

The Royal Gazette

Your School. Your Newspaper.



Be Kind.

Heads up, Royals!
There's a new
trend in town, and
it wants nothing
more than for you
to be a little nicer.

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The Misinterpretation of Miss Representation



The Race to Co-Presidency

Shane Jeffrey

&

Liam Outlaw

Writer Olivia Outlaw takes a closer look into the platform of two Ancaster co-president candidates.



If you had to describe Ancaster High in one word, what would it be? “Home,” was presidential candidate Liam Outlaw’s answer. After taking a lengthy pause to carefully consider his answer, Shane Jeffrey responded with “family”. The pair of grade 11 students are running together for Co-Presidents of AHS for the 2018/19 school year. The dynamic duo have already mapped out their plans for the “greatest school year ever”. Outlaw and Jeffrey sat down with me and summarized the top four defining characteristics of what it means to be a Royal, and how they will implement a “culture of excellence” and their vision of an ideal environment at Ancaster High.

Below are some of the commentary that Shane Jeffery and Liam Outlaw shared with me when illustrating what they will emphasize in their collective dream for a unified Ancaster High School.

1) Kindness

Shane opened up with the importance of kindness.

“When you think about it, kindness is a world-changing attitude, one that is so simple to exemplify. The value of true kindness is something we have all experi-

enced first hand. For me, one of the most memorable experiences was the people that befriended me when I moved to Canada in the fifth grade. It was about this time, six years ago (April 2012), I was moving to Ancaster from Australia. On my first day I was greeted and welcomed by numerous kids, who to this day I still call friends. You always hear the cliché stories about the kid who moves across the world, doesn’t have a single friend, but the locals make him or her feel right at home. However, this typical feel good story is something I truly experienced as a child, that changed my life for the better. Liam is one of those true friends, a kindred spirit. Someone to share the good, bad and ugly with. Together, we will make a great team and lead the Royals into an amazing and adventurous 2019 bringing this kindness to each and every student we cross paths with.”

2) Inclusivity

Liam shared a personal anecdote.

“My father is a high school teacher and I am regularly reminded of his words to me as I

was leaving for my first day of high school: ‘Be kind to everyone’. It all comes down to inclusivity. I intentionally consider others that might be excluded or marginalized, perhaps because of a disability or because they are of a racial or sexual minority. My dad spoke highly of a former student of his who always stood out because of his inclusive attitude. Although he was an intelligent and athletic student, more impressive was his natural tendency to talk to all that he came in contact with. My father’s student would go on to become McMaster Student Union President, and dad keeps a copy of McMaster’s “The Silhouette”, with this former student on the cover, as a reminder of how to treat others. Shane and I hope to continue to foster a school environment built on inclusivity. Through great programs like Positive Space and AHS Pumps students should feel valued, encouraged and included. Shane and I are proud to have started AHS Pumps, and seeing students of all ages and abilities come to train, socialize and connect is truly amazing. We have this camaraderie in our friend group and are glad to see it spreading

"A school is only as good as its vision."

throughout this club."

3) Care

Jeffrey explains that care is a defining characteristic of being both a Canadian and a Royal.

"Taking care of each other, those most vulnerable, the sick, that is important to both Liam and I. When you look at things on a small scale, individual relationships and caring for one another is something that builds strength between people. It is the basis of all our interpersonal skills that connect us. Taking this idea and looking at it from a big picture standpoint, these strong individual relationships build into a community where each and every one of us can rely on one another and feel comfortable being the people that we are, knowing those around us truly have our backs. This is a mindset Liam and I value and something we have been trying to establish long before we decided to run for the sch-

hool presidency. Being two individuals who simply care about our school and the community of Ancaster as a whole is something special and something we want students at our school to buy into, in terms of what we are looking to bring to Ancaster High."

4) Passion

"I always want to leave society or where I am better off than when I got there. High school is a place where we work, learn, and socialize. Many things in life are only as great as you allow them to be, and the high school experience is no different. Everyday I wake up and realize how blessed I am to be healthy, to have a wonderful family and friends, to live in Ancaster and to be a Royal. I am a third generation Royal (my paternal grandmother was a grade 9 student the year the school opened in 1959). My father and mother both attended Ancaster High School in the late 80s and early 90s, fell in love there, and

now are supporting both my sister and I as students of this great place. Ancaster High, to me, is an amazing place of learning, where creativity is encouraged and risk taking is rewarded. A school is only as good as its vision. At Ancaster our motto, 'Educating students to become lifelong learners and contributing citizens in a challenging, changing, multicultural world' is a clear direction of what Shane and I hope to continue to develop amongst our student body. I am proud to be a Royal and hope to leave this school an even better place than it was when I came."

I would like to thank both Liam Outlaw and Shane Jeffrey for sharing insight on plans they have for Ancaster High School. Student council elections are fast approaching. Whether you are interested in politics or just want to make sure that your voice is heard, be sure to get out and vote!

HWDSB Celebrates Diversity with Rainbow Prom by Ashley Barry



Illustration by Anne Fu

On Thursday, April 26th, HWDSB held its annual Rainbow Prom. The event took place at Carmen's Banquet center from 5:30 to 10pm. Filled with music, dancing, and lots of colour, the night was one to remember! "I had a fantastic time, everyone was super energetic, super attractive, and not afraid to be themselves," said Hunter Patterson, one of twenty students from Ancaster High who attended. "Everyone was dancing, the food

was awesome. It was overall a great night." Another Ancaster student who partied at Rainbow Prom, Brooke Miller, commented: "Rainbow Prom was amazing! The people there were so kind and awesome. You got to see a wide range of diversity throughout our school board and city." We then asked both students what they thought of the music and festivities that were held at the Prom, and received fantastic replies! "The DJ was a supply teacher at our school, and the music was good," replied Hunter. Brooke elaborated, "The music was awesome-

better than a normal dance may I add. Everyone was able to sing along and dance and people who didn't even know each other were dancing together and jamming out. Also, the photo booth was great! All the Ancaster students got into one picture with 20 kids, the highest amount they've ever had in the photo booth!" Overall, Rainbow Prom was a success, leaving Brooke to add, "I highly recommend going to Rainbow Prom next year. The love and energy throughout the night is something that will always be remembered."

The Misinterpretation of Miss Representation

By Addison Massey and Lily McCowan

On April 10th, the grade 9s of Ancaster High had to be put somewhere to keep them occupied while the grade 10s wrote their OSSLT literacy test. The decision was made to play a

documentary called 'Miss Representation' about women's portrayal in the media in relation to the day of pink and the protests that have been happening in favour of gender equality. The purpose of the screening was to make people more aware of the challenges women face regarding the pressure the media puts on them to appear in a certain way. Unfortunately, the message was not well-received, and the intended lesson did not seem to impact many people. Students began to catcall and yell harassing comments when photos of women being sexualized in the media were shown. After the showing, nobody stopped to say anything about what had happened, but many people had things to say about the day's events, especially those who witnessed the shocking behaviour.

Person A

How did the movie make you feel?

"It made me feel angry at our society, but strangely empowered."

What does feminism mean to you?

"To me feminism means the equality of all genders in all settings."

When did you hear about the term feminism?

"I don't remember."

In what way do you think the situation could have been handled better?

"To have a teacher talk about the film, what it's supposed to mean, why we are watching it. Essentially to have preparation, not just thrown in and out."

Person B

How did the movie make you feel?

"The movie itself was empowering. It felt as if people are finally noticing what's happening in Hollywood/the media, and taking a stand for women's rights."

What does feminism mean to you?

"Feminism means equal rights for everyone. All genders and sexes. Everyone deserves a chance just as much as someone else."

When did you hear about the term feminism?

"Through the media, and the Time's Up movement."

What questions did the film raise for you?

"Why did this whole thing start? Where did people decide that women needed to be up to these standards?"

What parts of the film surprised you?

"The part that most surprised me was how photoshopped the women in the photos they showed were. [One model's] waist was the size of her thigh."



In what way do you think the situation could have been handled better?

"Having the movie shown in smaller groups could have contained the 'excitement'. It could have been shown in home rooms or health classes rather than an auditorium."

Person C

How did the movie make you feel?

"At times the video made me feel uncomfortable and agitated, as it almost did more harm than good to the way women are portrayed in society. The video brought more attention to the way that the media portrays women instead of actually presenting ideas on how to fix our perception of women. In a sense the video simply brought more attention to how women are portrayed and in a way reminded them of the place society put them."

What does feminism mean to you?

"Feminism to me is the act of women fighting for equality and working together to be perceived as equal to the way men are represented and treated by society."

What parts of the film surprised you?

"A lot of the visuals about the way women were portrayed were not very school appropriate."

Person D

How did the movie make you feel?

"The movie made me feel that there should be better ways to solve gender inequality, but that more people need to take this issue more seriously as it is affecting a lot of people."

What does feminism mean to you?

"To me, feminism means a movement to make all genders have equal rights, but more specifically to make males and females have equal rights."

When did you hear about the term feminism?

"I've heard it from my friends talking about it as well as in many other places."

What parts of the film surprised you?

"The film seemed to be targeted towards a more mature audience than high schoolers, and some parts of it seemed to be contradictory."

The definition of feminism is the advocacy of women's rights on the basis of the equality of the sexes, often confused with the belief that women are superior to men. People misdefine the word feminism everyday; they believe that women want to hurt men instead of just wanting equal rights. The word feminism has a bad reputation due to people thinking it means something completely different. Misandry is the actual definition of 'man hating', and anyone who knows the true values of feminism is aware that they are two entirely different things. Feminism is just advocating for fairness and equality.

A big issue people have with feminism is that they believe that in this society, women already have equal rights, and that more change is not necessary. This is incorrect, as issues such as the gender-pay gap exist in every country in the world. In Canada, a country known for its progressiveness, women who work full time only earn seventy four cents for every dollar earned by men. Also, gender-based violence is especially relevant, as women all across the world suffer from it, even

in Canada. Every six days, a Canadian woman is killed by her intimate partner, and Indigenous women are killed at six times the rate of non-Indigenous women.

Perhaps one of the most significant arguments is that feminism mainly focuses on women's issues, which brushes aside the fact that men suffer from many serious issues too. While everyone is susceptible to threats, feminism is a cause that is mostly

aimed at raising awareness for the struggles women still face today. It may seem like the campaign is exclusive, but as are many other organizations. For example, a movement based on advocating for a specific type of cancer when there are many different forms of the disease is not considered to be a negative platform, so why is raising awareness for a selective cause like feminism portrayed as being one?

A History of Women's Rights in Canada

1875

First woman to receive a university degree in Canada

1929

Women are declared "persons" under the law and qualify to be appointed to the Senate

1957

First woman appointed to federal cabinet

1960

All women are now allowed to vote

1986

Federal Employment Equity Act passed

1993

First female prime minister

Breaking Old Rules With New Marriages: The Royal Wedding

By Erika Ehrenberg — Save the Date: Royal Wedding, May 19th



Ever since Kensington Palace announced the engagement of American actress Meghan Markle and British Royal Prince Harry, on November 27th, 2017, all eyes have been on the young couple and their highly anticipated wedding. The date is set, the invitations are sent, the wedding party is chosen, the cake is picked, the flowers are ordered, and all but a few details remain to be announced. On May 19th at 12pm, Rachel Meghan Markle and Prince Henry Charles Albert David will be wed at St. George's Chapel at Windsor Castle, with the ceremony conducted by the Dean of Windsor and officiated by the Archbishop of Canterbury.

It will be an intimate ceremony, with only 600 guests. While 2,640 members of the public have been invited to watch their arrival, and millions more will watch on television, only close family and friends will be attending the ceremony. Actress Priyanka Chopra, a longtime friend of Meghan, will be

attending, as well as the Spice Girls and the Beckhams. Other celebrity guests rumored to be attending are Serena Williams and Elton John. Meghan's separated parents will both be attending, and her father will walk her down the aisle, however many of her half-siblings and cousins have been kept off the guest list.

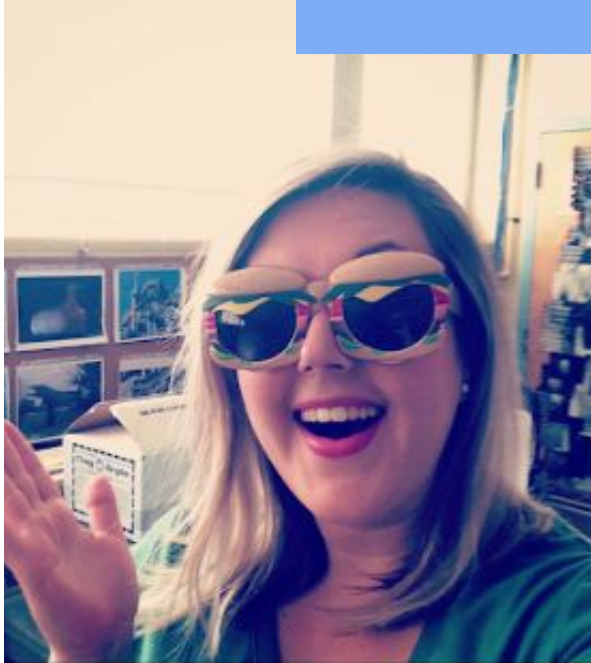
This modern Royal wedding is breaking many Royal rules and traditions, but it is also demonstrating the evolution of the monarchy. For one, it is the first time that a Royal will be marrying a divorced, biracial American. This is considered controversial, and therefore an example of the modernization of the royal family. However, that is not the only way in which this royal wedding is breaking tradition. Royal weddings have historically taken place on a weekday; Harry and Meghan's is set for Saturday. In addition to that, the wedding cake is always to be a fruitcake, however the young royal couple have chosen a bright lemon

elderflower cake. Furthermore, the couple have chosen to forgo traditional wedding presents in exchange for donations to CHIVA, Crisis, the Myna Mahila Foundation, Scotty's little soldiers, StreetGames, Surfers Against Sewage, and The Wilderness Foundation UK. Finally, Meghan decided not to choose a Maid of Honour, and while there will be a traditional wedding party, it will be made up entirely of the Royal children.

Overall, the wedding will be an event that will have millions of people around the world, captivated. Given the time zone difference, anyone wishing to watch the wedding from home in Canada must set their alarms for a bright and early morning. The wedding will begin at 7am EST, but most Canadian broadcasters will begin rolling around 4:30 am to catch the notable guests arriving. If early mornings aren't your cup of tea, the hour long carriage procession through Windsor begins at 8 am, and their first reception will begin at 9 am.

Teacher Feature

Ms. Hatcher



Favourite food: pasta

Alma mater: McMaster University

Favourite subjects in school: history, English

Favourite art type: graphic art, photography, getting into video

Introvert or extrovert? “Extroverted introvert, if that makes sense.”

Favourite TV show: Friends

By Emily Outerbridge and Ashley Barry

Q: What were you like in high school?

A: I was super opinionated, and all my friends and I were part of like, the History Club and the Students for Political Action community. We liked to talk about super “nerdy” things and get into arguments about who was right. We loved to debate and argue. I have mellowed a lot since then, I will say that. The 17 year old me would not recognize the 30 year old me at all.

Q: How many schools have you taught at? Which is your favourite?

A: Am I supposed to say Ancaster? (laughs) I’ve been to 8 high schools; I’ve been to Delta, MacNab, Westmount, Orchard Park, Glendale, Churchill, Sir John A. Macdonald, and now Ancaster. I don’t know; they have all been really good. I have learned something from every school I’ve been at and I’ve had positive experiences at all of them. Delta is where I started my early career and it’s where I spent the most time. I’ve been moving schools a lot in the past few years, and I think Delta is probably where I have more roots.

Q: Do you have any hobbies or interests?

A: (long pause) No. Actually, wait - do board games count? And euchre! I used to play in tournaments. I really like graphic design, and my dog - I love my dog. Netflix, although I feel like that’s supposed to be more of like, a bad habit more than anything.

Q: Do teachers have group chats on iMessage?

A: Yes, I am a part of many group messages with other teachers. They’re the best; hilariously awesome. Teachers are weird, but some of the

funniest people you’ll ever meet.

Q: What is your favourite thing about being a teacher?

A: I like that it’s never the same. Even if you’re teaching the same course, the students are always different and it’s always fun for me to see what unique personalities are coming into our classroom community. It’s more authentic and funny and, you know, everybody brings something different every day or every semester, and it’s nice to get to work with different people.

Q: Memorable students?

A: I had a student a few years ago who really struggled in a lot of her other classes and, again I had her for visual arts, and she was just so wonderfully creative and free spirited. She would come in late to class sometimes and she would look to me and she would say, “Miss, I’m sorry I’m late, but today just felt like a really good day to roll in the leaves,” and sure enough I would be picking twigs and grass out of her hair for the period. But even though she was always told in all of her other classes “you’re not doing this” and “you can’t do this” or “you’re behind on this”, she had this sense of joy, and she still showed up every day with the same enthusiastic and positive attitude. I think her resilience to hearing that kind of external narrative just really is something I will always remember.

Q: Why did you become a teacher?

A: I don’t know. I ask myself that every day. I think I had just such wonderful teachers in my whole public school education. I remember going, (I was a music student and we went to Toronto), to take part in a

competition, and we were in this school in East Toronto and we walked in, and it was unlike any school I had ever seen in my life. Bars on the office window, all of the lockers had their doors removed; we walked past a classroom and there was this desk that was like, chained to the floor, and that was it. There weren’t any posters or colour and it just looked so lifeless, and I remember being really grateful for all of the teachers I’ve had and realizing just how much of a difference and impact that that can make in someone’s life and their educational journey. I have a love of learning and I think it’s because my teachers always put great thought and care into, not just what we were learning, but in our classroom environment, and I realized that there is a lot of honour in that, and I wanted to pay that forward.

Q: What is your biggest pet peeve as a teacher?

A: I hate when students answer their phone in class. I find that incredibly rude.

Q: Favourite TV show?

A: I watch way too much TV; I watch more than I probably should. I think one show that I always go back to is Friends; I think I can quote every line of every episode of that show.

Q: Inside or outside?

A: That depends on the weather. I love spring; I would be outside all the time.

Q: Favourite music?

A: I love the classics. I was raised with Van Morrison, Jim Croce, The Rodeo; I guess more folk. Having said that, I do have like, Coolio and

We promise you your teachers are cooler than you think. Really.

Eminem on my phone, so it ranges. I'm not bothered by that, but I have to remember when other people are in my car that they might not want to go from like, Beethoven to Lana Del Rey to The Beatles to, you know, Coolio. They might not want Gangster's Paradise playing right after classical music, and so I have to create custom playlists for when I have guests in the car, 'cause otherwise they judge me.

Q: Are you still friends with your high school or university friends?

A: Teachers' college friends more than high school. I was friends with my high school friends when we were in University, but after that a lot of my friends moved away; I have friends who've moved all around the world, and that's harder.

If you're taking any of these classes, you might have Mrs. Hatcher for...

- **AV120I** grade 10 art
- **CHC2D1** grade 10 history
- **CHC2P1** grade 10 history

"I have a love of learning and I think it's because my teachers always put great thought and care into, not just what we were learning, but in our classroom environment."

Unjustifying the Syrian Airstrikes

By Anne Fu

At approximately 4 AM on Saturday, April 14th, citizens of the cities of Homs and Damascus, Syria awoke to a sound they'd prayed they would never have to hear; the boom of a missile strike. The sounds would last for much of the morning, as 105 missiles rained down upon a trio of Syrian chemical warfare facilities, launched by 3 major armies across 2 continents.

Minutes earlier, US president Donald Trump had declared in a televised address to the country that he had given out an order for "precision airstrikes" on chemical weapons facilities in Syria, carried out by a coalition formed by the United States, France and the UK. The attacks were meant to undermine Bashar al-Assad, Syria's president, and his chemical warfare program, but also to seek revenge against a recent chemical warfare attack performed by pro-government militants in Syria against Syrian civilians. For many years under the Obama administration, one of the key focuses of the United States has been finding a way to force the Syrian President, Bashar al-Assad, to step down, and firing these missiles in order to undercut his chemical weapons program seemed like a perfect way to convince him to.

Russia called an emergency UN meeting shortly after, claiming the attacks were a sign of aggression and a violation of the UN Charter



AP photo/Hassan Ammar

and International Law because they hadn't been authorized by the UN Security Council beforehand. Others jumped to Russia's defense, from former top legal advisors under the Bush and Obama Administrations to law professors at universities across the country, all confirming this: the strikes did violate such laws, laws which govern international aggression and the use of force in conflict and are referred to as Article 2(4) in the UN Charter. Article 2(4) of the UN Charter states that "all Members [of the United Nations] shall refrain in their international relations from the threat or use of force against the territorial integrity or political independence of any state, or in any other manner inconsistent with the Purposes of the United Nations". To put that crudely and simply: if it's not your

country, don't attack it if the rest of the UN doesn't agree and you don't have a good reason.

But with such a major infringement of such a major law, how come nothing's happened?

In certain cases, the law must be pliant and open to interpretation in its definition in order to act for the better. However, this open endedness is also a double-edged sword. While in the case of extreme humanitarian need, it is wise to circumvent Article 2(4), cases like "Operation Desert Fox" carried out in 1998 by the US and the UK, which involved sending airstrikes and cruise missiles into Iran without consent from the Security Council and are clearly acts of unjustified violence (and are eerily similar in situation to the Syrian airstrikes), are obviously not.

This begs the question: were the airstrikes on Syria justified in this case, and does the fact that it violated international law matter enough this time?

To figure this out, we firstly must determine what the real purpose of these strikes were. Although their formally announced purpose were that they were carried out in order to sabotage President Assad’s chemical warfare program, very few believe that’s the whole story. The missiles – all 105 of them – were aimed at just 3 chemical weapons facilities in all of Syria. Approximately 68% of these missiles were intercepted by the Syrian military and never hit the ground. In all aspects, it’s pretty clear that the missiles didn’t do much in the way of destroying Syria’s chemical weapons program, and it’s fairly safe to say that destroying just 3 facilities is not nearly enough to seriously affect the Syrian chemical weapons program in any way. If we look at it from a purely mission-based viewpoint, then these missiles were mostly unsuccessful. They did little to change Syria’s actions, and probably will continue to remain mostly ineffective.

So, what was the point of all those missiles then?

Well, although the 105 missiles fired certainly did their job of destroying a couple of Syrian chemical weapons facilities and settling a relatively minor grudge for a previous attack, they most likely had a greater agenda: intimidation. These missiles were a symbolic attack, fired in order to prove Syria that the US and its allies weren’t scared to retaliate, and that they had the firepower to do so if Syria tried something again. These missiles were meant to scare Syria into obedience, and that’s not much of a good reason to be firing rockets into the Middle East.

With little other purpose other than to settle a grudge or to prove to Syria the US’s military capabilities, it is clear that the airstrike was most definitely illegal – it had no humanitarian use. And although some may try to justify the strike as having been done in response to the suspicion of Syria using illegal chemical weapons against civilians, this is still not any good – nowhere in any chemical weapons charter does it allow a nation to use violent force, such as airstrikes, to punish a country for breaking laws on chemical weapon ownership and use. The intensity and strength of which the strike was carried out suggests that little thought was put into it, and its usage was a poor choice. There were any number of other interventions the US, UK and France could have chosen as an alternative instead of an unauthorized airstrike, and the number of lives that could have been saved by the strike compared to the number that would have been harmed instead is questionable.

And to make matters even worse, the missiles didn’t do much to break Syria’s resolve either. If anything, the great success the government had in heading off the vast majority of those missiles has only served to bolster the pride pro-government and pro-Assad Syrians and their faith in al-Assad, which is just about the exact opposite of what the US intended to do. The Syrian presidential twitter account would later tweet after the strike, “good souls will not be humiliated” as well, further boosting the idea that Syria had not been scared into doing anything – yet.

The issue of the Syrian airstrikes and the increasing frequency and commonness of these infractions of Article 2(4) represent a growing problem in the UN: the erosion of the Charter’s integrity. The increasingly common disobedience of Article 2(4)

and other major international laws like it by the same couple of constant offenders makes this much more difficult, and it’s a part of the reason why not much action has been taken against the US, UK or France over these illegal airstrikes so far. The US and the UK have both been involved in a number of cases in which they have purposefully chosen to disregard the rules laid out by the Charter and Article 2(4) and that’s what makes the illegality of the Syrian airstrikes so important on a global scale; not only were they immoral, done without approval from the Security Council, and generally a decision looked down upon, but allowing them to simply slide without any action is not doing any good for anyone. What we’re looking for here is not a stiff, uncompromising iron fist to rule over Article 2(4), but rather, one that focuses on the issues and challenges that it faces: it is constantly being ignored and overstepped for increasingly trivial and unneeded reasons, and as conscious, responsible citizens, we must work to stop it.

“These missiles were meant to scare Syria into obedience, and that’s not much of a good reason to be firing rockets into the Middle East.”

For The Strike:





Number Crunching

3

facilities hit


105

missiles sent

71

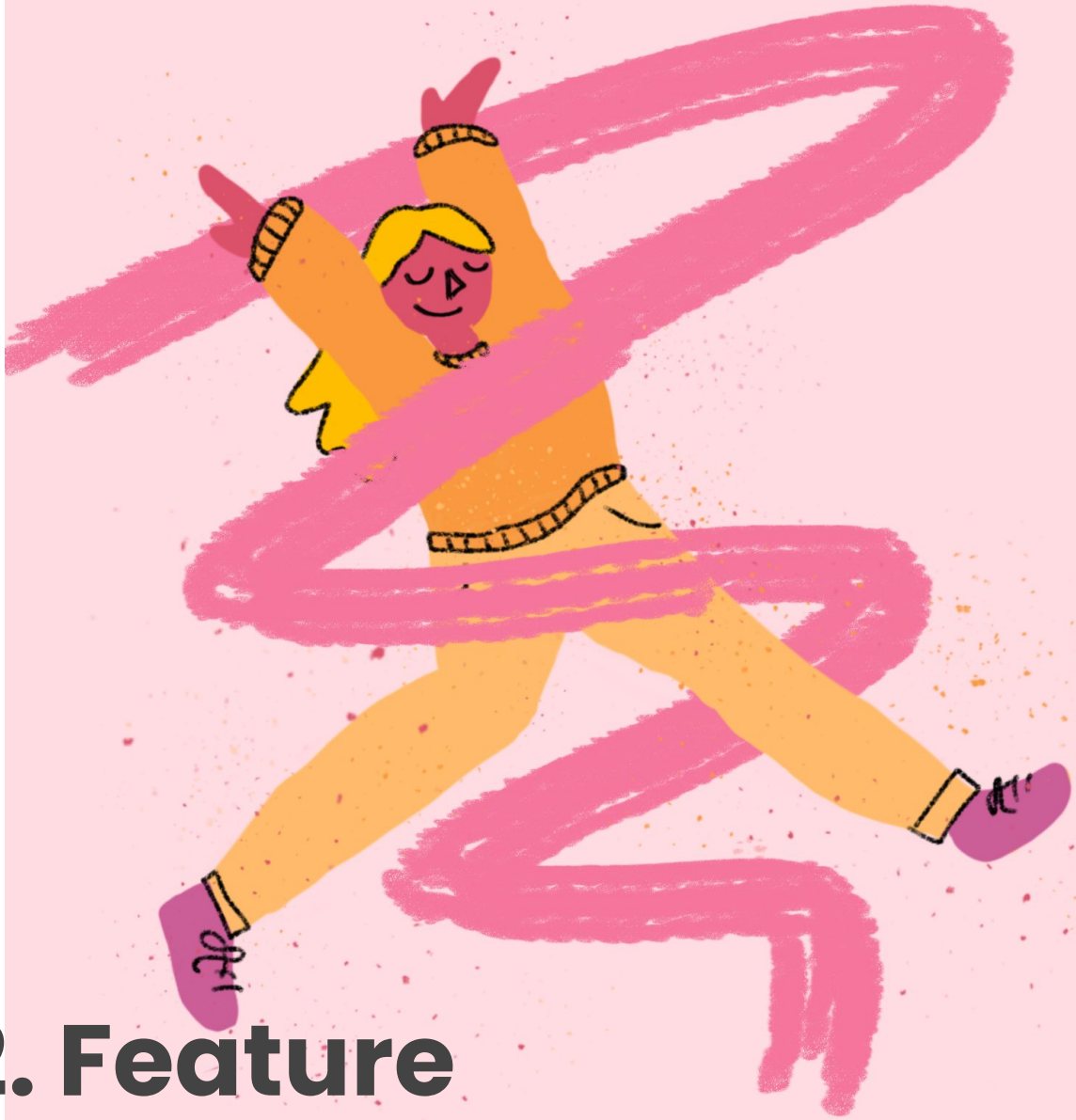
missiles intercepted

Against The Strike:



Be Kind.

And no, not just because we told you so.



02. Feature

Listen. We know you’ve heard it all before: be a good person, don’t bully, help thy neighbour, etcetera, etcetera.



You’ve had it seared into your brain through 5th grade presentations and dull assemblies droning about how important it is to be nice. We know it can be hard to truly understand what being kind is all about, and we know you’re tired of tacky articles beating you over the head about why you should be a nicer person, or how terrible you already are. We know you probably already are a pretty decent guy or gal, and you probably hold open doors for nice old ladies or volunteer at food banks sometimes. We know you’ve definitely made it on Santa’s nice list, (and you should totally pat yourself on the back for that!) but hear us out, because we’re going to try to convince to you how important it is to be kind everyday, why it’s so important to do so, and

that all those mind-numbing grade school lessons on how to be generous really *did* mean something. And we promise you it’s not going to be another long, monotonous, speech about charities and why you should give money to homeless people.

All right, now that that’s out of the way, let’s begin.

The kindness movement isn’t just another internet trend or tiny initiative; it’s something tangible and powerful you can put to good use no matter where you are. Kindness surpasses boundaries of race, gender, sexuality, religion, age and ability. It comes in all forms, from million-dollar donations by philanthropic celebrities to just helping someone with their groceries. It’s important, it’s comp-

elling, and it’s something all of us could use a little more.

There’s something funny about kindness, no matter how often (or not) it is shown. For something we’re so incredibly lacking in, it’s also something all of us really, really need. We’ve made it pretty far as a society as a whole, and we could argue a good chunk of that can be attributed to kindness - altruism, mercy, going out of your way to help someone - whatever you want to call it. Lions raise their cubs, birds teach their chicks how to fly, and we, as human beings, help each other out, in order to create incredible things. We build, we invent, we create, we write, we resolve, we fight, we discover, we love and we die, and we do it because of kindness, because we believe that a better world is worth doing all these things for.

We may not be perfect people, but there's something about us that makes us fit for human goodness. There's no gene for it, but it's something every human – from the richest banker on Wall Street to the smallest tribes living undiscovered in the Amazon – can feel. We all have it, we all need it, and we all could work a little more on it.

Kindness shouldn't just be limited to something schools hand out stickers for, or something doctorate candidates write psychology dissertations about. It is something so powerfully human and raw that it makes it hard to love it with the way it's analyzed and forced into people the way it is nowadays. It's something within your reach, and perhaps one of the traits that we as a species are the most proud of possessing. It makes us us, that ability to stand up for each other and work together to do great things. It's something we can guarantee you've felt too.

**So, why is this important?
And why should you do it?**

Well, before we start whipping out research papers or statistics about how good it feels to help someone, we'll start with this: you shouldn't just be kind because we told you so in this article. You should be kind because it's a good thing to do, and we're fairly certain you're probably a good person that likes to do good things as well. What makes kindness *kindness* is that often times, you don't expect to get something back, but you do. Remember that old fable about the lion who spared a mouse's life, and how the mouse later came back to save the lion from a hunter? Yeah, that one. The point is, kindness pays back, and the old idea of good karma is real. Plus, you get Good Person Points for doing so, and we're pretty sure you can cash in all those Good Person Points somewhere, someday.

Okay. Let's look at this another way. You might have heard of big, important honours like the Nobel Peace Prize or the Victoria Cross. Those awards are worth so much because the people who receive them have saved up a whole whack of these Good Person Points (the same ones you can collect right now! For free! Whenever and wherever you want!) and done something truly great for humanity. They've saved someone in battle, or resolved a conflict with peace and dignity, or fought for something worth fighting for. They're testaments to our human ability to be nice people, and the idea that humans are fundamentally nice people as well. You may not have a hero's medal yet, but the prize, the shiny silver pin or the plaque or the certificate, isn't the point. Humans are generally more inclined to do good deeds, and we're biologically built for it. That rush you get when you do something good?

That's from a neurotransmitter called dopamine, and that's what makes you feel better. That's right, there's a whole chemical in your brain just for making you feel good when you do good things. We reward ourselves, biologically and morally, when we do the right thing, whether that's just as simple as helping someone carry a heavy load across a street or saving hundreds of lives in wartime.

When you do something good, you make others feel good, and that's what makes kindness so important. The really, really, morbid and distressing truth is that your life on Earth has a time limit, and once it's over, it's over. Although there's a lot of bad in the world, and it often feels like you can't do much to fix that, we should be inclined to think humans are primarily looking to leave a generally good impact on the world before they die. Just about every "great" person you've been taught about, from Einstein to Mother Teresa to Martin Luther King

Jr., was looking to do just that. You might even argue that kindness is the noble way to do things: it shows that



Did You Know?

- People who are kind have **23% less cortisol** than people who are not, and age slower.
- Kindness releases oxytocin, which can **reduce blood pressure.**

you can rise past a petty argument or grudge to show compassion to your

opponents – but keep in mind that being kind to your enemies doesn't mean being a pushover. Kindness also means being kind to yourself, and drawing the line whenever you need to.

It's important to be kind because it's what we *need*, and what we need isn't always what's easy to do. As humans, we've already done a lot of really awesome stuff. We've built skyscrapers, landed on the Moon, and fought tyranny and hatred in order to become a pretty great civilization. With all the chaos and terror and dismal-news-stories-of-the-week we see around us all the time, it can be hard to imagine that we as a species are destined to go anywhere further, or do anything except yell at each other and feel bad about ourselves. Going out of your way to do something a little extra each day can change that though. These are acts that we can genuinely promise is worth doing, and they don't require monstrous sums of money or time. You can do it too, just by complimenting a stranger or helping out a friend with their math homework. Who knows, maybe one day, those Good Person Points will really be paid back.

And of course, per the usual, we'll finish this off with another (cheesy, if true) quote:

“Kindness is the language which the deaf can hear and the blind can see.”

— Mark Twain

**Article and Illustrations
by Anne Fu**

Spreading

Positivity

at Ancaster High

As we all know, mental health is a priority and maintaining your well being can be quite difficult with the added stress of being a teenager. Whether you're stressed out about classes, or going through a rough time in your life; the overall conveying message is to be positive. In support of creating a positive environment at Ancaster High, the Royal Gazette asked students to tell us their own personal sayings that they use for motivation, and positive advice that they would give to students who are experiencing a difficult time.

Save the Date:

Mental Health Week,
May 7th to 13th

"[Ignore] the haters and just do you."

- Zach Mason, grade 9

"Try setting goals for yourself, and work your way up from there."

-Raghav Tandon, grade 10

"Everything happens for a reason, and believe something happy will come to you."

- Serena Naves, grade 9

"Don't keep making a mistake, just because you've been making it for so long."

- Nathan Sommer, grade 10

"Don't let others control the path you take.... Life is so much more fun that way. Once you stop caring what other people think you will always be happy. If you're just like everyone else then there is nothing special about you."

- Nicole Robertson, grade 12

"Life has ups and downs. It happens to people. You need to look at those up times in your life and feed off of the positive things."

- Nick Hill, grade 12

"You gotta get to the ball before the ball gets to you."

- Phillip Hyunh, grade 9

"Life is not easy, but you have to trust that going through the pain will lead you to something greater."

- Tyriek McGill- Cullen, grade 12

"Love who you are."

- Hunter Patterson, grade 10



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Makeup Your Mind



Save the Date: Mother's Day, May 13th, 2018



W

e all want to give our Moms the world on Mother's Day, but unfortunately and more realistically, we can't afford anything close to it. This Mother's Day, because of the Royal Gazette, you can make your May the 13th be the best Mother's Day yet.

Bake Something Awesome

For all the creative bakers out there, consider baking your mom a personalized Mother's Day cake. An easy yet complex looking cake is the perfect gift. To make this cake, you can simply decorate a cardboard square and place cupcakes on them in the shape of a flower, like the example shown. After that you can add stems and a bow using construction paper for final touches. To personalize this Mother's Day gift, you can change many aspects about this cake. For example, you can use your mother's favourite colors as the icing of the cupcakes.



Plan an Outdoor Picnic

If your mother loves spending time outdoors, then you should organize to take your mom on an outdoor picnic. At the picnic you can have prepared a few of your mom's favourite foods. If your mom has a special place that she loves to be outside in, then plan your picnic there. With this Mother's Day gift idea, you will be giving your mom an affordable and memorable experience that she will always remember.



Pick Some Flowers

The third easy idea for you is to pick your mom some flowers. If she has a favourite flower, then choosing those would show that you pay attention to her preferences. But even if she does not have a specific bouquet taste, giving her any flowers should brighten up her day just as much.



Any gift will make your mother happy on her special day, but if for some reason you are unable to get or make her a gift, just spending time with her will make her happy.

Did You Know?

Mother's Day was first observed in 1908, but before that, even the Greeks and Romans held festivals to honor mother goddesses.

Reviews

The Gazette staff take on some of the biggest pop culture hits – and delivers our view on them.



★★★★★ 5/5 stars

A Quiet Place

Reviewed by Amilia Oliver



A Quiet Place, in which the characters communicate solely through sign language, features deaf actor Millicent Simmonds as Regan Abbot, the family's congenitally deaf daughter.

Director and writer: John Krasinski
Starring: John Krasinski, Emily Blunt, Millicent Simmonds
Producer: Michael Bay
Total gross: \$244 million

What do the critics say?

“As a celebration of the physical expressiveness and visual storytelling of silent cinema, A Quiet Place speaks volumes without a word being uttered.” – **The Washington Post**

A Quiet Place, written and directed by John Krasinski (a.k.a. Jim from The Office), is a thriller/horror film with an unsettling premise. A post-apocalyptic Earth is now being roamed by carnivorous creatures that can't see, but detect prey by sound. A family of five survivors are forced to live their lives in almost complete silence, while communicating in sign language. Even the smallest noise could mean death. A Quiet Place

gets more intense and heart-racing as the film goes on, and the stakes raised higher and higher with each passing minute. For a movie with so little dialogue, the characters are also fleshed out very well. For fans looking for an intense, gripping story, look no further than A Quiet Place. Be sure to check it out in theaters!

★★★★★ 5/5 stars

Hôtel De Ville



Reviewed by Amilia Oliver



Hôtel de Ville by Scott Helman is his first full-length album and it's perfect for long drives or casual listening. If you're a fan of Ed Sheeran or James Bay, you won't be disappointed. Each of the twelve songs are distinctive with their own stories. Some of the quieter, sweeter songs include Ripple Effect, 21 Days and House Key. There is also PDA and Kinda Complicated if you want something a little more upbeat. With nice instrumentation, lyrics and soothing vocals by Scott Helman, this is definitely an album to check out!

Artist: Scott Helman
Genre: Alternative/Indie
Label: Warner Music Canada



★★★★☆ 4/5 stars

Dynasty

Developed by: Sallie Patrick, Josh Schwartz, Stephanie Savage

Starring: Elizabeth Gillies, Nathalie Kelley, James Mackay

Seasons and Episodes: 1; 21

Genre: Soap opera

Reviewed by Ayaet Rakem

“These families are arch enemies, and will stop at nothing to bring the other one down.”

Did You Know?

The names of Dynasty's episode titles are lines of dialogue from the original show.

Looking for a great TV show with drama, crime, scandal and many, many plot twists? Dynasty is the show for you! A Netflix original, Dynasty is a new TV show that is based upon the 1980's soap opera of the same name. This show follows the lives of two wealthy families, the Colbys and the Carringtons, and all the drama and scandal that

is a part of their daily lives. These families are arch enemies, and will stop at nothing to bring the other one down. With many plot twists and cliff hangers, Dynasty is sure to keep you hooked. This show airs every Friday on the CW Network, and episodes are released on Netflix on Saturdays.

Developed by: Shonda Rhimes

Starring: Ellen Pompeo,, Sandra Oh, Katherine Heigl

Seasons and Episodes: 14; 315

Genre: Medical drama,, romantic drama



★★★★☆ 4/5 stars

Grey's Anatomy

Reviewed by Ayaet Rakem

Personal favourite, ABC's Grey's Anatomy focuses on a group of surgeons based in the fictional Grey Sloan Memorial Hospital in Seattle (formerly Seattle Grace Mercy West Hospital). The main character's name is Meredith Grey, daughter of famous surgeon Ellis Grey. The show follows the dramatic lives of Grey and her friends, and gives us a look into behind the scenes of a hospital. The show currently has fourteen seas-

ons with a fifteenth planned, and is one of the longest running TV programs in the US. In my opinion, the latest seasons aren't as great as the earlier seasons, but all of them are binge worthy. Season fourteen of Grey's Anatomy is currently airing every Thursday on ABC. There are thirteen seasons available on Netflix.

Save the Date: Grey's Anatomy season 14, ep. 23, May 10th, 2018

Makeup Your Mind

April showers
bring May flowers
- and killer beauty
products.

Reviewed by Lily McCowan

\$30

Better Than Sex Mascara

If you have the flattest lashes in the entire universe, this mascara is meant for you. At Sephora, you can get a test tube that costs \$15 or can get the full tube that is \$30. On Sephora.com, Better than Sex mascara has a 4.8 star rating, with tons of great reviews on it. They also have a waterproof version of the mascara.

Hourglass-shaped brush
maximizes lash volume



\$42

The Porefessional Primer

If you want your face to look as smooth as the beauty gurus on Instagram, just use Porefessional primer. I use this primer on my nose, forehead, and anywhere that pores are visible, and my skin became unrealistically smooth. This primer has sizes that range for different price ranges, so the standard size is \$42, which is completely overpriced, but if you really want your foundation or concealer to blur and blend nicely, I would recommend it.



\$59

Sweet Peach Palette

This holy grail from Too Faced is a must have, not because it smells like peaches, but because of the colours and how blendable and soft they are. There are multiple pink tones, and a few outliers like a green shimmer and dark purple. The palette is great for summer, with all of the natural shimmers and browns it is great for simple looks or beginners. This palette has a 4.5 star rating on Sephora and is \$59.



HOROSCOPES

TAURUS ♉ (April 20 - May 20)

By Sophie Hughes and Olivia Pasian

It's Taurus season! Tauruses are known for being ambitious, and **this month**, they will finally achieve a goal they've had for a long time. Take some time to celebrate and treat yourself!

Are you a Taurus? So are these celebrities:



Dwayne Johnson Queen Elizabeth II Miranda Cosgrove

ARIES ♈

This month, stubbornness, a common trait among Aries, will get in the way of a goal or relationship. Be careful, as it may even strain ties with a loved one!

GEMINI ♊

A social event this month will give you the chance to catch up with some friends and have a good time! Enjoy yourself, as stress will soon take over.

CANCER ♋

Cancers: You will have a new idea or inspiration come to you this month! Embrace it, and good things will come.

LEO ♌

Let your warm-hearted nature show this month, and take some time to care for others. Unexpected rewards will come from spending time on new relationships!

VIRGO ♍

Due to the position of Mercury, this month you'll reflect on some of your recent behavior. Remind yourself not to be so overly critical of yourself and others, and work on being kind!

LIBRA ♎

Reduce your time with the people who don't make you happy. This month, it's all about freeing yourself from the views and negativity of others. You may discover something about yourself along the way.

♏ SCORPIO

Scorpios are set to have a great month! Thanks to the position of Mars, a risky bet will pay off well, and something you're dreading will turn into a great experience!



SAGITTARIUS

For Sagittarius, this month will be one of your roughest. You'll watch those close to you have continued luck and prosperity, while yours only gets worse. Try to avoid jealousy, and take some time for yourself.



CAPRICORN

Look out, Capricorns! A betrayal of your trust is coming. Be careful with who you let near you, and try to stay positive.



AQUARIUS

Some conflicts may arise around you, and you'll need to keep a level head to resolve them and maybe one of your own internal conflicts. Relax and destress.



PISCES

Your month will be mostly peaceful and uneventful, with lots of relaxation and enjoying the company of friends. Perhaps a new romantic interest will even arise!

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Ashley Barry
Erika Ehrenberg
Emily Outerbridge

Writers

Kassandra Budgen
Anne Fu
Marwah Hosinyar
Sophie Hughes
Adrienne Jonathan
Ariana Kelley
Larissa Kouroukis
Alexa Kouroukis
Jocelyn Mattka
Addison Massey
Lily McCowan
Mary McDermott
Avery Oliver
Amilia Oliver
Olivia Outlaw

Writers (cont.)

Olivia Pasian
Ilijana Popovic
Ayaet Rakem
Finola Smiley
Ava Stechey
Paige Stegne
Ayeza Tahir
Emaan Tora
Clarissa White
Peighton Williams

Designer

Anne Fu

Photographers

Alexa Koukouris
Emily Outerbridge

Publicists

Ashley Barry
Emily Outerbridge

Supervising Teacher

Mrs. Bentham