



AN **END** TO THE EPIDEMIC. **pg. 11-12**

With nowhere to go, many students can feel trapped within schools from bullying experiences. In hopes to raise awareness against bullying, students speak out against it and share their own experiences of bullying within Ancaster High.





The Men and Women Who Shaped Black History

by Larissa Koukouris

Illustration by Anne Fu

Black History Month, or African American history month, is celebrated to honor the history of African Americans and to show how they have inspired many people around the world. This celebration started in 1976 in the United States. The president back then, Gerald Ford, decided it was time to start recognizing and honouring the African Americans' accomplishments and achievements. During the month of February, many have honored the following heroes and more.

Martin Luther King Jr.

His goal in life was to stop discrimination and encourage the non-violent civil rights movement.

"The time is always right to do what is right."

Harriet Tubman

Harriet Tubman was a slave, but once she was saved she helped to free other people from slavery using the Underground Railroad.

"I freed a thousand slaves. I could have freed a thousand more, if only they knew they were slaves."

Nelson Mandela

Nelson Mandela dedicated his life to stop racial segregation in South Africa. He spent 20 years in prison, and when he was released he forgave everyone and reached out to the white community in South Africa.

"...if I didn't leave my bitterness and hatred behind, I'd still be in prison."

Rosa Parks

Rosa Parks stood up against the white community, which started with declining to follow the rules of the racial segregated bus. She also instrumented the U.S. Civil Rights Movement.

"You must never be fearful about what you are doing when it is right."

Canada's Involvement in Black History

1866 First Black politician in Canada

1939 Blacks accepted into Canadian services in WWII

1963 First Black elected into Canadian Parliament

1971 African-Canadian Olympic sprinter receives Order of Canada

2005 First Black Governor General is sworn in

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CANADA'S SYMBOL: THE BEAVER

by Nicole Robertson

DID YOU KNOW?

Castorem, a chemical compound secreted by beavers, smells like vanilla, and is often used in vanilla flavourings.

(You've probably had it before without even knowing too)

Hello everyone! I am Nicole Robertson, one of your Eco-Ninjas representatives. Along with my co-president, Sophie Jensen, teacher advisor, Mrs. Hemrica, and the rest of our club, one of our goals was to adopt an animal chosen by you – the student body. The results came in and the beavers had risen to the top with the most votes. Because of this input, our school has adopted a beaver.

We are thrilled to know that people are interested in taking care of the beaver population, especially as they are Canada's emblem. Did you know that beavers are responsible for creating wetlands that are vital to the survival of over 50% of North America's endangered specie-

s? Beavers improve soil and water quality, control water movement, and the wetlands they create are habitats for sensitive plants and animals. In the 19th and early 20th century beavers were hunted for their fur and meat, leading to a drastic decrease in their population. On top of that, their habitat is being destroyed by deforestation and other human activities. This is why we couldn't be happier that you voted for the beaver. If you have any inquiries please feel free to come and ask any member of the Eco-Ninjas team. If you are interested in joining our club we meet Thursday's at lunch in room 10. New members are always welcome.

Feb 2018 TEACHER INSIDER

by Ariana Kelley

This month for the teacher insider article, we decided to interview one of our Vice Principals, Mr. Currie! At a young age, Mr. Currie enjoyed working with kids, and even volunteered with them (lifeguard, swimming instructor, camp counselor, etc), and both of his parents were teachers. This was a big influence for him, and helped him to realize that he wanted to become a teacher and work with children. When he first began his career as a teacher, he taught history, which he has a major in, as well as science, which were both favourite subjects of his when he attended high school.

Mr. Currie has young boys of his own, so he enjoys spending time with them and playing sports, in-

cluding street hockey and basketball, bike riding, playing board games and playing video games. He mainly enjoys playing soccer, but not watching it. Even so, he does enjoy watching hockey. For students aspiring to become teachers, Mr. Currie recommends "[teaching about] something that you are passionate for." For him, teaching is all about sharing his love for things, such as travel and stories, along with sharing that passion with people and getting people excited about different subjects. Mr. Currie plans on learning more about the school, saying, "I plan on figuring out who everyone is and I want to be involved in a lot of the life here at Ancaster." Keep up the good work, Mr. Currie!

LIFE HACKS

- Fill an empty ketchup bottle with pancake mix to make pancakes in a non messy way!



- Got not-so-great shoes? Putting tea bags in smelly shoes can help absorb the bad smells.
- Put your phone in an (empty) drinking glass or bowl to boost the speakers and make it sound way louder!
- Cauliflower dipped in barbecue sauce tastes almost the same as chicken nuggets, except it's way healthier.

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The minimum hourly wage in Ontario was just increased. And that matters.



As of January 1st 2018, the minimum hourly wage in Ontario was increased from \$11.60 to \$14. For many businesses, this has caused several problems and backlash in the media. To learn more about this situation, we decided to interview a business owner in the area to hear about their experience with the increase, and to learn about the positive and negative effects it has had on their business and employees.

In describing the steps taken to prepare for the increase, the business owner explained that there were multiple changes made within the business. When it was first announced in May 2017 that there would be a change, the industry calculated that there would be an average operating cost impact of about 5%. This particular business calculated an impact of 4.2%, which translates to about \$274,000 per year. A few examples of changes that were made to prepare for this were hydro saving initiatives (more efficient equipment in the facility), suspension in contributions to the capital improvement fund, and a strong focus on food cost control. "Essentially, we tried to be as lean and efficient as possible before the wage increase."

When asked how the change has affected them, they replied, "I think it has made me a better operator. I believe that I am much more cost-focused and have stronger operational control over my business." Not surprisingly, the increase has made many factors within the business change and it has been a challenge for many operators to make changes while also maintaining staff placement and the number of customers. "It is an ongoing adjustment. In the 6 weeks since implementation, we've had to reduce staff hours, without reducing staff. Our goal was not to have any reduction in personnel, and with one temporary exception, we have been able to accomplish that, but it has been a significant challenge," they stated.

Many problems have arisen throughout this adjustment, but the main issue that this business owner faced was the short amount of time that was given to accommodate for the increase. "A sudden cost increase,

WHO DOES MINIMUM WAGE AFFECT?

 **35**
average age of minimum wage workers

ONTARIO
province with current highest minimum wage

VS.

NOVA SCOTIA
province with current lowest minimum wage

in this case 22%, is challenging to manage under any circumstances, but with only a few months to prepare, we struggled and continue to struggle to adjust." However, along with the negative effects there are also some positives, particularly for the employees. "They all got a wage increase, and that was a great thing. Everyone likes to have more money," said the business owner. When asked whether the increase has had an effect on the morale of their staff, they stated that it has, but it can be looked at a few ways. "They are making more money, which is very positive, but we have had to adjust to become a 'leaner' operation, so it is busier for many staff than it was before the increase and I think that has caused some anxiety." Even so, it was noted that any decisions made always have the staff as their primary concern. Another question that the business

owner was asked was whether or not prices had to be increased substantially in order to compensate for the minimum wage increase, and if so how it was managed. The business owner said that throughout 2017 the prices on some items were raised, in small part to deal with the minimum wage increase, but mainly to adjust to their competition. "We have not raised prices on our core product. We feel that we can't do that without losing guest transactions. Many of our customers are very sensitive to price and each time we increase prices on items, we lose guests. That reality applies to almost all of our competitors, too. This is why the minimum wage increase has been so challenging for everyone in our industry." Another question asked was whether or not this business owner is planning on doing anything differently for the next \$1 increase in 2019. In response they said that they will not, but they will look at all aspects of their business to prepare.

"At the end of 2017, roughly 9% of the Ontario workforce was making minimum wage. In a few years, some studies have suggested that 20-22% of the Ontario workforce will be making minimum wage, directly as a result of this increase," they stated. "This is a very important statistic in my view. As an entry-level employer, for most of our young staff, this is their first job. They gain experience and move on to other things. As a student employer, we are able to offer flexible hours that work with their ... schedules. For these staff, we provide income and flexibility as they prepare for their next steps in life. If the Ontario workforce making minimum wage does, in fact, balloon to 20%+, I'm not convinced that is good for society in the long term. I believe our prosperity as a province requires highly skilled, highly educated, and innovative people to move our economy and standard of living forward." Overall, their thoughts on the increase are that it will be a good thing in the short term for those in Ontario who make minimum wage, but only time will tell whether or not it will be beneficial in the long term.

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The result of Ontario's minimum wage increase impacts much more than you think.

by Garnet Delsey

This piece was originally written for Mr. Schurer's grade 12 English class, titled "New Minimum Wage Comes With Maximum Backlash".

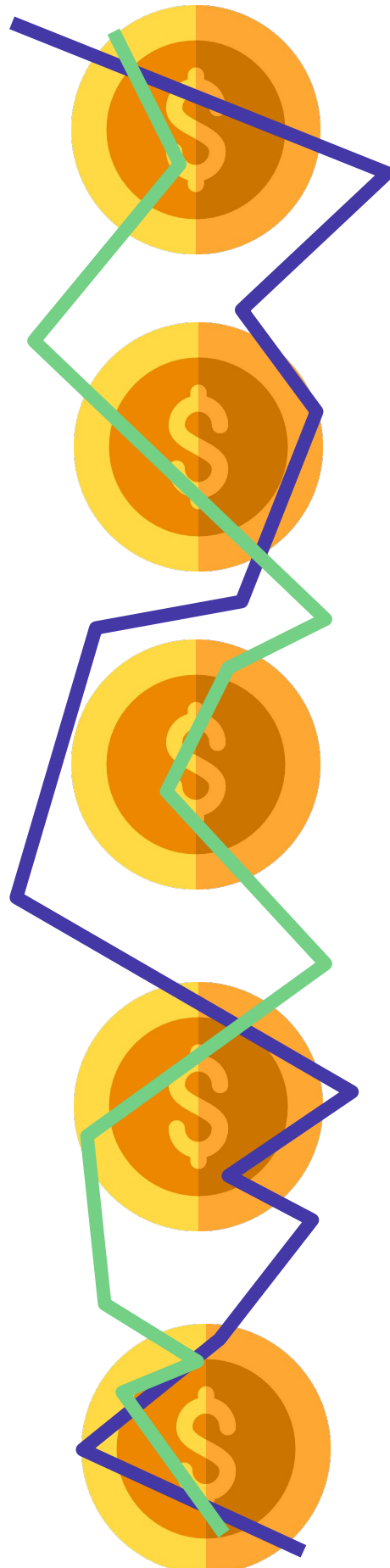
The increase in minimum wage was expected to benefit employees all across Ontario, but instead these goals were countered by shorter hours and cut benefits. Evidently, with the increase in minimum wage, CBC suggests that, "Ontario shed some 59,300 part-time jobs in January — the same month the province hiked minimum wage some 20 per cent". Furthermore, this decrease in jobs raises a concern of what is to come if the wage was to increase even more.

Correspondingly, the Ontario Government has been strongly advised not to increase the minimum wage to \$15.20 in 2021 as a result of the public outcry from January's \$2.40 increase in minimum wage. After just the first month of the increase, Ontarians have seen massive cuts in hours, jobs, and an increase in living costs.

The Ontario Government implemented the minimum wage increase January 1st, 2018 to boost working families purchasing power and to help the Canadian economy. The idea of increasing a worker's purchasing power through a mandatory minimum wage increase is unfortunately countered by companies increasing their prices to maintain profitability. It may be a go-

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The minimum wage increase has cut my hours from 25-30 hours a week to 10-15 hours a week. It is ridiculous considering this is my only income and I have to pay for my university tuition.”



od idea on the surface, but when it is put into perspective, workers do not come out with any more money than they did before the hike in wage.

To some it is believed that this increase in minimum wage was just a stunt made by the Liberals to win over voters. According to Julie Kwiecinski of the CFIB, "This is not about helping low-wage earners. It's about getting re-elected." Unfortunately, all Ontarian minimum wage workers have seen cuts in hours, resulting in less income. An employee at Footlocker in the Toronto Eaton Centre says, "The Minimum wage increase has cut my hours from 25-30 hours a week to 10-15 hours a week. It is ridiculous considering this is my only income and I have to pay for my University tuition."

Raising the wage to \$15.00 by 2019 and \$15.20 by 2021 will "put the nail in the coffin" for small businesses and minimum wage employees. Minimum wage employees will endure the negative effects that are forced upon them by their employers. Moreover, many businesses are struggling with the minimum wage increase, due to an escalation in operating costs. Especially, smaller businesses. Small businesses are forced to adjust at the cost of their employees.

The government intervening is the only solution to this epidemic. The government must not increase the minimum wage more than it has already and should consider lowering the current wage to a more feasible number, such as \$12.00, which would only be a \$0.40 increase from 2017. With this said, if the government wants to increase the minimum wage, they must increase it in small increments at a time to make it easier on companies to adjust.

Overall, the minimum wage increase from \$11.60 to \$14 in Ontario these past couple of months has been very concerning for our society. The government must not increase the minimum wage any more or the province will see more negative consequences than it is now, which could be catastrophic.

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The story of
International
Women's Day

They Say

You Fight Like

A Girl



Every March, millions of women from across the globe in every country unite and rally in celebration on International Women's Day, to the achievements of women throughout time and across borders. These are their stories.

by Marwah Hosinyar and Alexa Koukouris

“
This year, do not allow the flame that women in the past created to burn out, because the fight for equality is not over yet.”

nities, less autonomy over their bodies and increased violence. This gender problem is more morbid in third world countries, as there are still child marriages, honour killings, human trafficking, and a higher disregard for rape. Society is blind when it comes to the issues of inequality. It is easy living in a privileged environment where one can turn away from the real issues at hand.

This is why International Women's Day is so vital to the world. Every year, organizations come together to discuss issues with gender equality and focus on specific ones to dismantle. This day is even an official holiday in some countries such as Afghanistan, China, Cuba, Ukraine and Uganda. The holiday seeks to celebrate and honour women with flowers and small gifts. It is equivalent to Mother's Day, yet, women do not need another Mother's Day; a day to celebrate and then forget. They need days of hard work and solid plans. They need action.

This year, do not allow the flame that women in the past created to burn out, because the fight for equality is not over yet.

It all began with a spark. A delicate and flickering spark in all women alike. They were tired of standing idly by, while men took control of every aspect in their lives. They were objects, characters in a game. Yet, they would be no longer.

Soon, their spark turned into an everlasting flame, powering all women to speak up and fight. In the midst of flames, hope and love, International Women's Day was born.

This event is now celebrated every March 8 around the world; from first world countries to third world countries. This event has shined a light on the injustices women face everyday while uniting them and giving them a platform to speak without fear of judgement. Slowly but surely, this movement has led to increased awareness and has led women to stand up for themselves.

One may ask, “aren't women empowered enough now?” The unfortunate answer is no.

Even in 2018, women are still at a disadvantage when it comes to many things in their lives. There are wage gaps, unequal members in power positions, less educational opportuni-

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forgotten_

by Amber Carroll

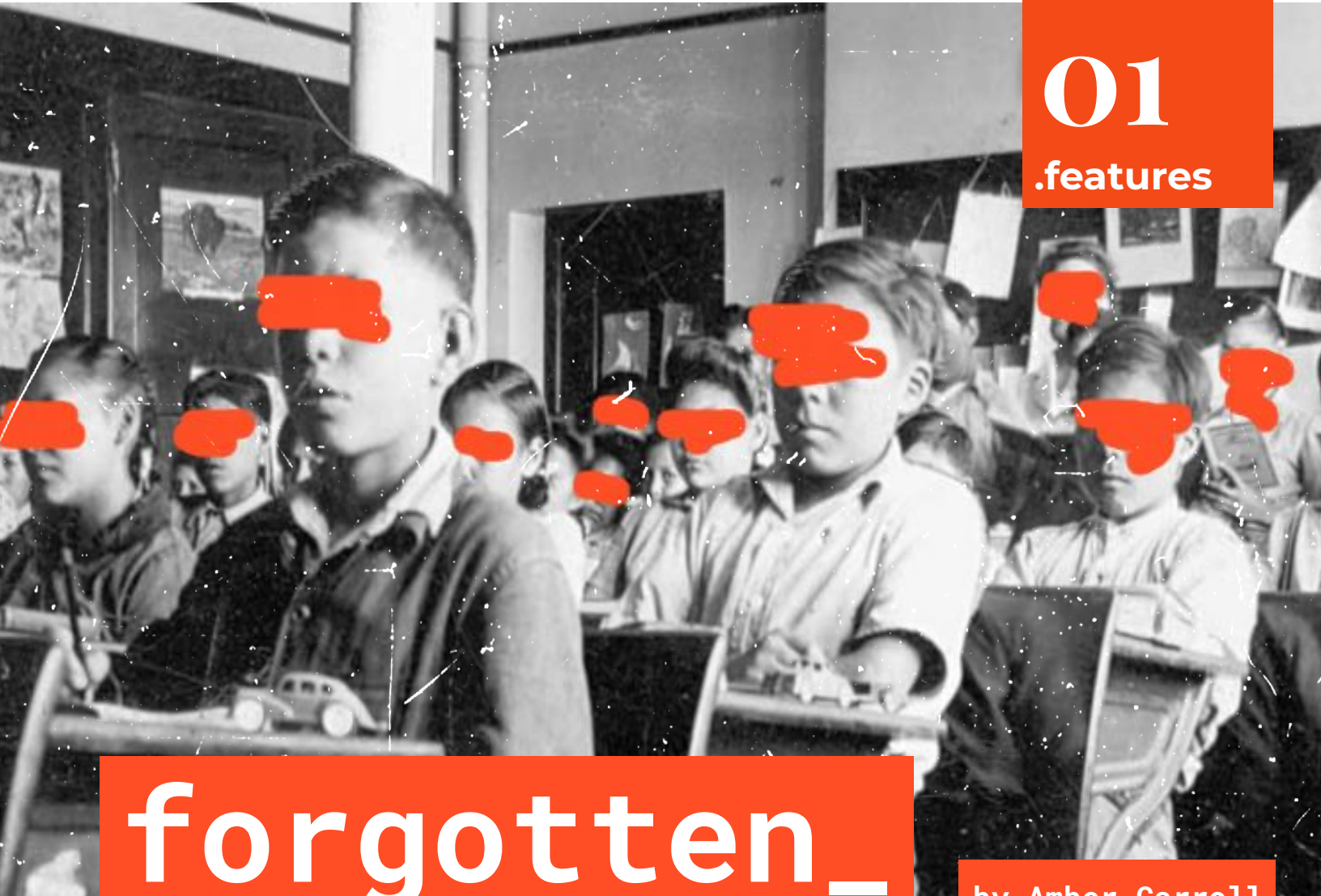
The plight of
residential schools
in Canada still
continues today.
**It's about time we
face it.**

When questioned about Canada's dark history with residential schools, nearly all of us will have some type of recollection and understanding of this past issue and the current actions being taken, including Orange Shirt Day that was implemented to spread awareness. Presently however, there is a new problem that Indigenous communities are facing. While communities are taking matters into their own hands and there are movements in place, the many cases of missing and murdered Indigenous women are one of Canada's largest open secrets. Since the 1970's an alarmingly large amount of women from Aboriginal communities have been going missing and are often found when it is far too late. While Indigenous women make up only about 4% of Canada's female population, they made up 16% of female homicides between 1980 and 2012 and to this day many families still haven't received the justice they deserve.

One tragic case was the one regarding Delaine Copenace, a young woman who had gone missing and, after just fourteen days, police had called off all searches, leaving her family to seek justice alone and to spread awareness without police force aid. Just days later, Delaine's body was found. To make matters worse, while coroner reports came to the

conclusion that she had drowned with no signs of foul play, they were dubbed 'sloppily done' as there were no signs of bloating, however, her body was covered in bruises. Even given this evidence, nothing was done to find her murderer. As horrific as this story seems, it is just one of thousands added to the pile of issues deemed insignificant to Canadian police forces. Consequently, many citizens are seeking justice themselves, taking part in movements like the REDress project, that puts on exhibitions around Canada to take a stand and remember the many women who have lost their lives in acts of not only sexist but also racist crimes.

The Canadian government has asked for forgiveness for the cultural genocide caused by Residential Schools and now, with the lack of progress made with this current issue, we as Canadian citizens must ask ourselves: How will Canada's future government repay Indigenous Communities for these current hardships? With the harsh reminders of our past that events like Orange Shirt day resurface, much more justice would seem to be an inherent right. However, as long as the movements and cries for help continue, Canada must unfortunately say otherwise.



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PULL IN CASE OF FIRE

What's up
with all
these false
alarms?

by Amilia Oliver and Larissa Koukouris



**FIRE
ALARM**

More than a couple of times, the fire alarm has gone off, forcing students and teachers to evacuate the building. In most cases, the fire alarm going off has been in a non-emergency, forcing firefighters to abandon real emergencies. Larissa Kouroukis and I asked Ms. Baillie about the causes of the fire alarm going off to which Ms. Baillie says, "The two types of fire alarms that can be activated: pull station or censor. We believe that the root cause was students vaping in out-of-bounds areas, and students pulling the pull station." When asked how the staff feels when the fire alarm goes off, Ms. Baillie says, "I know there is a lot of panic and a lot

of uncertainty. With evacuating a building as large as ours with approximately 1200 students there is a lot of angst. I'm sure there is [lots of frustration and uncertainty]." The fire alarm frequently going off is also responsible for interrupting class time, and even when students can reenter the building it can be hard to go back to concentrating on work. When asked about how the fire alarm going off when there's no real potentially serious emergencies." There have been several measures taken that seem to have effectively reduced the amount of times the fire alarm goes off. "We are being far more present in the halls. We are working with people at the board to

ensure there are [better cameras and security]. There are teachers patrolling the halls and reporting students to the office when they feel students have been in the hall for a significant amount of time." As there haven't been any fire alarms going off as of yet in second semester, these measures seem to have been effective.

NEWS // FLASH by Erika Ehrenberg

Ancaster High Goes for the Glass @ DECA

Ancaster High DECA travelled to Toronto from February 8th-10th to compete alongside 7000 other DECA hopefuls at Provincials. After 3 days of tough competition, hard work, and lots of fun, six Ancaster High students earned a spot at the coveted International Career Development Conference and will compete at the International level. Ancaster High DECA members also won many Top 15 and Top 10 medals in various events at Provincials, finishing the competition with success. Congratulations to all Ancaster High DECA members who competed at Provincials, and good luck to Akshay, Garnett, Jamie, Weston, Taylor, and Stephanie, who will travel to Atlanta, Georgia from April 21st-24th, and 'go for the glass' at DECA Internationals.

Girls Varsity Hockey

The girls varsity hockey team has had an impressive season this year. Throughout the history of girls varsity hockey at Ancaster High, the royals have always been the underdogs. This season brought in a fresh team of 8 ninth graders and 6 veterans, and together they led Ancaster High from being the underdogs to being the team to beat. They started the season strong with tournament domination, going undefeated in their opening 4 games. Throughout the regular season, the girls put in a great effort and battled hard, earning some record-breaking wins and finishing the season in second place. The team then took on Saltfleet in the playoff semi-finals, and came out on top with a 2-1 win. The Royals now advance to the City Championships, where they will face off against Waterdown with hopes of defeating the reigning champs and advancing to SOSSA. Good luck, Royals, and congratulations on your amazing season!

What the Hall?

38 buckets filled the hall. A mysterious brown substance dripped from the ceiling. One after another, classrooms succumbed to the leak. Students, teachers, and classes were displaced. As you walked from class to class, you dodged full buckets, wet floor signs, and the occasional spontaneous ceiling drip, whilst simultaneously navigating through the increased traffic flow. It reached a point where you couldn't help but ask yourself, "What the hall?"

To begin, let's address the main issue. Students felt that they were in an unsafe environment due to the extensive damage inside the east wing hallway and the attached classrooms. There were many questions surrounding the situation.

As of Tuesday, February 20th, the ceiling of the East Wing hallway appears to be fixed. The missing roof panels are all replaced, and the hall is no longer a maze of buckets collecting the liquid. There are no more tarps, tubes, or stains.

by Ashley Barry
and Lily McCowan

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SELF CARE



Illustration by
Anne Fu

**Stress. Exams.
Extracurriculars.
Competitions.**
How do you find time
for yourself amidst all the
academic chaos?

We all know how much exams (or life in general) can get in the way of having time to ourselves; stress free, reconnect to ourselves rather than aimlessly studying knowing you are exhausted and just want a break. A new concept is coming out in the 21st century called Self Care, which is being used in not only businesses and jobs, but is being posted about on social media, encouraging others to give themselves a break to prevent an overload in work and/or complete failure.

Things to do for self care include the following:

1. #TREATYOSELF

- Indulge yourself at your favourite cafe, and bring a friend, sibling or parent to talk to. Telling them about your problems might provide you with a lighter weight on your shoulders and you can be consoled by someone who is close to you.
- Go swimming at your local pool, or if it's warm enough and you have one, swim in your own pool.
- Watch a movie, maybe even in bed. Maybe a documentary to learn something new?
- Going on a short walk can do miracles for the brain, it can completely clear your head, so get out and put some fresh air in those lungs!
- Finally, the most essential; have a bath, do a face mask, paint your nails and style your hair. This will help you to feel like you can conquer anything.

2. SLEEP!

Don't stay up until 3 in the morning, because even if you impress your teachers with that homework assignment, you have only gotten

about 4 hours of sleep and your entire day will consist with complaining about being tired and, if you are similar to me, headaches.

3. DRINK TONS OF FLUIDS

Make it a game! Challenge yourself to drink however many glasses of water before a certain hour and reward yourself when you reach that goal. You can even do this at school or work.

Self care helps to deal with anxiety, stress and just helps in general to keep you relaxed, so next time you feel like relaxing and relieving the stress, I suggest you listen to these tips!

Valentine's Day is that one day a year where we are constantly reminded of being single, where the stores mock us for months about this day by putting up decorations four months early; showing off chocolates, sweets and presents that we all want to receive. It has been rooted in our brains that Valentine's Day is a celebration of one's love and care for their significant other, however, this stigma should be broken. Valentine's Day should be about love, but spending it with those you love, such as friends, family, your partner, and yourself. Loving yourself is most important every day, even on Valentine's Day!

SELF LOVE

Be so full that even if they take and take and take; you can still be overflowing.

Self love is the hardest thing to give to yourself because many peo-

ple feel undeserving of it.

It is based off of social stigmas that everyone needs to like you or you will just be the voice no one hears, or the person no one really sees. How can we love ourselves in our society today? There are so many things that we can compare ourselves to and make us wish or things we cannot possess or things we cannot change; especially in the media. Give yourself some respect. You have only yourself to pick you up, and you are the person you can most rely on. Walk into the room with your head held high and don't dim your light for anyone. Your life will change if you give the love, time and care you so freely give to other people to yourself. How can I love myself when people tell me this about me, or expect this of me? You need to do whatever makes YOU happy and care less of what others expectations are of you because you are your only acceptance. Your happiness should always be a priority. It is so easy to put other people in front of your well being that we so often forget about helping ourselves, and we struggle with never being able to fill that satisfaction of pure happiness. Self love is not selfish; you cannot truly love another until you love yourself first.

Love means acceptance, kindness, encouragement and care. Worry about loving the idea of you, instead of the idea of others loving you. Remember self love is the ultimate middle finger to anyone that has ever discouraged you, told you that you weren't good enough, and even your own self doubt. It is easy to feel worthless if you don't acknowledge your amazing qualities that make you who you are. Don't doubt your value, not even for one minute, not even for a second.

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TRUE SNOW STRENGTH FROM FREE &

by Ilijana
Popovic

17 days, 92 countries, 102 events, and 2,922 athletes. This was the PyeongChang 2018 Olympic Winter Games!

This was the PyeongChang 2018 Olympic Winter Games! These games had so many memorable moments, and although they may now be over, the memories will live on. With 226 athletes, Team Canada set their all time best Winter Olympic medal record, with 29! Overall, Canada placed third, (by total amount and by the amount of gold medals won), with only Germany (with 31) and Norway (with 39) placing above them. All of Canada's 29 medals were won within 9 different events, Freestyle Skiing (7), Short Track Speed Skating (5), Figure Skating (4), Snowboarding (4), Speed Skating (2), Bobsledding (2), Ice Hockey (2), Luge (2), and Curling (1).

The Canadian team was not only filled with amazing athletes, but many of the athletes possess an interesting story. One being Mikael Kingsbury, the men's mogul gold medalist. Back in 2002, when Kingsbury was 9 or 10, he had watched the Olympic games, and had decided to print the Olympic rings. On that paper he wrote "I will win!" and stuck it on the ceiling above his bed. Every time he went to bed and woke up, he would see it and he would dream about winning the gold medal. Sixteen years later, he has finally fulfilled his dream, and won the gold medal. The paper is still there today, and now that he has won, his brother went into his room, crossed out "I will win!" and wrote "You did win".

Another story, which is a popular one, is the history of Ice Dancers, Tessa Virtue and Scott Moir. The two were first paired together by Scott's aunt at the ages of 7 (Tessa) and 9 (Scott) and have been skating together ever since. The pair first attempted to enter the Olympics at the ages 16 and 18 and were almost certain they would make it. They received their personal best score, but were denied entry into the Olympics, as their score was still too

low. They were devastated, but instead of giving up, they trained harder, learned new skills and tried again for Vancouver 2010. They made it in and won the gold medal. They achieved their dreams, but continued to train for Sochi 2014. They participated in the 2014 games, won 2 silvers and were ready to retire, as they were heading down in the rankings and aging. Tessa suffered an injury and required surgery. Once healed, their coach instructed them to start training for the 2018 Winter games, even though they planned to retire. They were honored with being Canada's flag bearers for the opening ceremony and came ready to compete. They received 2 gold medals and millions of fans this time around. People from all around the world fell in love with Tessa and Scott and started watching ice dancing just to see them. They broke the world record with their Short Dance routine score (although the previous was already set by them), became the most decorated Olympic figure skaters to ever live (with 5 medals), and are the best Ice dancers of this era. They have gained many new fans and support from all around the world and have had celebrities like Ryan Reynolds tweeting out to them. They became the face of Canada's 2018 Olympic Games and definitely ended their Olympic careers right.

Although there are so many amazing athletes out there, I will finish off with one more; Mark McMorris. Mark started snowboarding at the age of 4 and has always loved it. He has always trained long and hard to be the best at what he does. His first Olympic appearance was in Sochi, he was 20 years old and received the bronze medal. In late March 2017, Mark was in a near death situation, when he crashed into a tree in British Columbia, and was immediately taken by helicopter to the nearest hospital. He has said himself that he thought he was going to die. He suffered injuries such as a fractured jaw, fractured left arm, ruptured spleen, a pelvic fracture, multiple rib fractures, collapsed left lung, and more. He went through at least 3 large surgeries, 2 being unsuccessful. Most thought it was the end of his career, but he proved them wrong. Mark somehow miraculously recovered and trained harder than ever before. Within less than a year after his crash, he was back and ready for the Olympics. He went into the olympics looking to be Canada's star snowboarder. In his f-

irst competition, the men's Slopestyle, Mark competed easily and took home the bronze medal. Only a fellow Canadian, Max Parrot, taking the silver, and an American, Redmond Gerard, who took the gold, were able to beat him. Even so, many people think McMorris should have taken the gold over Gerard and Parrot, believing that the judges did not give him enough points for the level of difficulty of his skills.

However, Mark is still beaming with joy over winning bronze. He posted photos on Instagram after his win, one of him in the hospital, not even a full year ago and the other of him on the podium. He captioned it "Blessed is an understatement." He also participated in the Big-Air, but had a few bad runs in the finals. A movie was recently made on McMorris' journey to recovery called "Unbroken: The snowboard life of Mark McMorris". The movie tells the full story and shows you what it was like for him and everyone around him. Overall, Mark had fun, did an amazing job, and we can only hope to see him again in the 2022 games.

These games were action packed and filled with excitement. Records were broken, dreams came true, and memories were made. Canada won their first ever men's luge medal, and Korea did an amazing job as the host country. Now we can only wait till the 2020 Olympics!

"It's something that they're trying to instill in us - to play... hockey. And that's hard work, that's passionate, that's leaving everything on the ice."

- Veteran Team Canada defenceman Chris Lee



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.spotlight

pg 11

BEYOND THE SCHOOLYARD

by Ashley Barry

We've heard it every day of our lives since grade school: Don't bully. Don't bully. Don't bully. However, the more that message is repeated, the less it seems to sink in, because for many kids, bullying is a very vivid and horrible reality that plagues their lives. But what does it really mean to bully, and what kind of effects can it have on others?

Illustration by Emma Whitehouse

Bullying is a common issue in our society and is one we are unfortunately all too familiar with. The effects and impact that bullying has on its victims is something that can stay with a person for the rest of their life. I think it's important to recognize other people and be mature enough to understand that everyone has a story; treat people the way you want to be treated, or the way you wish you were treated. I have interviewed three students who wish to remain anonymous about how bullying has affected their lives. This is a reality for them and is the reality for most victims of bullying. I hope these interviews will help students understand how dangerous bullying can be.

What experiences have you had regarding bullying?

Person A: "I have been bullied a lot during my life, but it started to become more apparent in Grade 6. It had escalated to a point where in Grade 9 I had stopped eating and started cutting myself. I was self harming for a couple of months and was soon admitted to the hospital. After the hospital I stopped, but I soon started again due to incidents happening at school and online. It continued on and off throughout the years where I was self-harming. This year, the doctor told me that my ADHD, anxiety and depression had gotten a lot worse. I usually get told to kill myself on a daily basis. The amount of bullying I have experienced has triggered the mental state I am in today. One day I tried to kill myself. That day people were calling me fat and worthless on social media, and it really made me believe I was, although these names were only the tip of the iceberg of the constant bullying in my life. Being called worthless so much made me believe that I was and that was the worst part."

Person B: "In middle school, there was this guy who was a complete @\$\$hole who would call me really rude names in the hallway and would physically harass myself and

many other girls in my class. It was upsetting, and it happened on a daily basis. In high school, I had various issues with people I used to be friends with where this person was constantly telling many of my classmates really personal and private information about me because I wasn't associated with that person anymore. It resulted in me confronting them and asking them to stop spreading personal information about me, which then resulted in me receiving many messages online from this person and their friends texting really nasty threats to me. I felt violated that not only were they harassing me at school, but online as well."

Person C: "At the beginning of Grade 9, I changed schools and came to Ancaster High. I met a friend and soon decided I didn't want to be friends with this person anymore. It got to the point where it was like torment. If I saw this person in the hallway, they would make a point of making a gagging noise when they saw me, and would talk badly about me to other people, which didn't help because I was still new. This person made a first impression of me for me; introducing me to everyone and making me seem like a bad person. It was upsetting, especially when you're new."

How is social media associated with bullying?

Person A: "I mostly get bullied on social media, specifically on Instagram. People will comment mean things on my photos such as, "why are you so ugly?" or "how does one become so disgusting?" It makes me feel sad and upset."

Person B: "Social media makes it easier for bullying to occur, and faster for things to spread. I've said things on social media that I wouldn't have said to someone in person, and that itself is dangerous. In my opinion, social media isn't the initial cause of bullying, but is used as a platform for bullies to attack the victim and can create an illusion of a person being fake or just plain rude. It is sometimes used as a way to indirectly bully someone thr-

ough anonymous comments, but can lead to something as direct as messaging or Snapchatting a person to a point where it is considered harassment. I learned to think of the consequences. An issue might be something small, but can escalate into something big that you didn't expect and it can be overwhelming."

Person C: "Social media can make bullying worse where people will post stuff online about you and even if you block them, you can't necessarily stop them from posting about you and having other people see it."

What would you say to the people who have been mean to you?

Person A: "I always want to say: what is wrong with you that you feel the need to put me down?"

Person B: "Why is my life of interest to you? Leave my friends and I alone."

Person C: "Honestly [expletive] off and get a life."

What is your advice to people who are being bullied?

Person A: "If someone is putting you down, don't listen to them, because there is nothing wrong with you. Bullies will make you feel like it's your fault that this is happening to you, but it isn't."

Person B: "Some people are just genuinely downers and will rain on your parade no matter what, even acting out of jealousy. Remember: bullying is not a reflection of yourself, but a reflection on the other person, and unfortunately we are all victims of it."

Person C: "Find your group of people and stick with them. Go to a teacher, principal, family member or friend and tell them about the issue. They can help you as cheesy as it sounds."



03
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Lady Bird



by Marwah Hosinyar

Does your angsty teenage-self ever feel like “no one gets you”? You’re in luck. This movie will totally “get you”.

It’s the year 2002 in Sacramento California and a high school senior, Christine or “Lady Bird” (as she likes to call herself), is desperate to leave her town and go “where culture is”. She longs for adventure, sophistication and opportunity but can’t seem to find it in her ever-repeating cycle of a life.

This may not be an extraordinarily adventurous tale with a plot twist after plot twist, but it is an extraordinary movie, one that vividly paints real life. There are many themes in this film that hit close to home to the train-wreck that is our teenage lives. Will we ever amount to anything? Is who we are right now the best version of ourselves?

This is all starting to sound a bit sappy, right? But fear not, after all the lead is a snarky, bright-haired girl who likes to go by a ridiculous name. Her hobbies include: jumping out of moving vehicles and developing crushes on boys who are either adorably dorky or straight up anarchists. You are in for many laughs, but you are also going to need some tissues because this is a story that will ultimately move you. You are guaranteed to see bits of who you are in this film and all the possibilities of who you could be.

The Raven Boys

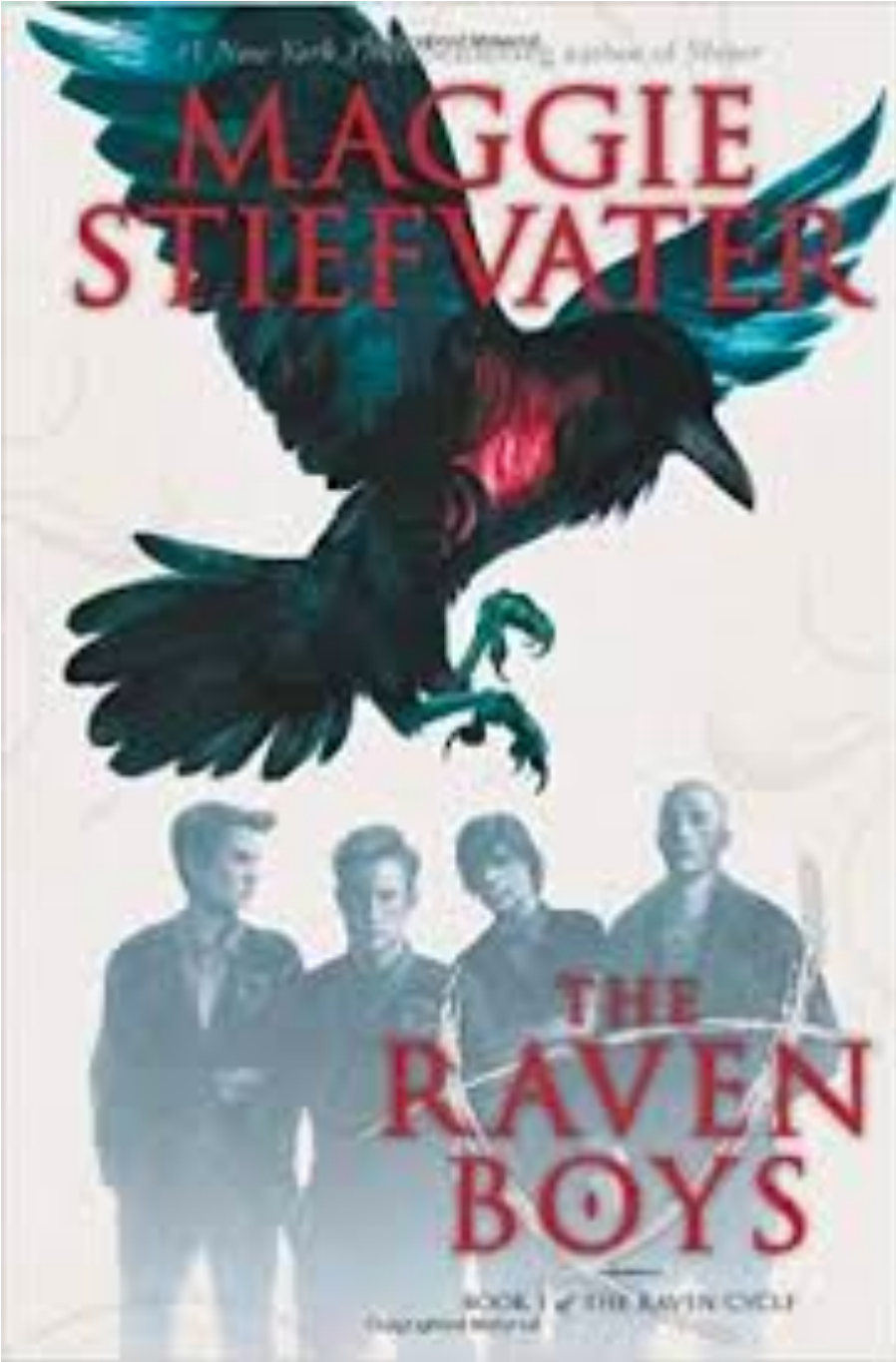


by Emily Outerbridge

The Raven Boys, the first book in The Raven Cycle series, is a captivating, adventurous young adult novel in which the main character, Blue, finds herself acquainted with The Raven Boys, aka boys who attend Aglionby High; an all boys private school in Henrietta, Virginia where they all live. Blue is a sixteen year-old girl who lives in a home of psychics, including her mother, cousin and several aunts. Blue herself is not a psychic, but she has many other powers that she comes to discover throughout the novel. Blue has been told since before she can remember about a prophecy that says that if she kisses her true love, he will die, but she has never officially known whether this is true or if it is just her family being over protective. Even so, she never plans on testing the theory.

Throughout the novel, Blue becomes friends with four boys from Aglionby High: Gansey, Adam, Ronan and Noah. Together the five of them go on a hunt for King Glendower, a mysterious, mythological king who Gansey has been searching for since he was seven years old. The Raven Boys is a fantastic, intriguing novel that makes you feel as though you are on the adventure with the characters.

Maggie Stiefvater has created likeable and unique characters who each have their own backstory and special abilities, allowing readers to feel connected with each character in different ways. I would definitely recommend this book to anyone who enjoys fantasy/adventure as well as funny, interesting and relatable characters.



MAKEUP REVIEWS

03
.a&e

BY LILY MCCOWAN

Stila Waterproof Liquid Eyeliner

\$29

I would usually recommend staying away from Stila, but they redeemed themselves with this product. I used this eyeliner through thick and thin! It has a great formula and is rated 4.4 stars on Sephora. You will not regret buying it! The formula is waterproof so there is no smudging throughout the day. However, the felt tip is slightly flimsy which can result in wavy lines. This can be prevented by being very cautious and using a light hand when applying the product.



Tartelette In Bloom Palette

\$60

Tarte outdoes themselves when it comes to eyeshadow palettes. Whether you are a professional artist or a beginner, there is a palette meant for everyone. For beginners or students I would recommend the Tartelette in Bloom palette. Yes, it is a little pricey, but it is worth it. You can create so many looks, from going to school to going to a party. This palette is a lifesaver. It is compact, great for travel, and it has 12 shades altogether from glitters to blacks.



Sephora Sleep Masks

\$5

For the lazy people in the world (me), we all know the necessity of a facial mask. I got a sleeping mask for Christmas and it has supported me throughout this winter, keeping me moisturized and feeling fresh. There are many other sleeping masks, like anti-blemish, energizing, firming, and toning. They're rated on the Sephora website with 4.1 stars. They come in very small containers so you can use them up to four times before the gel/mask is completely gone.



DEAR ANCASTER HIGHT...

04
.humour

I love you.

I love your colourful gym that screams school spirit,
I love your new science rooms that got fixed and feel safe and clean,
I love your amazing learning commons with state of the art technology,
I love your exciting annual musicals that showcase the talent of our student body,
I love your diversity of clubs, groups, and teams that give everyone a chance to get involved,
And I love your beautiful murals that bring your walls to life and tell the stories of highschool classes past.

But I don't love your thin and leaking windows,
I don't love your drippy ceilings and your disgusting brown substance,
I don't love your garbage bins, tarps, and duct tape contraptions,
I don't love your asbestos, hidden and undisturbed within your walls,
And I don't love your lack of air conditioning that makes it impossible to learn in the fall, spring, and summer.

I don't love your inconsistent and unreliable wifi throughout the school,
I don't love your lead-ridden water fountains,
I don't love your mice that occasionally walk with me to class,
I don't love your thoughtfulness to host generations of spiders within your rooms,
And I don't love your unsanitary bathrooms with stalls that don't lock and paper towel holders that don't work.

I don't love your frigid tunnel with no insulation,
I don't love your cracked plaster and missing floor tiles,
I don't love your flickering fluorescent lights that provide flattering orange illumination,
I don't love your hidden and abandoned basement rifle range that doubles as a dump,
And I don't love your cafeteria tables that provide a canvas for racist and homophobic artwork.

I don't love your endless potholes in the parking lot,
I don't love your creaking, wobbling, and generally unsafe bleachers,
I don't love your oval-shaped ring of gravel that dares to call itself a track,
I don't love your students that drive recklessly around the school, and then park illegally in wheelchair parking,
And I don't love your dependability to provide frequent opportunities to get fresh air and a chill, whilst observing the heroic practices of our local fire department.

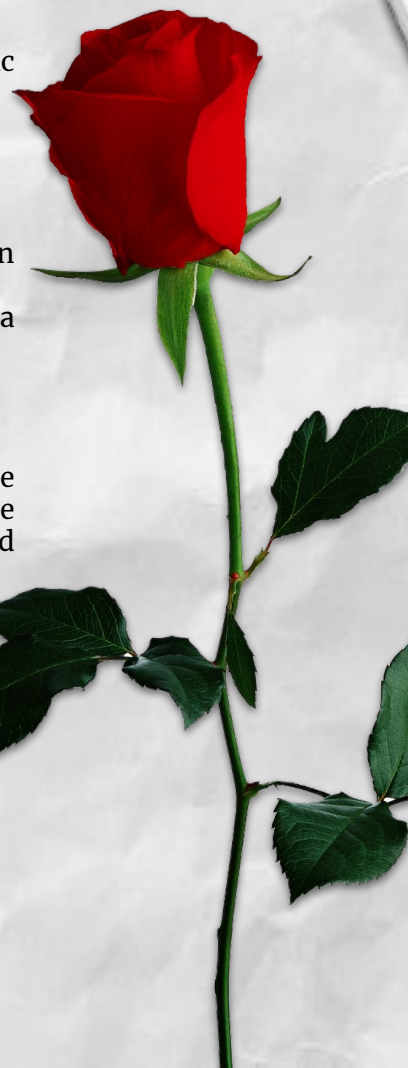
But most importantly, I don't understand.

I don't understand how you beg for repair, to be restored to your former glory and to the standards of a decent public high school, and yet you continue to be ignored and put at the bottom of a list, slated for repair, only to be barely patched up, many issues ignored, and put back to work once the kids return in the fall.

I love you, and I want better for you.

Sincerely,

A STUDENT



Loving the new look and feel of the Gazette?

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Looking to contribute? Wrote or draw something you want the whole school to know about? Have a suggestion for the paper? Email us or DM us on Instagram!

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MODEL
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HAMILTON

SPEAK UP

VISIT: [MODEL CITY HALL.ORG](http://modelcityhall.org)

Interested in politics? Want to make your voice heard? Looking for something extra to add to your resume? Model City Hall is coming to Hamilton! During this **free** conference held in Hamilton City Hall, students from across the Hamilton area will have the opportunity to

participate in committees where they will take on the roles of councilors and City of Hamilton staff to debate local issues and craft resolutions. These will be submitted to City Hall officials, helping to start the long overdue discussion between the decision makers of tod-

ay and tomorrow.

The conference will be held on Sunday, **May 27th 2018**, and registration opens in March. For more information go to: modelcityhall.org, or speak to Adrienne Jonathan.