



KINGSLEY VOICE

SPRING 2020



WE TALK,
WE MOCK,



KING
RANTS



WE JOKE



WE GO FOR BROKE

KVC CONTEST

- WHY GRAFFITI IS MISUNDERSTOOD IN TORONTO
- ARE SUPERHERO MOVIES, CINEMA?
- THE REIGN OF CLASS CLOWNS IN HIGH SCHOOL
- NEED COFFEE? KING SAYS LOL

OP/ED



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WANT TO JOIN KINGSLEY VOICE?

TUESDAYS &
FRIDAYS @
LUNCH IN B42

Welcome to the latest issue of **Kingsley Voice**. Rather than just present the facts this issue, we are presenting the opinions. Some of them are positive, some negative, but all of them represent the voices of King (for better or for worse). It is time we spoke up, as right now we are all in lockdown and this paper is one of the only ways we can still make our voices heard as representatives of what is currently a nearly silent building. The only sounds out of King right now are the ghostly whispers and tears of students who have failed chem in the past or are currently forever roaming the halls in search of soap for the bathrooms.

But no longer! We are here not only to talk, but to RANT. To bring forth our fervour, our fury, our funny, and all other things that start with the letter 'F'! Be prepared, King! OUR TIME IS AT HAND.

Or maybe not. We tried, anyway.

The complications of e-learning for students

By Sarah Mangaru & Lia Aziz

The 2019-2020 school year has been a whirlwind of events for Ontario schools. With all of the changes being made by the Ford government including immense budget cuts for programs, larger classroom sizes, changes to our school curriculum, and much more. Strikes were a continuous result and the students were struggling to keep up.

As if all of that were not enough, a new threat looms on the educational horizon! This threat is the proposed two mandatory e-learning courses that have to be taken over the four years in high school in order to graduate has also been quite a struggle. There is extra confusion with the option for students to opt-out from it, and if they choose to, they have to do so through a process.

So if e-learning was always available for students since the ninth grade of high school, what is the point of this?

In the past, students did not have to worry about going through this process to opt-out, however now

they are obligated to which is an added burden for them and their families.

This is evident in an article from *The Conversation*. "Families [aren't] aware of their ability to choose, or [face] social or linguistic barriers accessing school information, including some newcomers. If awareness of opting out fades over time, then the courses become normalized and commonplace in practice."

So if the government wants you to take e-learning courses, why should you not?

Well, e-learning is not as convenient as you may think and as many of us have found out. The e-learning course would be done in the school year while you are doing a non-e-learning course at the same time, so you would still have to be at school and ready to go to class as soon as your one hour lesson is up.

With e-learning, you must have a personal device and charger or use school computers, which are not the most reliable. In addition, you would need to have a stable and reliable internet connection which could be

absent at any time.

It is no question that many students believe that e-learning is much easier than taking a course in school. However, many teachers who teach in school and have taught online feel that online learning does not do enough to prepare students and that they do not learn as much as they should to earn their credit.

One English teacher at R.H. King Academy, Ms. Selby, has some concerns. "First, like 97% of all secondary teachers, I don't support mandatory e-learning for a number of reasons. E-learning has not been well-researched and requires different skills for students and teachers."

She also adds that e-learning requires much self-discipline as students must work through modules on their own. "There is no one to push you, and it's far too easy to procrastinate when the sun is shining," she says.

The e-learning process cheats its students because they do not provide the same level of learning as you would get in a classroom. This allows students to

get higher marks with less effort as not as many skills or knowledge are being tested to the same degree. When a credit is more challenging to earn, a student has more to gain and can use these skills to benefit them in the future.

Plus, if students were to complete their studying online, teachers would not be able to detect if they are struggling due to the lack of in-person contact. This creates disparities in the quality of a student's learning, thus being another complication to e-learning.

With the negative impacts on students and families, it is highly questionable that what the Ford government intends is beneficial.

Although e-learning can be useful for some, it should not be mandatory as its complexity makes matters more difficult.

Given that high school already is a challenging time for students and families, there is no need for added pressure on our learning choices. The decision regarding online learning should be easier for all in order to provide the best education possible.

A Letter from the Editors

Hey, King!

Thank you for picking up the Spring 2020 edition of the *Kingsley Voice* newspaper. We are constantly in awe of our up-and-coming team of photographers, journalists, layout editors, and artists who always strive to produce a fantastic paper.

The journey of this publication is always inspiring, and we are proud to publish our last one for this school year.

For this edition of our newspaper, we decided to create a 'King Rants' theme which allowed our writers to tackle topics and issues they were personally passionate about.

From topics on LGBTQ+ rights to enforcing individuals to have a healthy well-being, we are excited to share with you what our team has worked so hard on. Without them putting in countless hours of effort, this in your hands would not have been possible, and we are so proud of them!

Unfortunately, this is our last time being your Editor-in-Chief of our council as we will be graduating and heading to university. For us, being a part of the *Kingsley Voice* since the ninth grade has been such a great experience. It gave us many opportunities to learn and develop various skills which will be useful now and in the future.

We have gotten to meet each other and also make new friends along the way. And finally, it has provided us with memories we will never forget (especially the late nights before sending our paper off to the printer!).

For the two of us, we are very appreciative for all of the help provided by our mentor, Mr. Wilkinson. With his confidence in us to take on this leadership role, words of encouragement, careful criticism, trust, patience, and overall great humour to make us all laugh, our newspaper was able to be made to the best of our ability. And with his guidance, we

learned how to broaden our competence to inspire and be role models for our council. With this, we now pass the torch to our newest leaders, Saptarshi and Vaidehi.

We would like to thank our council members for the tireless effort they always put in to ensure we produce our paper, no matter how tight the deadline. Although challenges arose at times, our team always overcame them. We have no doubt

that the *Kingsley Voice* legacy will continue and become stronger in the coming years.

Finally, we would like to thank you, King. Without all of you, the *Kingsley Voice* would not be possible.



Sincerely,
Lia Aziz & Sarah Mangaru



Your *Kingsley Voice*, Editors-in-Chief, Lia Aziz and Sarah Mangaru.

SPOTLIGHT

KING'S

ARTWORK



Sara Sian



Niyonta Zulfiquar



Safia Jesmeen



Helen Mei



Ravinya Athukoralage



Sara Sian

KING'S

LIT ERATURE



Short Story Contest
Winner!

The Alley Woman
By Peter Goudie, Grade 11

There is a woman who resides in the alleyway between the bank and the convenience store. I say resides, but I don't know; all I ever see of her is when she is standing against the white, crumbling brick of the bank beside the ladder of its fire escape. She was silent, like a statue of shadowy dark maroon. The deep colour of the robe she wore glimmered in the little bit of sunlight that spilled into the crook between the buildings.

"What are you looking for?" She asked me one day, voice as smooth as silk. I suppose I was staring for too long as I paused at the mouth of the alley. My clutch on my backpack strap tightened. I cleared my throat.

"Who are you?" I asked her.

I came the day after that, and the day after that. One morning, I handed her a sandwich from the convenience store. I had one in my backpack. She pushed it back towards me and shook her head. Understanding enough, I leaned against the wall beside her. She remained quiet. I skipped work that day and spent it with her. The Alley Woman wasn't much of a talker. I wasn't very surprised. I did most of the talking. When the traffic began to slow on the road only a few metres outside of our nook, I stood straight and off of the wall. She didn't move her head, her face masked by the hood of her cloak, but I knew she acknowledged me leaving. I know, because she asked if she could have my name.

"Not until I can have yours."

The next day, she opened her wine-coloured cloak that flowed over her body. Her hood still covered most of her face, but I stole the occasional glance at her upturned lips. Slips of paper lined the inside. The cloak cast such a shadow despite it being well into the day that I couldn't make out the rest of her.

"Would you like one?" She asked me.

They were covered in different names. I figured they were all hers.

Brown Hair
By Sahana Maheswaran, Grade 9

It's currently 2040 and the only hair colours left are blonde and black. Except for Kara, the only person in Canada with brown hair. She didn't realize she was different until her friends were comparing hairstyles and they noticed she was the only one with brown hair. Ever since, they began bullying her and ultimately ditched her completely. Her mother's disappearance occurred during the same time, so naturally everybody blamed Kara for her mother's sudden disappearance. Her mother abandoned her when she was just ten and now that she's fourteen she doesn't remember anything regarding her mother except her blonde hair. She questioned her father daily about her mother's whereabouts, but all he told her was to not enter their basement.

One day, while Kara was searching around for a poster in the attic, she found a dusty box. She picked it up and opened it; the box was filled with feminine items. Clothes, jewelry, a photograph and a random bottle of hair bleach. Curiously, Kara looked at the photograph, it was her father and her as a baby, but beside him was a lady with brown hair. The back of the photograph read: Mark and Amy Brown with Kara.

Her mother had brown hair? She had blonde hair for as long as Kara could remember. She had to inform her father; this was insane!

She rushed down from the attic and searched for her father when she noticed the bolted up basement door was open. She descended downstairs and realized all of her mother's belongings were present. She rushed over to a beautiful dress when she detected a foul odour. She went towards the scent and noticed a red substance staining their carpet. She peered into the room where the scent led her.

She gasped, noticing the bunches of brown hair hung up with price tags on them. She felt sick to her stomach when she realized her mother's rotten corpse was completely distorted on the floor and a pair of scissors were in her father's hand. All she remembered next was screaming before her head hit the ground.

KING



What to do in quarantine...



Lia Aziz

Dalgona coffee has become a viral hit during quarantine.

Due to the Covid-19 outbreak, everyone has been forced into quarantine for their own safety. However, we all know that quarantine can get boring or sad sometimes.

It is important to keep ourselves occupied and positive and to keep our minds sharp and engaged. Here is a list of 30 things you can do to keep yourself busy during quarantine.

1. Make Dalgona Coffee
2. Cook a new dish
3. Learn to bake
4. Exercise
5. Do Yoga
6. Create a skincare routine
7. Read a book
8. Keep a journal
9. Write poetry
10. Write a song
11. Learn a new language
12. Play a instrument
11. Make a puzzle
13. Solve a Rubik's cube
14. Make a painting
15. Make a scrapbook
16. Knit or Crochet
17. Closet Declutter—Kon Mari method
18. Dance
19. Play cards
20. Play board games
21. Play Jenga
22. Play Chess
23. Play Dominoes
24. Make a TikTok
25. Watch a movie
26. Watch a TV show
27. Learn how to sew
28. Learn to quilt
26. Learn origami
27. Video chat with friends
28. Have a Netflix party
29. Go for a walk or run
30. Sleep

Portables: a detriment to education?



Rafael Zoto

Outside and away from wifi are just two strikes against portables for some.

By Anthony Popov

For many students at R.H. King, getting your timetables for the first time and seeing one of your classes is in a portable can mean you're in for some inconvenience.

Having a class in a portable means that you will potentially have to trek through varied weather like mountains of snow during the winter to travel between classes and your locker to change into the right gear.

It will make a simple task

like going to use the wash-room or filling up your water bottle a longer journey than usual, and do not even think about forgetting your textbook in your locker.

However, while all of these things may be a hassle for students who prefer not to have to travel back and forth, does having a class in a portable actually have a significant impact on a student's education? Is there a profound difference between English students learning in a portable versus the ones learning in a class-

room on C floor?

Julia Brown, a grade 11 student at King who has two portable classes this semester, does notice some negative impacts on her learning. "Learning in a portable versus a regular classroom has some major drawbacks. This includes frequent technical and equipment-related issues," she says.

In addition to poor internet access, Brown also feels that extreme weather can affect the learning in a portable. "In the summer, it is difficult to focus because of the heat," she says.

While technical issues are a common occurrence even in classrooms *within* the school, one can only imagine how much more frequent they are in portables.

Caitlin Devion, another grade 11 student with a class in a portable, calls it a lose-lose situation. "Once you come in you have to put your coat and everything else away," she says. This is a common nuisance that students have to navigate. While students need their coats in order to travel between the portables and school in the winter, you are

also expected to put them away immediately when going inside. These constant locker visits in between classes can make it more difficult for students to be on time for classes.

On the reverse side, it can be pleasant having a place to go to that is outside the normal halls of King. In nice weather, getting a bit of sun and fresh air can give students a morale boost. Some classes even make use of nearby outdoor spaces for group work making for a nice change.

Portable classes can be both an inconvenience and a detriment to a student's learning, but there is no simple solution to this problem. The existence of portables speaks to the larger issue of the lack of space in schools to accommodate the number of classes. Any alternative to a portable would require building additions onto the school itself, which would be both impractical and expensive. So while few students like having their classes in a portable, they are likely to remain a part of R.H. King Academy for a long time for better or for worse.

Possibly being ignored in your friend group?

By Vaidehi Trilokia

Being a teenager is hard, and sometimes you need someone your age that you can talk to. Are you being given the attention you feel you need by your friends?

There are some people out there who are good at putting others down. If you put some thought into it, you may actually realize that the people lowering your self-confidence may be disguised as your 'friends.'

This could be in any form, be it telling you that your personality or dressing sense is not "cool" enough, or that you are incapable of achieving your dreams. Telling you that you should follow their lead to become more socially relevant is unacceptable.

If students have been taught that each one of them are individually unique, why are teenagers often looked down upon by their peers for being different because of their personality or dreams?

Not to say that you cannot find good friends around anymore, you just have to look out for the right ones. Diluk Ramachandra, a grade 11 student at King, believes the same thing.

"I haven't been in a situation where I've been told that I am incapable of my dreams, but I have heard someone else being told that. I realized at that moment how tough that must be and how grateful I am for

my friends," he says.

There can also be those people out there who abandon you during your lows by perhaps ignoring it or not giving it enough attention. It could just be something that you think is worth discussing but is not thought so on the other side.

This may not necessarily mean that your friends are purposely trying to ignore you, but sometimes if this becomes a repeated pattern, it might be worth taking a closer look at.

Perhaps, you realize that your friends are not always ready to give you the ad-

vice required or the 'real deal' that you might be looking for. True friends will not lie to you but instead will give you the real talk you need. "I appreciate my friends because then I can receive support or advice from anyone at any time. It's always easy to rely on someone for anything depending on the circumstances," Ramachandra says.

On the other hand, it could be that you yourself need to speak up about what you are going through. Often we are all wrapped up in our own drama that we are not on the lookout

for what others may be feeling. If you are feeling low, say something. If you do not get the support you need then look at why that person is not helping. Maybe they cannot and did not want to burden you. Take the time to talk to find out what is going on before you make decisions about the friendship.

This article is not to say that all of you should break your friendships, but if you feel that maybe your friends are not being 100% committed, it may be time to look out for the people that stay strong with you through both highs and lows.



Vaidehi Trilokia

Having a smaller friend group isn't such a bad thing! Having a supportive group dynamic is much more important.



We must quit sabotaging ourselves!

By Farhan Qazi

Each and every single one of us has the tendency to self-sabotage. We all do it in different ways such as with our looks, relationships, everyday actions and interactions. It is a mindset that is created by yourself that can kill your self-worth and self-esteem.

It all comes down to your own negative thoughts and behaviours. If you believe that you are allowing something to happen that brings you down, you are self-sabotaging. The first thing that one has to do in such



Courtesy

We tend to hold too much against ourselves and we need to stop.

situations is to become familiar with the self-sabotaging habits. One common area where people sabotage themselves is letting people say negative things about them and then taking it to heart. Another is through comparison. People love to compare their looks and lifestyle with that of others. This can have a significant impact on mental health.

Marc Reardon, a student-teacher at King describes self-sabotage as having a number of different meanings. "The easiest way to break it down is into internal self-sabotage and external self-sabotage. I would describe internal self-sabotage as that little voice in your head telling you that you're not good enough, that someone else is better, and that you don't have what it takes to succeed. When you self-sabotage, you allow that voice to dominate your thoughts to the point where your negative emotions become actualized. You miss that free-throw in the basketball game because you didn't believe you could make it, or you forget what to say during your class

presentation because you don't feel confident in yourself. It's important to remember that we do have control over these emotions, even if it doesn't feel like it sometimes," Mr. Reardon says.

So why do we continuously self-sabotage? It is simple: we do not value ourselves enough. If we had enough self-worth, we would not care about what others think. We crave acceptance and achievement. We are all afraid of our short-comings, but that is what we must learn to overcome and accept. Once you have acknowledged your self-sabotaging behaviours, take time to think about what is preventing you from getting what you want in life. What are some coping mechanisms?

This is not just some inspirational self-talk, because that does not work for everyone. What does work for the majority of people is setting limits and creating rules for yourself.

Some advice Mr. Reardon has for teens is to be conscious of the internal and external forms of self-sabotage in their lives and try to fight them. "Teens are

growing up in a complicated world today. Social media can be both a distraction and a source of insecurity. The economy is less stable than when their parents were entering the job market, and can lead to teenagers feeling uncertain about the future. Teenagers should know that, while they can't control everything, they still have the power to make choices that can have a positive impact on their lives," he says.

Put your phone away when you study and allow yourself to have breaks to catch up on messages with friends. Try to envision what kind of future you want for yourself and set goals that will help you get to that place. Make meaningful connections with family and friends that are positive.

"Lastly, it is important to remember to be kind to yourself. We all engage in self-sabotaging behaviour sometimes, and that's okay. Learning from those experiences, and growing from them, is what helps you become a more fully-realized and fulfilled person. I'm still learning every day!" Mr. Reardon says.

School reading can be a chore



Marco Strezos

School reading hurts students?

By Lillian Bartlett

The goal of reading in high school is to prepare people for life as a literate adult and allow those searching for a job a chance to get better at communicating, but the materials given to them may be unintentionally turning teenagers off of reading completely.

An article on e-book platform 'Book Cave,' points one finger at high school classes. The author, Sarah Mecham, discusses how she thinks that this shared hatred amongst young adults for reading is because many are forced to read books that they may not be interested in during high school. "At heart, what we're trying to do by having our teenagers read classical works from the greatest authors is noble. Unfortunately, classical books don't appeal to children," she writes in the article.

In classes, teens are expected to read texts and novels that they are not interested in just to get a mark to pass the class. After a while, it can certainly become draining. High school students are made to read a book and analyze it time and time again, which becomes repetitive.

King student Brayden Esterbrooks believes that repetition comes with certain benefits. "It helps with root learning. It's a double-edged sword," Esterbrooks says.

According to Statistic-brain.com, 33% of high school students and 42% of college students will not ever pick up another book after they have finished their education. Though it may seem like a small percentage, it is still a problem when put in proportion. Take King, for example. There were 1,270 students in King from 2015-2016, and 33% of that is 419 people who may have lost a chance at loving reading, possibly due to the kind of material given to them in high school.

A counter-point to all of this is that there is value in experiencing different types of writing styles, narratives, and voices beyond what one just likes to hear. King Reads happens four days a week to encourage fun reading as well, but is that enough to convince kids to stick with it after school?

King's two-sided reputation

By Deeya Patel

R.H. King students have long become accustomed to the rigid marking style of the English department and the frustration from the math department forbidding the use of calculators. But while students here have learned to place King on a pedestal built from personal bias, how do other schools view R.H. King Academy?

The points system King Pathway students use for clubs and councils is well-known, but it doesn't seem to be looked upon favourably. "It's a good idea, but I feel like it would just pressure people to join things because they need to, as opposed to wanting to," says Karthiga Maharaj, a student from Woburn Collegiate.

Other schools have pieced together a good idea of what King is like, but an outsider's perspective is limited. "Hearing about Kinglish honestly scares me," Maharaj confesses.

Yusra Anwer, a King student in grade 11, used to share the same sentiment. "Of course it's tough, but at the end of the day I'm learn-

ing a lot of advantageous essay-structuring skills."

The King teacher archetype is also well known outside of the school. Gopal Uppalapati, a student from SATEC, thanks King teachers are really hard on their students and overwhelm them with work. "It's good to push students, but I've always thought it was kind of overkill at King," he says.

While King does like to challenge its students academically, it seems that reality has been skewed in a game of broken telephone. "The competition is fierce and our workload feels intensified because we're semestered," Anwer says. "Of course, if you ask, teachers are usually willing to be lenient and give extensions."

King's students, however, seem to have a good reputation according to Uppalapati. "They're just surprisingly amazing people. Everyone I've met has been really nice and non-judgemental."

R.H. King's reputation has made it so other schools have a decent idea of what it is like to be a student at the school, but, as expected, to truly know the pack, one has to be a Lion!



Rafael Zoto

Students do not have the privilege of coffee breaks.

Need coffee? King says lol.

By Saptarshi Dutta

For many adults, having coffee in the morning is almost a daily ritual. No, it is a ritual, considering how many cannot start their day without enough caffeine in their system.

Similarly, caffeine is a lifeline for many students who juggle school and often work-life on little-to-no sleep. This is true for senior students especially, who often sacrifice sleep in the name of getting into university. Regardless, it is only staff members at King who have easy access to coffee machines during the school day, whereas no such facilities exist for students. If the administration wants to make our lives easier, installing coffee machines for student-use or including it in Breakfast Club, could be a place to start.

I am not talking about crap-filled energy drinks or sodas, but pure coffees and teas, the thoughts of which make early morning Phys-Ed (slightly) less dreadful. It would also help beat the

afternoon drowsies! But the fact that staff can get a cup anytime they want while we have to make a pilgrimage to Tim's every. single. time. is enough to exasperate any coffee-addict-- I mean, lover.

85% of the students surveyed at King believe such caffeination stations should exist, so the fact that they do not is downright unfair.

I mean yes, caffeine does have some not-so-pleasant side effects, and making them readily available to teenagers may seem unwise. However, as Aristotle said, "Moderation in all things," and caffeine is no exception. The Harvard Medical School blog even cited a research study saying that moderate doses of coffee (3-5 cups daily) can be part of a healthy diet. That being said, giving King students the cup of Joe they sometimes desperately need is a step in the right direction.

Caffeine has also shown to aid school performance in terms of helping students focus, boosting mood and productivity, as well as improving short term memory for up to 24 hours! Plus, who can really argue against the pure blissfulness of coffee breaks?

Before you say "but caffeine is a drug!" let me tell you that chances are, students will find a way to get their fix anyway. Perhaps by skipping out of a class here and there to go to Tim's, or drinking coffee after school by which time it can disrupt their semi-occasional sleep.

So if you are listening, King administration, please save us the trouble and give us some coffee!



Susmit Shashwata

A visual representation of where King (right) stands if the TDSB were a playground and all high schools (left) were the kids.

FEATURES



A tribute to Kobe Bryant



Kobe Bryant is a legend and his Mamba Mentality continues to inspire people worldwide. He leaves an incredible legacy.

By Amnah Atta

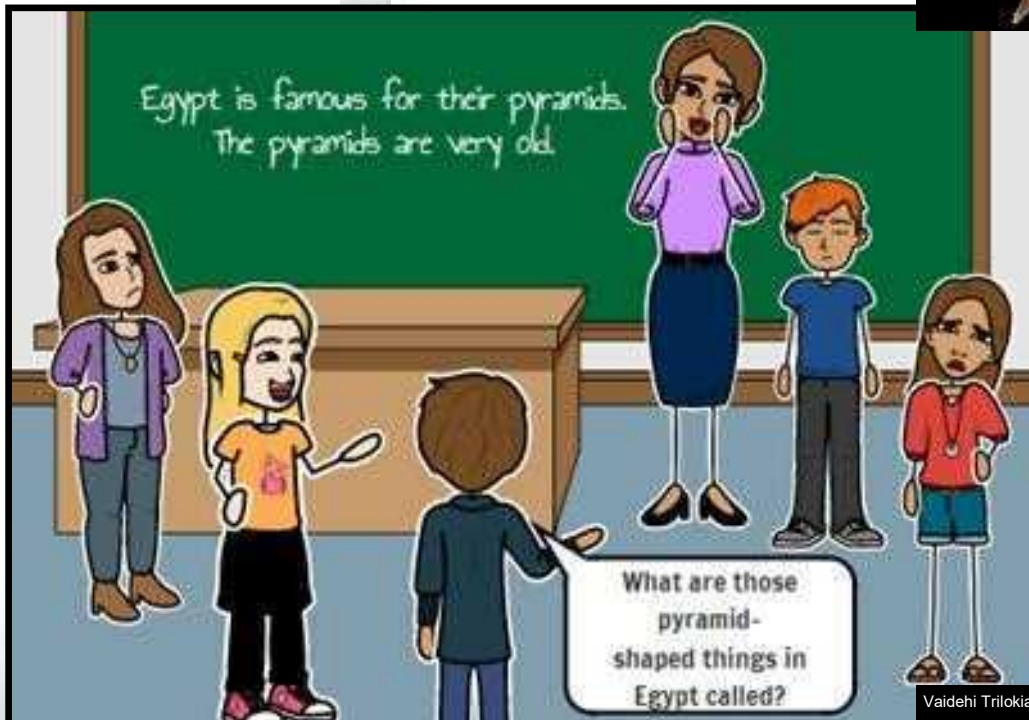
To the world, Kobe Bryant was a famous American professional basketball player, admired by many for his kind character. To his family, he was a loving father and husband. He was born on August 23, 1978, and passed away in an unfortunate helicopter accident on January 26, 2020, along with his daughter, Gianna, and seven other passengers on board. After 41 years on Earth, Bryant has left behind an astonishing legacy.

For the 1998 All-Star game, Bryant was voted a starter and became the youngest All-Star player in NBA history at the age of 19. Throughout his athletic years, he managed to earn himself five championships, 15 All-Star Game appearances, four All-Star Game MVP Awards, two NBA Finals MVP Awards and a regular-season MVP Award. Alongside those, he earned himself respect, honour, and established a cherished place for himself in the game and in the eyes of others. He built tight friendships with many other stars like Shaquille O'Neal and LeBron James.

In November 2015, Bryant announced his retirement from the game at the end of the season. "This season is all I have left to give," he wrote on The Players' Tribune website.

"My heart can take the pounding. My mind can handle the grind but my body knows it's time to say goodbye." He decided it was time to take it easy after a hard 20 years. In his final game, Bryant left an unforgettable exit as he dropped 60 points on 50 shots, giving his team a 101-96 win.

In the end, sorrowful as we are that Kobe is no longer with us, his legacy will live on. We should be inspired by him and keep his memories alive, so that not only will jersey numbers 8 and 24 never be forgotten, but so that the spirit of Bryant lives on in all of us.



It might seem funny at first, but there's a drawback to the class clown including distracting the teachers and students.

Class clowns make things frustrating

By Saptarshi Dutta

While there may be some truly deserving individuals who earn the respect of their teachers through academic prowess or being well-behaved, more often than not it seems as though teachers' attention goes to the ones who are rowdy, disruptive, and obnoxious: the class clowns.

We all know those kids. The ones making sarcastic comments to get a laugh out of their peers, always finding an excuse to draw attention to themselves (good or bad), and the ones who, despite their undying ability to distract, often clearly click with the teacher. Entertaining as it may be to some, does this sort of

dynamic discourage others from participating in class?

Naturally, people who share their knowledge during lessons receive the teacher's acknowledgment. Although when it gets to the point where students use lesson time to socialize with the teachers themselves, others who may want to contribute ideas that are actually relevant to the subject can feel neglected. It only gets worse when teachers give class clowns that extra attention which fuels their behaviour.

In addition, students who have the reputation of being a clown are often getting by with minor consequences for things that would otherwise be unacceptable coming from those

who are normally quiet.

Jordaine Williams, grade 11, believes that there are double-standards for introverts and extroverts when it comes to getting away with bending rules. "I feel like certain things are just expected of certain kids, so they're more able to push the teachers' limits. But let's just say if I, as a shy person, were to act the same way as them, [the teacher] would be a lot quicker to send me to the office."

Therein lies the problem. Society sees introversion as a flaw; everyone is always told that the formula for success is to be open and out there, and those who are not, need to speak up. According to former Wall Street lawyer and bestselling au-

become a place where only extroverts can thrive. This puts people who are more reserved at a disadvantage, whereas overly outward students continue to earn what is known as 'extroversion privilege'.

Cecilia Delcampo is a grade 11 student who thinks she does have the upper hand and is more valued in class because she makes her presence known. This is in contrast to Yumna Amer, who feels like her needs are less valued because she is not overly chatty. "I asked the teacher to repeat something (because the class was rowdy) and was denied, where the same instructions were then repeated multiple times for the same people making the noise. I didn't [want to] be in that class anymore because I felt invisible," Amer says.

So if students feel undervalued in some ways because their teachers always act familiar with the same people, what is to keep them from feeling like their efforts do not truly matter?

As well, Vicki Nishioka, a senior researcher at Education Northwest, feels that "sometimes teachers don't understand the importance that their relationship with each student has on that student's identity and sense of belonging."

So if educators connect socially with only a certain group of people, it may well boost their confidence, meanwhile achieving the opposite effect on their less talkative counterparts. Despite the fact that not every student may be able to get equal attention, it may be worthwhile to make a more conscious effort to maintain an inclusive environment.

Why graffiti is so misunderstood

By Marco Strezos

When you think of the word "graffiti", what is the first thing you think of? Common answers are typically "art" or "vandalism." I do graffiti, and have only once done so outside, over at Graffiti Alley on Queen St. W., the only legal "free-for-all" spot for graffiti taggers and professionals with experience.

It is important to understand that graffiti is not just one category, there are many types... a tag, a throw-up, a stencil, and a slap, just to name a few. People derived their hate towards graffiti because of tags, the most controversial type of graffiti. It is important to understand that there is a fine line between illegal and legal graffiti, though individuals tend to look only at the illegal aspect of it. Illegal graffiti is when someone tags personal property, such as houses, businesses and vehicles, with the intent to be rebellious and have no real message or meaning. Legal graffiti is when you

get permission from the property owner and City Hall to do a mural or throw-up design. With bigger pieces, the artist has to get formal permission from City Hall if it is on a blank wall. Free-for-alls, like Graffiti Alley and abandoned buildings like Camp 30 P.O.W. in Bowmanville, a now-abandoned religious school, are also examples of legal graffiti.

I interviewed my good friend 'Tetra' who is a Toronto-based graffiti artist, car collector, and the owner of OD Toronto, Toronto's #1 consignment store for rare clothing and collectibles about the misconceptions of graffiti.

"Graffiti art has a strong root in "counter culture" and has at times cultivated an anarchist movement that leads people to akin it with vandalism," he says.

Tetra sees the ups and downs of legal versus illegal graffiti. "The difference is simply if it's negatively or positively affecting the people it touches. While most businesses/property owners



Graffiti artist, Tetra, painting at his Nuit Blanche exhibit at OD Toronto.

don't want graffiti on their property, they still wouldn't complain if tomorrow Banksy did a piece on their store front. They'd not only gain the media attention but also sell the graffitied item for a high sum, so it's all subjective to the positive or negative effect that one can have on other's property."

Tetra wonders about all the wannabe graffiti artists tagging property out of rebellion and considers if it tarnishes the image for well-

intended artists like him.

"I don't think rebellious acts of vandalism are considered graffiti art any more than tossing a rock through a window is considered a sport. They're using 'graffiti' to justify the ends, but also the tagging of public and private property are two separate subjects. Rebellion can be controlled to convey a message."

To see more of Tetra's work, you can check out his Instagram @tetraheg0d.



What makes a good teacher? A student perspective



Students look up to their teachers for advice, knowledge and support.

By Vaidehi Trilokia

Sometimes it is good to take a break and reflect on the people who have shaped us into the people we are today. I have heard people thank their family, friends and peers for their success, but not so many teachers. In my opinion, teachers are the backbone of our success but are also unfortunately underrated.

What really makes a good teacher? Honestly, I think there are three major areas: passion, patience, and being a good role model.

To start off, passion for teaching is important which includes the willingness to go the extra mile in providing extra help. Passion for your work is a requirement in every field, but essential in

the teaching profession. The love teachers have for the course usually transfers to the students. This passion keeps students interested and willing to learn, in that they tend to not have too many side discussions or get distracted.

It is greatly beneficial for students when they are able to get extra help they need after classes to clear up important concepts. If a teacher does not care or does not make the effort, their students will not either.

The teachers who stay back to provide help are always appreciated for their hard work, and we are grateful to the teachers at King who are always willing to help. There are multiple teachers here who always try to stay back after school

to help students, especially in the math and science departments. The science department also allows students to come in at lunch for extra help.

Patience is key here. Teachers should also have the patience to listen to their students' questions and take the time to answer them to the best of their ability.

Sometimes students feel anxious when asking teachers questions because they feel like their teacher will feel annoyed or lose their patience and yell at them for not understanding concepts the first time. Raysa Khandaker, a grade 11 student at King strongly believes that patience is one of the most important qualities of a teacher.

"I think when you're patient as a teacher, students feel more open to talk, feel more comfortable in class and willing to learn. In my opinion, Ms. Franco is one of the most patient teachers at King. She would pay special attention to us when teaching a new concept. My classmates and I always felt good about going to her French class because we knew that our concerns would always be addressed and recognized. Thank you, Ms. Franco, for your support!"

Lastly, I hope while reading this you have thought of that one teacher who meets all these qualities and guides you in the way a teacher should. If I have been successful in reminding you of any such teachers, please go thank them for their support.

The final aspect of being an excellent teacher in the eyes of students is to have the ability to be a positive role model.

Students look up to their teachers every day, not just for what they say but also for their actions, which students soak up like sponges. Sometimes teachers provide you with a different perspective on subjects that you did not expect them to.

Mr. Wilkinson, a teacher at King and the publisher of the *Kingsley Voice*, shared his perspective on life that every student and teacher should try to follow. He explained that you should look at everything as an opportunity instead of something you have to do.

He says that it changes your perspective on life and helps you be more happy and satisfied. Getting to see a new perspective, be it in life or anything else, is always important for students as it expands your thinking.

Thank you, Mr. Wilkinson, for all your support!

Challenges of being LGBTQ+



Shane DeDios

KEQC actively supports the LGBTQ+ community.

By Tanisha Kumar

In this day and age, we still live in a world where being part of the LGBTQ+ community is still illegal in roughly two-fifths of the world.

Many people are still oppressed for who they are, who they love, and how they look. With the fear of consequences, people stay "in the closet" (which is a term used when a person is LGBTQ+ but has not disclosed it) and are not able to fully be themselves.

According to the Human Dignity Trust, there are twelve jurisdictions in which the death penalty is imposed or at least a possibility for private, consensual same-sex sexual activity. "At least six of these implement the death penalty – Iran, Northern Nigeria, Saudi Arabia, Somalia, Sudan and Yemen – and the death penalty is a legal possibility in Afghanistan, Brunei, Mauritania, Pakistan, Qatar and UAE," states the report.

Mr. Bodor, a French teacher and an LGBTQ+ advocate at King says that most societies that are progressive do not use the death penalty. "The second part is just criminalizing homosexuality. In a lot of societies, it has been criminalized due to religion. Some religions see it as a 'sin'," he says. "Colonization happened by Europeans in some Asian countries, and they made it a big deal [by] saying that homosexuality didn't line up with [their] way of life and religion. More recently, people can love who they want, women have power deciding when they want to be sexual and have power over their bodies, and this has decriminalized a lot of homosexuality because of society being more tolerant and accepting," Mr. Bodor explains.

No one deserves to die or be oppressed because of who they are. Our civilization cannot move forward when problems like these exist. We need to accept everyone for who they are and give them a chance to live freely without being shamed for it.

The major impacts of a concussion



Kaleigh MacMillan

Students should be mindful and monitor any symptoms of a concussion and then take further action, if necessary.

By Nabiha Hossain

Your brain is your body's central command center. Its soft, sensitive tissues are positioned within the hard and sturdy skull. But a swift blow to the head or violent shaking can override these protections and lead to a mild type of brain injury known as a concussion.

There has been a significant drive over recent years to push the issue of concussions to the front of people's minds. It is now common knowledge that someone who is concussed should not return to the field of play if they are an athlete and should take

care to rest.

More than 46,000 concussions go undiagnosed each year in Canada. These injuries can be caused by falls, car crashes or recreational activities like bike riding, skateboarding, skiing or playing any type of contact sport. More than half of concussions occur in kids—often when playing organized sports such as football and soccer.

Here at King, many students, teachers and staff have fallen victim to the traumas of a concussion, including Ms. Ngosik who says that a concussion stopped her from being physically active. "I react-

ed so badly to sounds, lights and any kind of stimulation that it prevented [me] from engaging in daily activity. I had to stay home for three months and after that I couldn't play sports for two years. Even today, I would say that I'm only 75% recovered."

When players are injured, the coaches at King are extremely diligent and will convene when necessary. But is that enough? Others will argue that it is not just raising awareness about the signs and symptoms to coaches, teachers and parents, but raising awareness about the steps that would need to be tak-

en to ensure a recovery phase that is tailored to the specific players or individuals who get concussed.

Cathy Simon, a physiotherapist who works with University of New Brunswick Saint John's varsity teams, spoke with the CBC and said that much has been revealed about the long-term effects of concussions in recent years. "There's long-term effects that show your brain does not heal," she said.

"And the younger you are, getting these injuries can show effects in the long term. So whether it's cognitive issues, whether it's sleeping issues, headaches, depression, anxiety, all those symptoms can be caused by concussions earlier on in life."

But contact sports are not the only avenue that poses a risk for concussions. The sad truth is that you can get one anywhere... school, home, work, or even just walking down the street and you trip or slip.

There is an overwhelming need to stay primarily involved in learning about concussions and their consequences. If you think you have one, see a doctor, take it easy, and do your best to not reinjure yourself as you heal.

HEALTH



The importance of eating healthy

MENTAL HEALTH STRATEGIES

By Srinidhi Shankar

As high school students, we are all strongly familiar with the overwhelming stress placed on us through school work, university preparation, and our social lives. We are no strangers to it, yet many of us have not been exposed to healthy coping mechanisms to help deal with it all.

Different coping mechanisms work at a varying effect depending on the type of person you are. The important thing is to strive to know who you are and what works for you. Here are a few coping mechanisms that may be effective:

Breath focus: This is the most basic, yet super powerful. In this exercise, you take slow, deep breaths, and gradually attempt to disengage from any thoughts and sensations that are clouding your mind.

Body scan: This exercise helps to strengthen your mental-physical connection. As you take deep breaths, you focus on specific muscles or body parts, and slowly work to release any tension or stress that is being held there. Oftentimes, we hold tension in our body parts that we are not even aware of, so this exercise helps to relieve some of the mental tension by slowly working through all the muscles in your body to get them to simply release.

Guided imagery: Through this exercise, you picture locations and scenes that help you relax. This is also referred to as a "happy place." Examples can include scenes such as a waterfall, a meadow, or a garden. There are also apps (like Calm) or clips online that you can look at, or audio that you can listen to, which can help you ease into guided imagery.

Repetitive affirmation: This is a mantra, or a slogan, that you can repeat to yourself whenever you feel the stress start to overtake you. This should preferably be one that connects with you personally, as it will be more effective in undoing your particular area of stress.

By Anthony Popov

For many students at R.H. King, it is already a struggle to wake up in the morning and get to school on time without hitting the snooze button five times. Remembering to pack a lunch on your already-tight schedule is challenging, and making sure that the lunch is both well-rounded and nutritious is almost close to impossible.

The solution to this problem may seem simple: go out and buy lunch instead. However, does that poutine from Wild Wings or that pizza slice from Double Double exactly fit the criteria of a healthy diet?

According to the British National Health Service, male teenagers should on average be eating around 2800 calories a day, while female teenagers should be eating around 2200 calories a day. However, this varies depending on your height and how active you are.

Many of the restaurants around R.H. King serve fast food, which often contains 'empty calories,' meaning it is high in calories but low in key nutrients. These

greasy, high-fat foods should not be eaten regularly as it can lead to health problems, maybe not now while we are still young, but later on in life.

While these food choices may not be the best for a student's health, for those who do not have time in the mornings to pack a lunch, buying food is the only option between getting to eat lunch or having none at all especially now that there is no food service in King itself anymore.

One alternative to this problem is preparing lunch ahead of time. 'Meal prep' is a concept that has become increasingly popular for those who have to pack a lunch during the day.

Preparing extra amounts of a meal that can be refrigerated and warmed up, like a stir fry, and then storing it in containers for each day of the week is an excellent way to save time and ensure that you are eating a meal that is well-rounded.

Making sure the lunch you prepare includes fruits or vegetables like broccoli or cauliflower, and healthy grains like brown rice or quinoa are also important in reaching the daily recommended five servings of fruits and vegetables, plus four servings of grains suggested



Aarti Patel

Pictured: a healthy homemade dish by former Editor-in-Chief, Aarti Patel.

by the Canadian Food Guide (specifics may vary).

Aarti Patel, a former Editor-in-Chief for the Kingsley Voice has made healthy eating her mantra. "I feel happier, productive and energized from eating healthy foods in my lifestyle," she says. "Health should be a top priority for everyone, as our body is our first home which needs to be taken care of. It takes small and simple changes to eat nutritious foods, but it is important to do this consistently. Being healthy doesn't mean being perfect, it's about making more mindful choices and enjoying what you eat."

Limiting your consumption

of high-calorie foods from places like Big Boys, Double Double, and Wild Wings to one day a week can also make a huge difference in eating healthier, long term.

Not only does preparing your lunch beforehand have many benefits health-wise, it is also better for your wallet, as buying every day can really be quite expensive.

While making your own lunch can take some adjusting compared to the ease buying food, the long term benefits outweigh the short term inconvenience, allowing you to be healthier maybe you will even let sleep in an extra 10 at the same time!

The value of fitness to mental health

By Jasleen Toor

Health and fitness has finally gained recognition from many in part due to the important role it plays in mental health and wellbeing. This has encouraged many to focus on maintaining a healthy body along with a healthy mind.

Many tend to believe

that mental health only lies within the mind, however, fitness is a critical factor in mental health as it allows one to release all the stress from the body. It promotes healthy muscles and bone-strength, which can prevent other diseases and ailments as well.

Supriya Vasanthakumaran, a grade 11 student at R.H. King, feels that fitness tends to be ignored due to

the lack of effort people put into it.

"Many people feel that they do not have enough time in their lives to 'be fit.' For me, fitness doesn't mean doing an hour-long workout. It could simply be playing a sport, doing yoga, or just focusing on healthy eating," Vasanthakumaran says.

Furthermore, she adds that it is important to give more time to fitness.

"I do believe that fitness is important and just taking a little time out of your day to focus on your own fitness is important."

Saptarshi Dutta, another grade 11 student at King, works out every day before school and has her own routine. "I usually mix weight training and cardio for different muscle groups throughout the week. Although, usually it's whichever body part I am dissatisfied with at the moment. However, that shouldn't be your motivation and I am trying to change that," she says.

Moreover, being able to distinguish between a healthy mind and a healthy

body is vital.

Dutta talks about her view on life through her fitness and how she is a woman emotionally physically because

"Juggling 6 or before school and clean is a lot to it's something not take away from way to assert myself and

commit because I never the way before money,"

Although are various on mental

evident that very crucial er it be due mental aspect to distinguish two is very it allows one aspect sep

Fitness is part of me covers all for overall important how to train emotional tain its he years to



Saptarshi Dutta

Trying to stay fit can improve one's physical abilities and mental health.



How to take care of your skin

By Lia Aziz and Riva Karim

For many students in high school, a major area of concern is their skin, specifically breakouts on their face. It is something the majority of high school students struggle with.

There are many causes of acne. For teenagers, it is mostly that they are going through puberty. However, there are other factors that can cause acne, such as diet, stress and touching your face frequently.

Teens in high school can feel insecure about their appearance, especially pimples and acne. Many people resort to using makeup to cover up their acne, which may hide the problem but not resolve it.

Covering your skin with makeup or doing nothing at all will not make your breakouts disappear, but having a simple, proper skincare routine can help reduce your acne and pimples, unless the cause is an underlying health issue. In that case, a dermatologist may advise other solutions. Regardless, a proper skincare regime is at the base of it all.

There are so many differ-

ent products available for different skin types, that it can get overwhelming. A basic skin care routine consists of cleansing, toning exfoliating, moisturizing and sunscreen (daytime).

Anna Ly, a student in Grade 12, says she has both a morning and night routine. "For my morning routine I cleanse my face, use an eye cream, use a moisture serum and finish it off with a moisturizer. For the night routine, I use a face mask for 30 minutes and an acne cream at the end," she says.

Some people have oily skin, dry skin, or a combination. Ly falls into the dry category. "I use sheet masks everyday [in] winter. I usually get them from Innisfree," she says. Innisfree is a great place to buy skincare products, which are a great addition to a skincare routine.

Another product that is used often to reduce acne is birth control pills. These are used to control periods and can help with acne. However, do not go taking these pills without first talking to a doctor.

It is important not to get overwhelmed or carried away with the many products people use in their routines. A skincare routine can

be as simple as using a face scrub and using lotion after. It does not need to be fancy or intricate. The most crucial thing is to take care of your skin in a constructive and consistent way.

For many, acne is just another part of growing up and often it goes away as you get older, though it's understandable to want to get the problem cleared up (pun intended) as soon as possible.

Everyone's skin is different. Some people have naturally pimple-free skin, some have a little acne and some

have acne all over their face. It is important to remember that pimples are natural. They are not flaws that need to be covered up. Having a pimple is not the end of the world. Embrace the fact that you are not the only one and remember that it is something many people of all ages struggle with. For more advice on the do's and don'ts of skincare, refer to the tips on the right sidebar. And remember to relax and drink lots of water!



Riva Karim

There are many different products available for all types of skin.

mindfulness actually work?



Kaleigh MacMillan

ness can help students deal with stress and anxiety.

schools, schools offering special mental health services for students. Experiencing stress is inevitable, trying to find the level of minimum. That is why after lunch part in the Mindful

years of committing practice, some students have begun to question or not the minute is helping students.

no question that can lower a person's levels. At times

when I found myself quite stressed before class, the Mindful Minute allowed me to take a moment in order to collect myself. However, this is something that I would only feel occasionally. In fact on most days, the Mindful Minute does not make me feel any different.

Part of the reason is that mindfulness at King is practiced for a fairly short amount of time. Everyone meditates differently and for many students, including myself, we need to meditate for a longer amount of time.

Grade 11 student at R.H. King Academy, Tina Khan feels it is too brief. "The problem is that as soon as you close your eyes, you have to

open them again," she says. However, it is important to consider that the school might not be able to afford to stop classes for a longer amount of time in order to meditate despite the fact that longer meditations may work better for many students.

Mindfulness at King goes beyond just the Mindful Minute. In the Grade 11 Leadership Course, an entire unit is dedicated to mindfulness. Students are able to practice several forms, some of which are mindful drawing and eating.

By and large, students were satisfied with the course. One of the main reasons for this course being successful was the environment that students were able to meditate in. If I am in a loud classroom where no one is participating in the Mindful Minute, the meditation will not be as effective. Students begin to feel uncomfortable.

Grade 11 student Cecilia Delcampo felt the leadership course was more personal. "Everyone approached the course taking it seriously and with curiosity as well," she says.

Although it often goes unnoticed, meditation, as it is practiced at King, does

more than just calm students down. In practicing meditation it starts to become increasingly normalized. Even if it does not work for a student at school, they will be able to apply the mindfulness strategies in other areas of their life.

In my personal experience, whenever I caught myself panicking outside of school, I would think back to what I practiced in school and as a result, I was able to calm down.

As it turns out, determining if mindfulness at King actually works is not all that simple. It all depends on the students themselves and the environment that they find themselves in.

Although the Mindful Minute may not work for everyone, the school providing it as an option for students is a step in the right direction. With the way I see it, students are lucky that schools are working towards focusing on teen mental health. There is so much rush and stress that people face in life, so learning how to deal with that and more at a young age is quite valuable.

DO'S AND DON'TS OF SKINCARE

Don't: Pick at your skin. This can cause acne scars.

Do: Try your best to eat healthier. You are what you eat.

Don't: Wash your face more than twice a day. You will lose the natural oils in your skin.

Do: Manage your stress. It is a big factor in causing acne.

Don't: Workout or go to bed with makeup on (you know who you are!)

Do: Drink lots of water. It hydrates and flushes out toxins.

Don't: Over-exfoliate your face. You should only do that once or twice a week, unless it is designed to be gentle enough for everyday use.

Do: Use natural products as much as possible. Aloe vera is a great option. Using the gel from the plant can help with many things including acne and sunburns.

Don't: Touch your face or others'. The bacteria from your hands will transfer onto it.

Do: Use charcoal or clay face masks. They are great for detoxifying your skin. (And give your family and/or friends a good scare or laugh!)

Don't: Use toothpaste on your skin. It will irritate it.

Do: Remember, using too many products will irritate your skin.

Don't: Start using new products all at once. Patch test products first to see if it causes any irritation.

Do: Wash/change your pillowcase regularly. At least once a week. Your pillowcase is covered with bacteria and dead skin cells.

Don't: Ignore your skin type when buying products. Do not buy something because it looks "cute" but will actually benefit your skin.

Do: Wear sunscreen to go out. But avoid oxybenzone. It is arguably the most dangerous chemical in cosmetics and can cause many health issues.

Don't: Spend too much on skincare. You will regret it! Try looking for cheap brands that offer amazing products like The Ordinary.

MOVIES & TV



Delayed Movies



Candyman
Originally June 12, 2020
Now September 25, 2020

The vengeful Candyman returns to the Chicago neighborhood that he once haunted when artist Anthony McCoy becomes curious and uses the Candyman as inspiration for his paintings.



Wonder Woman 1984
Originally June 4, 2020
Now August 14, 2020

Wonder Woman faces two opponents: The Cheetah and Maxwell Lord. In her journey through the 80's, Wonder Woman must win her battles and reconcile with past love, Steve Trevor.



The Woman in the Window
Originally May 14, 2020,
Now delayed indefinitely

Agoraphobic Anna Fox is believed to have witnessed a violent murder when spying on her neighbours. Being the only witness to speak up, Fox becomes dangerously involved in the matters of another family.

Netflix teen movies are not good

By Sidratul Muntaha

Perhaps not all teen romance movies on Netflix are bad, but the clichéd storyline and overdramatic portrayal of the characters on-screen are what make them predictable and frankly uninteresting.

Many people think that teen romance movies on Netflix give the viewers this perfect illusion of love whereas the reality is much harsher.

Grade 12 King student, Aneeqa Opel is not happy with the offerings. "Teen romance movies on Netflix are clichéd and leave people with unrealistic expectations," she says.

After all, it is very rare in real life to see people like Lara Jean and Peter Kavinsky agreeing to be in a fake relationship only to fall in love just because of a childhood crush and a letter.

Such unrealistic expectations are only possible in movies as reality is not all sunshine and rainbows like shown on the screen. Movies like these leave the audience disappointed because what they watch does not reflect their daily lives.

Nonetheless, there are people who actually like teen romance movies on Netflix and enjoy the storylines.

Farheen Azmi, a student in grade 12, likes a lot of them. "Teen romance movies on Netflix are actually

really cute and give people hope." According to Azmi, these movies take people away from the bitter truth of reality and give them a sense of liveliness. It makes them feel good, even if it is just for a few moments before the truth might come along and slap them hard on the face.

For some of these shows, the blankness and the overly-used plot combined with the same storyline cannot be ignored. It is very easy to predict how a teen romance movie on Netflix is going to start and how it is going to end: girl meets boy, they fall in love, face a few complications along the way, usually in the form of a misunderstanding, and then live happily ever after. It is the same story over and over again, which is one of the key reasons why these movies lack excitement compared to other genres.

For example, movies such as *To All The Boys I've Loved Before* and *The Kissing Booth* have similar plots and the storyline can be predicted simply by the movie titles.

Tasnim Rahman, grade 12, watches many of these films. "Even though the plots of these movies are all cute and romantic, they are predictable from the very start and far away from the truth," she says.

These movies also portray things that are not possible in real life at all. For instance, in the movie, *Sierra Burgess is a Loser*

the main character, called Sierra, catfishes the guy she likes because he is a popular jock whereas she is an unpopular, introverted girl with low self-esteem. Nonetheless, the guy forgives her at the end and they get together. If this happened in real life the guy would likely stay miles away from the girl.

In traditional romance movies, like *Titanic* or *A Walk To Remember*, the plot and lives of characters are much closer to reality than the teen romance movies on Netflix. For example, in *A Walk To Remember*, a girl with leukemia falls in love with the popular guy in her school and even though

they end up together after facing many complications, they do not get their happily ever after as the girl dies soon after getting together with the guy. Grim, yes. Honest? Yes, that too.

Perhaps Netflix could start investing their time in more relatable movies. They could come up with movies that address the issues high school students face and possible solutions to regular problems. This could make Netflix more relatable amongst teenagers. It would help teenagers in discovering creative solutions to their problems without giving them unrealistic expectations that their peers will suddenly break out into song.



Sierra Burgess is a Loser has been called "unrealistic" by some viewers.

Diversity in the era of the MCU

By Aparnitha Sundararajah

The Marvel Cinematic Universe is known for its iconic superheroes. However, many fans were vocal about the lack of diversity in past MCU movies, something that Marvel is slowly trying to correct.

In recent years there have been strides towards improving the amount of female representation in superhero films, with movies like *Wonder Woman* (from the DCEU) and Marvel's own *Captain Marvel* starring Brie Larson. Encouraged by the positive reaction from both critics and fans, Marvel is pushing forward with plans for more female representation with films like *Black Widow* (which kicks off Phase 4 on November 6, 2020 after moving its release date from April due to COVID-19), *Captain Marvel 2*, and the upcoming series *WandaVision*, *She-Hulk*, and *Ms. Marvel* on Disney+.

Not only are they going

to have more female characters as the main lead, but also more racially diverse characters in upcoming new era movies including *Shang-Chi and the Legend of the Ten Rings* starring Canadian Simu Liu (*Kim's Convenience*) and *Black Panther 2*.

Marvel fans are also promised LGBTQ+ superheroes in the upcoming film *The Eternals*.

Marvel has not always been this diverse when casting for movies. "While comic book characters are breaking new grounds, comic movies are lagging behind," claims one story on CBC News.

Marvel Comics has indeed been working to create a more diverse staple of heroes the past few years, with characters like Miles Morales as Spider-Man and Jane Foster as Thor. Some of these ideas are translating to film, as shown by the success of *Spider-Man: Into the Spider-Verse* (produced by

Sony) which focused on the Miles Morales version of the character and took home the top nod for Best Animated Feature at the Oscars.

Some fans are thrilled with the movies Marvel is making. One Twitter user featured on UPROXX.com was ecstatic. "As a kid, I couldn't have even imagined a superhero movie with Asian leads. I can't believe it's happening."

Though not as varied with

their casting of superheroes in past years, Marvel Studios taking the initiative to promote inclusivity is certainly a step in the right direction, for both their brand and young viewers. It sends a message that we as a generation are more open to different cultures and of course, new heroes, because they come in a variety of shapes, colours and sizes. Diversity is important, and it brings us all together to feel accepted.

"As a kid, I couldn't have even imagined a superhero movie with Asian leads. I can't believe it's happening."



Black Widow is the second movie in the MCU series with a female lead.



Are superhero movies, cinema?

By Lily Santon

Are superhero films cinema? That is the question that has been plaguing the film industry since early October of last year, when Martin Scorsese, on a press tour promoting his 2019 Best Picture nominee, *The Irishman*, was asked by *Empire Magazine* about his opinion on Marvel Films. He responded by saying "...That's not cinema."

Unsurprisingly, the acclaimed director was immediately greeted with waves of backlash and hate-comments. Less than a month after his comments, he wrote an opinion piece for the *New York Times* explaining his notions.

In the article he clarified himself, stating "Cinema was about revelation — aesthetic, emotional and spiritual revelation. It was about characters — the complexity of people and their contradictory and sometimes paradoxical natures, the way they can hurt one another and love one another and suddenly come face to face with themselves." He also argued that "in many places around this country and around the world, franchise films are now your primary choice if you want to see something on the big screen.

It's a perilous time in film exhibition, and there are fewer independent theatres than ever."

These assessments about the superhero genre may ring true, despite how many people refuse to believe it. However, Scorsese's comments could come off as excessively harsh and unnecessary. It is true that in the past, superhero films have been criticized for being overly formulaic and taking screening opportunities away from smaller, independent films, such as Scorsese's *The Irishman*, which was produced by Netflix after struggling to find a theatrical distributor.

Aside from the fact that big-budget comic book movies take away screens in chain movie theatre companies, I believe that the films have contributed a great deal of good to the industry. Comic book films are often placed into a box, labelled cash-grabs and formulaic, simply based on the assumption of their source-material. In reality, studios such as Marvel, and recently DC, have put a lot of effort into creating quality content. Both companies produce only two to three movies a year, and spend years in production, ensuring they



Martin Scorsese claims that superhero movies are not 'cinema' but do the award-winning and critical successes of films like *The Dark Knight*, *Black Panther*, and *Joker* suggest otherwise?

deliver the best story possible. In addition, superhero movies may even be allowing movie consumers to discover the more artistic films that Martin Scorsese deems 'cinema.'

Joker, which was nominated for eleven academy awards at the 2020 Oscars, is an example of a film that broke the mould of comic-book movie tropes. With Academy-Award Winners, like Taika Waititi, critically acclaimed filmmakers like Ryan Coogler (*Black Panther*, *Fruitvale Station*, *Creed*), and movies that

generate actual acting awards, such as Heath Ledger's work in *The Dark Knight*, it is undeniable that there are artists behind these films, many of whom have worked with Scorsese himself.

Scorsese may feel like the superhero franchise films are as simple as black and white, when there is actually more colour than one might think. The artistry, time, effort, thought, passion, and care that goes into these films deserve more respect and thoughtful consideration than they may have received so far.

Over-hyped TV shows

By Susmit Shashwata

We have so many networks and streaming services with great shows, but some shows just do not deserve what they are credited for.

Riverdale, the teen drama series based on characters from Archie Comics that is currently available on Netflix, originally gained its massive popularity in 2017 when it was first released. Many enjoyed it and it became the talk of the school, but recent seasons prove that the show at this point is just being stretched.

Some believe it is very unrealistic for it to be even called a teen drama as the show claims to be.

"*Riverdale* is a show grasping for new episodes with unconnected plots each season," says Tasnim Hakim, a Grade 12 student who has watched every season of the show.

The long-running DC comics-based show *The Flash* (pun intended), has been a fan-favourite since its release in 2014. It would be hard to argue that the show did not have a great start, but along the way, the plot started becoming very confusing and slowly built up into a cluster of unnecessary storylines and characters.

Some fans still believe it is a great show to watch. "Many people say *The Flash* is overhyped, overrated etc., but honestly, I think it's a great show oriented to motivate young kids and teenagers facing battles," says grade 12 King student, Tasnuba Sayeda.

Grey's Anatomy has become the longest-running medical drama TV series of all time, putting out 15 seasons since 2005. Despite the constant popularity, *Grey's* has become a show that seems to be more of a task to watch. The cast is changing constantly and the favourite characters are always killed off or removed from the show.

Hopefully these beloved shows realize they are straying away from their original appeal before it is too late.



Is *The Flash* slowing down?

Disney's new remakes

By Lacika Puvendran

Do you feel that Disney is increasingly recreating their classic animations into movies? Well, you are not alone and you are certainly not wrong. It is actually been happening for years but many are only just noticing now.

Their recent live-action recreations are big hits for sure, and Disney's recent attempt with *Aladdin* has made the company not only loads of money, but brought joy for all ages. The movie's intended audience was kids, but also allowed older audiences to recall the animated version of *Aladdin*, made in 1992. Disney also brought back catchy songs, comedy, and a mostly southeast Asian cast, which made it even

more breathtaking for many. Disney is hoping the same feelings will extend to *Mulan*, when it comes out in July with all-Asian leads. There are also plans for *The Little Mermaid* to be made.

Disney continues to turn old classics into better, more 'magical' movies, with the help of today's CGI standards, having already done so with *Beauty and the Beast*, *Dumbo*, *The Lion King*, *Maleficent*, and others.

The real question is why? Disney is already a large entertainment company and can make new movies based on new stories, but they choose to re-enact their own movies. Perhaps their goal is something bigger? See, not only are they recreating but producing culturally diverse films with histories from parts of the world. This generates a greater impact around the globe by allowing the company to broaden their viewer engagement.

As to why the entertainment giant is investing so much into reintroducing their own films, perhaps it is with the hopes of bringing in extra revenue without starting from scratch or are they just profiting off of plots they already know people like?

Either way, the Disney remakes seem to be box office hits and it seems likely that the ones to come will be equally popular and exciting to watch.



Liu Yifei in her role of *Mulan*.



The show originally ran for seven seasons (2000—2007) on The WB.

Gilmore Girls is underrated

By Tanisha Kumar

With today's new shows and new topics, old gems like *Gilmore Girls* are forgotten and not appreciated enough.

The show is about a mom named Lorelai, who got pregnant as a teen and lives with her now 16-year-old daughter, Rory. It focuses on their family dynamic with Lorelai's past life as a teen and mixes in with her life now. The show has that magic and personality to it that really can appeal to anyone, especially with all of Rory's boyfriends, which people may relate to in real life.

I started watching the show a couple of years ago after my sister had recommended it. After watching all seasons over again, thrice, it has become my all-time favourite show.

First of all, there is just a certain type of quirkiness in the show that really engages you in the story. Not to mention the characters' personalities are extremely interesting and

each one is tremendously entertaining in their own way. The entire town in which they live, Stars Hollow, is filled with wacky characters that would warm everyone's hearts.

There is a certain energy that draws in viewers. Other shows that are released these days are not as relatable and do not allow me to connect to characters as well.

The show's content is light and funny, but can also be serious and shed light on things that are problematic, one of the makings of a well-rounded show. With Lorelai's character development and Rory's classic coming-of-age story, there is always something happening. The show also has a range of fun and silly plotlines.

The show is grounded and well-written, with a very organized storyline and generally well-done. While content these days can be entertaining, not many can truthfully be compared to the fabulous show that is *Gilmore Girls*.

SOCIAL MEDIA & TECH



Can businesses succeed on Instagram?



Valentin Georgiev
Valentin Georgiev's Instagram brand, *Only Speeding*

By Venuga Krishnakumar

Instagram is one of the most popular platforms teens use today and more small businesses should consider using the well-known social platform.

From gathering insights to selling products, Instagram frequently rolls out tools to help business owners succeed using the app. By using the right marketing strategy, many businesses can promote their products and services, boost engagement with their brand, and increase sales.

Grade 12 R.H. King student, Valentin Georgiev, has his own brand called *Only Speeding* and runs it on Instagram. He feels that the platform benefits him and helps him promote his brand. "It helps bring in a global audience. A normal store or website would have trouble with bringing in customers from different parts of the world," he says.

According to Christina Newberry, a writer for *Hootsuite*, about 200 million Instagram users visit at least one business profile daily and that 75.3% of businesses will use Instagram in 2020.

In May 2018, Instagram added a payment feature for public business users. It has now started to roll Checkout on Instagram out to all users and could potentially have a big impact on small businesses. With the feature, users can buy things without leaving Instagram.

Businesses can also reach out to influencers directly to promote their products. Overall, between posts, ads and stories, there is no shortage of potential marketing tools on this platform when put in the right hands.

Quarantine: measuring the true impact that some e-learning has on students

By Lily Santon and Berlin Ogglesby

When COVID-19 forced the world shutdown in early 2020, school boards around the globe promptly implemented online classes to help keep schools in session. However, these classes have not come without controversy and opposition. Throughout the coronavirus pandemic, thousands of media stories have come to fruition featuring the opinions of teachers, parents and government officials. Yet the demographic that has been the most impacted by the changes have still to lend their voices to the matter. It is time the question be asked, how do the students feel about this new way of learning?

Based on a survey that recorded the opinions of over 50 TDSB students, 40% of students are enjoying the experience of online learning, while the other 60% are not. Many factors have led to this disdain towards e-learning. For instance, many students lack access to the technology needed to enroll in online classes, while others have obligatory responsibilities around their houses.

Students at R.H. King Academy, Shavali Sathiyalingam and Deborah Joseph, have mixed feelings towards online classes. Sathiyalingam believes that

there are advantages to e-learning but acknowledges that "different people learn differently, so it's beneficial for some students and not for others." Joseph adds that "I often find it quite hard to focus. Doing school work in a non-school environment has been quite difficult."

Joseph's point on constant distraction taking away from schoolwork is an all too real situation for millions of students around the world. Many are feeling they are having trouble adjusting to their new work environments and those employed by grocery or convenience stores now find themselves at the frontlines of a global crisis and lack the time or motivation needed to do schoolwork.

Katherine Davies is another student with hesitations about online classes, though she does enjoy the flexibility of them, stating that "the technical aspect of online learning has been a little frustrating while getting used to the new platforms." Accessibility has posed a big problem for a lot of students. Many have to face obstacles such as poor internet and software that cannot download the necessary programs needed to complete an assignment. The biggest issue, however, is for students who lack access to online

"Students worry that they will not be as prepared for the next school year and will miss out..."



Piriyajan Kanagarajah

Love it or hate it, the coronavirus has forced students into a position where online classes are the norm for now. With a rushed rollout, there are plenty of challenges including access, time, and motivation.

classrooms entirely.

Many students' fears with e-learning come with potential learning gaps in future education. Students worry that they will not be as prepared for the next school year as they will miss out on vital course requirements. Everyone enrolled in virtual classrooms right now can attest that the curriculum being covered is not as detailed as it would be in school. Instead of getting approximately six hours of work per class a week, students are now only getting three or four, which is a significant cut. Therefore, come next year, teachers will either need to give students a break or catch them up on missed material. This lockdown may also cause a ripple effect into all future learning endeavours.

On the other hand, while the majority may not be enjoying their online classes,

some are still pleased with the new arrangements. "I find that online learning is quite beneficial," says sophomore student at King, Brenna McDonald. "I am usually able to self-manage due to the freedom it gives me, and rather than spend six hours at school doing work plus an additional two at home for homework, I can get all of my work done before lunch."

While this extended break from school was unexpected and has caused significant inconveniences for everyone, the most important thing is the ensured health and safety of our global community. Although online classes are troublesome to many, teachers and staff have stood strong in these tough times to help students continue to learn. Hopefully, by the time school rolls around next year, the virus will be contained and we can return to normal.

iPhones' advanced camera features

By Thabit Shaikh

Ever since the iPhone 11 came out in late 2019, people have been experimenting in all sorts of ways with its three large, 12-megapixel cameras that provide better visuals and give off more light to create sharper and brighter quality pictures.

The device also contains one ultra-wide camera for those spacious photos along with the standard camera, even though it may not be your 2x classic optical zoom. Apple has really raised their

lens game based on how rich in detail all three cameras are.

Though Apple has had much better camera quality with each phone, the iPhone 11 has proved that the more cameras added, the more lighting and beauty it adds. In addition, iOS 11 has also added several advanced features to their devices for some serious creative control and fun!

Examples include its focus and exposure that can be used manually as adjusting photos will provide stronger

control to the user.

The camera's High Dynamic Range (HDR) feature helps balance out lighting and makes it work well with the image. You can add up to three different forms of exposure in just one shot, resulting in changes of shadows and highlights, meaning more depth with each photograph you take.

Besides that, there are also the simple features that are often underestimated due to how easy they are to use, such as the timer in the camera app.

One of the most important attributes would be the 3x3 grid. Picture composition is necessary when it comes to focusing on the main highlight of your portrait, and it can be quite difficult to follow the rule of thirds without a table to assist in taking snapshots. The nine equal parts allow for centering highlights and other key details to make the image even and energetic.

Also, according to

Apple.com, iPhone 11 and iPhone 11 Pro have a program known as QuickTake that lets you take photos without switching modes, and has night-mode for extremely low-lit situations.

With the many ways to take pictures, users are able to adapt to any circumstance, be it light or dark, with one or more multiple people. They can easily edit and adjust any issues they may find in their pictures. The new Apple phones have simple additions that together make the platform more powerful in its functionality.

Overall, Apple is trying to make sharper and extra powerful quality to provide more for its users all over the world. With the great features its systems have access to, they definitely have some of the strongest traits among other mobile competitors, such as Samsung.

More information about camera lenses and upcoming phones can be found by visiting their website at Apple.com.



With its new incarnations, Apple has upped its phone game by including three cameras on the iPhone 11, 11 Pro and 11 Pro Max.



TikTok: the popular app that could be stealing your data



Alia Rasheed



TikTok

Is there more to TikTok than just watching videos posted by other people? Some reports suggest that the app might be watching you.

By Miriam Piil

Over the past year, practically everyone has become familiar with the popular social media app, TikTok, but many are not aware that the China-based app has a potential spyware component.

According to Obrero, "the cool new app has become an essential addition to the average teens and has only grown in the past few months, with many speculations that the app has been secretly gathering users' data and sending it to Chinese servers."

The accusations of TikTok sharing users' info kicked off in late 2019, after a college

student in Palo Alto, California, filed a class-action lawsuit against the platform. She claims that the app had set up an account by itself containing private information about her from videos that she had made, but never posted, according to an article from Reuters.

This led the public to the conclusion that the app was using surveillance software. This software was allegedly designed to gather personal information from the app's users and send it to China.

Acquiring this information means that companies have the ability to track, identify, and profile the users. The controversy only grew after a second lawsuit was filed in

Illinois, this time from parents accusing the app of violating child privacy laws.

TikTok is under national security review by the United States government, in that matters involving the collection of data and censorship practices are being investigated.

This being said, the rise of TikTok has not seemed to slow down in the slightest.

"I don't really feel necessarily concerned," says Renee Jardin, a grade 11 student who identifies herself as an avid TikTok user. "I guess I've shown my face too, but I don't know how companies in China would find the information that I've given them useful." This atti-

tude seems common among students at King, with others sharing similar opinions.

"Don't we already use Google? We've already sold our souls to private companies that other countries have access to," adds Caitlin Devion, another grade 11 student here at King.

Regardless of if users agree with these insights or not, they bring up an interesting question: are average, everyday TikTok users in danger? Should we, as users of the internet be watching our backs? As we continue to navigate our technology-oriented world, these questions may wind up answering themselves.

Should we be concerned about 5G technology?

By Aparnitha Sundararajah

If you believe your phone is slow now, imagine how slow 1G or even 2G would have been back in the day. 5G is said to be faster at charging phones, has better technology, and quick responsiveness to wireless networks. A lot of people, though, are not interested in these phones.

Many people believe that the technology is so powerful that it has the potential to cause cancer, and that it is a major risk to people's health due to the high-frequency waves 5G produces. A few people even came out and shared that when 5G was installed in their neighbourhood, people started getting sick from it. They even believed that when in use, your skin will get hotter and possibly burn due to the waves it produces.

Concerns ran so high that 5G protests began to take root in places all over, such as British Columbia, New York, San Diego, the Netherlands and Switzerland.

Not only are people concerned about the potential health risks of 5G, but also its negative effects on the environment. People are under the impression that to accommodate such high speeds, the number of cell phone towers within a certain radius might go up significantly, disrupting ecosystems.

This, however, was debunked and, contrary to popular belief, giant cell phone towers won't be placed everywhere. Instead, a small device would be placed around the streets. However, while many scientists say that 5G is 100% safe, some are still hesitant since there may be some truth to what people are protesting about.

Regardless, rumours about 5G burning your hand or making you sick are all said to not be true, since the size of 5G waves is so short, it only penetrates objects, not human skin. In fact, it is also said that 5G waves can potentially be good for you since it is the same type of waves used in millilitre therapy, which is a therapy that helps with pain and certain illnesses.

At the end of the day, the full impacts and outlook about 5G technology are still uncertain, as software engineers are still finding ways to make it the best generation of technology possible.



Courtesy

Not everyone is on board with 5G.



Courtesy

Many believe that being a social media influencer is easier than it looks.

Influencers: is it a real job?

By Berlin Ogglesby

Whether it is being a YouTuber, Instagram model, product reviewer or an up and coming rapper who has started to gain a decent following, many list the title of 'Influencer' as their job.

The word influencer has become very popular in the last few years, but does it make it a valid job? Some say it is a real tough line of work, while others claim it to be a placeholder title for unemployed people. The fact is, although it may be fun work such as vlogging or taking pictures, it takes a lot of effort to establish oneself as someone with whom brands want to partner up.

However, there are some that abuse the influencer title. They do not accomplish much to improve the minds of young people within their following, instead seeking

every opportunity to profit off their naïve "brand loyalty."

True influencers are those with knowledge and expertise in the area of what they are trying to promote, as well as the admiration of their target audience. These days, the influencer game is filled with people whose rise to fame usually come from controversy and notoriety, such as Jake Paul or "Cash Me Outside" girl, Danielle Bregoli.

Many of the younger generations look up to these people, following the trends and fashion standards set by them and their business affiliates, meanwhile what they actually promote is unacceptable behaviour.

When applying for a job, it may not be best to put influencer as your previous experience. Maybe in the future it will become a well-respected profession, but now it mostly has a different connotation.

The importance of Zoom

By Vaidehi Trilokia

It is obvious enough that the world is currently going through some unprecedented times. One of the key things holding people together right now seems to be the Zoom app, which has gone from being a video conferencing app for companies to the pandemic's social networking platform. Video calling platforms such as Zoom and Google Meet have become helpful in reconnecting with family and friends. It is the new medium for classes, workplace meetings, and more!

Merjan Jabarkhil, a grade 11 student at R.H. King Academy, has had such apps by her side so far in quarantine. "Tools such as Zoom are really helpful to me because they allow me to connect with my friends and family

and also allow me to access teachers when I am in need of assistance. I have been missing my friends since school has been cancelled, but resources such as Zoom help me stay in contact."

Apps such as Zoom are also helping many get in their daily dose of laughter. Jokes stem from students and employees pretending to have poor connections and asking if they can "eat in class" during lectures.

Scientific research has shown that virtual communication during this time is great, as hearing the voice of someone you care about can reduce stress levels.

Such social platforms are also providing ways to enjoy online concerts by your favourite artists, some of which double as fundraisers like the "One World: Together At Home" event. You can also check out virtual events such as the YMCA's Zoom Workouts.

Zoom calls are proving to be effective for many. That said, there has been some concern over hacking and privacy with Zoom with some teachers suggesting it not be used for school. As with any online tool, make sure you have adjusted your settings to best protect yourself and your personal information.



Sarah Mangaru

Zoom is used by many for classes now.

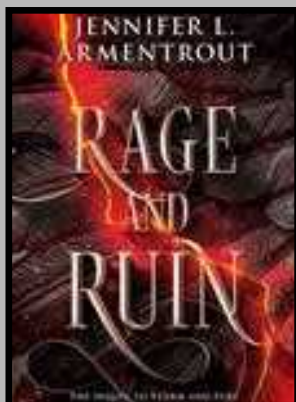
BOOKS & MUSIC-



UPCOMING BOOKS



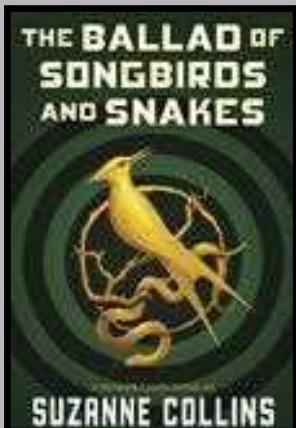
May 5, 2020
Kiera Cass
The Betrothed



May 18, 2020
Jennifer L. Armentrout
Rage and Ruin



June 9, 2020
Traci Chee
We Are Not Free



May 19, 2020
Suzanne Collins
The Ballad of Songbirds and Snakes

Rowling cannot let go of Harry Potter



Albus Dumbledore is one of author J.K. Rowling's best-loved creations, but elements of the character were frustratingly left out of the novel and film.

By Deeya Patel & Raifa Sarwar

J.K. Rowling is one of the most globally acknowledged authors, yet it seems that she is constantly overextending the Harry Potter universe to keep it alive.

The last book of the installment, *Harry Potter and the Deathly Hallows* was released on July 21st, 2007. Nearly 13 years later, Rowling continues creating various content in an effort to keep the magic alive. From her infamous tweets on Twitter to *Harry Potter: Wizards Unite*, a mobile game with the same format as *Pokemon Go*, it seems that Rowling just will not let the series be put to rest.

After the series ended, Rowling turned to Twitter to share pieces of information about anything related to Harry Potter at seemingly

random intervals. What started as a way to delve into Rowling's Wizarding World has become a stream of undeveloped thoughts that do not do justice to many of her dedicated fans.

Aside from her flurry of tweets, Rowling made the decision to tell 2,000 of her fans in a question and answer session in 2007 that she "always thought of Dumbledore as gay." Albus Dumbledore is a powerful wizard in the Harry Potter universe and is loved by many fans. After being accused of not having enough diversity in the Harry Potter franchise, it seems Rowling took it upon herself to include welcome diversity to appeal to the masses, but only as an afterthought and not something directly included in the narrative where it would have had more impact.

Disappointment did not stem from the knowledge that Dumbledore was written as a gay character but from the fact that it was never alluded to in any of the books or movies. In an article from *The Conversation*, Nick Malherbe stated, "we should condemn Rowling's cowardice at not explicitly disrupting the heteronormative assumptions that are couched within her writing" accusing Rowling of not being openly inclusive in her publications. Rowling has mentioned multiple times that she believes Dumbledore and Grindelwald, a powerful dark wizard from Dumbledore's past, had an intense, passionate romantic relationship. However, many accused the author of queer-baiting, a manipulative marketing technique in which creators hint at, but

never depict, queer relationships.

On another note, her sequel to the series, *Cursed Child*, received mixed reviews in terms of the plot being unnatural to fans. Plot points such as Harry becoming an Auror, Voldemort and Bellatrix having a secret child, Cedric Diggory becoming a Death Eater simply because he was humiliated, all stray from Rowling's canon so much that the entire story seemed baffling. Granted, Rowling did not write the story herself though she did approve it.

There is a beauty to letting a story reach the end of its life naturally, but Rowling seems to have missed this memo. With her endless additions to the Harry Potter franchise, she runs the risk of losing her magic and turning into a bit of a muggle.

YA's inaccurate portrayal of Islam

By Raifa Sarwar

Islamic portrayal in young adult fiction has its good moments but sometimes staggers when it comes to showing how protagonists view their religion which can portray Islam in a negative light.

As a Muslim myself, the thought of reading about a Muslim protagonist has always excited me and made me feel like my community was just as important as any other. The thought of seeing a story similar to mine makes me proud of my religious beliefs.

However, it is no surprise that I have come across many portrayals of Muslim characters who are anything but relatable. Specifically, Muslim protagonists who portray their religion as confining, strict, and dangerous.

Fariha Hasan, a grade 11 student who is also Muslim,

finds this frustrating. "Islam doesn't confine us. Novels written by non-Muslims or Muslims who cannot differentiate between their parents' beliefs and what Islam actually teaches usually end up with that wrong message," Hasan says.

These stereotypes frustrate readers who are looking to see their story acknowledged as just another young adult novel, rather than becoming disappointed with how negatively our religion is portrayed. It angers me to know that non-Muslim folk may read such novels and believe it to be true.

Hasan herself yearns to see more enjoyable Muslim characters to read. "People of colour and Muslims like me almost doubt our existence. I want to be acknowledged. I would love for my identity to have the validation and acceptance from other people," Hasan says.

One book which represents a Muslim protagonist in a unique and positive light is

"Muslims like me almost doubt our existence. I want to be acknowledged."



Students want books that explore positive examples of diversity.

The Love and Lies of Rukhsana Ali. It describes the journey of a 17-year-old Bengali-American female trying to navigate her life with conservative parents while being lesbian and unable to express this due to cultural differences. However in the end, she is accepted and understood by them. More books like these

should be written to dismiss the many false beliefs surrounding Islam. Muslim protagonists in many young adult fiction novels are portrayed based on negative stereotypes and it would be incredibly beneficial, not just to Muslim readers, but to all readers if they were written with unbiased opinions to create accurate portrayals.



Music's impact on managing stress

By Sarah Mangaru

Growing up and having to deal with the stresses of school and other aspects of life is hard, so having a tool to cope is essential. One easily accessible tool which can help individuals manage their stress is music!

Music is able to positively impact the mind and body, and individuals should reap its benefits. It allows people to communicate their feelings with one another and with so many genres available-- pop, R&B, rock, hip-hop, and more, - it can be enjoyed by plenty! It can even be used in day-to-day activities so it does not take time away from your busy schedule.

Faster music helps you feel more alert and focused, upbeat music makes you feel more optimistic, and music with a slow tempo relaxes you, thus releasing more of your stress according to an article by the University of Nevada.

"Music is a language that's expressed through emotions and feelings."

According to a blog by Audio Technica, listening to music can alter brainwave speed. As such, music can produce brain activity that has a "therapeutic effect." Also, since music is similar to meditation processes, slower and more rhythmic music can induce "trance-like" states, thus promoting relaxation.

Music can also help "ease symptoms of migraines, depression and certain behavioral issues including attention deficit disorder." Furthermore, listening to music that you like can stimulate happiness by releasing dopamine hormones in your brain (a neurotransmitter that creates feelings of happiness in the body).

Evidently, there is a lot of research to confirm that music can relieve individuals' stress. However, is this really true? According to grade 12 student, Aaron Rozario, a young singer-songwriter, music does have a positive impact. "[Music] is a language that's expressed through emotions and feel-



Aaron Rozario recently released his first single titled 'Just You Not Me.'

ings. When I write songs, I associate a melody and chord structure that illustrates my feelings. This gives me an outlet to convey my deepest thoughts and relieves my stress," he says.

With music's many benefits, take advantage of it to benefit yourself and relax your mind from the anxiety that can arise, especially during the time of social distancing. Learning how to

cope as a young student is challenging, but methods to cope are available, like music.

Share your playlists with friends, families, even neighbours, online or over the phone! Let the power of music lift you up and bring us all together! Although times are rough at the moment, with music, it can brighten our days and relieve the stresses we have.

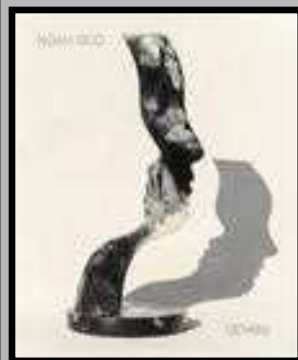
UPCOMING MUSIC



May 15, 2020
**Bon Jovi
2020**



May 22, 2020
**The 1975
Notes On A
Conditional Form**

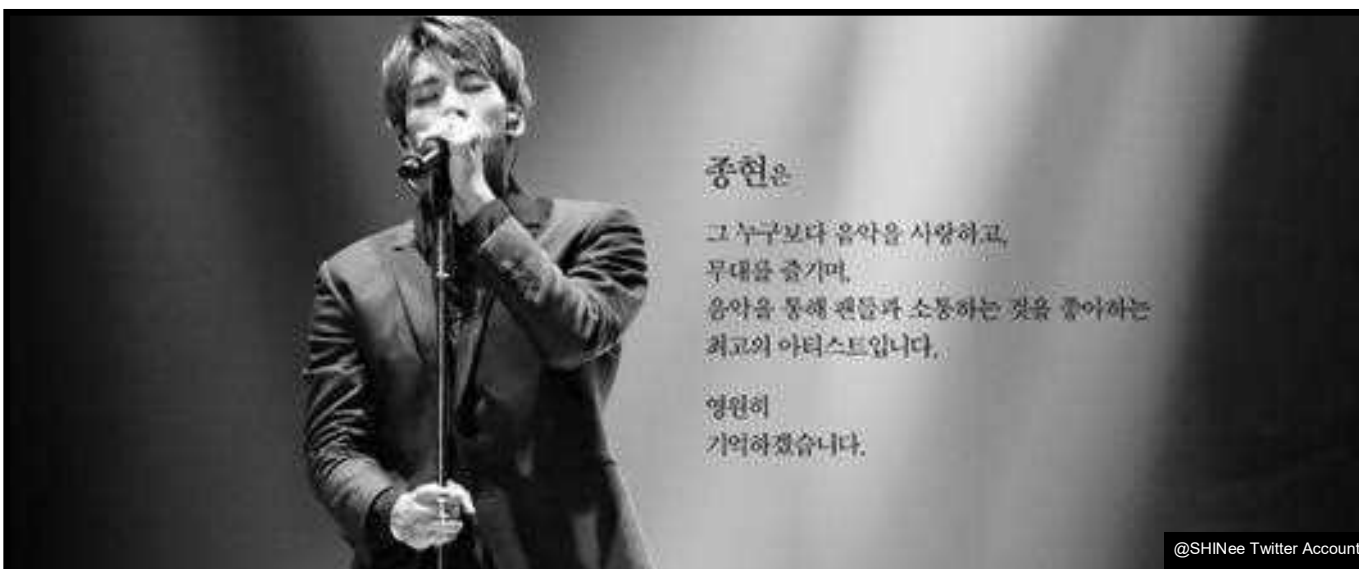


May 29, 2020
**Noah Reid
Gemini**



August 7, 2020
**Luke Bryan
Born Here, Live
Here, Die Here**

Mental health in the K-Pop industry



A tribute post that was made for the late Kim Jonghyun on the group's official Twitter account. K-Pop industry is not doing enough to support their artists.

By Raifa Sarwar

K-Pop is a phenomenon but its approach to artists' mental health has recently become a prominent issue.

One of the many things that the industry is known for is its gruelling training period designed for aspiring idols. However, many of them discover that the real psychological struggle is coping with public attention. As such, artists tend to experience anxiousness and may even undergo depression when they struggle to fit a perfect image or feel as if they cannot be heard.

This became a pressing issue when Kim Jonghyun, famed singer and leader of boy group Shinee, committed suicide on December

18, 2017, after a long battle with depression. Many artists and fans believe that the topic of mental health needs to continue to evolve into an open dialogue.

Shane DeDios, a grade 11 student, feels that realization has hit some producers. "Many companies have been allowing their artists to take breaks for their mental health... I'm glad that some sort of change has happened, but the topic of mental health is still taboo in many parts of Asia," she says.

Almost a year later, actress and former vocalist of girl group f(x) Choi Jin-ri,

better known by her stage name Sulli, took her life as well. She was outspoken on issues surrounding mental health, but was met with severe criticism. This was shockingly followed by Goo Hara, former actress and member of girl group Kara who had

been a survivor of domestic violence. These deaths caused outrage amongst fans, as many believe that stigma, silence, and a lack of attention helped their mental health to deteriorate.

It is unfortunate that multiple celebrity suicides had to

happen for the public to see how deeply mental health affects everyone.

Dayna Calida, a grade 11 student, recognizes the misogyny against female idols. "They're expected to be these perfect, obedient people but the moment they stand up for what they believe in, they get hated on. It just shows how much more judgement is placed on them," Calida says.

The K-Pop industry, as well as South Korea in general, is trying to improve its drastic suicide rates. Many agencies do mental check-ups on their artists who have started to open up about their own experiences, further attempting to destigmatize the topic of mental health.

"I'm glad some sort of change has happened, but... the topic of mental health is still taboo in many parts of Asia..."



-KVC

B-SIDE

'Princess' - By Lillian Bartlett



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Q	W	V	X	D	U	G	K	G	V	R	E	P	U	T	A	T	I	O	N
D	O	O	T	S	R	E	D	N	U	S	I	M	M	H	Q	P	T	L	L
N	W	O	L	C	S	S	A	L	C	Q	U	H	E	A	L	T	H	W	L
S	P	O	R	T	R	A	Y	A	L	G	G	N	I	N	R	A	E	L	E
P	H	W	Q	U	A	R	A	N	T	I	N	E	Q	N	H	G	N	X	H
K	B	C	H	A	L	L	E	N	G	E	S	S	E	N	T	I	F	S	R
S	K	I	N	C	A	R	E	P	E	R	S	P	E	C	T	I	V	E	B
E	K	M	H	M	Y	M	I	N	D	F	U	L	N	E	S	S	H	S	O
P	H	T	L	A	E	H	L	A	T	N	E	M	K	H	U	E	A	V	X

SABOTAGE	REPUTATION	CLASSCLOWN
MINDFULNESS	PORTRAYAL	ELEARNING
MISUNDERSTOOD	MENTALHEALTH	FITNESS
QUARANTINE	PERSPECTIVE	CHALLENGES
UNDERRATED	HEALTH	SKINCARE

King Word Scramble!

Rearrange the letters with the words below to try to figure out what the original words are!

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