

# THE FORECAST

SALTFLEET DISTRICT HIGH SCHOOL

JANUARY 2018

## Why Freedom Rings

By: Aloe



We all have rights under the Canadian government, and the same can be said about the citizens of the United States, however, this wasn't always the case. It is important to celebrate and remember those that fought for equality, no matter how distant and unachievable it seemed at the time. January 15<sup>th</sup> is Martin Luther King Jr. day, celebrating the black rights activist's life and achievements, most notably his eloquent speeches, massive rallies and peaceful protests during the civil rights movement. Dr. King (pictured above) is not only an example of the kind of person we should strive to be, but also an icon of equality around the world. Sadly, like many outspoken individuals, his life was tragically ended by a person who opposed his progressive message. Along with Martin Luther King Jr, people such as Rosa Parks and Malcom X were spreading a message of love and acceptance. At other times, different fights took place, and we must also remember those who fought for women's rights in the early 20<sup>th</sup> century, and those who fought and continue to fight for LGBTQ+ rights. They all deserve nothing but respect, support, and admiration. In times when society discriminated based on sex, ethnicity, and sexual identity, strong people fought for justice and equality, and we owe our Canada to them.

If you ever feel discriminated against, or witness discrimination, do not keep quiet. Speak out.

# THE FORECAST

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## WE NEED:

- Journalists
- Poets
- Cartoonists
- Opinionated Individuals
- Photographers
- Authors
- Meme Makers

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## THE TEAM

**Editor-in-chief:** Alejandro Restrepo

**Staff Advisor:** Mr. Scarrow

**Writers:** Abigail Balog, Muzammil Sheikh, Tyler Riches, Michael Spence

**Contributors:** Tyler Riches, Kennedy Player-Reid, Ariel Luneau, Rosie Swenor

**Special Thanks To:** Shirley Jones-Luke, a published American poet who submitted her awesome poetry to *The Forecast*

Where do you go if you want to join?

We meet every Thursday, after school, in Room 2064

Come out and join *The Forecast*!

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## Note from the Editor

It's the second issue of *The Forecast*, as well as our first issue of 2018—I don't know about you, but I think that's awesome? We're starting the year off with a bang, in that, our January issue is longer than anticipated, which means more content for you to read, and more things for me to arrange and piece together on Microsoft Word--yes, I said Microsoft Word. What did you think we used? Some fancy-shmancy program? We're a humble team of very talented, professional, and honest journalists who just want to share and showcase Saltfleet's personality. Now, because I am told that my humour is 'really bad' and 'kind of stupid' (thanks mom), this month's issue only has one meme. If you wish to see more memes, get us a meme-maker who isn't lame like me—insults hurt, guys.

Recently, I watched *Spotlight*, and I really wanted to uncover some big story, which is why I wrote a piece about a relatively unknown conspiracy theory. The next mystery I'll solve<sup>1</sup> is whether Kylie was Kim's surrogate or not, so if you're really invested in the Kardashians, tune in to next month's issue. Until then, I can give you twelve reasons why you should read this issue:

- 1) The cover story
- 2) The really cool table of contents page
- 3) This fun note from me, the editor
- 4) Our lovely ad
- 5) Three awesome poems and a Cassandra Clare quote
- 6) Information about the OSSLT prep course
- 7) An exam schedule
- 8) The Al-Hasnawi Brock scholarship, and Hazel's back in the saddle tour<sup>2</sup>
- 9) Four great examples of Saltfleet's awesome sports teams
- 10) Suggestions for great media you should look into, and one meme
- 11) The truth behind the world's largest cover up story
- 12) Tips on surviving exams

If you're like me, and pay attention to detail, you might notice that the bullets on page four are little *The Forecast* cyclones, and it's super cute. Also applicable if you're me is the fact that you care about people, no matter who they are. Please, if you're walking in the halls, or are in the middle of class, and you see any form of harassment, abuse or bullying, do something. Stand up for those who can't, or who feel powerless. If someone had stood up for me in the past eighteen years, I would have been extremely touched, and not treated unfairly.

Last, but not least, I hope you take the time to read the January issue, maybe consider joining the team or submitting something for the next issue. I have a special request for any photographers out there:

***I want Spiderman!***<sup>3</sup>

-Aloe,

*Editor in chief and professional short man*

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<sup>1</sup> I probably won't solve it, if I'm being honest. Who do I look like, Hercule Poirot?

<sup>2</sup> It's an Aerosmith reference—I apologize. I can do better

<sup>3</sup> Only 90s kids will remember this

# WE WANT YOU!



## ON THE FORECAST

*The Forecast* is made possible by students, kids like you, who are reading this, and thinking *should I join?* Well, a wise man, Jonah J. Jameson once said, “ask not what your school can do for you—ask what you can do for your school.” *The Forecast* is currently in need of:

- 🌀 An arts columnist
- 🌀 A languages columnist
- 🌀 A school life columnist
- 🌀 ~~Forensic scientists~~
- 🌀 Cultured media reviewers
- 🌀 Any and all kinds of talent and creativity
- 🌀 Meme-makers

If your schedule doesn't allow for monthly commitments, or you're more of a free spirit, freelancer, free range person, then you can still support your school. We accept submissions, such as cartoons, opinion pieces, creative writing pieces, short essays, poetry, and more.

To join, you can email us, message us on Instagram, stalk us for a week and leave ominous notes in our lockers until you finally approach us and ask to be on the team, or go to room 2064 any Thursday after school.



# POETRY



“Only the very weak-minded refuse to be influenced by literature and poetry.”

– *Cassandra Clare, Clockwork Angel*

**Single and Ready to Pringle – Sonnet 14**

By *Aloe*

Shall I compare thee to a bag of Lays chips?  
 Thou art better and figured and with less air;  
 Crispy thin crunches, binged leaving chapped lips,  
 And mouthfuls of flavour found only there.  
 Old Dutch, compared to you, tastes really bland,  
 More boring because they’re not in a can,  
 And you’re much better than the no name brand:  
 Can’t you see that I’m your number one fan?  
 Sometimes I wish I could like in your tins,  
 Eating and swimming in your saltiness,  
 But if I ate only your Pringle thins,  
 I’d take you for granted, value you less.  
        So feed me tender, my sweet Pringles love,  
        As I reach for the last chip, your can a glove.

**They are coming**

By *Michael Spence*

Throughout the year we all know  
 They are coming  
 There is no way to stop them  
 Neither weapons nor words can slow their trip  
 It is inevitable  
 They are coming  
  
 We can merely prepare  
 For when they arrive  
 We must be prepared  
 As our future  
 Will depend on our success  
 When they arrive  
 Failure is not an option  
  
 Though we may beat them  
 They will come back  
 And the cycle will repeat  
 They are always coming  
 And there is no way to stop them

**Progressively Backwards**

By *Shirley Jones-Luke*

Seismic shift in common sense  
 decorated heroes who shun war  
 photos capture the story unspoken  
 we pose for the folks back home  
 those who wish they were with us  
 but stare at empty roads & dimming  
 streetlights, common sense took flight  
 a long time ago, a hole in wisdom,  
 uncharted intelligence, purely a precaution  
 against the fall of dictators, rulers who  
 claim they are for the people, but shun  
 the people's needs for health, jobs  
 and affordable shelter, the engines  
 of the economy want us to hold on  
 tightly and survive the ride, political  
 correctness has been thrown for a loop,  
 shot down, in a death spiral, landing  
 in a cloud of ash and smoke

Aloe is the editor in chief of *The Forecast*, and a writer, worrier and warrior. He enjoys alliteration.

Michael Spence is a writer for *The Forecast*. This is the first poem he's submitted to *The Forecast*.

Shirley Jones-Luke is a poet and a writer. Ms. Luke lives in Boston, Mass. She has an MFA from Emerson College. Her work merges poetry with memoir. She has been published in several journals and magazines.



# HWDSB



## OSSLT PREPARATION COURSE

FOR STUDENTS IN  
GRADE 10 & 11

**When:** Mondays and Wednesdays, 2:45 to 3:45 p.m.  
from February 26 to April 9, 2018 *(Excluding school holidays)*

**Where:** Saltfleet District High School, Room 2051

### Benefits:

- Certified teacher provides strategies and support to help students develop skills required for success on the Ontario Secondary School Literacy Test
- FREE to all eligible students

### How to Register:

- Must be a student preparing to write the OSSLT in Spring 2018
- Good attitude and attendance are expected.
- Go online, find and complete easy registration form at:  
<https://goo.gl/forms/9J6Y70UfK09Z71FE2>
- Complete the registration prior to attending class
- Child's school principal must approve participation. You will only be notified if not eligible.

### Learn more:

<http://www.hwdsb.on.ca/cce/youth-programs/student-improvement/>

curiosity • creativity • possibility

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# EXAM SCHEDULE

Keep this page if necessary\*

<b>Period 1 Exam</b>	<b>January 25th</b>
<b>Period 2 Exam</b>	<b>January 26th</b>
<b>Period 3/4 Exam</b>	<b>January 29th</b>
<b>Period 5 Exam</b>	<b>January 30th</b>
<b>Extra Exam Day</b>	<b>January 31st</b>
<b>Semester 2 Starts</b>	<b>February 2nd</b>

\*If not necessary, keep anyways

# Al-Hasnawi Scholarship at Brock University

By: Zaineb Hamoodi



The news of the tragic loss of Yosif Al-Hasnawi spread like wildfire in Ontario. The brave 19-year old, a Medical Science student at Brock University, lost his life defending an older man he didn't know on December 2nd, 2017. A memorial service was held in Hamilton City Hall on Saturday December 9th, where several city counselors, MPs, MPPs as well as many Hamiltonians attended. During the memorial, retired lawyer David Harvey told the crowd a scholarship in Al-Hasnawi's memorial has been setup at Brock University, "so Yosif's dream to become a doctor can live through future students." Harvey's voice trembled as he told the crowd he never met Al-Hasnawi, but he wanted to find a way to tell the family that "this senseless violence is not who we are as citizens of Hamilton or citizens of Canada."

Yosif was one of us ... He mattered, and he will be remembered.

For more information about Yosif's story, or to \*donate, please visit: [Yosif.ca](http://Yosif.ca) or [www.brocku.ca/donate](http://www.brocku.ca/donate)

\*A tax receipt will be issued for any donation \$20 or more.

## Hazel is coming to *The Forecast*

### Information About our Upcoming Advice Column

Do you have questions you can't ask *just* anyone? Anything you need advice on, like relationships, tests, life and actually sticking to your new year's resolution? Luckily, we have hired an expert on *everything*<sup>1</sup> to give you all the help you need. Years ago, she worked with Saltfleet on its older newspaper, but she's making a comeback. She has requested you reach her through *The Forecast's* Instagram, or email:



[theforecast.sdhs@gmail.com](mailto:theforecast.sdhs@gmail.com)



[sdhs\\_forecast](https://www.instagram.com/sdhs_forecast)



Her advice will be published in the paper every month, but we warned, she can be very sarcastic. So far, she really likes the job and has no complaints about the salary<sup>2</sup>, so if we could do our best to not scare her away, that would be great. I don't want to be remembered as the editor who lost the one and only Hazel because people were mean on social media—so no inappropriate interactions. The last thing I need are lawsuits.

-Aloe

<sup>1</sup> The word 'everything' meaning 'very few things, actually; we are being extremely hyperbolic.' No one is an expert at *everything*, not even half of everything, or a quarter. Humans only every experience like, a thousandth of all the possible things to experience in life, not counting the fact that we all experience things through our own eyes, in which case, life experiences are only 1 out of 7.6 billion. This is nothing, but it is enough to keep me up at night, wondering, brooding, crying. But hey, she's answering *your* questions and helping *you* out. Be glad

<sup>2</sup> There is no salary



*Kennedy Brings You*  
**Sports**



*Saltfleet Kills It* on the Court and in the Rink



**Sr. Girls' Volleyball**

The senior girls' volleyball team has finished regular season play in fifth place with a 2-4 record. They have played two games since returning from the Christmas break against fourth place Glendale and first place Orchard Park. Unfortunately, the girls lost both games by a score of two sets to none. The girls are set to play in the quarter final matchup on February 13<sup>th</sup>.

**Sr. Boys' Basketball**

The senior boys' basketball team has had an outstanding 8-0 start to their season. They dominated Nora Frances Henderson by a score of 65-17 at home in their first game back after the winter break. They are off for exam break as of now, and will resume regular season play when they take on the Glendale Bears at Glendale on February 6 at 4:45. The boys currently sit in second place, behind only Sir Allan MacNab. They will play in a battle for first place here at Saltfleet on February 8<sup>th</sup> at 4:30. Show your spirit, Saltfleet!



**Varsity Girls' Hockey**

The varsity girls' hockey team beat Dundas Valley by a score of 3-2 January 11<sup>th</sup> at Dundas Olympic Arena. Saltfleet's goals were scored by Paige Arnosti, Erika Porter, and Kennedy Player-Reid, backed up by a great performance by Skyler Cooper in net. The girls sit comfortably in second place with six points and a 3-1 record, losing only to first place Waterdown. They will face off next against Ancaster on February 7<sup>th</sup> at Morgan Firestone Arena at 3:00.

**Varsity Boys' Hockey**

The varsity boys' hockey played a game against Ancaster January 17<sup>th</sup> at Valley Park arena. They played well, blocking numerous shots from the Ancaster Royals, but ultimately lost 5-0. The match was intense, with the entire team working in unison and almost scoring multiple times throughout the second and third period. The team gets a break from the ice until playoffs. Good luck, boys!



# CHECK THIS OUT

Cool things to check out while you *totally* study for exams!

*they're a great band*



### The Mountain Goats

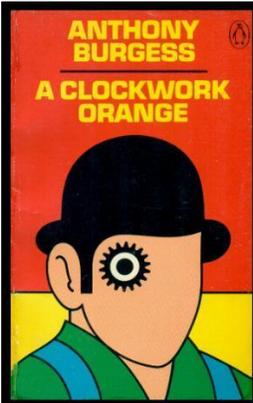
“Short version is it’s about how you have to worship the devil sometimes. It’s not that song. Different kind of worship, same kind of devil. It’s about the evil things inside you that you have to learn to celebrate and live with and think of as a part of the whole that makes up you instead of rejecting them because you won’t be able to shake them and sometimes they will need to be, as we say in our Wiccan circles, honored.”

-John Darnielle

### A Clockwork Orange

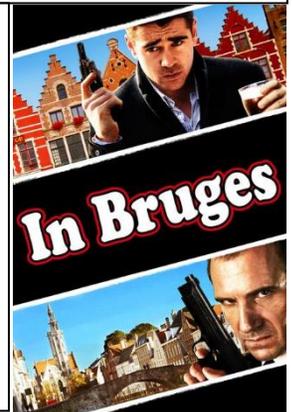
When Alex is arrested, and undergoes experimental treatment, he comes out a new man—except he is no longer able to choose between right and wrong. In this brilliant dystopian novel, Anthony Burgess proves that ‘when a man cannot choose, he ceases to be a man.’

-Saltfleet Graduate, Ariel Luneau



### In Bruges

Two hitmen, and an assassination gone wrong, a mad boss, and a boring town in Belgium. Who says you can’t sight-see while you go into hiding? Colin Farrell and Brendan Gleeson lead this comedy-tragedy that is, essentially, a story of fr



# MEME

This is it guys. Your one meme. Don’t waste it.

## WHO WOULD WIN?

The flute. An instrument that has been around for thousands of years.



Some swifty bois





Like



Love



Haha

# Opinion Pieces



Wow



Sad



Angry

## The Phantom Time Hypothesis

And the Importance of History

By: Aloe

The years 614-911 AD were a myth. All the stories about Viking raids, the founding of Islam and Charlemagne's love for a lake are fiction—at least, historian Heribert Illig suggests so in his proposed *Phantom Time* hypothesis. The thesis of the argument is that, in the middle ages, two, maybe three men, fabricated what might just be the biggest coverup story<sup>31</sup> in history. At the dawn of the first millennium, Pope Sylvester<sup>2</sup> II, Holy Roman Emperor Otto III, and possibly Byzantine Emperor Constantine VII ordered the forgery of various documents, as well as the alteration and misrepresentation of physical evidence, to shape history to their benefit. Illig thinks Otto III and the Pope could have rewritten and completely made up a large portion (about 300 years) of history to cement his claim to the Imperial throne.

At first, this theory sounds like it was thought up by some delusional conspiracy theorist—in fact, it is considered a conspiracy theory by historians around the globe—but it, surprisingly, has evidence to support its claims. Illig cites the lack of architectural clarity, the often-faulty tree-ring dating system when it comes to trees in the middle ages, lack of archeological evidence, reliance on medieval historians for history, and a miscalculation during the Julian to Gregorian calendar switch in 1582. Most of these things would be too boring to get into, but they are pieces of evidence that can be used to argue the possibility that three centuries of medieval history were forged.

Counter-arguments, however, are much stronger. For centuries, historians have been studying the past, and it took 1,991 years after Otto III's coronation for any historian to propose that Otto III made up history. This alone is a solid argument against Illig's hypothesis, yet there are many other arguments that disprove it. Astronomical calculations on cyclic processes, such as Halley's comet and solar/lunar eclipses, hold steady in our current system of time, meaning the 300 years must have happened, unless cosmic bodies are known to break known laws of physics—maybe Halley's comet was in on it. Also in on it was the Tang dynasty in China, the British, the Greeks and the entire religion of Islam. Many significant events happened outside of the Holy Roman Empire and Europe during the 300 years of fake history, which means they too would have to be made up.

Whether the *Phantom Time Hypothesis* is true or not, it shines light on the importance of history. How easy is it to fabricate a past, or if you're a historian, misinterpret the past? Our current internet culture will probably cause massive speculation in the future, but luckily, we tend to record the truth behind our weird jokes and internet practices on Wikipedia, or some other trusted website. Maybe the era of having to interpret the past is over, and from now on we'll know the facts as they happened. Video recordings, photography, audio recordings... Historians won't have to rely on hand-written texts with snail-monsters in the margins, or carved stones to translate dead languages. But this is historians, and they're usually right—excluding the Euro-centric ideas and myths that are still propelled<sup>3</sup>.

History is important. It might be in the past, and unchangeable, but it's essential that people know their history. Those who do not know their history are the easiest to manipulate, and ignorance is what often leads to dictatorships and bad presidents. A lot of times, simply taking your head out of the gutter and researching a trusted, non-biased source is all you need to do to know that the wage gap *is real*, trickle-down Reaganomics *don't work*, and that three centuries of medieval history *were not* fabricated by two dudes.

<sup>1</sup> Bigger than Watergate, MK Ultra and Area 51 combined

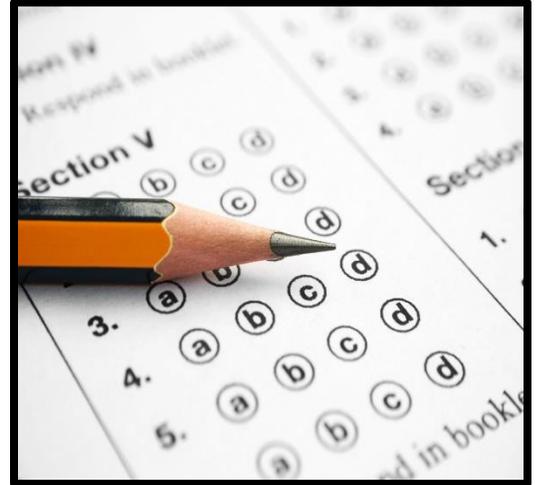
<sup>2</sup> Not Sylvester Stallone, nor the cat

<sup>3</sup> Like the idea that the dark ages were a time without science around the world, when it was just Europe was dying from plagues

# Exams Are Coming And Here Are 5 Tips To Help Yourself For Studying

By: Muzammil Sheikh

1. **Don't Panic:** Panicking can seal the deal of not doing good. In addition, panicking can reduce effectiveness in studying, cause stress and procrastination, and potentially diminish your overall determination. Therefore, by not panicking and staying calm can lead to greater gains and increased effectiveness in terms of getting things done.
2. **Stay Focused:** When executing large scale goals/work, it is essential to consistently maintain your concentration, as being unfocused makes one prone to procrastination, where the amount of time being lost continuously increases, until gradually little time is left for studying. Thus, procrastination can lead up to unwanted results, loss of productivity, laziness, and unwillingness to accomplishing tasks, being consequent of the little time used. Hence, you should always value your time over luxuries like T.V, or video games when accomplishing tasks because these forms of entertainment are always available, however you will only write your exams once per semester; you simply cannot reverse time. So learn to value your time and then you will receive your desired outcomes.
3. **List all your to-do's:** If you are aware of when all of your assignments/exams are due, you will be better organized and capable of executing tasks. Being organized will prevent the fear of forgetting anything, especially when using the method of memorizing your tasks/to-do's. Furthermore, being organized allows you to know map everything out ahead of time and prioritize studying for courses. Being organized also helps you avoid procrastination, and prevents precious study time from being lost.
4. **Review:** It is better to be safe than sorry, and this is entirely applicable in the situation of examinations as they consist of major elements learned throughout the semester. Reviewing is recommended as when you are reading/practising for a test/exam, only a bit of the information learnt gets processed. Therefore, by reviewing/studying more than once per subject, more information will be learnt and acquired within your brain, which, consequently increases your chances of doing better. Remember to place extra emphasis on the information and topics you found difficult in the courses. By easing your weaknesses and revising, you will be more confident in terms of taking the examination, as you would know a lot more information and be more capable on solving equations you previously had trouble with.
5. **Have A Positive Attitude/Ebullience Heading Into The Exams:** On exam day, you can play it either with a positive or negative attitude. Essentially, by heading into the exam with a positive attitude, you will have increased confidence on answering questions and be more productive, which are major determining factors for doing well on examinations. In contrast, if you were to take an examination with a negative attitude, you would be entitled to a lot more stress, loss of productivity, loss of confidence, and face the potential of not doing as well as anticipated.



Good luck on exams, try your best, do not give up, believe in yourself, and most important of all, have fun.