. Inhale for four. Hold for four. Exhale for six. What colours surround you? Objects? People? Mentally name them; you know these things, tether yourself to them. What is causing the spiral? Are you the problem? Try to find out why you feel triggered. If the answer is not immediate, then the dilemma requires a bit more thinking, but not too much. Inversely, overthinking is not problem-solving, only comfort, as we fixate on the worst possible outcomes. No one is focused on you the way you are focused on yourself. Take comfort in ambiguity despite its uncertainty. All of this is easier written and said than acted upon. Embrace the mess.

"Recipe" by: Zhaoping Ding



Anaya's first day of school

by: Fatima Masroor

It was little Anaya's first day at school, in September 1987.

"Are you ready for school, *meri jahn*?" her mom asked.

"I'm so excited Mommy! I'm gonna make so many friends and have so much fun!" Anaya squealed, hugging her mom and running to the red brick school.

Her mom looked at her with sadness in her eyes, but she felt a glimmer of hope. It could be different for her - no, it had to be.

A few hours later, Anaya came back from kindergarten, the light in her eyes extinguished.

Her mother felt a familiar feeling of a pit in her stomach.

"What happened, Anaya?" she asked

"Mama, am I dirty?" Anaya looked at her mom with glossy eyes

"No, *Mehri jahn*."

"Then why did all the kids hold their noses and run away from me?" she cried.

"Aya, they don't see people like us as equal to them. Our brown skin makes us different, but not in a bad way. They just act like this because their parents have been raised to not accept different-skinned people, so they were raised in the same way. But you will see that some kids will want to be friends with you regardless of your skin. Find those friends, okay? They will give you strength."

Little Anaya sobbed in her mother's arms, not understanding why she was treated differently.

20 years later

"Are you ready for your first day of school, Khadijah?"

"Yes, mama! I'm so excited to meet new people and make so many new friends!" Khadijah replied, beaming at her mother.

Anaya smiled warmly when looking at all the children coming into the school, so much more diverse than when she went to school.

She could rest easy, knowing her daughter would be accepted into the beautiful cultural mosaic of Canada, where she doesn't have to be excluded for being brown.

Canadianism

By: Finch Ginn

Is Canadian culture real? Your answer to this question will depend on what you think culture is, how culture is defined, and what it means to be Canadian. Is it as simple as what your driver's licence and passport says, or is it more nuanced? Asking what it means to be Canadian can be a difficult question to answer because not only do we have a population of 38 million, we are geographically the second largest country in the world. Therefore, two people who identify as Canadian will probably have different ideas on what that means if they live on opposite sides of the country. Canada is known internationally for having a widely diverse population and being particularly proud of having a multicultural society, making it increasingly difficult to decide what it means to be Canadian. Is it even important to strictly label who is and is not Canadian? Or can we leave it up to the individual to decide if they wish to identify as Canadian and what that means to them. Perhaps somebody was born and lived in England their whole life has moved to Canada for university, at what point do the influences of living in Canada start to change this person, and how do they decide if those influences are worth factoring in as a part of their identity. Should they even have to? What is the point of labelling your identity so strictly? Does the answer to the question "Are you Canadian?" have to be "Yes" or "No" and how can your answer possibly invalidate other parts of your identity without realising it. Your perception of yourself will always differ from how other people perceive you, so is it even worth trying to verbalise *exactly* how you identify? Who decides if your reason for identifying as Canadian (or not) is good enough? Is somebody simply existing as a Canadian enough validation for their identity that they don't need a reason to justify how they feel? It can be difficult to put into words how you feel about yourself, so perhaps by not choosing strict labels and allowing your perception of yourself to remain somewhat unknown, you are preserving an unspoken part of what it means to be you, Canadian or not.

Canada's Multiculturalism

By Anhad Chauhan

Have you ever eaten a meal where all you can think is, "Wow, these flavours are so different, and yet they work so well together!" or perhaps seen a landscape and been awestruck by the beauty and colours displayed? Imagine how dull life would become if you ate the same meal every day without any variation. It certainly wouldn't be very nutritious!

The same analogy applies to a country and its diversity. Canada is a multicultural country that accepts an annual average of about 300,000 immigrants from various countries yearly(1). Did you know that the 27th Governor General of Canada, Michaëlle Jean, was an immigrant woman from Haiti? Additionally, Alexander Graham Bell was an immigrant from Scotland who helped hoist our flag high. These people are evidence of Canada's plethora of opportunities available for everyone, and those who use them wisely make the name of our country known far and wide.

Unfortunately, some small-minded people think immigrants are 'polluting' and 'ruining' the True North Strong and Free. While that may be true for a small percentage of people, we cannot judge a group because of one person. Let this be a call to those who discriminate against immigrants or have faced discrimination themselves; we are all Canadians. Let Canada's multiculturalism make her stand out with pride rather than shame.



Photo by: Kelly



Photo by: Cami Hsieh

