

The Royal Gazette.

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



Health Officials Warn About COVID-19 During Protests

Above: Sarah Jama was one of the activists who read a list of demands in front of Hamilton institutions on Tuesday. (Samantha Craggs/CBC)

Hamilton citizens are encouraged to remain hopeful, but cautious, about the current trend in COVID-19 cases. Although the city hasn't been hit nearly as hard as other more populous urban centers, the gradual reopening of businesses and the demonstrations some citizens are holding in favour of the Black Lives Matter movement have urged certain health officials to remind citizens the pandemic is not over yet.

At a recent demonstration for George Floyd in Gore Park, citizens were asked to wear masks and were socially distanced, although the nature of the rally meant that some crowding would inevitably occur. Despite this, some are concerned about the potential that these rallies may have as hotspots for spreading disease.

"Of course, we all have to right to protest, and of course, these are issues that are going to bring forth a lot of passion, a lot of concern, and people are going to want to express that," said Dr. Elizabeth Richardson, Hamilton's medical officer of health. "It is a time, though, when we have to be careful how we do those things. Follow-

ing through on that advice is important."

Hamilton specifically has come under fire as of late for its policing tactics, as the city with the highest rate of hate crimes in Canada, even despite a \$171.6 million police budget. In response to the current protests in America, Black activists recently took to city hall, reading out a list of demands in order to remediate this inequality. These demands included things such as defunding the police department to redirect that money towards social services, removing police from schools, giving officers body cameras, and ending the ticketing and surveillance of homeless people.

"This isn't just a reaction to a single issue. This is a reaction to a whole system of violence," the activists insisted.

Meanwhile, concerns about coronavirus continuing to spread during this period of civil unrest have not gone unnoticed. On Tuesday, June 2, 12 new cases of COVID-19 were recorded in the city, which suggested a possible uptick in the numbers. As of June 2, there are about 130 active cases of coronavir-

us in the city.

"I wouldn't say [I'm] worried yet. I'm just aware. Any day that we're starting to see 12 cases, and we've had a couple of those, [we start] to keep an eye on it and see which way it's going," Dr. Richardson explained.

For now, the province has extended their state of emergency to June 30, as the virus continues to ravage the country. This decision came after 446 new cases of COVID-19 were reported — a slight spike in the numbers. This means banning any gatherings of more than five people, and closing in-person visits to restaurants and bars, unless they do takeout or delivery.

On the bright side, however, the city announced on June 2 that two of the five COVID-19 outbreaks ravaging the city are now over, with only three remaining: at Desmond and Peggy Little Retirement Residences in Landsdale, in Aberdeen Gardens Retirement Residence, and in the Hamilton General Hospital's COVID-19 unit. For now, Hamiltonians are asked to remain vigilant and practice safety measures to prevent further spread of the virus.

CANADA

Citizens march for justice for Regis Korchinski-Paquet

Protests Erupt After Korchinski-Paquet's Death

Above: Sore Sanni holds a sign at a rally in Toronto on Saturday following the death of Regis Korchinski-Paquet. (Lorenda Reddekopp/CBC)

Canadians across the country are rallying for justice in the wake of the deaths of Regis Korchinski-Paquet, George Floyd, and hundreds of other Black men and women at the hands of police brutality.

Police were called to Korchinski-Paquet's High Park apartment building on May 27 in response to what they believed was a domestic disturbance involving a knife. Shortly after, she fell from the 24th-floor balcony and died. Her cousin and mother have since taken to social media, making two now-viral videos which claimed that she did not fall, but was pushed off the balcony by police.

The Toronto police's Special Investigations Unit (SIU) have opened an inquiry into the circumstances surrounding her death, but to some citizens, that isn't nearly enough. Korchinski-Paquet's death is just one of many in a larger trend of innocent Black citizens being harmed and killed by police, and has received unique attention due to its timing. It comes hot on the heels of the high-profile killing of George Floyd, an unarmed Black man in Minnesota.

"All lives will not matter until black ones do," said Sore Sanni, a 17-year-old Torontonians. She, along with 3,500 to 4,000 other Canadians, gathered together for a peaceful rally in Toronto on May 29 in response to these deaths. They chanted phrases like "no justice, no peace", "abolish the police", and "not another Black life" — the name of the organization who established the p-

rotest. Despite the unrest, citizens still followed COVID-19 precautions by wearing masks.

What exactly happened to Korchinski-Paquet remains unclear as the SIU attempts to piece together the facts, but there are still a couple of facts that are certain. For instance, it is known that she was alone at the time of her death: Korchinski-Paquet had asked to re-enter her apartment unit to use the bathroom, and one to two minutes later, she was dead. However, it's unclear if anyone saw her fall, which is why her family is asking that any video evidence be preserved and police are asking that potential witnesses come forward. Whether or not race played a role in her death is still a matter of speculation, although cases of police reacting violently against Black citizens perceived to be dangerous or threatening is not new.

We've been protesting and now everyone is watching and now people are mobilizing. We can see the power we have in numbers so this won't stop any time soon.

Cara McArthur, protester at Korchinski-Paquet's rally



Devin Heroux
@Devin_Heroux



Hundreds of people have gathered outside of the Toronto Police Headquarters on College and Bay.

They've been marching through the streets all day in response to the death of 29-year-old **#RegisKorchinskiPaquet**

Lawyer Knia Singh, who is representing Korchinski-Paquet's family, is insisting that the family does not want to see any violence. "The family wants answers to what happened. How can a call for assistance turn into a loss of life?" asked Singh. "The family strongly believes that Regis' death could have been prevented."

Outside of attending this protest, Canadians have been attempting to support the family of Korchinski-Paquet in other ways. A Change.org petition made in her name has since received more than 50,000 signatures, and a High Park vigil was recently held in her name. Other citizens have emailed local MPPs, councillors, and city officials demanding transparency in the SIU's investigation. It's clear, however, that real justice will not be served until the state finds a way to address the disproportionate violence Black Canadians face from police.



WORLD
Historic
NASA/SpaceX
collaboration brings
astronauts to ISS

SpaceX Sends Humans to the ISS for the First Time

Above: A SpaceX Falcon 9 rocket carrying the company’s Crew Dragon spacecraft is launched on Saturday, May 30, 2020, at NASA’s Kennedy Space Center in Florida. (Bill Ingalls/NASA)

Astronauts Robert Behnken and Doug Hurley made history on Saturday, May 30, becoming the first astronauts to launch into space from US soil in 9 years, and marking the first time a commercial space flight program has brought humans into outer space.

This watershed launch, named Demo-2, was used to test the feasibility of SpaceX’s potential commercial flight program, and is setting the tone for NASA’s Commercial Crew program, through which private vendors and companies develop space flight technology for the ISS. Behnken and Hurley, the astronauts on board.

What is SpaceX?

SpaceX first made news when in 2010, it became the first non-governmental agency to take a payload to space and return it to Earth intact. Since then, it has made leaps and bounds in progress towards making commercial spaceflight a reality, although its CEO, Elon Musk, has remained a controversial (and sometimes eccentric) public figure. Their rockets and spacecraft are unique in their reusability and economy.

Elon Musk, SpaceX’s CEO, said this about the successful launch: “This is a dream come true for me

and everyone at SpaceX. It is the culmination of an incredible amount of work by the SpaceX team, by NASA and by a number of other partners in the process of making this happen. You can look at this as the results of a hundred thousand people roughly when you add up all the suppliers and everyone working incredibly hard to make this day happen.”

The Crew Dragon successfully docked onto the ISS on May 31, and will remain there for the next 100 days or so to carry out various test objectives. Afterwards, Behnken and Hurley will undock and splash down into the Atlantic Ocean, where they’ll be picked up by the SpaceX recovery ship and brought back to land, as another commercial crew is brought up.

While on the ISS, however, the two astronauts took part in a press conference on June 1, along with Musk and NASA administrator John Bridenstine. Amongst some of the information revealed in the address was that the specific Dragon Behnken and Hurley took to space was to be named Endeavour, as an homage to the infamous, now-retired NASA space shuttle; the astronauts’ experiences with the Dragon and the spacesuits; and how they felt about making history with this launch.

This mission represents a major milestone on the way to a new era of space exploration. Demo-2 is the final major test before NASA certifies Crew Dragon for long-term, operational space missions. A full,

manned flight all the way to the ISS and back, demonstrating the Dragon’s manual controls, as well as SpaceX’s crew transportation system, launch pads, delivery vehicles and spacesuits, will be the last step before the company can have successfully secured a future amongst the stars. However, SpaceX aren’t alone in their endeavours.

NASA has also partnered with Boeing, manufacturers of the Boeing CST-100 Starliner, as a part of their Commercial Crew Development (CCDev) program, in which private companies work with the space agency to develop cost-effective, safe methods of transporting humans to low-Earth orbit. The recent launch of SpaceX’s Crew Dragon and the predicted future manned launch of Boeing’s CST-100 Starliner in 2021, will mark the first times in history where astronauts were taken to space on systems entirely built and operated by private corporations.

For now, however, both NASA and SpaceX are optimistic about the future of space travel and Demo-2. “When I think about all of the challenges overcome – from design and testing, to paper reviews, to working from home during a pandemic and balancing family demands with this critical mission – I am simply amazed at what the NASA and SpaceX teams have accomplished together,” said Kathy Lueders, NASA’s Commercial Crew Program manager. “I am so grateful and proud of our NASA and SpaceX team. We’re going to stay vigilant until we bring them safely home.”

CELEBRATIONS

“Bring Your Kid to Work” Takes on A Whole New Meaning!

By Jocelyn Mattka — Junior Editor



Not looking forward to yet *another* rerun of Paw Patrol? Here are some tips and suggestions for occupying younger siblings during quarantine!



Illustration by Noor Menhel

Imagine being stuck in a house with a rambunctious five-year-old with a typical five-year-old attention span. There’s nowhere to go, no end in sight, and everyone else has work to do. As Mission Commander Swanbeck said: “This isn’t mission difficult, it’s mission impossible.” Or so it would seem.

With no structure, no guidelines and no clue where to start, this situation sounds like something close to a waking nightmare. With school-aged children of all grades at home, managing a household of people still trying to meet deadlines and expectations quickly becomes a very difficult task. However, I can promise that it doesn’t have to be. If you, like me, are fortunate enough to have a wonderful, kindergarten (or early elementary school) aged sibling, there are a few things you can do to make keeping them occupied and engaged much less painful. In this article, I’ve compiled a few tips on maintaining some sanity in your house and some fun suggestions of activities that my own sister has loved over the past couple of months!

Tip #1: Break up times into blocks.

If there’s one thing I’ve learned that’s more important to take away from this than anything else, it’s this: No schedule equals no productivity. Without designated time for specific tasks, or a clear idea of who’s responsible for what and when, it’s impossible for anyone to get anything done. In order for our home to function smoothly, I spend the morning with my sister up until lunch, then she gets passed to my parents for the afternoon. This is a really clear routine that we’ve developed, so it’s predictable for her and for us as well. Having a clear plan means I not only know when I have uninterrupted time to focus on schoolwork and other tasks, but also means that the time I spend with my

sister is quality time because I’m not trying to do anything else while I’m with her.

Tip #2: Variety is key.

Kids get bored very, very easily. Keeping things interesting for a child that can’t leave their house can get difficult and sometimes requires a bit of creativity. If story-time is a no-go one day, switch it up and play a board game. One amazing thing about modern technology is that the internet exists. Simply type in “crafts for kids” and thousands of results will come up instantly. Making plans for a younger sibling of what you’re going to do when you spend time together can be really helpful, but some days it’s okay to follow their lead too. Keeping it fresh is really the bottom line here, so don’t be afraid to try new things when one activity gets old!

Tip #3: Your attitude actually makes a HUGE difference.

Sometimes all it takes to get a younger sibling excited about something is to just be excited yourself. That might sound obvious, but it really does matter. Simple things, like coming up with a theme for the day (or however long you’re spending with them), or offering them some kind of reward for finishing another task, can make it suddenly more engaging. Whether it seems like it or not, your engagement will rub off on your sibling, making them more eager to participate nicely with you. I’ll let you in another secret: It’ll be more fun for you too. Find a way to enjoy what you’re doing together and it will make a world of difference.

Tip #4: Take advantage of tech.

While this may not be true for everyone, a lot of really young kids don’t have the same access to social media as we do. Unlike us, they can’t talk to their friends whenever they f-

eel like it, or stay connected when they feel lonely. Luckily, they don’t need Instagram to do that. Something I’ve found to work really well is setting up my younger sister on FaceTime with another kid her age. We’ve been doing this quite regularly with our cousin and I’ll plan an activity in advance to lead them through together for an hour or so. It’s a great way to help make sure younger kids still feel connected and seeing different faces will help keep them interested too.

Tip #5: Make a list of activities that work for you.

Sometimes you make a plan, and it doesn’t work. That’s inevitable, and that’s okay. What’s really helped me in managing longer chunks of time with my little sister is keeping a list handy of all the things we can do. If something isn’t working out, we simply turn to this and pick something new off of it.

Here’s what ours looks like: Colour, draw, paint, read a story, play with Lego, play a board game, make up a dance, learn a song on the piano, play in the backyard, do some puzzles, make paper puppets and put on a show, simple origami (there’s so many examples with instructions online), make paper planes or snowflakes, play an easy card game, bake something... and it goes on. We’ve travelled to space, gone under the sea, put together several shows for our parents and even hosted our own “olympics”. The “treasure hunt” is also reserved for days when I’m feeling extra on top of things and is one of her personal favourites.

Hopefully now you have some ideas to turn what might seem like endless, uninvited babysitting into an opportunity to develop a stronger relationship with your little brother or sister and maybe even have some fun yourself!

WORLD NEWS

Kim Jong-un's Health: Who's Next To Take His Place?

By Anika Kanagaretnam and Rose He — Junior Editor and Writer



North Korea leader Kim Jong-un disappeared, and his poor health condition may be the culprit.



Above: Kim Jong-un's attendance at an April 11 meeting. (KCNA/Reuters)

North Korean supreme leader Kim Jong-un is continuously receiving more speculation of his health and whereabouts ever since he wasn't seen for three weeks. It has been hinted repeatedly that Kim Jong-un's health was in poor condition, due to cardiac issues likely caused by obesity. Kim Jong-un was also interviewed by South Korean doctors, which stated he is a heavy smoker, as well as him having a weak physical state for an adult. A similar health pattern can be observed with Kim Jong-un's father and grandfather, as they both suffered a heart failure.

Furthermore, Kim Jong-un was reported to have had a heart surgery. When previous ruler Kim Jong Il became publicly absent for several months, it also fueled the rumors on his whereabouts and medical condition. Even if Kim Jong-un's health conditions become fatal, the news may be brought to the world within several days. We saw this happen when Kim Jong Il died in 2011: It may have taken time for agencies to confirm it, but the news was announced on state television two days later.

In a similar occurrence during 2014, Kim Jong-un disappeared for almost 5 weeks, which undoubtedly raised rumours yet again. Later Kim Jong-un returned with a cane, and agencies said he had an ankle surgery. From these experiences, Kim Jong-un disappearing in 2020 shouldn't be a shock, but more of a growing concern. On May 2nd, Kim Jong-un reappeared to the public at a May Day celebration and a ceremony in a fertiliser factory completion. Kim Jong-un was observed as happily laughing and smoking, as if his disappearance never happened. The world wouldn't magically forget these events. There hasn't been an explanation to Kim Jong-un's disappearance

which made people wonder: what was he doing during this absence?

“For Kim Jong Un, not visiting the Kumsusan Palace on April 15 is all but unthinkable in North Korea. It's the closest thing to blasphemy in the North.

Cheong Seong-chang, a North Korea expert at the Sejong Institute

How Did The World React?

North Korea is a very secretive country and does an exceedingly good job of restricting information, which is why nobody truly knew about Kim Jong-un's health.

When Kim Jong-un didn't attend the celebration, rumours sparked up and became more widespread. The state-controlled media in North Korea was quiet and did not say anything about Kim Jong-un. People have started wondering who would take over as North Korea's leader if Kim Jong-un was no longer capable. Since only direct family members have the right to rule North Korea, Kim Jong-un's younger sister, Kim Yo-jong, would most likely take his place. An analyst in South Korea stated that she has the highest chance to inherit power in the country. Others think otherwise, saying that she is not experienced and other people who have leadership jobs in North Korea

may not feel comfortable having her as the head of their country.

South Korea continuously said that there was no unusual activity in North Korea, and rumours were finally shut down by the South Korean government and Chinese officials on April 21st. The world is eager to learn about Kim Jong-un's health condition and whether it's beginning to become fatal.



Donald J. Trump @realDonaldTrump

I, for one, am glad to see he [Kim Jong-un] is back, and well!

On May 2nd, Kim Jong-un reappeared to the public at a May Day celebration and a ceremony in a fertiliser factory complete. Kim Jong-un was observed as happily laughing and smoking, as if his disappearance had never happened.



WORLD NEWS

Pandemic of the Century... or of the Decade?

Above: Medical personnel take samples at a "drive-thru" COVID-19 testing lab set up in Florida on March 16, 2020. (Chandan Khanna /AFP via Getty Images)

By **Ethan Coleman** — Writer



What are the chances of a COVID-style pandemic happening again?

Before I sat down to write this in my shirt made in Bangladesh with Indian cotton, wearing jeans made in China by a French brand, I enjoyed a quick lunch – Canadian peanut butter, and jam I made last year from Ontario strawberries and sugar refined in Montreal from beets grown in Alberta. Without a single link in that global chain, none of the occurrences previously mentioned could have happened. By simply eating lunch clothed, I rely on the cooperation and effort of people from across the globe in half a dozen countries, at least.

The recap of my lunch has little to do with COVID-19, but it outlines the globalization we all take for granted. Without such high levels of globalization, we could not go about our daily lives, yet we also would avoid such widespread global catastrophes like COVID-19. The shrinking wildlands of the world are being cultivated, populated, urbanized, harvested.... The list goes on. The input materials for the multi-continental consumer machine are being found in the last isolated pockets of the world. As a result of access to more resources, humans are exposed to new bacteria and viruses. COVID-19 is believed to have originated from wild meat markets in China, just like the origins of SARS a little over a decade ago and the ‘Spanish Flu’ of 1918 is thought to have originated in China as well. Furthermore, the AIDS virus origina-

ed in Western Africa.

COVID-19 is horrific in its global impact, yet it has thankfully not been as devastating as the 1918 Flu which had 400 million infected and 20-40 million deaths (Tice, 1997). Much like the last two decades, the 20 years leading up to the outbreak of Spanish Flu saw globalized communications via telegraphs, trade and shipping routes that traversed the globe, and global supply chains – scenes much like in which I enjoyed a PB&J sandwich due to global cooperation were reality.

Pandemics have spread through commerce for millennia, but social and commercial networks are at unprecedented (the word of the year) levels of connectivity, meshed together to provide real possibilities to the “six degrees of separation” between any human. Lucky for us, the social distancing and isolation measures enacted by governments that drive many to boredom are significantly reducing the network connections between humans to slow the spread. Unlike the early 1900s in the golden age of Smithian economics, governments know what happens when they do nothing in times of crisis. The massive financial aid churned out for citizens of all demographics and subsidiaries for businesses in response to COVID-19 are indicators that governments recognize that the disasters of the early 20th century worsened from th-

eir inability to act. Every disaster provides crucial lessons for governments and societies; COVID-19 is no different. Our globalized world will not retreat back into the shadows but adapt to the status quo required to prevent the rapid viral spread and impact of future pandemics. COVID-19 is not the first viral outbreak of the interconnected 21st century and it certainly won’t be the last; reliance on global supply chains and exploiting the last remnants of the earth previously untouched by humans will ensure new viral strains or bacteria come into contact with humans and inevitably spread. COVID-19 is not the ‘wake up call’ we optimistically call it. It’s the sibling that smacks you awake. From this global pandemic, we have woken up for real and will be better equipped when the next pandemic strikes.

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Illustration by Rose He

LOCAL NEWS

Prom is Cancelled: Students Mourn A Missed Milestone

By Ashley Barry — Club Advisor



The coronavirus outbreak has caused high schools to cancel their senior proms, leaving students disappointed, but hopeful for a celebration in the future.

“Oh my goodness... prom is cancelled!” I exclaimed aloud after receiving the official email from HWDSB of the cancellation of all high school proms by reason of abiding to the rules of social distancing.

After weeks of speculation, the word was officially out. All senior proms — cancelled, just one of many misfortunes caused by the coronavirus outbreak.

Quite honestly, my initial reaction upon reading the email was disappointment. I felt that the coronavirus has robbed myself and every senior student of, arguably, one of the most wonderful evenings of their high school careers, and I was desperately trying to make sense of how everything I was looking forward to at the end of my senior year, went out the window.

I re-read the email twice to myself and then proceeded to find the first person I could complain to, following my mom into the laundry room. I read the email to her, balancing my laptop in one hand while vigorously pointing my finger at the email, treating it as an unwanted trespasser in my inbox. I continued to express to her my annoyance with these unfortunate recent series of events, and after cooling off from my rant, I thought about how quickly and unexpectedly everything has changed in the — last few months — both the little things and the big things; worldwide pandemic and economic crisis, to not being able to hug someone and the cancellation of important celebrations.

Many senior students (myself included), thought of prom being cancelled as almost laughable, as back in semester one, (feels like a lifetime ago), we were all chatting away about how cool it was to be graduating in

2020; the start of a new decade, and well... here we are faced with these unprecedented events — history in the making.

When reaching out to my fellow classmates about their feelings towards the news about prom, a senior student remarked, “I feel pretty bummed about it being cancelled even though it's for the better. We can't have so many students in proximity to one another during this time. It's understandable.”

And this student is right. It is understandable, given the circumstances we're dealing with.

Thinking back to it now, I was somewhat mad at myself for being upset. I thought my initial feelings were selfish, considering the amount of people who have been dealing with far more severe repercussions than the cancellation of a dance. However, in the moment, I do believe it was okay to be temporarily disappointed. Prom is just one of those few special milestone events associated with the festivities of graduating. It feels like a

“I feel pretty bummed about it being cancelled even though it's for the better. We can't have so many students in proximity to one another during this time. It's understandable.”

An Ancaster High senior, who remains anonymous

“rite of passage” into the next chapter of our lives. “It's an opportunity you get to celebrate with everyone you've been in school with since you were a kid and now with everyone going to many schools, you get to have one final party together, and I think that's an important moment in a student's life,” a student explained.

From being hyped up in pop culture, to the moment you step into Grade 9, prom is the event that you look forward to. It's a night full of memories with classmates you may not be in touch with after high school.

I know that I got to a certain age where I couldn't wait to experience my high school prom.

What would I wear? Who would I go with? Where are the places I can take good pictures for memories? (preferably spots with good lighting too). This was before a worldwide pandemic.

I believe that students have a right to be sad about the cancellation of prom, especially if you bought an expensive outfit for the evening. But at the same time, I think that students are able to move past being a little disappointed, given the circumstances we are all facing, as well as hoping that the senior class can attend prom at a later date, or even throw one themselves, depending on when, and if quarantine restrictions are lifted. “I know many students are already planning their own parties that will serve as a prom. I know I'm certainly looking forward to such events because it's a good alternative to having a real prom,” a student said.

The students that I have talked to, understand that prom

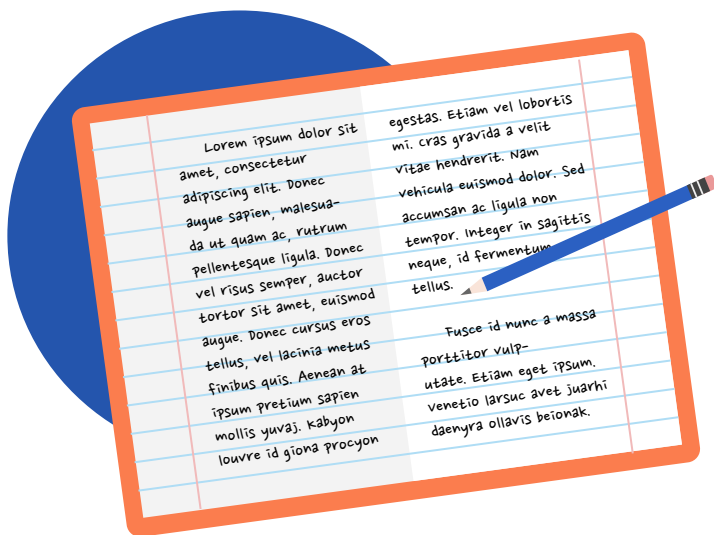
was not the only highly anticipated event that has been cancelled in 2020, and students at Ancaster High are not the only students not attending their high school prom. Students know that it's not a matter meant to be purposely unfair or unreasonable because everyone around the world is facing similar challenges and setbacks. In other words, no one feels as if they're truly missing out, as we are all collectively missing out on important events. In fact, knowing that we are all in this together, makes

the disappointment of the cancellation of prom easier to accept.

It seems that despite social distancing, our graduating class has become ironically, "closer together." Now that our end of the year festivities have been cancelled or postponed to a later date, we have all been communicating over social media via zoom, trying to think of ways we can still experience those festivities and make our final year even more memorable than it already

is. I suppose only time will tell to see what will happen in the near future for our graduating class. We are hoping that we will be able to celebrate prom at one point this year in our own modified ways to respect the rules of social distancing.

I believe that once again, COVID-19 has reminded myself and many of my classmates that during these difficult times, we truly are all in this together, and that we can, and will make the best of this situation!



JOURNALING

A great way to vent your thoughts is to write about it. You can write about your experience through poetry, stories, or just a simple diary. You get to feel relief and through journaling; you get to feel in control. There is also something called bullet journaling for people who love making their own self calendars or designing. Bullet journaling gives you an opportunity to be creative and to use all the fun stationery that you may not have gotten a chance to use! As you bullet journal, you may ask yourself: what should I write? Well, you get to design your own calendar, mood trackers, routines, bucket lists, and movie/show recommendations. You're allowed to put as much as little as you want, which brings more fun and joy into doing it.

BAKING

For people who aren't interested in painting or drawing may find themselves interested in baking. Baking while listening to music or during a quiet time can make you feel relaxed and can also make you more confident in the kitchen. Easy recipes to make in your kitchen are cinnamon rolls, cream puffs, and cookies. As you get to peacefully make your desserts, you also get to eat it with you and your family.

READING

Book lovers may use this time to read the book they never got to start with the piling work we would get daily. Curling up with a good book is a relaxing way to relieve anxiety and stress and gets you lost in the story. Reading a new series like *Lord of the Rings*, *Percy Jackson*, or *Harry Potter* could settle your nerves and take you to a new world of imagination.

ADVICE

Activities to Boost Your Mental Health During Quarantine

By Kailey Vu — Writer



Take this time to focus on your wellbeing.

PAINTING

Another way to cope with your stress is to paint. With this, you can find your style of art and what you enjoy painting. Whether it's landscape, people, animals, or all of the above, you get to feel more relaxed and get to have a lot of fun trying different colours and mediums. People may also enjoy following tutorials when first starting. Some channels that have great tutorials are Bob Ross and WowArt which mainly consist of landscape drawings. You can also draw things around your house as it's a great way to practice and try out different things.

LISTENING TO MUSIC

Listening to music is a great way to get your mind off things and focus on your surroundings. Typically going outside or maybe even your room is a great place to listen to music and even better, you can listen to music during any of the activities listed above. You can listen to soft songs if you want to calm down or if you want, you can listen to any of your favourite artists. Listening to music can also help you feel calm and focused when doing school work so you don't feel like you have a constant deadline.

CONNECTING w/ OTHERS

Although this is mainly about self-care, for people who worry about the wellbeing of others may feel better if they connect with their family and friends. Setting up group chats or time to call each other can help you feel more social and can even be someone to talk to if feeling down. You can check up on them which can help you ease knowing their state and if they are feeling similar to you, you can also give them advice and ways to cope with what is happening.

Epidemics & Education

Writer **Brooke Vesentin** explores how the coronavirus has affected our school system, how marks are going to be decided, and Quebec's unique situation.



With the alarming number of COVID-19 cases increasing worldwide and new laws being instated accordingly, the odds of students returning to their normal, classroom bound learning environments seem to get less and less likely as the days go on. Now being 6 weeks into online learning, students within the HWDSB school system have been anxiously awaiting further instructions regarding the fate of their education this semester. HWDSB has been updating families as they make each new decision regarding students and their education, however it is still unclear what lies ahead.

The latest COVID-19 update for families on the HWDSB website was sent out on Monday May 4th 2020, stating the following: "Since our last update, the Minister of Education extended the school closure to May 31, 2020. The Ministry is monitoring the public health situation and may extend the closure if necessary. We have plans in case the closure extends into June." They also released information regarding PA and exam days: "All remaining PA days and exam days will become instructional days, by ministry direction." That is the most recent information regarding the closing of schools and plans for the future that has been released to the public.

As far as school work is concerned, e-learning is still in use for all classes and teachers are continuing to release weekly work for their students via the Hub and various other online learning platforms. High school students are still required to complete three hours of school work for each of their courses a week and are continuing to have their work graded by their teachers. Many teachers have also continued to hold quizzes and unit tests online in order to collect marks, continue progress in the class, and to begin other units within their courses.

As for high school students' marks, the board released the following information in regard to marks back on April 7th, and this statement still holds true as of now. In a letter to all families involved with HWDSB, they wrote "Grade 9, 10, 11, and 12 students: Final marks will be reported in June 2020, and will be based on work completed before March 13, 2020, and after April 6, 2020. Teachers will continue to assign learning tasks, projects and culminating activities and will provide feedback to students, including marks. Final grades can increase or decrease from March 13 based on teacher feedback, assessment, and evaluations of student performance on learning tasks. For those applying to universities, mid-term marks were submitted to the Ontario Universities' Application Centre (OUAC) between April 23 and May 1".

Although all publically funded schools in Ontario may be closed as of now, our neighboring province of Quebec has other plans. Quebec is the first province to open up again, although their schools were closed for the past few weeks,

"Families all over Quebec are making the tough decision of whether they should send their child back to school. Is it too risky? Will these safety precautions be enough to stop the spread within schools?"

some have already reopened and the rest are soon to follow. Only elementary schools are set to be reopened as of now.

92,478

confirmed COVID-19 cases

7,374

deaths in Canada

2,344

deaths in Ontario

4,641

deaths in Quebec

(Coronavirus.ca)

Of course, these elementary students will not be returning to the same school they left on March 13th. Many new rules have been put in place to assure students safety whilst in school. Some classes are being limited to only 15 students instead of the usual 25-30 students, lunches are to be eaten in classrooms opposed to cafeterias or lunch rooms, belongings are also to be brought into the classroom and not left in lockers/cubbies/hooks to avoid large crowds in the hallways.

Rules are also being put in place even during recess, where students will take turns going out. They will not receive a regular recess and there may be strict rules put in place regarding interaction between students. Students will also not be allowed to leave their seats as often or even at all, and lots of hand sanitizer will be in use throughout the school days.

Families all over Quebec are making the tough decision of whether they should send their child back to school. Is it too risky? Will these safety precautions be enough to stop the spread within schools? And will other provinces follow in Quebec's footsteps and begin to reopen as well? Only time can tell, as for now Ontario's plans for the future regarding students (from kindergarten to university) education are unclear.

The important thing as of now is that we are all staying safe, happy and healthy and making sure to continue to social distance and keep an eye out for more updates on the situation.



Review: Tiger King pg 14



By Ethan Coleman — Writer

From Slipknot to David Bowie, Ancaster High’s band *Undefined* offer some insight to more of their favourite songs and what they love so much about them.

REVIEWS

The Members of *Undefined* List Their Favourite Tunes (Part Two!)

Above: The members of *Undefined* play at Ancaster High’s Fall Coffee House! 2019. (Joshua Brown/Yearbook Club)

Ryan Park-Lopes (drums)

Snuff by Slipknot

While primarily a heavy metal band, Slipknot’s “Snuff” serves as a soft acoustic song to their discography. Off of their 2008 album “All Hope is Gone,” “Snuff” is a deeply heartfelt story of a couple who falls out of love. It is also the last song that the original bassist of Slipknot recorded before he died, so it holds some emotional resonance to the band. I was surprised when I found such an emotional and soft song in what is usually a very heavy genre, and encouraged you to give it a try! Corey Taylor does a very beautiful acoustic version of “Snuff” that you can find online.

Hero by Weezer

A fresh single that came out on May 6th, 2020; Hero is off of Weezer’s upcoming album “Van Weezer” (a homage to the glam-metal band Van Halen). Most fans are seeing this album as a return to form for Weezer, with the inclusion of heavy guitars and riffs reminiscent of their debut album (dubbed The Blue Album). Rivers Cuomo sings about the archetype of being a hero and the connection with adolescence, as well as how that archetype is destroyed within maturity. Personally, I think it’s a great Weezer song and a perfect addition to their discography. Although I may be a bit biased — they are my favorite band.

Ethan Coleman (bass)

Night Flight by Led Zeppelin

The whole discography of Led Zeppelin is pure gold. Everybody has heard of Zeppelin, or at least heard one of their iconic songs, namely *Stairway to Heaven* or *Black Dog*. Those songs are awesome, but often fill the spotlight from showing off lesser-known Zeppelin gems. *Night Flight* is one such gem. The poetic lyrics by Robert Plant tell a story — one that is supported by the genius of the lively guitar and drums akin to *Song Remains the Same* with wonderful accents by the thumping bassline and colourful rock organ.

Oh! You Pretty Thing by David Bowie

Every time I listen to this song, without fail, I feel like life just slows down for a few minutes. The sparse piano-filled verses that focus on David Bowie’s great voice are complemented by the smooth drums and melodic bassline that fits oh so perfectly underneath the layered lyrics. This song is off the album *Hunky Dory* — which is great in its entirety — and while nearly all of the tracks have some element of tension, *Pretty Things* feels less fancy and just relaxing. Not necessarily motivating or uplifting, just ‘chill’. Simpler rhythms and melodies give *Pretty Things* a tone that is easy and fun to listen to while still being, in my opinion, the most memorable of the album.

Brendan Reynolds (guitar)

Strangest Thing by The War on Drugs

The War on Drugs is an American rock band based out of Philadelphia, Pennsylvania and has a sound like no other. This is one of those bands that seem to never write a bad song, so it was difficult to choose from their long discography. However, *Strangest Thing* from their 2017 album “A Deeper Understanding” continues to be one of my favourite songs. This song is somewhat long for a modern song at 6:41 but by the time it ends you still want more. From the insightful lyrics, beautiful melody lines, and overall excellent execution, it is hard to find a flaw with this song.

Holy Ghost Fire by Larkin Poe

Larkin Poe is a blues rock sister duo fronted by Rebecca and Megan Lovell from north Georgia. Lead singer Rebecca has an incredible voice and plays both lead and rhythm guitar. Megan sings perfect harmonies and plays a searing slide guitar (and is why she has since been dubbed the “slide queen”). Larkin Poe has been described as “little sisters of The Allman Brothers” and you can certainly hear throughout their music. The song “Holy Ghost Fire” was released only a few weeks ago as a single from their upcoming album “Self Made Man.” This song has elements of the past while still embracing the future and from it we get an absolute monster of a song.

Binge Watch Your Way Through COVID-19!

By Zainab Al-Rammahi — Writer



Looking to occupy your mind during quarantine? Check out these suggestions.



GREY'S ANATOMY



Surgical interns and their supervisors embark on a medical journey where they become part of heart-wrenching stories and make life-changing decisions in order to become the finest doctors. It stars Meredith Grey, the daughter of famous surgeon Ellis Gray. They go through a lot and it has loads of surgical procedures that are really interesting and entertaining to watch. It's definitely a binge-worthy show and even though it's very long and exhaustive, it never gets boring and it's hard to stop watching. If you have a lot of time and want to find a show, I definitely recommend this show.

TWELVE STRONG



In the wake of the September 11 attacks, Captain Mitch Nelson leads a US Special Forces team into Afghanistan for an extremely dangerous mission. Once there, the soldiers develop an uneasy partnership with the Northern Alliance to take down the Taliban and its al-Qaeda allies. Outgunned and outnumbered, Nelson and his forces face overwhelming odds in a fight against a ruthless enemy. This movie is based on a true story and has an amazing storyline that keeps you engaged at all times. The soldiers' camaraderie makes you feel more connected to the story and it adds more lightheartedness to the generally heavy movie.

1917



During World War I, two British soldiers (Lance Cpl. Schofield and Lance Cpl. Blake) receive seemingly impossible orders. In a race against time, they must cross over into enemy territory to deliver a message that could potentially save 1,600 of their fellow comrades, including Blake's own brother. To get to the regiment they will need to cross through enemy territory. Time is of the essence and the journey will be fraught with danger. Blake and Schofield's stories pertain to them as soldiers in the bigger picture of the war, as soldiers trying to stay alive, as friends, and as human beings who have their own motivations are told for as long as they are able to survive on this mission. There are moments of horror and deep sorrow in 1917, and that's only part of what makes this movie amazing.

BROOKLYN 99



This TV series revolves around Jake Peralta, an immature but talented NYPD detective in Brooklyn's 99th Precinct, who often comes into conflict with his new commanding officer, the serious and stern Captain Raymond Holt. The precinct also holds detectives Amy Santiago, Rosa Diaz, Charles Boyle, Terry Jeffords, Michael Hitchcock and Norm Scully. Together, they go through a series of different adventures, including a great mix of fun and serious events. It's super entertaining and it's cool cool cool cool cool cool cool cool.

13 HOURS



A security team consisting of six members fights to defend an American diplomatic compound in Benghazi, Libya, against a wave of terrorist attacks. This leads to the fact that on Sept. 11, 2012, Islamic militants attacked the U.S. Consulate in Benghazi, Libya, killing Ambassador J. Christopher Stevens and Sean Smith, an officer for the Foreign Service. Stationed less than one mile away are members (James Badge Dale, John Krasinski, Max Martini) of the Annex Security Team, former soldiers assigned to protect operatives and diplomats in the city. As the assault rages on, the six men engage the combatants in a fierce firefight to save the lives of the remaining Americans.

EXTRACTION



A young boy is kidnapped who is the son of a drug lord and a mercenary is sent out to rescue him. All throughout the film, it's clear that Tyler (the mercenary) has a death wish. He's haunted by the death of his son, and even when we first see him he jumps off a high cliff like it's nothing. He genuinely does not care if he lives or dies, which is partly what makes him so deadly. It's also what makes him human. It adds a lot of depth and a connection. He empathizes with the kid, and no doubt sees some of his son in the young innocent boy. This is no longer a job, it's a mission. This movie starred Chris Hemsworth and was directed by the Russo Brothers.

HACKSAW RIDGE

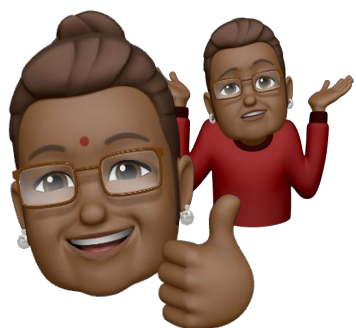


This is the story of Private First Class Desmond Doss, who won the Medal of Honor despite refusing to bear arms during WWII on religious grounds. He was firstly assumed as a cowardice for anti-killing stance performing as a medic and was drafted and minimized by fellow soldiers for his pacifist stance but went on to earn respect and adoration for his bravery, selflessness and compassion after he risked his life, without firing a shot, to save 75 men in the Battle of Okinawa. During the movie, we see his upbringing and how this shaped his views, especially his religious view and anti-killing stance. This is also based on a true story.

SAVING PRIVATE RYAN



Captain John Miller takes his men behind enemy lines to find Private James Ryan, whose three brothers have been killed in combat. Surrounded by the brutal realities of war while searching for Ryan, each man embarks upon a personal journey and discovers their own strength to triumph over an uncertain future with honor, decency and courage. The mission takes them through Nazi occupied territory to establish contact with Ryan's unit, an element of the 101st Airborne Division. This exciting war thriller brings the reality of history's bloodiest war into the homes of ordinary people, but also brings to light the reality of broken and lost families in a time of total and encompassing war.



Overall, each of these movies and TV shows brings something completely new, and if you like comedy, love, or dramas, there is something here for you. Personally, I'm obsessed with movies and TV shows and I'm definitely deep in the cinematic universe, and each of these movies brought something different and I knew these movies and shows would intrigue many different people who have different preferences. Each and every TV show and movie listed on here is outstanding in regards to performance, picture, and overall appeal to the audience. These movies and shows are perfect for being in quarantine and they will make the COVID-19 pandemic into something that can be taken advantage of and enjoyed. Be sure to check these out!

REVIEWS

Netflix Docuseries: Tiger King

By Vita Rao — Writer



The controversial Netflix doc that riveted a world in quarantine.



3.5/5 stars



Above: A screencap from *Tiger King*. (Netflix)

In the midst of a pandemic, when the world is quarantining and on lockdown, how does the internet cope? By watching the latest Netflix documentary, of course. Released on March 20, 2020, *Tiger King: Murder, Mayhem, and Madness* has been captivating viewers across the globe, as evident through the show's over 64 million streams. The seven-part documentary series follows the life of Joe Exotic—an Oklahoman country singer, almost-governor, tiger breeding, zoo owner—and his business rival turned arch-enemy, Carole Baskin.

From start to finish, *Tiger King* provides a realistic and unsettling in-

sight into the world of American animal trading.

After binge-watching the show, it leaves one reflecting on the ethical and moral failures of all parties involved. Even though the show tried to create villains, it is apparent that there are no heroes or saviors. The show reveals that the number of tigers in the U.S. is higher than the amount living in the wild. Although overlooked by the colourfulness of the characters, ultimately, the only victims were the animals. The cult-like behaviour of the industry is frightening; they're willing to protect themselves and their allies at all costs, with the former taking precedence. In fact, Joe Exotic is cur-

rently serving a 22-year prison sentence for hiring someone to murder his rival.

The unconventional and seemingly unreal events shown in the documentary are shocking. Since its release, the show has skyrocketed to internet stardom — with numerous memes and hashtags related to the show trending. It has become a household name; if people aren't talking about the coronavirus, it's *Tiger King*. Although the show began boring, it gradually developed suspense and captivated audiences with its outlandish and bizarre nature. The only question left is: did Carole Baskin kill her husband?

Stranded



A short story by **Emily Outerbridge**, the *Gazette's* Editor-in-Chief.

"Jack? Helena?" I shouted. No response. My surroundings were desolate. As far as I could see was water, with the occasional seagull bobbing along with the current. I did not know where I was, nor where my brother and sister were. I was alone. I began to feel my legs aching from treading water and squinted my eyes into the distance to search for any sign of land. Nothing. I knew all I could do then was swim, and hope to see something; an island, a boat — anything.

After what felt like many hours, but which I knew was only minutes, thanks to my waterproof digital watch that somehow survived this tragedy, I began to lose steam and the sky began to darken. Even so, I could still see across the water that there was no land to be found. I began to think about whether one could sleep while floating on top of the ocean, but came to the conclusion that even if one could float perfectly well on still water, this water was too wavy for slumber. My body was tired and I was losing the ability to tread water, so I decided to take a float break, even if I was not able to sleep. Though as I thought about it, even if I were physically able to sleep on the ocean, the panic and concern that I felt, not only for myself, but my friends too, was too great to allow for sleep. I began to lose hope. As I floated, looking at the darkening sky, I suddenly felt my head bump into something. Panic filled me. What could it be — a shark? A whale? Or seemingly worse, Jack or Helena?

I quickly turned, only to see what had been surr-

ounding me the entire time — water. I tried my best to look under the water, but saw nothing aside from my weakened legs. I decided the best thing to do was swim away from where I had been. If I did that, I would be safe — in the middle of the ocean.

After I took my first few strokes forward, my hand hit something. Not hard, but rather squishy, similar to sand or dirt. I looked under the water again and saw nothing. I watched my hand as it moved back to where it had felt the sand, and once there I felt it again, but there was nothing. I moved forward so that my body was against what I felt, and I realized that I was able to lift my body on top of the invisible mound.

As I sat on the indiscernible mass, I felt my surroundings, noticing that the surface extended past where I was. I brought myself onto my hands and knees and began to crawl. After five minutes of crawling on top of this seemingly sand covered surface, I turned around.

Realizing that there was no way of telling how far I had crawled, since the surface looked just like water, I removed my watch and placed it on the surface. I then continued crawling for what felt like another five minutes, and turned around to see that my watch was at least 100 metres away. I was shocked. As I stared in disbelief at my watch, I felt the exhaustion I had felt before consume me, and before I could think any more, I was asleep.



HOROSCOPES



ARIES ♈

March 21 — April 19

This month, Aries, you'll experience a burnout. Online classes have been challenging, and it will be hard to motivate yourself. Take a break, but the end is near, don't give up now! Lucky numbers: 3, 15, 85

CANCER ♋

June 21 — July 22

Cancer, this month, you'll have a new goal to work towards. Though there are obstacles in the way of reaching it, it will be very satisfying to accomplish your goal. Lucky numbers: 11, 62, 81

LIBRA ♎

September 23 — October 22

Self-care will be a focus for you this month. Do not feel guilty, it's important to take time for yourself, especially in these difficult times. Lucky numbers: 12, 21, 47

CAPRICORN ♑

December 22 — January 19

As the weather gets better, take time to get outside and enjoy the outdoors as much as you can. This will help you feel less stir-crazy throughout quarantine. Lucky numbers: 20, 63, 89

TAURUS ♉

April 20 — May 20

Whether it be a school-related group project that goes well or a birthday surprise you plan with friends, collaboration will be your ally this month, Taurus. Lucky numbers: 31, 71, 94

LEO ♌

July 23 — August 22

Things are looking up for you, Leos! This month, you will have good luck which may appear in many different forms. Keep an eye out! Lucky numbers: 2, 11, 65

SCORPIO ♏

October 23 — November 21

You will take part in a random act of kindness this month, Scorpio, and it will not go unnoticed. Continue to help those where you can. Lucky numbers: 22, 35, 97

AQUARIUS ♒

January 20 — February 18

All good things must come to an end, Aquarius. This month, something that has been consistent in your life for a long time will disappear. This sounds scary, but the future holds great things for you! Lucky numbers: 9, 10, 75

♊ GEMINI

May 21 — June 20

It's Gemini season! Happy birthday to our Royal Geminis. This month will be full of good things. A long-awaited goal will be met and a friendship will blossom! Lucky numbers: 6, 26, 49

♍ VIRGO

August 23 — September 22

Virgo, you are gradually becoming more pessimistic. Try to appreciate the small things when you can. Staying connected with friends will be very beneficial. Lucky numbers: 1, 3, 14

♐ SAGITTARIUS

November 22 — December 21

This month, you will get hooked on a new tv series! This is a fun way to pass the time. Suggest your new find to your friends, or try a Netflix Party! Lucky numbers: 7, 16, 17

♓ PISCES

February 19 — March 20

It's never too late to pursue something you're interested in, Pisces, and this month is the perfect month to start. You'll experience a burst of motivation; utilize it! Lucky numbers: 13, 52, 67



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