

The Royal Gazette.

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The Easter Bunny: An Essential Worker?

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Recognize the Patterns in Your Music pg 12

Surviving Quarantine.

Explore some of the many ways our lives have been changed by the pandemic — for better, or for worse.

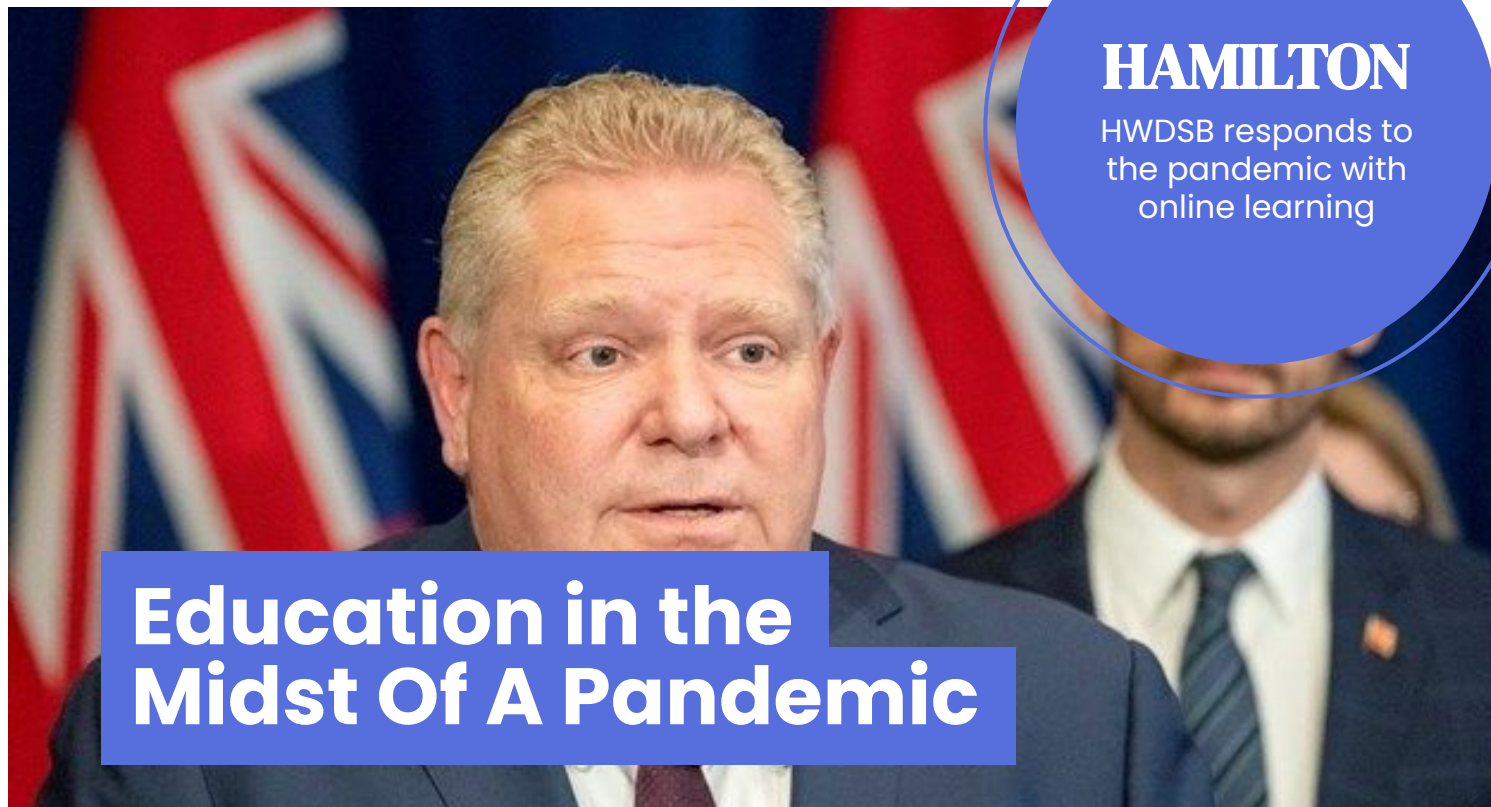
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This Month's Top Stories

Get the most important news right away.
Here are some of the **top stories of April**.

+ How Governments & Schools Are Dealing with the Pandemic
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HAMILTON

HWDSB responds to the pandemic with online learning

Education in the Midst Of A Pandemic

Above: Ontario Premier Doug Ford speaks at a news conference with Education Minister Stephen Lecce at Queen's Park in Toronto on Friday. (Frank Gunn/The Canadian Press)

As the coronavirus pandemic continues to escalate, the future is starting to look bleak in terms of when students will be allowed to return back to school as per normal.

For now, however, the Ford government and many Ontario school boards – including that of the HWDSB – are preparing to transition from in-class to online learning for hundreds of thousands of students in order to maintain as much normalcy as possible for the rest of the academic year. This may be as early as May 12, but could very likely be pushed back due to the severity of the crisis.

In order to facilitate this shift to online learning, HWDSB has rolled out new plans to distribute approximately 6,000 tablets, computers and devices to students who need them to continue their education. An additional 1,000 devices with Internet access are also being dispensed, but for some, it isn't fast enough. Last week, virtual learning formally began through the Hub, but for those without thi-

s crucial access, the risk of falling behind is real.

To even further exacerbate this problem, the low-income students who are often the ones waiting for these devices will also be struggling to access food and social programs during this time. Fortunately, various non-profit organizations such as Food4Kids have stepped in to fill that gap – but these students will remain the hardest-hit by the virus.

"I'm proud of the work that is being done, but I'm also realizing there are student needs that are going to be challenging to address as well. This remote digital world meets the needs of many, but not all, so I worry a little bit about that," said HWDSB Director of Education Manny Figueiredo.

Despite these valiant efforts to minimize disruptions to the school year, it's clear that online learning will not replace school as well as one would like. For example, all extracurricular activities in the year have been cancelled as a result of schools being shut down. Furthermore, o-

nline learning does little justice to those who don't learn well behind a screen, and classes with hands-on activities will struggle to convert those same learning experiences into a digital, remote format. Esse-

This [transition] is going to be complex and messy.

Manny Figueiredo,
Director of Education

ntial businesses are still remaining tentatively open, but all of this could change quickly, as the maintenance of social distancing is key to reducing the spread of COVID-19.

When asked about the transfer from in-class to online learning, Figueiredo says, "This is going to be complex and messy. A paradigm shift in two weeks is not typically how we manage complex change. But I also say to people, a crisis should never be a wasted leadership opportunity." For now however, all we can do is wait and lend what help we can.

CANADA

Hospitals in urgent need of proper PPE as shortages heighten

Arming Frontline Workers Against COVID-19

Above: A paramedic transports a patient to Mount Sinai Hospital in Toronto. (Carlos Osorio/Reuters)

When combatting any sort of contagious disease, the first line of defence for many essential healthcare workers comes in the form of what they wear. Adequate PPE, or personal protective equipment, is key to preventing the transmission of infections from patient to doctor – and in a highly contagious disease like COVID-19, where pathogens can be transmitted through the air and live for weeks on hard surfaces, they're crucial for ensuring the health and safety of these essential workers, who spend their working days in direct contact with infected patients. But as the crisis only continues to worsen and the strain on hospitals increases, many healthcare professionals are beginning to grow desperate as they run low on this essential stock.

In BC, some 52% of elderly care workers said that they have no N95 ventilator masks in stock, while a fourth said they only had enough for 3 more days, according to an April 12th survey. In southwestern Ontario, some hospitals are down to just 5 days worth of surgical masks and shields. And in Alberta, doctors are braving the high premium prices in order to buy masks off of the open market. Around the world, physicians are seeing their stock of these supplies disappear, even as factories rush to make more.

Here in Hamilton, St. Jose-

ph's Hospital recently sent a call out to volunteers to sew surgical hoods. In other cities, such as Calgary, volunteers are holding PPE drives, where citizens donate supplies such as baby wipes and hand sanitizer to the medical professionals who need it.

Despite these grim statistics, there has been a veritable outpouring of support from people around the country. One Grade 12 student in BC, for example, is using his 3D printing hobby to print out surgical masks for hospital workers.

17 million
the number of surgical
masks Canada has
already shipped in

2 million
more N95 masks by April
18
\$2 billion
the amount Ottawa has
committed to buying PPE

"...Ironically, it's social distancing, but we have to work together to be able to make enough [masks]," he says.

Meanwhile, companies such as Bell have offered to donate 1.5 million masks to frontline workers, in order to protect their own employees. The government

itself has ordered some 300 million surgical masks and 145 million N95 respirators, but even as masks arrive by the plane-load, physicians are still worried by the shortages.

"I feel the message on how dire this is, is not getting to the public through the official channels. The healthcare workers on the ground are under extreme stress and anxiety because of the situation because they're the ones at risk," says Janneme Frouws, a physician from Kelowna, BC.

Indeed, the very existence of this crisis means that doctors will be forced to make some difficult choices. Some will have to reuse PPE – which can prove dangerous to their health – or may find it necessary to treat patients without any protective equipment at all. For most, however, a lack of proper equipment will mean that clinics will be forced to shut down, and so even fewer Canadians will be able to access the essential care they need.

The best way you can contribute? Frouws insists that you stay home: "The more people that are not isolating properly, the more this is spreading and overwhelming us." Citizens can also offer to sew masks or surgical hoods, coordinate local donation efforts, and offer to help the vulnerable if possible.




Above: An arson attack against a mobile tower in the UK, in response to COVID-19 conspiracy theories. (PA Media)

A new, dangerous conspiracy theory has been taking hold of the world as of late. It links two seemingly unrelated things together as a part of a new, strange claim that 5G cell towers are somehow connected to the spread of COVID-19 around the world.


Although fringe theories about the dangerous effects of 5G on human health have been around for years, they’ve only managed to rise in popularity as of recent. The gist of the theory is that these new cell towers — which are more powerful than their 3G or 4G counterparts — emit much more powerful radio waves, which allow for faster transmission and wider coverage. While 4G is already widespread across the world, 5G has yet to reach a similar extent of global distribution. However, some conspiracy theorists believe that these 5G waves will have deadly consequences, and in some cases can cause death.

In terms of the connection between 5G and COVID-19, some of these theorists claim it can cause the symptoms of the disease, while others believe it may depress the immune system. They point to data such as Africa’s low rate of COVID-19 infection as proof of this theory, since Africa is relatively underdeveloped compared to first-world nations like the USA and Canada, where COVID-19 cases have spiked. This correlation is spurious at best.



John Cusack
@johncusack

5 — G wil [sic] be proven to be very very bad for people’s health






Wiz Khalifa
@wizkhalifa


Corona? Or 5g? Or both?





M.I.A
@miauniverse

If I have to choose the vaccine or chip I'm gonna choose death — YALA



Others even suspect that the COVID-19 crisis will force us to all get vaccinated and therefore injected with tracking “chips” by the government. To make matters even worse, even some celebrities have begun to catch onto the theory — including Pakistani-British rapper M.I.A. or the Wiz himself, Wiz Khalifa.

Despite these high-profile actors, talk show hosts and artists buying into the 5G COVID-19 conspiracy, the reality is that it’s j-

ust that: a myth. Extensive research by the WHO and other major health organizations has shown that “no adverse health effects have been causally linked with exposure to wireless technology.” Although short-wavelength radiation can damage cells or cause cancer, such as UV or gamma rays, radio waves are not nearly as strong: an investigation by UK regulator Ofcom even found that the maximum amount of radiation produced by cell phone towers was 66 times less than the danger threshold.

In Europe however, these facts seem to ring empty to many. During the week of Easter, many even gathered to attack and set fire to some of these towers in the UK. Not only does this disrupt the current social distancing efforts right now, but one of the attacks also cut service to the Nightingale Hospital in Birmingham, leaving first responders in the dark during a time of critical medical need.

“...no adverse health effects have been causally linked with exposure to wireless technology.

WHO Team, World Health Organization

CELEBRATIONS

The Easter Bunny: An Essential Worker?

Illustration by Anne Fu

★ DID YOU KNOW?

The average American spends \$131 on Easter, and a combined \$1.9 billion is spent on Easter candy each year.

By Jocelyn Mattka — Junior Editor



The Ancaster High community keeps spirits high with Easter celebrations.

The rapidly escalating COVID-19 situation has brought about a lot of dramatic changes to regular day-to-day living. Every regular activity from going to school, to shopping with your friends, or even just taking a hike are suddenly all unavailable to us. Our lives have been cut down to essential services, but what does that mean? What exactly is an “essential” when it comes to meeting human needs? Does our mental health and overall well-being come into consideration at all?

In time, our immediate frustrations at the daily inconveniences will shift to becoming focused less on each and every cancellation, but more on the bigger picture of the important things we’re missing out on. The birthdays, the holidays, the experiences that added meaning and purpose amongst the rigour of repetitive days.

But, over the past week, society has proven that human beings are innovative and resourceful. Just because our activities have changed it doesn’t mean that the values and meanings behind the events have to disappear too. I’ve had the pleasure of hearing a few Easter stories from other students in our school community, as well as enjoying a rather unique experience of my own.

For many, a lot of the holiday is based around a family meal. While many families were unable to get to-

gether in the way they usually would have, technology has allowed for an alternate solution.

An Easter FaceTime may not be the tradition that so many of us know and love, but there’s no denying that it’s a better option than not seeing your relatives at all. In my own family, we actually FaceTimed with my Aunt and Uncle while we all sat down to dinner together. Even though we couldn’t be with each other physically, it actually felt surprisingly similar to our usual event. The house still smelled like a holiday meal, we all got dressed up for a family dinner, my little cousin and sister had to be called back to the table numerous times; a near perfect recreation of a true get together.

What’s really amazing is that for some people, this situation hasn’t just pushed them to adapt, but rather to come up with new traditions and ways to make the holidays a little extra special. For some, the situation has led to trying new things and enjoying some quality time that they were unable to before.

“Being in quarantine has made my family really passionate about baking all of a sudden, and I think it’s happening to a lot of people, strangely enough. I made cinnamon rolls and cookies with my little sister, and they were great!” one student said. Another student talked about the extended break allowing them to better enjoy the actual holiday. “Normally on holidays, since they’re in between school weeks, I really want to sleep in and take advantage of my time o-

ff,” she said.

I think that for many, the special thing about this year’s holiday has been their ability to actually acknowledge it because they have the time to appreciate it and not just take it as a much needed day off.

A third student expressed a sentiment that was probably felt among many of us as well. “My best memory of the holiday was spending Sunday with my family, watching movies, playing games, talking and just having fun,” she said.

If anything good can be said to have come from this, it’s the allowance for family bonding and the strengthening of the relationships within your own home. Not every moment is going to be pretty, but I think for a lot of people this is a valuable opportunity to become closer to the loved ones spending quarantine with you. “My best memory of the holiday was spending Sunday with my family, watching movies, playing games, talking and just having fun,” a student said.

On the whole, the stories of the 2020 Easter weekend have proven to be uplifting and hopeful, rather than a lament of what has been lost. And, of course, the bunny did still make his rounds. After all, Doug Ford declared him an essential service.





By John Kerr —
Junior Editor

On April 20, 2020, oil prices dipped into the negatives — a historic low. Learn more about the current crisis facing the oil industry today.

WORLD NEWS

OPEC Announces Historic Cuts: International Repercussions

Above: An employee looks out over the illuminated petroleum cracking complex in Nizhny Novgorod, Russia. (Andrey Rudakov/Getty Images)

In the midst of a global pandemic, economic trials and hardships have played out in the background. As of April 12th, prominent members of the Organization of Petroleum Exporting Countries (OPEC) agreed to slash oil exports by 9.7 million barrels a day, bringing an end to the price war waged early in the pandemic.

Saudi Arabia and Russia, listed as the second and third largest producers of oil globally, have been engaged in a price war since March 9th. Russia and the U.S. had proposed cutting back on oil production in order to stimulate the failing stock markets around the world. Saudi Arabia refused to cut production and prices plunged even farther. Coupled with the blow that the energy sector received from the COVID-19 pandemic, oil demand fell to extreme lows.

Crude oil fell to its lowest point since the Gulf War of 1991 with prices hovering around \$31.13/barrel on March 9th down from the January 6th high of \$63.27. As of the writing of this article, crude oil was trading as low as \$18.13.

As Canada has an oil dollar, meaning that the exchange rate of the Canadian dollar depends heavily on the price of oil, the price dropped as low as 69 cents U.S.D.

The agreed oil cuts are the largest ever agreed to by the OPEC. Production will be reduced by the planned 9.7 million barrels a day in

May and June. After this, the reductions will be steadily phased out until April 2022.

Meanwhile, Mexican President Andres Manuel Lopez Obrador, proposed to cut Mexico's production rate by only 100,000 barrels a day. In order to compensate for this lower than satisfactory cut, President Trump agreed to cut American production by 250,000 barrels a day.

However, many experts believe that while these cuts are historic, they are still too little, too late. Non-OPEC countries including Canada, the U.S., and Norway, have not yet committed to actual cuts.

On April 20, for the first time in history, oil prices turned negative and stocks were trading as low as \$-37.63. Oil producers are effectively paying to move their oil and surpluses are rising everywhere as Russia and Saudi Arabia had flooded the market with excess oil in the previous month after the price war between the two countries.

The energy sector of the S&P 500 has dropped nearly 40% since the start of the pandemic as barrels full of unwanted oil stack up. ExxonMobil, one of the largest Oil refiners and producers in America has lost nearly 38% of its stock value.

Bankruptcies among the oil industry are becoming increasingly likely as many companies will be u-

nable to avoid the strain caused by negative oil prices. This opens the door for ExxonMobil and Chevron, the petroleum superpowers, to acquire these companies and their oil reserves.

The Canadian dollar is still hovering at 70 cents U.S.D. despite these massive drops in oil stocks. A major factor in these price drops was the OPEC deal that was reached but does not take effect until May. Once again, these price cuts are considered to be too little too late and for a market where the demand for oil has hit rock bottom, there is no place for all of the oil surplus to go.

Out in Alberta, the negative oil prices have put a lot of pressure on the provincial economy as oil was expected to make up 10% of the export revenue.

“We need to understand that hundreds of thousands of Canadian jobs are on the line,” Premier Jason Kenney told reporters.

The effects of this disastrous fall in oil prices will weigh on the global economy for many months to come as the pandemic continues. Until the mass panic clears and normalcy returns, demand for oil will remain at a low where companies are forced to pay to have their oil taken. Prices at the pump will not necessarily follow the downward trend as steeply but expect to see some strange things in the coming weeks.

WORLD NEWS

COVID-19 Shutdowns From Around the Globe

By Erika Ehrenberg — Writer

There's no doubt that COVID-19 has done an excellent job of disrupting, well, pretty much everything. Take a look at many of the major events it's interfered with.

The COVID-19 pandemic has caused a global shutdown resulting in unprecedented postponements and cancellations of events around the globe. Whether it's temporarily halted, indefinitely postponed, or outright cancelled, almost all events, large and small, have been affected by the pandemic. It seems that with each day we turn on the television or scroll through social media, another event has made an announcement concerning the coronavirus — and it's usually not to declare 'proceeding as usual'. While it is disappointing news to receive, not having large gatherings is vital to stopping the spread of coronavirus. With that being said, it is still normal to have negative feelings surrounding the cancellation of highly-anticipated events. From sports fans to festival-goers to everyday people, there are feelings of sadness, frustration, boredom, and even #FOMO. Unfortunately, there are far too many events to all make a complete list, thus here is a rundown of the most notable events affected by the COVID-19 pandemic.

SCHOOL SPORTS

No graduation or prom, competitions and gatherings called off

Pro seasons suspended and delayed, Olympics postponed



“All athletics, proms, banquets and similar events are cancelled...”

Though it is unknown when we will return to the building at Ancaster High, there have been some announcements regarding the status of major events this school year. In heartbreaking news for the graduating class of seniors, prom, which was originally scheduled for May 30th, has been cancelled. Additionally, a traditional graduation ceremony will not occur in June. According to a statement from HWDSB, “We regret to inform you of another decision we have had to make about cancellations. All athletics, proms, banquets and similar events are cancelled for the remainder of the school year.” June events, such as graduation, have also been cancelled, as the government forecast many more weeks of quarantine to go. Other school-based competitions and events such as DECA internationals were cancelled for this year.

From amateur sports to professional leagues, most seasons have been suspended. Many student-athletes at Ancaster High experienced the cancellations of their tournaments, competitions, and championships, and are experiencing a delay in the beginning of their new seasons. In the earlier days of the pandemic, we learned of the cancellation of the iconic March Madness college basketball tournament, which came amongst the cancellation of all college and university varsity sports. Professional sports leagues such as the NHL and AHL have suspended their current seasons, and others such as the NFL and MLB are delaying the start of their training camps and seasons. Almost all professional sports leagues are looking into options to resume play once it is safe, including playing with no fans in the stands and only non-essential staff, centralizing the league to one location, and shortening the season. Other major sporting events such as Wimbledon, the Masters, and the Grand Prix have all been cancelled. The biggest

sporting event affected by the pandemic is the 2020 summer Olympics in Tokyo, Japan. After much debate surrounding continuing with the games as planned, the International Olympic Committee announced that the games, originally planned for July 24 to August 9 of this year, will now be held from July 23 to August 8 in the summer of 2021. Many athletes expressed their approval of this decision, such as Vincenzo Nibali, an Italian professional road bicycle racer who tweeted: “The Olympic Committee made the right choice. The world must fight the emergency, sport can wait. Tokyo 2020 was perhaps the most important goal of my season, but the postponement does not change my aspirations. I'll work hard to be ready for the 2021 event”. Locally, the Canadian Open golf tournament which was held at Ancaster Golf and Country Club last June and set to be hosted by St. George's Golf and Country Club in Toronto this spring has been cancelled.



MUSIC

Artists cancel concerts, festivals and award shows shut down

From concerts and music festivals, known for the massive crowds and impossibility of social distancing, have been an obvious source of cancellations and postponements. Coachella, the most notable music festival in the United States that draws many celebrities to the deserts of California, has been postponed to October. VELD, a popular music festival held annually in Toronto, has yet to announce any cancellations or postponements. Likewise, Boots and Hearts, which is held in Barrie, is currently still scheduled for August 6-9. On the contrary, the Juno awards scheduled for March 15 were cancelled. The awards show, which honours Canadian artists for their music, was set to be held in Saskatoon and hosted by Alessia Cara. Other artists such as Justin Bieber and Taylor Swift announced the cancellation of their 2020 tours, but have promised plans to reschedule.



POLITICS

2020 American presidential race faces challenges

With the November 2020 presidential elections in the United States coming soon, the coronavirus has complicated the process. Many presidential candidates have been forced to cancel their campaigning journeys as it has become unsafe to hold rallies and travel through the country to meet voters. It is unknown how COVID-19 will affect the voting process, if at all, but it has undeniably marked this year's election as unusual.

Due to social distancing, many industries and travel have been temporarily banned in China and Italy. The air quality in China has improved significantly. In Italy Venice, the city's famous canals have never been cleaner from the decrease in pollution.

People in Italy, Portugal and the Netherlands are walking out to their balconies to applaud and show support for health care workers risking their lives.

The Shedd Aquarium in Chicago has let penguins take a tour around the aquarium just like us humans do.

A Cleveland clinic has developed a test that gives the results of having COVID-19 in hours instead of days.



Vincenzo Nibali
@vincenzonibali

The Olympic Committee made the right choice. The world must fight the emergency, sport can wait. Tokyo 2020 was perhaps the most important goal of my season, but the postponement does not change my aspirations. I'll work hard to be ready for the 2021 event!

OTHERS

Conferences and councils delayed and modified

The TED Conference, set to be held in Vancouver at UBC was cancelled, Apple's Worldwide Developers Conference was moved to an online-only event, and the COP26 UN climate summit, set to be held in Glasgow in November has been postponed indefinitely.

Many local communities and small private organizations are helping others by delivering groceries to families that are quarantined.

In our local neighbourhoods, kids have written positive messages with chalk on their driveways and sidewalks!

Remember: Following health workers' guidelines are important and you should spread positive and resource news. It's the perfect time to finish watching your favourite show or exercise to improve your health. Be there for family and friends, they're only one phone call away. Practice social distancing and stay safe!

Pandemic → or Paranoia?

The coronavirus pandemic is a very terrifying time for all of us. We have no choice but to stay home and do our part. However, there are some good things happening at this time that have made the Earth a little better. Here's a list of some of the positive news that's occurred during the quarantine period.

By Rabia Ikram — Writer

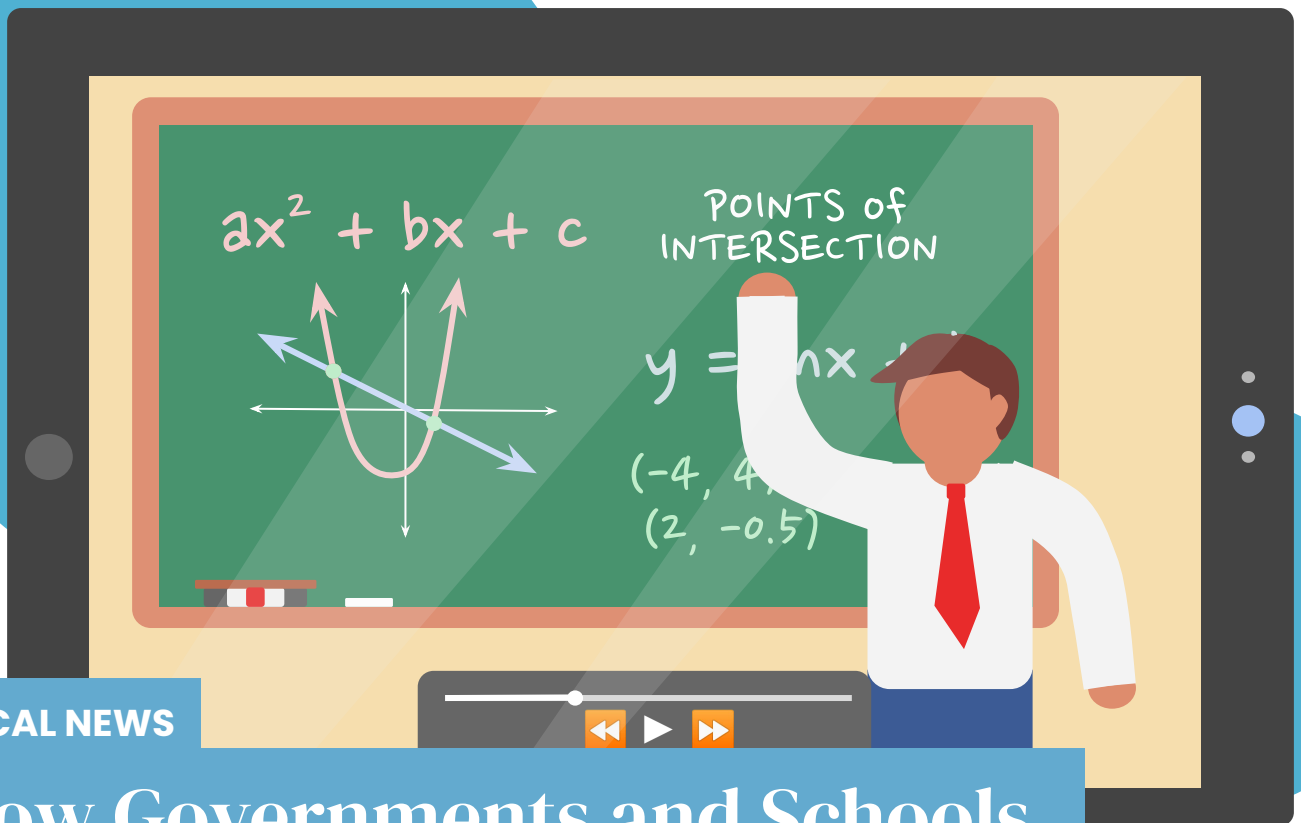


Illustration by Anne Fu

LOCAL NEWS

How Governments and Schools Are Dealing with the Pandemic

By Vita Rao — Writer



Wondering how the school year will look like from now on? We've got you covered.

In light of recent events, many school boards nationwide have been forced to shut down. For some time, the future of students' education was unclear: How were students without access to the internet or electronics supposed to learn? Where does this leave students in Grade 12, who are in the midst of applying to university and college? Fortunately, the education minister and school boards have been able to work together to pinpoint a feasible solution for all students.

Access to resources for online learning?

With the premonition that the state of the pandemic would worsen, the teacher's union and the education minister have worked tirelessly to provide students with necessities for online learning. After completing surveys towards the end of March, they were able to determine the number of students in need of resources for online learning. Following this, they began distributing all available electronics with data plans if students did not have access to it at their homes. These plans will not expire until June.

How does this impact students in each grade?

The most vital aspect of online learning is the way in which it will impact students, specifically, in high school. Although significantly different than in-class learning, students will still be receiving work and will be graded. All students will be getting final reports — which will be distributed in June — based on work completed prior to and during the quarantine.

“Although [eLearning is] significantly different than in-class learning, students will still be receiving work and will be graded.

However, only Grade 12s will be receiving mid-term reports, which are marked based on work completed before March 13th, 2020.

Additionally, seeing as students' learning has been so greatly disrupted, the OCAS has decided that mid-term grades will be discounted for students applying this year. The requirement of 40 hours of community service hours has also been lifted for all graduati-

ng students. Furthermore, the Ministry of Education has announced that students are to receive a particular number of hours of work per week; three for high school students. All school trips and events have been cancelled for the remainder of the year. Unfortunately, there has been no update on whether proms scheduled in June will be cancelled.

The provincial government

The Royal Gazette released an analysis of the Canadian government's actions in last month's edition, but many things have happened since then. Here are some highlights from the last three weeks.

APRIL 1st: The Ontario Premier, Doug Ford, announced that a surge of cases was to be expected in the following weeks and that frontline workers were preparing for it.

APRIL 3rd: It was revealed that the number of deaths that were expected was between 3000 and 15000 deaths. Ontario's death toll, at present, is at 274, with over 7000 confirmed cases, and over 2000 people in recovery.

APRIL 14th: Premier Doug

announced that the provincial government was working towards improving the state of long-term care homes. Considering that a large percentage of the cases are coming from these homes, he has decided to shift the focus to long-term facilities. He also announced that a new order regarding this issue would be released shortly. The duration of the state of emergency in Ontario was also extended.

APRIL 17th: The highest number of cases and deaths in a si-

ngle day were recorded.

The federal government

The Trudeau government has been making frequent announcements about a variety of things that will be impacted by COVID-19. It is difficult to summarize everything that they have done in the past month, but their main focus has been on acquiring proper medical equipment and working with other countries and provinces within their own. Following Trump's atte-

mpt to halt all imports of N95 masks from 3M to Canada and Latin America, the company along with the countries were able to come up with a plan that will allow all three to continue receiving masks from the company.

Although the circumstances are dire, the government is working tirelessly to ensure that all Canadians are healthy and safe from the virus. If residents continue to social distance and self-isolate, the flattening of the curve will occur at a quicker pace.



By Anika Kanagaretnam — Junior Editor

It's ironic that a holiday celebrating nature would have to happen during quarantine — but there's still plenty of ways to make this Earth Day count.



Earth Day returns again this year, on Wednesday, April 22nd. This will be the 50th Earth Day to be celebrated! Even though we are stuck at home, there are still lots of things we can do to help the earth.

Here is a list of small actions you can take, even after Earth Day is over.

- Unplug appliances when not in use
- Wash laundry in cold water
- Use a cloth towel instead of paper towels
- Do not buy plastic water bottles
- Bring a reusable cup to the coffee shop
- Do not use plastic straws — try stainless steel, silicone, or bamboo
- Carpool, use public transit, or bike instead of driving
- Unsubscribe from junk mail
- Add plants to your home
- Grow your own vegetables

- Use reusable bags
- Go meatless
- Compost food waste
- Plant a tree
- Go meatless
- Compost food waste
- Plant a tree

One way to see the Earth and its beauty is through DisneyNature's movies. There is a wide variety of options to choose from on Disney+. In the spirit of Earth Day, Disney decided to release three DisneyNature movies on their streaming service on April 3rd.

The first movie is called *Dolphin Reef*, which was in theatres for Earth Day of 2018. This story follows a young bottlenose dolphin named Echo, who experiences life alongside his mother, Kumu. The movie also features a peacock mantis shrimp named Mr. Mantis and a humpback whale with her daughter. It is a great way to see how these creatures live and what


the ocean looks like.

The next movie is *Penguins*, which came out in theatres in 2019. This movie is about a Adélie penguin named Steve. He is finally old enough to settle down, and we get to watch him experience this part of his life. This was the funniest of the three movies as well.

The last movie is *Elephants*, which is Disney's newest DisneyNature movie. This story follows an elephant herd, and focuses on the matriarch, Gaia, and her sister, Shani along with her son, Jomo. In this movie, we follow the herd as they make an intense journey that's hundreds of miles long in the Kalahari desert. They face many threats like heat, lack of water, and predators. If you have Disney+, spare time, and are interested, you should definitely check out these three movies, along with the rest of the DisneyNature movies.

Illustration by Anne Fu

Surviving Quarantine.

A stylized illustration of a person with dark hair, wearing an orange sweater and pink pants, sitting at a wooden desk. They are looking down at a laptop. On the desk is a coffee cup with a red and yellow logo, a pencil, and a clipboard with a checklist. A desk lamp is on the right. In the background, there is a window with a grid pattern and a large yellow sun or moon. The overall style is flat and colorful.

We might all be stuck at home, but one question still remains: how do we deal with the isolation? Take a look at some of the many ways AHS and the community have dealt with COVID-19.

By Ashley Barry — Club Supervisor

Despite the dire situation many of us are facing, **Ancaster citizens** are finding solace in **kindness and mutual support.**



It has been more than a month since March 13th, the day on which Ontario's students and teachers walked amongst the halls and classrooms in their schools for the last time, as they, along with the majority of the Canadian population would become subjected to quarantine, as a result of the coronavirus. The normal fast-paced Canadian lifestyle has come to a standstill, as it has been a month since non-essential services have been shut down, leaving Canadians temporarily unemployed, or abided to work from home. It has been a month of uncertainty, scarcity, stress, and worry, as COVID-19 continues to spread, and we find ourselves surpassing more than a month of self-isolation. With the impacts of COVID-19 negatively affecting people around the world, for perhaps the first time in recent history, we are all fighting a common enemy – we are all in this together, as one.

Amidst these difficult times, communities across Canada have come together in small, but impactful ways to continue supporting one another. Through the donations of masks and gloves, to healthcare workers and facilities, to restaurants donating non-perishable foods to local food drives, and the kindness from people who have set out to share some positivity and support towards others, it is undeniable that communities have elicited extraordinary support during COVID-19.

This strong sense of community conveys an underlying message, that amongst facing the difficult times associated with self-isolation, there are some positive aspects to takeaway from this situation. Here in our Ancaster community, locals have come together to demonstrate support for one another, as we continue to head into further weeks of quarantine. From various Ancaster families and individuals, restaurants, and workers, it is evident that our community is trying the best we can to maintain any sense of normality and positivity.

To illustrate the immense support from our community, just last week, the Ancaster News had commemorated the Dehal family

who created a colorful, wooden sign decorated with the Canadian flag, and outdoor lights saying, "Thank you healthcare workers!" The family aimed to show their support for local doctors and nurses who are working countless shifts to help those diagnosed with the virus, in hopes that workers would see the sign on their way to and from a shift. This may appear to be a very small act, but it is often these kind-hearted gestures that impact people the most. A simple "Thank you" from a nice family is a silent hero, encouraging health care workers to keep moving forward, and help them to know that their efforts certainly aren't going unrecognized by their community.

This is just one example of the ways in which locals are supporting one another. We are all facing the effects of COVID-19, but within our communities and households, we are able to communicate and initiate these sm-

“Ancaster is an exceptional example of a small town community supporting one another through these hard times.

all actions with meaningful results. In my own neighbourhood along with many others, I've seen both kids and adults chalking on sidewalks and roads, crafting beautiful messages for those passing by to read.

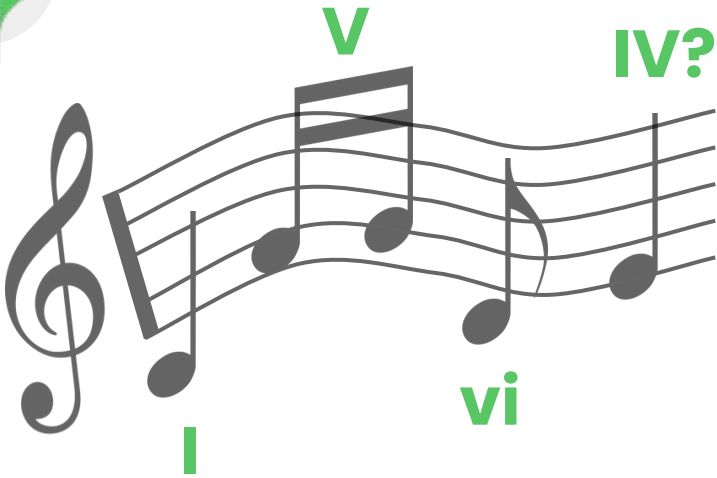
Furthermore, this uplifting behaviour continues with many students in Ancaster. At Ancaster High, I know classmates have been hosting Zoom meetings to complete school work with one another, and like many, are trying to keep each other's spirits up by staying in touch. One of Ancaster High's Student Council Presidents, Larissa Kouroukis, designed a Bingo card for students to fill out and share on social media. The online card was played by many students on social media and added a great sense of school spirit and togetherness, as Royals shared some of their amazing and hilarious high school experiences with each other.

In light of students coming together to lift each other's spirits, HWDSB has also taken action to support students and family members of students who may be struggling with mental health issues during this time. The school board posted and developed materials on their websites, one being a four-page tip sheet and the other being the HWDSB Helps app where one can anonymously share non-urgent concerns through that service, which will share it staff that can help. It's great to see that the workers involved with our education are making these services even more available at this time to ensure that each student has access to resources regarding mental health, as well as the students coming together to show their school spirit from home!

Another area of support from the local community is from our restaurants. With dining rooms being closed, many restaurants have been able to pursue business through takeout, delivery, and pick up. Some local restaurants have been sold out each night from community members ordering and buying food. It is good that local restaurants have been able to continue some form of business, supply the community with delicious food whilst adding the norm of eating out at restaurants back into our current lifestyles.

Ordering takeout and eating some of our favourite restaurant food has most definitely spread some happiness amongst families, as they experience this slight sense of "normal."

Throughout this pandemic, communities everywhere are coming together as one, and Ancaster is an exceptional example of a small town community supporting one another through these hard times. The amount of people working to establish positivity, safety, security, and hope are our family members, friends, neighbours, and workers across many fields including bankers, teachers, doctors, nurses, grocers, restaurant cooks, and government representatives here in Ancaster. It is with these efforts and acts of kindness that our community will continue to show extraordinary support for each other, as we are all in this together.



HUMAN INTEREST

Recognize the Common Patterns In Your Music

By Rose He — Writer



Ever wonder what makes some songs so memorable? The answer lies in the patterns of their notes.

Music is undoubtedly a type of art form, which plays a large role in our lives. Some would consider it as a universal language due to how it can easily connect

people around the world. It is predicted that music existed for

over 40,000 years while maintaining a similar purpose of describing a story or depicting an emotion. Songs that are composed by famous artists in the current era use different patterns of pitches to produce a backing track, then they're added with meaningful lyrics and unforgettable vocals. The different types of pitches heard in a song can also be referred to as chords, while the movement from one chord to the next can also be referred to as a chord progression. A large number of songs produced commonly follow a four chord progression, meaning a repeated progression between four different types of chords. This doesn't determine the rating of the songs, since everyone is entitled to their own opinions, but suggests the song itself isn't musically complex to begin with. In fact, many four chord songs display and share the exact same progressions within the backing track. The reason this repetitive use of the same progressions is commonly missed out, is due to different keys, melodies, sound effects, vocals, and other music components which listeners would focus more on. The type of chords in a progression is commonly notated in Roman numerals.

I-V-vi-IV

This chord progression is the most well known and most used chord progression in the music industry. From classics to recent songs, they share the same progression.

Examples:

- A Million Dreams — The Greatest Showman
- Can You Feel The Love Tonight — Elton John
- Complicated — Avril Lavigne
- Don't Stop Believing — Journey
- Forever Young — Alphaville
- Girls Like You — Maroon 5
- Hey Soul Sister — Train
- I'm Yours — Jason Mraz
- Just Say You Won't Let Go — James Arthur
- Let It Be — The Beatles
- Paparazzi — Lady Gaga
- Poker Face — Lady Gaga
- Take Me Home, Country Roads — John Denver

i-VI-III-VII

This chord progression is also commonly used in the music industry, yet it is not as well known as the first one.

Examples:

- All Of Me — John Legend
- Despacito — Luis Fonsi ft. Daddy Yankee
- Hello — Adele
- On The Floor — Jennifer Lopez
- Photograph — Ed Sheeran
- Reluctant Heroes — Hiroyuki Sawano
- River Flows In You — Yiruma
- Save Tonight — Eagle Eye Cherry
- Say Something — A Great Big World
- The Scientist — Coldplay
- the WORLD — Nightmare

i-VII-VI-(V or VII)

This chord progression has many variants upon chord choice. Some songs may skip a chord to have another chord appear longer, but overall has the same or similar sounding in the progression.

Examples:

- Believer — Imagine Dragons
- DJ Got Us Fallin' In Love — Usher ft. Pitbull
- Shatter Me — Lindsey Stirling ft. Lzzy Hale
- Smooth Criminal — Michael Jackson
- Survivor — Destiny's Child
- Sweet Dreams (Are Made Of This) — Eurythmics
- Troublemaker — Olly Murs ft. Flo Rida
- Youngblood — 5 Seconds of Summer

There are many other four chord progressions which are used in songs, but they're not as common as the three said above. These progressions include I-vi-IV-V, i-VI-iv-V, and I-iii-IV-iv.



MEMORABLE
MOVIE QUOTE

“Sometimes it is the people no one imagines anything of who do the things that no one can imagine.”

REVIEWS

The Inimitable Story of *The Imitation Game* (2014)

By Zainab Al-Rammahi — Writer

★★★★★ 4.5/5 stars



Even after 6 years, Morten Tyldum’s *The Imitation Game* rings true in its story of courage and innovation.

In 1939, a newly created top-secret British operation during WWII recruits Cambridge mathematics alumnus Alan Turing to crack Nazi codes, (the Enigma code), which cryptanalysts had thought to be unbreakable. Turing’s team, including Joan Clarke (Keira Knightley), analyze Enigma messages while he builds a machine to decipher them. The team finally succeeds and become heroes, but in 1952, the quiet genius encounters disgrace when authorities reveal he is gay and send him to prison. In order for him to stay out of jail, he must go through a chemical castration process that prevents him from being gay. This process alters his brain chemistry and he cannot solve any riddles or problems like he did before.

Benedict Cumberbatch, who played the genius mathematician was perfect for this role and portrayed it perfectly. It seems as if Cumberbatch used his own experiences to enhance his performance in this film. His co-star, Keira Knightley also used her own personal experiences with being a woman in a male dominated industry, allowing her as an actress, to seep her true emotion about this topic into the movie. All actors in this movie have, to put it quite simply, “nailed” their roles. Their

acting skills only further enhanced the movie, making it more emotionally connecting for the audience, which also improved the overall experience. While watching, the comradery between the actors showed on screen seemed truly natural, and it looked like the connection between the characters were genuine.

As a sucker for war films and the history of war, I would have liked this movie to include more aspects of the war since it was what they were fighting for. The movie included little clips of the war a couple times during the movie, but perhaps the characters being directly affected by the war would have made the audience more engaged at times and kept the tension and excitement while watching the film. Even so, it’s a film about drive, imagination, and how brilliance thrives outside the mainstream. A quote used during the movie a few times that was absolutely captivating was, “Sometimes it is the people no one imagines anything of who do the things that no one can imagine.”

This amazing quote was used perfectly and in the best way possible, and was one of the many highlights in the movie. Another amazing quote was “Do you know

why people like violence? It is because it feels good. Humans find violence deeply satisfying. But remove the satisfaction, and the act becomes... hollow.” This gave me a lot to think about when watching and enabled me to connect this quote to the events in the movie, making the film that much more amazing to watch.

At the very beginning of the movie, something happens that freezes you in your seat (I’m not going to say what it is), which adds emphasis on the outcomes of the movie, and the plot line gave a sense of satisfaction because you instantly connect the dots at the end of the movie and that ties the whole plot together.

In this case, I think less is more and this film highlights the man and one’s mind. It shows us the genius that was destroyed by a society that was seriously homophobic. It brings to life the man behind the facts. We laugh at his interactions with his fellow code breakers. We cheer as he proves his theories, and our hearts break as we watch him try to cope after his court case. All of this accumulated to make an amazing, cinematic symphony of a movie, similar to a machine thinking (a nod to the movie).

By Ethan Coleman — Writer



Undefined, Ancaster High's student rock band, reveals some of their favourite songs from local to big-name artists, and what they love so much about them.



REVIEWS

The Members of *Undefined* List Their Favourite Tunes

Above: The members of *Undefined* play at Supercrawl 2019. (Ashley Barry/The Royal Gazette)

Ryan Park-Lopez (drums)

Belong — The Pains of Being Pure at Heart

Belong is the opener to 'The Pains of Being Pure at Heart's' album of the same name, released in 2011. It is characterized in a genre of rock known as "shoegaze," which is kind of lo-fi's grandpa. I've been somewhat obsessed with the genre as of late, and love the characteristics within it (I can only describe it as a shimmery wall of sound, almost nostalgic). Great opener to a great album!

Here Is No Why — The Smashing Pumpkins

The Smashing Pumpkins has slowly crawled up to my second favourite band over the last few months (nothing will ever top Weezer!) This is one song that is attributed to that. Off of their '95 album "Mellon Collie and the Infinite Sadness," this song rocks with a simple but *hard*-hitting guitar solo after a tremendous buildup. And with a topic as relatable as the hardships of being a teenager, it's hard to resist.

Brendan Reynolds (guitar)

No Hurry — Terra Lightfoot

Hamilton's very own Terra Lightfoot cemented herself as a force to be reckoned with after the release of her 2015 album "Every Time My Mind Runs Wild." The album is full of a fantastic array of songs, but one which continues to be my favourite is "No Hurry" (which was chosen as a single). This song showcases all the elements that make Terra Lightfoot one of my favourite artists with her booming voice, killer guitar playing, and beautiful songwriting. This is one of those songs which never gets old and can turn any bad day into a good one.

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Say You Will — Marcus King

Marcus King is an anomaly to see the least. He is a 24 year old guitar slinger from South Carolina and fronts "The Marcus King Band." Since his discography consists of four stellar albums and an EP it was a challenge to pick just one song. However, his song "Say You Will" off of his 2020 album "El Dorado" is a great place to start. His music has elements of rock, blues, country, jazz and psychedelia which he manages to blend seamlessly. This blend creates a massive sound that's unmistakably his. From the great southern growl in his voice to his virtuosic guitar playing, this song is a perfect culmination of the musician Marcus King has become and makes me excited for his future musical endeavours.

Ethan Coleman (bass)

NDUGU — Lettuce

Lettuce is so unique -- I have never heard quite the same combination of jazz and funk that

works so well. Their genius blend is quite specific but fills the niche perfectly. The utter grooviness of their funky drums, strutting bassline, and layered trumpets and trombones fit the mood exactly--if the groove is what you seek. Using the same tried-and-true formula, NDUGU, the single for the upcoming album *Resonate* set to release this May, delivers a refreshing and no-nonsense five minutes of unglamourized funk. Above all, NDUGU captures the spirit of instrumental jam sessions and reminds me of how utterly fun impromptu jam sessions are. For those looking for fresh funk, I highly recommend.

White Keys — Chilly Gonzales, Solo Piano II

I discovered Chilly and his three Solo Piano albums while looking for relaxing and lyricless music by chance. Whether reading, cooking, or just doing nothing, sometimes I like some soothing music as ambience or to unwind. The lack of lyrics and any other instruments than piano, makes these albums soft and clean, yet Chilly beautifully weaves together melodies and interesting rhythms that make each song distinct and a form of storytelling. *White Keys* stuck out to me as especially unique; a choppy rhythm and more bottom end than other album tracks. The subdued 'call and answer'-esque piano gives a sense of two voices that don't depict an epic duel, rather a wonderful harmony.

DIY & CRAFTS

DIY Your Way Through COVID-19!

By Caitlin Adams-Nequia — Writer

Here are some exciting and creative crafts to try out while you're stuck inside during quarantine!



We can all agree that quarantine can sometimes get a little bit boring, but there's plenty of things you can do. For example, you could try new crafts like the ones listed below. You could also pick up a new hobby like gaming, baking, drawing or reading. If you need tips, check out YouTube, which always has a wide selection of videos. While you explore YouTube, you can search for other videos like "Try Not To Laugh" challenges, as well as see what your favourite YouTube blogger has been up to! You could also try reconnecting with old friends that moved away or just lost touch with. Redecorate your room and maybe consider moving your bed and dresser, put up pictures, posters, or make little figurines to put on your dresser.

That being said, here are some fun projects to do at home:

POLKA DOT PHONE CASE

(Sea Lemon/Youtube)



Materials:

- Plain phone case
- Polka dot stickers
- Acrylic paint
- Paint brush

Steps:

1. Place the stickers on the case, to block out where the dots will be.
2. Put some paint in a small bowl then put a drop or two of water and mix.
3. You can either splatter or brush over the stickers when the paint dries remove the stickers it will look something like the picture above.

STRING ART

(Brittney Smart/Homedit)



Materials:

- Coloured string
- Wood block/canvas
- Nails/plain pins
- Stencil/cut out

Steps:

1. Put the stencil/cutout on the canvas or wood block then using the nails/pins outline your chosen shape.
2. Tie the start of the string to any of the nails or pins then either follow the nails or crossing from one nail to the other around the string around 2 or 3 times. The finished product should be like the picture above.

BEAD PHONE CASES

(Karen Kavett/karenkavett.com)



Materials:

- Perler beads
- Peg board
- Any kind of glue
- Iron

Steps:

1. Use an old phone case to measure how big you need to make it.
2. Start placing the beads on the peg in the design you want.
3. When you're done place wax paper on top of your creation then run the iron over the beads that will melt them together.
4. Lastly, glue your creation on a phone case, and it should look like the picture above.



Since we are all stuck inside, this is the perfect opportunity to try new things and hobbies that we've been wanting to try whilst doing so in the safety of our own homes. Luckily, all the resources you might need for picking up a new skill can be found right at home.

A very popular hobby that a ton of people, including myself have picked up this during quarantine is cooking and baking! I myself, am definitely not the best baker, or chef, but I wanted to try my hand at it and sooth my boredom along the way. Because a lot of people are in the same boat as me (bored, limited to being inside, and wanting to bake/cook) there is a plentiful amount of fun and easy recipes out there for everyone to try and make at home! If you are like me and are looking for some delicious recipes to satisfy any quarantine cravings, here are a few of my favourites that I have found, tried, and loved!

WHIPPED COFFEE

(Alvin Zhou/Buzzfeed Tasty)

Materials:

- 2 tbsp of hot water
- 2 tbsp of white granulated sugar
- 2 tbsp of powdered instant coffee
- Milk (any kind)
- Ice

Steps:

1. In a small bowl combine hot water, sugar and powdered instant coffee.
2. Begin whisking it mug and stir thoroughly with a fork.
3. Add your wet ingredients (banana mixture) into the flour mixture within the mug.
4. Add in any additional ingredients (chocolate chips, nuts, sprinkles, etc.) if you wish to.
5. Place your microwave safe mug into the microwave and cook for 90 seconds and once removed wait 1 minute for it to cool.



RECIPES

Recipes to Try Out During Quarantine

By Brooke Vesentin — Writer

Love to cook? Want to develop a new hobby while you're stuck inside? Then why not give these quick and tasty recipes a try tomorrow?



2 INGREDIENT PRETZELS

(Kirbie/Kirbie's Cravings)



Materials:

- 1 ¾ cups self-rising flour (220 g), plus more for dusting
- 1 cup Greek yogurt (245 g)
- 1 egg, beaten
- Coarse salt, to taste

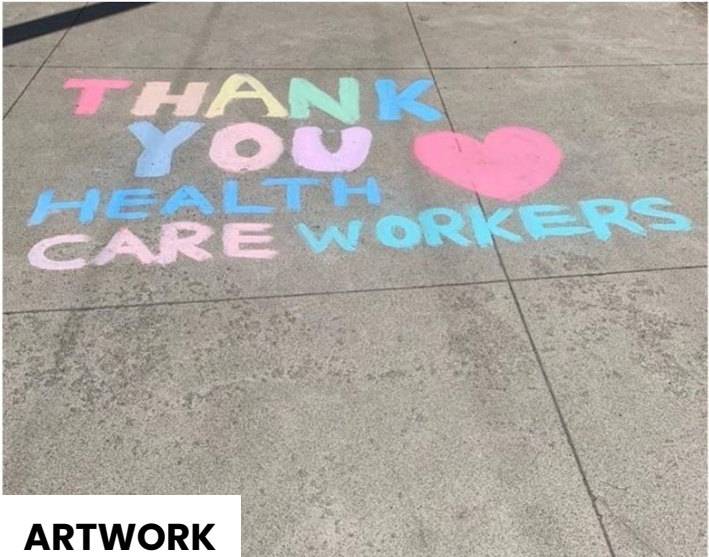
Steps:

1. Preheat the oven to 400°F (200°C)
2. In a large bowl, mix the self-rising flour and Greek yogurt until it comes together to form a ball.
3. Transfer the dough ball to a lightly floured work surface and use your hands to begin flattening and shaping the rough into a roughly 8-inch (20 cm) disk.
4. Using a knife, cut the dough into 8 equal pieces.
5. One at a time, roll each piece out into a roughly 14-inch (35 cm) log.
6. Transfer the logs to a parchment paper-lined baking sheet and shape into individual pretzels (or whichever shape you please).
7. Brush the pretzels with egg wash and sprinkle with salt.
8. Bake for 20 minutes, until the pretzels are a deep golden brown.



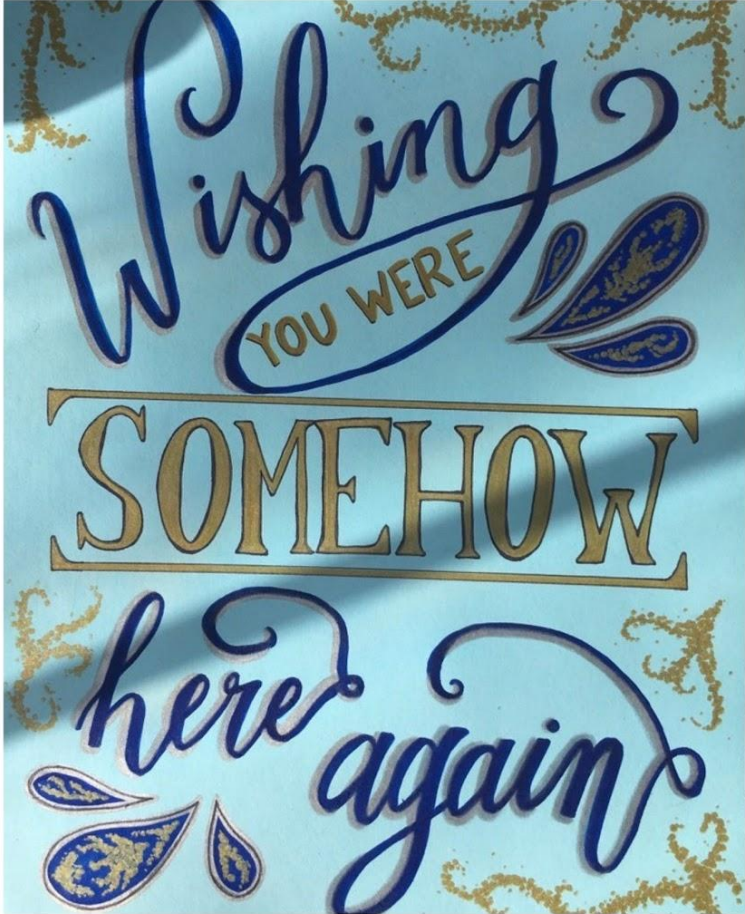
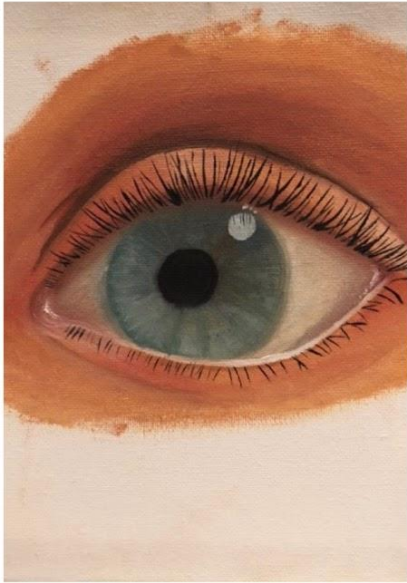
+ Play the Ancaster High bingo by scanning here!

Above, clockwise: Artwork made by Larissa Kouroukis, Brooke Vesentin, Larissa Kouroukis, Kailey Vu, Larissa Kouroukis, Kailey Vu and Leanne Tran.



ARTWORK

Student Artwork During Quarantine





HOROSCOPES



ARIES ♈

March 21 — April 19

Aries, quarantine has made you feel a bit lonely. Though it can be hard not to see people in person, try video chatting and texting your friends consistently to keep your sanity. Lucky numbers: 11, 51, 100

CANCER ♋

June 21 — July 22

This month, Cancer, an unexpected acquaintance will reach out. Start a conversation with them! It's important to be kind, and you might just make a friend. Lucky numbers: 2, 23, 31

LIBRA ♎

September 23 — October 22

You are beginning to feel stir-crazy from quarantine, Libra. Our advice this month is to get fresh air every day. Go on a short walk around your neighbourhood to clear your mind. Lucky numbers: 11, 23, 39

CAPRICORN ♑

December 22 — January 19

With your newfound free time, you are learning some great life skills, like cooking and baking! You may encounter some challenges but keep going and have fun. Lucky numbers: 25, 42, 68

TAURUS ♉

April 20 — May 20

It's Taurus season! Happy birthday to our Royal Tauruses! There is an unresolved issue in your life, and this month will be the perfect time for you to seek resolution. Lucky numbers: 5, 39, 76

LEO ♌

July 23 — August 22

Unfortunately, a relationship may be headed for trouble this month. This may be difficult to cope with, Leo, but remain calm and try reaching out. Lucky numbers: 3, 7, 10

SCORPIO ♏

October 23 — November 21

This month Scorpio, you will be inclined to focus on your artistic side. You will discover some great new tunes to jam out to! We suggest sharing your findings with your pals. Lucky numbers: 1, 16, 34

AQUARIUS ♒

January 20 — February 18

This month, Aquarius, you'll face a dilemma. Deciding to follow your instincts will be the choice that will work out best for you. Good luck! Lucky numbers: 8, 10, 22

GEMINI ♊

May 21 — June 20

You'll receive a compliment that would stick with you this month. Yay! Also, you will experience a shoe malfunction. Hopefully it's not a pair you like too much! Lucky numbers: 6, 57, 98

VIRGO ♍

August 23 — September 22

Your patience will be tested to the limit this month, Virgo. Try your best to focus on the positives. Perhaps try channelling these emotions into a new hobby! Lucky numbers: 21, 54, 75

SAGITTARIUS ♐

November 22 — December 21

Your caring personality will shine this month, Sagittarius! Intentionally or not, you will help your friends get through this quarantine. Keep up the great work. Lucky numbers: 7, 19, 43

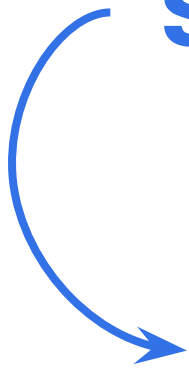
PISCES ♓

February 19 — March 20

This month, online shopping will be your doom. Though it's wonderful to treat yourself, make sure you're making wise decisions with your money. Lucky numbers: 18, 44, 60



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