



KINGSLEY VOICE

SPRING 2021

THE PANDEMIC EDITION



Inside this issue: Watch out! COVID on your screen
Happy retirement! ✨ King advice ✨ Autism rights

OP/ED

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Thank you, King teachers and staff!

COVID-19 has caused unprecedented disruption to education, with students having been out of in-person classes for more than a year. Our teachers have shown resilience and adaptability during this difficult phase, and have gone to incredible lengths to support us with our learning. We would like to acknowledge their fireless work to protect our present and secure our future. Thank you to every staff member and volunteer for stepping up to ensure we are staying healthy and safe during this pandemic. And thank you for keeping councils and clubs running at King at a time where we need them the most. We are truly grateful for all that you have done and continue to do at R.H. King Academy!

Do people complain too much?



With over 264 million children without access to education in the world, should we really be taking ours for granted?

Do you voice your negative feelings often, or only when something really bad or frustrating happens? Regardless of which, most of us can admit to complaining about things that are beyond our control; sometimes about schoolwork, about the weather, or about slow but free wi-fi.

Our generation may as well consider having free wi-fi in public establishments a constitutional right, yet we can never seem to appreciate being able to connect

to the web anywhere we go. So are we just prone to complaining about anything and everything?

Another prime example of this is Canadian students complaining about getting the opportunity to learn, free of charge. Cliché, but millions of children around the world, unfortunately, do not have access to basic education. Over 264 million, in fact (UNESCO). Whether that is due to their socioeconomic background, political state, or the basis of

their sex, we are willing to bet that any one of those children would be grateful to learn in our places.

It is important to realize that when you are complaining about going to class, which you get to do for free, you are taking for granted the billions in tax dollars that go into making sure that you receive a world-class education.

That being said, people aren't going to stop complaining about having to go to class or doing homework.

Our frustration is justified; we're tired, our teachers are tired. Not to mention, there are aspects of going to school that aren't suitable for everyone.

The brain is constantly learning and growing based on its perception of its environment, so the widely-circulating notion that 98% of what we learn in school is a waste is short-sighted. Learning is not, and should not, just be about memorizing for a test. And while it is true that not everyone will use algebra or trigonometry in their lives, it doesn't exactly harm us to have that knowledge, does it?

Simultaneously, as you learn trig, algebra, or how to balance chemical equations, are you not also learning how to work in a group setting, follow instructions, develop a sense of self-discipline, and build study habits? If 98% of what we learn is a waste, what could be taught that makes our time spent learning worthwhile? Intellectuals and philosophers believe that as long as learning has taken place, no time has been wasted.

Next time you find yourself in a situation where you don't see the point in going to class, try to set yourself up to be a goal-oriented person, which could make attending class seem much more meaningful.

Thank you! A letter from the editors

Dear Readers,

Thank you for picking up this issue of the *Kingsley Voice: Pandemic Edition*. We present to you a paper which highlights some of our council's best work this year.

If you are reading this note then that means you have made it through possibly one of the most trying, yet one of the most educational experiences of your life.

As a news team, we have also learned a lot in the past year. For starters, we launched the first ever *Kingsley Voice* website, which had us rethink our publication process and how we collaborate with one another. In doing so, we could not have asked for a more incredible team, whose dedication made

kingsleyvoice.com whole. You will forever be known as the pioneers of this website.

But as proud as we are of the work we have done this year, our website could not have been the success it is without our readers and supporters. To every person who has read, commented, given a quote or sent in artwork, we thank you sincerely.

To the person who made it all happen: Mr. Wilkinson, we can never thank you enough for inspiring us, for making us laugh, and for providing us with endless opportunities to learn. But most importantly, thank you for believing in all of us, for pushing us to be the best in what we do, and for being there at every turn to guide us. You always say it's your pleasure to work with us, but really, we don't know what

we did to have you as our mentor. Thank you for allowing us the honour of working with you all these years. We will miss you dearly.

To our readers: we hope you enjoy reading this addition to the *Kingsley Voice* legacy as much as we loved creating it.

Thank you from the entire *Kingsley Voice* team, and have a great summer!

Sincerely,

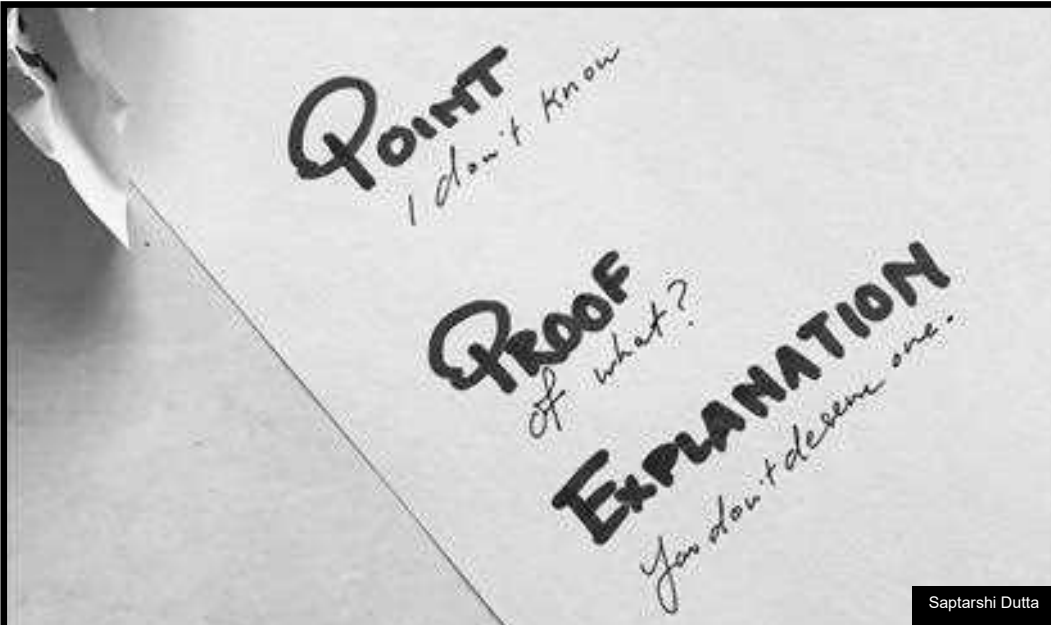
Vaidehi Trilokia &
Saptarshi Dutta



Your *Kingsley Voice* Editors-in-Chief, Vaidehi (left) and Saptarshi (right).

Features

Kinglish still giving you writer's block?



Sometimes the words flow like wine. Keep these five tips in mind for those times that they don't.

By Saptarshi Dutta

Whether you're in grade nine and only just learned that PPE does not stand for Personal Protective Equipment here at King, or you're ready to kiss Kinglish goodbye, you have probably suffered from writer's block.

You know the feeling. You thought you finally found some momentum, but it turns out both your controlling ideas are pretty much the same. Or you've managed to crawl your way to the conclusion but haven't a clue on how to "restate" your points without repeating the same thing over (apparently those are different). Whatever your particular condition may be, consider these five

tips the next time you find yourself in a creative block:

01. Get moving

There is very little that physical exercise cannot help cure, and writer's block is no exception. Simply going on a walk or doing some light yoga can get those ideas (and your blood flow) going. At the very least, it will give your mind a break, so you might just come back to some newfound clarity about what it is you are writing.

02. Don't move at all

Even after taking breaks you have not managed to put

down a single meaningful word, it may be time to do the opposite: sit down and write anyway. It doesn't have to be brilliant or cleverly written; it just needs to be words... that hopefully make some sense.

Authors big and small swear that the only way out of writer's block is by writing. This is because often what actually prevents people from writing is worrying that it's not good enough. But would you rather have something that you can improve or nothing to show at all?

According to Mr. Kim, who teaches English and Writer's Craft at King, what's important is that you have

something down on paper.

"After you have an initial idea, write your first draft quickly. Don't worry or slow down for spelling errors, idea flaws, poor diction, or a lack of flow," Mr. Kim says. "Just get it down, and then revise, re-write, re-organize."

This may also ease the anxiety of an approaching due date because, visually, you see that you are done. Edits and improvements come after.

"After you have an initial idea, write your first draft quickly. Don't slow down for spelling errors..."
- Mr. Kim

Plus, you can easily move ideas around this way without the need to rewrite whole paragraphs.

04. Read something

It may come as a shock, but how much you read affects the quality of your writing. Say after doing all of the above you still can't find the words, it may help to find inspiration from another piece of writing. This does not mean plagiarize or do anything of the sort, but spending some time immersed in an article, comic, blog post or story may help your flow as well!

Take it from Stephen King, who once said, "If you don't have time to read, you don't have the time (or the tools) to write. Simple as that."

03. Take advantage of visuals

This may not be an option for in-class essays, but if you are at home and find your ideas to be all over the place, pull out some coloured paper or index cards. When making an outline, visually separate your controlling ideas, points, proofs and explanations by writing them down on colour-coded cards.

Colours and visuals have a powerful effect on the human brain, so this method carries better potential to stimulate your mind than staring at words on a screen.

05. Ask for help

Believe it or not, your English teachers want you to do well on the essays. If you are truly stuck or are concerned about your ability to complete an assignment, *communicate* that with them. They will surely appreciate you asking for advice or an extension than you showing up empty-handed on the day something is due.

This applies to most of your other teachers as well, so it is important to keep them informed of any difficulties you might be having.

A fresh approach to eradicating poverty

By Vaidehi Trilokia

From a very young age, my parents instilled in me the habit of regularly giving back to the less fortunate. Throughout the year, we would donate to different groups of people. At the time, little did we know of a solution that improves the standard of living which cannot necessarily be achieved through a handout.

Approximately, a quarter of the world's population lives in poverty. As you all

transition from high school into the "real world" many of you are probably wondering how to make a more noticeable difference in the world. I've got a solution for you: microcrediting.

Microcrediting can be a more efficient and effective solution to combating poverty in the world.

Microcrediting is the granting of very small loans, also known as microloans, to spur entrepreneurship. Microloans are typically given to women in underdeveloped countries, where tradi-

tional financing is not available, to help them start small businesses.

The businesses often started with these loans are weaving, selling rice, farming, and selling crafts.

Microloans are issued by individuals rather than banks or credit unions. These loans can be issued by a single individual or aggregated across a number of individuals who each contribute a portion of the total amount. Lenders receive interest on their loans and repayment of principal once the loan

has matured.

These loans are usually for women as there is an understanding that the money will be put to good use to support the impoverished family. Mothers can use the money earned from the business to give their children an education, provide food for the family, and expand their business. Women who run the business gain respect in their family and society, have greater financial stability, and are able to become independent by employing each other over time. Benefits to this extent usually cannot be seen when they are given a handout, instead.

Companies like Kiva administer microlending for these humanitarian purposes. It matches entrepreneurs to people wanting to lend money. The borrowers in these countries will describe the type of business they wish to start, how it will operate, and present a business plan outlining day-to-day operations. The lenders are free to choose which family they would like to support and then invest as little as \$20, if they wish.

The lender receives up-

dates on the progress of the business they have invested in, and is also able to communicate online with the receiver.

When the loan is repaid, the entrepreneur is free to invest the cash somewhere else or withdraw. The repayment rate is 99%.

Microfinancing is a solution that improves the standard of living which cannot necessarily be achieved through a handout. There are more long term benefits to using this as a solution to combat poverty.

For the reasons of mothers using microloans to support their impoverished families and as a strong stimulant to economic development, microcrediting is the most effective way to eradicate poverty. We need to take a stance, we need to advocate for new solutions, we need to ensure a brighter future which is only possible through microfinancing.

King students and staff looking to invest their money can consider this approach. You can be helping others around the world, serving the school's motto well: *We care, we strive, we serve.*



Kiva, a non-profit organization, allows people to support low-income entrepreneurs.

Editors' Picks



KINGSLEY'S LOVE ADVICE

... with Tannei Sarkar

I have a crush on my best friend's love interest, what should I do?

You and your best friend clearly have similar tastes. Date your best friend.

Is dating in high school worth the time?

I think so. You probably won't marry them or anything, but it's nice to remind your future spouse that you had options.

My significant other is upset that I forgot the anniversary of our first date. Any fixes?

Tell them that your anniversary is a month from the actual date. Add little details in photos and calendars to make it seem real. Now they're wrong. *Girl boss, gaslight, gatekeep!*

What is the "right" age to get married?

I think you're asking the wrong question. Instead, think who is the right person to get married to. It's basically when you're able to pull a billionaire.

Is there such a thing as "soulmates?"

No, but try convincing your crushes that soulmates exist. Tell them that you're the only one for them, and they'll never leave.

How can I stalk my crush without them knowing?

Oh no, not even gonna get into this one. If you've seen any teen thriller ever created, you'll know that the line between scrolling through someone's profile online and turning into a full-blown criminal stalker gets blurred *real fast*.

So before you go all Joe Goldberg on them, see if you've got a mutual friend of a mutual friend who can introduce you to your crush, like a civilized and not criminally-obsessed person.



Let's turn our cameras on!



King students consider the added benefits of turning their cameras on during class time and council meets.

By Katherine Davies

The reoccurring provincial lockdowns and states of emergency have moved high school classes to remote learning once again. As a result, staff and students are having to decide whether or not to turn on their cameras during online classes.

Opinions vary greatly as to the pros of asking students to keep their cameras on. For teachers 'on' is better as they are better able to read the subtle changes in body language and facial expressions which indicate whether students are understanding the material.

Ms. Hussey, a Performing Arts/English teacher at R.H. King Academy thinks that that having cameras turned on in class has a tremendous impact on the experience of both students and teachers. "Academically, we need a connection to communicate together and trust that we are working together. When we lose honest communication, we lose touch with content and growth,"

Ms. Hussey says.

For educators, providing remote lessons can be disheartening when they are trying so hard to connect with a screen of empty black boxes. "Now more than ever, we need to feel like we are a part of a community," Ms. Hussey says. "We need to see faces that smile back and visually witness that we are a part of something outside of our own walls. Staring at a screen for hours without any visual cue of our school community only deepens the feeling of isolation."

For many teachers, the presence of even a small portion of students with their cameras on is enough to significantly improve their day.

"It's a pandemic. We need to take care of each other. We need to show up for each other. So brush your hair - or don't because it's not important - and turn your

camera ON," Ms. Hussey finishes.

One student perspective for turning on cameras revolves around accountability. When their cameras are on, students are pressured to behave accordingly - they may be less likely to wander around their homes, check social media, or fall asleep during class. Many students acknowledge this, but it can be understandably daunting for students to use their cameras - especially when it makes them stand out from the crowd.

Meeting people and making friends is especially important for this year's grade nine students, who may have never attended in-person high school or have done so in a very limited capacity. At R. H. King Academy, groups like King Supports Niners have been formed to help grade nines adjust to high school online (check out @kingsupportsniners on

"It's a pandemic. We need to take care of each other."
- Ms. Hussey

Instagram).

King Supports Niners encourages students to access available resources. ".You can even join our discord server! We have many grade 9s on there who share their day or anything new they learned," the KSN representative states.

Carys McDonald, a grade nine student at R. H. King Academy thinks having a camera on in class makes for a much more realistic learning experience. "Which is what I, as a freshman, really need in a time like this. I can't have much of a normal learning experience right now, but when my classmates' cameras are on, I feel that I can more easily be an active part of this new learning environment," Carys says.

There are ways teachers can encourage students to participate with video. The easiest is to have cameras on for only a part of the class. Video breaks can be taken at the discretion of each person, but also collectively when teachers are screen sharing or students are being asked to review material in another window.

First thing in the morning during attendance, odds are students haven't been awake long, so this is an ideal time to use a non-video feature to check in with students, instead of having to awkwardly stare at the screen while feeling unfocused.

Offentimes, a toddler wandering into the room or a cat walking in front of the camera lights up people's faces, so sharing your screen can help give a burst of happiness to last the day.

Watch out! COVID on your screen

By Tanisha Kumar

Certain shows have been releasing new seasons, incorporating the COVID-19 storyline. The argument is whether creators should be including COVID-19, a depressing and ubiquitous topic, into shows and defeating the purpose of immersing ourselves in entertainment.

Millions of people have died from the pandemic. The storylines make it seem like they had no effect on the shows. Most of the characters' lives continued to be the same and everything went their way. In reality, a myriad of people have been met with unfortunate circumstances. Current TV representation of the unpredictability of life during COVID-19 is not realistic.

Claire LaLonde, a grade 10 student at R.H. King feels that watching a TV show or

movie is usually a time to escape reality. If another story involving covid is thrown our way in a large fan-based TV show, that defeats the purpose.

"*Shameless* has incorporated the coronavirus into their storyline, which can definitely be beneficial and an interesting factor to the plot/character development. However, at the end of the day, no one wants to be reminded of our current stressful events and new lifestyle," she says.

COVID-19 in shows may be here to help people cope with the pandemic. This allows people to reflect and comment on what they see through their favourite characters during COVID.

Mr. Mensher, a Tech and Arts teacher at King thinks that certain people can appreciate current storylines as something they can relate to. "On the other hand,



Viewers are seeing entertainment creators use Covid-19 as part of the plot.

I also think that TV is an escape from reality and people and always has been. Hollywood movies don't create reality, they create a sort of fake world and so they don't really think it's necessary. Maybe TV shows have to do this for the nature of the set, maybe it's just easier to not have

COVID exist in the fictional world. As far as helping the show, or hindering the show, I'm not sure it's necessary," he says.

So is it time to represent reality on the screen or is it time instead to just wipe the virus off the screen for now for the sake of escapism and save it for posterity?

HAPPY RETIREMENT!

The end of the 2020-21 school year brings with it the retirement of three beloved staff members at King. So, we interviewed Mr. Van Bochove, Mr. Hoekstra, and Ms. Das to reflect on their careers and find out what they might be up to upon retiring. On behalf of all those at King, we thank you for your dedication, friendship, and service to your school and the community!

Mr. Van Bochove

This year marks Mr. Van Bochove's eighth year at our school. Before coming to R.H. King Academy as Vice-Principal, Mr. Van Bochove was VP at Sir William Osler H.S., and Birchmount Park C.I. prior to that.

Do you plan to continue scholarly activities after retirement?

Mr. Van Bochove: Yes! I am looking forward to working as an occasional administrator. I look forward to staying connected to King as a volunteer. Whether that's coming in and helping with the 100th anniversary, which is happening in 2022, or coming back as a volunteer in coaching.

What's the best and worst thing about being a teacher?

Mr. Van Bochove: The most challenging thing would be when you have taken lots of different steps to help someone and you feel like you have not made a difference.

But I'm also excited when I hear from a student that they have a great job, they have a family, they have a home. They don't have to be famous. They have a life that's successful, and to know that you have played a little role in that is really nice.

What are your thoughts on astrology? Do you know your sign?

Mr. Van Bochove: My sign is Pisces. Which is an interesting sign for me because it's the fish, and I don't like seafood, I don't eat any seafood at all. But I do love the water. I have a certification in scuba diving and I've had a chance to learn how to scuba dive in a number of places around the world. I actually haven't looked at a

horoscope though in a long time. Maybe I'll have to check it out.

A comment from Mr. Van Bochove
I just want to say thank you to all of the students and staff over the years at R.H. King. I'm so proud and so happy to have spent time at R.H. King, which is Scarborough's original high school. I will have nothing but fond memories and I look forward to having that relationship with the school for many years to come.

A few messages for Mr. Van Bochove:
Ms. Kulendran

I will miss his smile when he's figured out something before everyone else has. Mostly, I will miss Mr. Van Bochove's professionalism and kindness. We are so grateful for all that Mr. Van Bochove has done for our school

and we wish him the very best in the future.

Ms. Nagy

Being an administrator is a stressful job, and it takes a special kind of person to do it with as much grace and kindness as he does. I wish him lots of quality time in his backyard (for now) with those close and dear to him: Elly, Alex and George.

Ms. Pallas

Even before I started at King, when I saw Mr. Van Bochove at different meetings his eyes would light up with pride when he spoke about King – he loved being a part of this community. I wish him all the best in his retirement and want to send a heart-felt thank you for all of his work as an educator!

Do you plan to continue scholarly activities post retirement?

Ms. Das: Absolutely not. That's a negative on all fronts. I'd like to volunteer, though. I look forward to travelling, spending time with family and friends.

What would students be surprised to learn about you?

Ms. Das: Being the OA in a school, students rarely have contact with me. But, I appreciate people with a dry sense of humor.

What's the best and worst thing about being at a school?

Ms. Das: Best thing, having the summers off, winter breaks. They're bonuses. A job at school gives me more time to do more traveling, something I love to do. I don't see a downside of it. I've really made some long-lasting friendships from this job. R.H. King kids are amazing; teachers at King are amazing. People are very caring.

What are your thoughts on astrology? Do you know your sign?

Ms. Das: I'm Libra. I've heard we're very balanced people. I don't know if that's true, but I like who I am. I don't know much about astrology; I believe in the NOW. In my youth, I'd go to palm readers and they'd tell me "You'll travel." Travel... like on a bus from one stop to the next? Like tell me when.

Messages for Ms. Das:

Ms. Kulendran

Ms. Das has been such an important part of our school main office and we will miss her so much. It won't be the same without her and I will miss her efficiency, advice, and friendship.

Mr. Wilkinson

I'll miss you, your jokes, and your phone calls making sure I don't repeat them to others. ;)

Ms. Das

Ms. Das has spent nearly 18 years at R.H. King as Office Administrator. Prior to that, she was at the TDSB head office at 5050 Yonge Street.



Mr. Hoekstra

Mr. Hoekstra's time at R.H. King spans 21 years. Along with being head of the History Department at King, Mr. Hoekstra has served in the Canadian Armed Forces for forty years now.

What made you teach history?

Mr. Hoekstra: Since about high school I knew I wanted to teach, and specifically, to teach history. I started reading about Roman history from about the age of 8. The other thing is, I was kind of torn if I wanted a career in the military or a career in teaching because I joined the reserves when I was 17, and I loved both. I loved history, I loved the thought of teaching, but I also really enjoyed my time in the army. I kind of got the best of both worlds so I consider myself very lucky.

Do you plan to continue scholarly activities after retirement?

Mr. Hoekstra: ...Maybe doing a master's program in Defence Studies. I've also been thinking about trying to set up a YouTube channel with small historical lessons. A lot of my former students have encouraged me to do that, so it might be a retirement project.

What would students be surprised to learn about you?

Mr. Hoekstra: One thing a lot of kids talk about is, before they came into my class, they would hear about me being this army guy, or being strict in the halls about uniforms. But once they're in my

classroom, I kind of lay down the law at the beginning, but I'm actually a pretty happy-go-lucky person. I like to joke around. The short answer is, whereas I may come off as a disciplinarian for those who don't know me, I'm pretty forgiving and easygoing.

An experience you've never forgotten when serving overseas?

Mr. Hoekstra: My first patrol when I was in Afghanistan was with a British army unit, and we went into a village where the Taliban had been firing rockets at the base. We stumbled into an American army patrol that was there too and we connected with them as well. After a while the American guys are saying, "Hey, Hoekstra, do you wanna ride back with us?" and I said, "No, no, I'm okay," and they kind of look at me so I say, "Yeah, it's fine, go ahead."

Then when I finished talking to the tribal elders, I looked around, and the reason they were so surprised is because the British troops that were with me were already gone as well. So there I was, alone in this village about

30 kilometers from the base, in an area that was strongly infiltrated by the Taliban. I suddenly had this sense of just how far away I was from Canada; I never felt so far away from home in my life.

But I thought okay, I'm not going to show

these people that anything's out of the ordinary, so I'm kind of nonchalant, smiling and waving. But they knew that no one in their right mind would walk alone, military or not.

So I'm calmly walking, but as soon as I get around the corner where the villagers couldn't see me, I start sprinting like crazy back to our rendezvous point... I had about 300 rounds of ammunition with me, and that was it. I thought well, I'm gonna try to make a good account of myself if something happens. But luckily, as I got closer to the rendezvous point, there were the British troops. They had realized I wasn't with them and they were all looking sheepish like, "Sorry, boss, we've never left a man behind." And so I went to the British sergeant and I was like, "Never left a man behind, eh?"

What's the best and worst thing about being a teacher?

Mr. Hoekstra: One of the best things is that I met my wife through teaching. One of the great things is working with the students. At King, most of us are

running intramurals, clubs or councils, so all your time is with the students. That, to me, is the real joy of teaching.

The worst thing is when your students graduate. It's always bitter-sweet because you're happy to see your grade 12s go on, but it's always sad too because it feels like you're losing so many friends. That's what makes retirement tough too, knowing that it's kind of a last goodbye.

A few messages for Mr. Hoekstra:

Ms. Kanerva

I have worked with Mr. Hoekstra for more than 20 years. He is a gentleman. The kind of person who would bend over backwards to help you in any situation. I will miss him dearly.

Mr. Halliday

20 years ago, during my first year at R.H. King, a student said to us, "Mr. Halliday, Mr. Hoekstra, you are brother [sic]." If that is true, then I am the luckiest younger brother in the world. Mr. Hoekstra is the best colleague and friend a teacher could have.

Mr. Schillaci

Mr. Hoekstra is a genuine teacher who speaks the truth no matter how unpopular it may be to hear. Henry Brooks Adams once wrote: "A teacher affects eternity, he can never tell where his influence stops." For a teacher who taught the history of world civilizations, it is fitting that his influence will echo in eternity.

Best of KVC.com



Kingsley's Advice Column... with Michaud & Wilkinson



My hair is untamable, what should I do?

—Mr. Michaud—

You must be as the gentle stream quietly encouraging all you encounter to flow as one. Then you must shave your head.

Procrastination is ruining my life, what should I do?

—Mr. Wilkinson—

I don't know. Just... just... I don't know. Ask me later.

What are your opinions on fake Gucci belts?

—Mr. Michaud—

The question presumes that I would have an opinion.

Should I get a pet?

—Mr. Wilkinson—

Do you enjoy crippling responsibility, feces, and limited freedom? Oh, wait... that's having kids. Either way, go for it so long as you know what you're in for!

Should I do donuts in the King parking lot?

—Mr. Michaud—

Why not? Join the illustrious list of individuals who valued juvenile immediate gratification over demonstrating respect and decorum.

How do you know if your friends are really friends?

—Mr. Wilkinson—

If they've tattooed your name or your face on their bodies. PS. Don't do this!

I'm obsessed with Among Us. Please help.

—Mr. Michaud—

I had to Google that. So, you're really into playing a game. It'll pass. Then you'll find something else. Games are fun.

Skateboarding as a coloured woman

By Caitlyn Hundey

Skateboarding has been growing in popularity for decades and has no end anytime soon. Besides looking cool with their kickflips and backside 180s, many teen skaters have approached skateboarding as a form of stress relief, exercise, and entertainment. However, stereotypes and gender biases are still a substantial part of skate culture, as it has been for decades.

Skateboarders were predominantly male during the 1950s, and to this day, the imbalance still stands. According to the Public Skatepark Development Guide, teenage males still make up the bulk of skaters.

Grade 11 R.H King student, Rida Ahmad, talks about how being a girl and a person of colour contributes to her experience as a skateboarder. "In the beginning, the skatepark was extremely intimidating since I was one of the only brown people there, not even taking into consideration the number of girls skating."

The stereotype that girls at skateparks are just "posers" is also another insecurity for Ahmad. In skateboarding terms, "poser" describes a person who does not practice trick skateboarding but is at the skatepark for the sole purpose of gaining attention or impressing others. Some skaters have toxic aspects in their culture, naming new skaters "posers" as well, which is

why Ahmad doesn't accept the use of the term as openly. Even after learning how to kickflip and do multiple other tricks, the worry and insecurity about being called a poser doesn't disappear from Ahmad's mind.

The pandemic has caused a downturn in physical and mental health for all ages, and for Ahmad, skateboarding plays a considerable part in her health during this unusual time.

"My [skate]board has been the only exercise following COVID, since it's the only thing I can do alone while having fun at the same time," she says. Skateboarding acts as both a stress reliever and a physical activity for her. It incorporates exer-

cise with new and thrilling, but sometimes tedious tricks. Ahmad says that first-time skate tricks are embarrassing, awkward, and difficult, but overcoming them gives her motivation.

Prominent characteristics of skateboarders are their learned patience and visible determination. Ahmad started her skateboarding journey when quarantine began and couldn't stop from then on. She emphasizes that skateboarding can act as an outlet for all negative emotions as well as teach valuable skills.

"Skateboarding has been there with me during my worst times, so it almost feels like [skateboarding] is a part of me. It taught me more

about myself than I thought was ever possible," Ahmad says. "A piece of wood on wheels can change someone's life and lifestyle."

The scrapes and bruises on her shins, the unshakable patience, the countless hours of practicing, and the joy that comes after landing a trick are what Ahmad loves most about the activity. Her personal narrative cannot exist without her skateboard since it has become a significant part of her identity and lifestyle.

A year of practice and she can already do a great many tricks, but Ahmad knows that she still has a long way to go and is determined to get there.



Rida Ahmad learned to skateboard and perform sweet tricks, all while looking different from the rest of the crowd.

Mistreatment of K-pop girl groups

By Nithuya Thayaparan

The idol industry is tough in Korea. It takes years before they get a concrete answer of whether or not they will debut, and even if they are the lucky few chosen to form a group and go public, many obstacles still await. This especially rings true for girl groups in K-pop, who have to face hyper-sexualization, double standards, and unfairly cruel criticism.

Girl groups are subject to hyper-sexualization from a young age. They're made to wear uncomfortable clothing and shoes that are often incredibly impractical for the kind of performing their careers entail. In performance videos, they're sometimes seen tugging down dresses that are too short or barely escaping a twisted ankle from wearing heels while they dance.

Furthermore, the beauty expectations are unreal. On episode 7 of her podcast, *Get Real*, Ashley Choi from girl group *Ladies Code* says, "[The higher-ups] care

about the smallest things... they would say, 'Oh, your knees aren't that pretty'." This is not only detrimental to one's self-esteem, but it leads to never being comfortable in one's own skin and constantly putting on an act for an audience.

In recent years, the mistreatment of girl groups has manifested in the lack of interest in supporting them, leaving them behind in favour of boy groups. BLACKPINK, a girl group established in 2016, didn't get a full studio album until November of 2020.

Prior to that, their discography was limited to a meagre collection of singles, collaborations, and remixes. There was also a startling lack of any promotional activities.

Double standards have been present in the K-pop industry since the very beginning of the so-called "Hallyu Wave," a term describing the international growth and spread of Korean culture. Ryujin Shin from the group ITZY expressed concerns in a video titled

'Letters to MIDZY.' "People always say, 'For a girl group, your performance is really cool,' but why do they have to say it like that?" Shin said in the video. "I wish to be seen as just me without prejudice and without judgement."

Female idols always seem to get the shortest end of the stick, facing endless backlash and criticism for the smallest of things. Jennie Kim from BLACKPINK has a long history of

receiving unfair amounts of hate for seemingly no reason. Hara Goo, a member of KARA, committed suicide last year after battling sickening criticism for years on end.

Respect should not be conditional for the girl groups of K-Pop. Feel free to join R.H. King's very own K-Pop Club to recognize and appreciate the efforts of these girl groups, and remember to be kind to others on the internet!



Different standards for women in K-pop. They have limited creative power.

Editor's Picks

Loud'n clear: fight for Autism rights

By Isabella Cadotte

On April 30th, several celebrities and influencers participated in a livestream show entitled *Color The Spectrum*, to raise money for Autism. Mark Hamill, Adam Sandler, Stephen Colbert, and Paul Rudd are just a few of the many people who attended and raised money towards the event.

The livestream was run by NEXT For Autism, an organization whose mission is to help Autistic people and their families. This company has a fairly clean reputation, but with further research, one can find many hidden issues with the institution.

First of all, what is Autism? Autism or Autism Spectrum Disorder (ASD) is a highly variable neurodevelopmental disorder. It is a spectrum that includes Asperger's, Childhood Disintegrative Disorder (CDD), Pervasive Developmental Disorder, and more.

Autistic people often have a different view of the world. They often also have a different thought process than others, which allows them to excel in specific subjects or activities. Some

notable Autistic people are Albert Einstein, Charles Darwin, Andy Warhol, Mozart, Isaac Newton, Emily Dickinson and many, many more.

While ASD does come with unique aspects, there are many negatives to it as well. Autism usually presents itself as difficulties with social interaction and communication, as well as repetitive and sudden movements.

Often, Autistic people's natural inclinations infringe on society's standard of politeness and "normalness." People who are Autistic can sometimes need care throughout their whole lives.

Many Autistic people have greatly impacted our world. Unfortunately, it is still seen as a "disease" or a "curse" by many people. Cures, therapy and medicine have all been attempted to help "fix" people with ASD.

Here is where the word 'eugenics' comes in. Eugenics is essentially how to arrange the human population to increase characteristics viewed as desirable. The word was majorly used by the Nazis to justify their treatment of Jews, disabled people, and other minority

groups.

Another major solution used is ABA or Applied Behavior Analysis. Often compared to gay conversion therapy, ABA is used to teach an Autistic person how 'not to be Autistic.'

Autism is mostly hereditary. Regardless, many people remain misinformed about the topic, fueling discrimination against people with ASD. That discrimination is sadly visible in many charities that are meant to support Autistic people.

Now how does this relate to NEXT For Autism? NEXT is strongly allied with ABA certification programs, the conversion-like therapy mentioned earlier. And while they are a non-profit organization, they do receive

many donations. But most of it doesn't actually go to Autistic people and their families. In fact, only 4% of the money goes towards families and support services.

Additionally, NEXT was founded, and is run by, non-autistic people. Only this year did NEXT create an advisory board, composed of a total of five Autistic people, compared to the handful of ABA-certified psychologists who are on it as well.

As a result, many in the Autistic community were in uproar about NEXT's livestream event, and many they reached out to their favourite influencers who were participating.

Some withdrew to consider how else to show support.



Many still wrongfully view Autism as a "disease", adding to discrimination

Ghosts roaming the halls at King?

By Lily Santon and Berlin Ogglesby

On October 28 and 29 of last year, teachers led their classes through haunted walks at King, using an itinerary and script devised by Mr. Wilkinson. The tour was set to visit seven spooky sites, rich in alleged supernatural activity. We present to you three of these sites. To learn the story behind the other four, find this article on www.kingsleyvoice.com/

01. The Library

A former vice-principal recalled seeing something move through the book stacks when alone in the library after school, and swore to never be alone in the library again.

Other accounts of this have come from Mr. Wilkinson himself, who says he often sees weird shapes out of the corner of his eye, expecting it to be a student, but it rarely is. Further, at the library's main entrance, there are scanners that go off to count the number of people going in and out, and they go off at least once a day, with no apparent cause.

02. The A-Floor War Memorial

Several caretaking stories were told about the A-Floor war memorial, honouring R.H. King students who fought in the second World War.

One story told is that a caretaker suddenly smelled a long-discontinued Old Spice scent in empty classrooms. While this could be coming from a student, by the time the night caretaker smells the scent, both students and staff are gone.

Perhaps one of the most terrifying ghostly encounters happened to a caretaker in the '90s. At about 4 am, as he was walking down that hall with a co-worker, the lights turned off. As he sat on the ground, he felt someone touch his left shoulder. Suspecting it was the other caretaker, he asked them to stop, and immediately the lights came back on, revealing that his partner was already at the other end of the hall.

03. The English Department Book Room

The book room used to be the second-floor stands for gym three, a place where students could watch sporting events. Years ago, a former teacher found herself alone in the building. She heard the sound of a ball bouncing coming from gym three. When she went to investigate, she found the gym vacant and engulfed in darkness. No ball. Nothing.

Opinion: Planet of the Humans

By Yamrot Girma

The documentary *Planet of the Humans*, released back in 2019, goes over global warming, an issue we're all familiar with. Jeff Gibbs, the filmmaker, approaches the subject of global warming in a new light by investigating the ideas and truth behind green energy.

This documentary was one of the most intriguing films I have ever seen because it debunks the things we think we know about tackling global warming with green energy.

We know that global warming is a rising issue for every inhabitant on planet Earth. We also know that green energy, also known as

renewable energy, will save us, but what if I told you we've got it all wrong?

Renewable energy consists of sources that we are all familiar with: the sun, water and wind. Solar panes, wind turbines and hydro turbines produce green energy, but make no mistake; they don't run solely on renewable energy. Yes, you see renewable energy is not all it seems, and nowadays, it is more of a campaign slogan big companies use to sell people their "environment-friendly" energy.

Essentially, this film strives to answer one question: do non-fossil energy sources like wind and solar actually replace fossil fuels? The answer may surprise you.

One of the most dangerous things that we face today, apart from the effects of climate change itself, is the illusion that alternative technologies like wind and solar power are somehow different from fossil fuels. This way of thinking has become catastrophic because we think we are doing enough, when it's the complete opposite.

Big corporations deliver energy sources that look clean from the front, but in reality, still use non-renewable sources that continue to harm our planet. This is known as 'idling,' a term that refers to the use of non-renewable sources in projects that are meant to walk away from such methods. This is done because fossil fuels provide continuous energy when the renewable sources are running low on power, be it due to a cloudy or windless day.

For instance, coal plants are closing down for solar farms, but then even bigger natural gas (aka fossil fuel) plants are built to keep up with demand. This is because solar panels don't produce enough energy when it comes to powering homes, and so when energy runs out, the alternative is to once again fall back on fossil fuels.

These solar farms are different from those used by NASA; regular solar panels often have lower energy capacities, as the most effective ones are very expen-

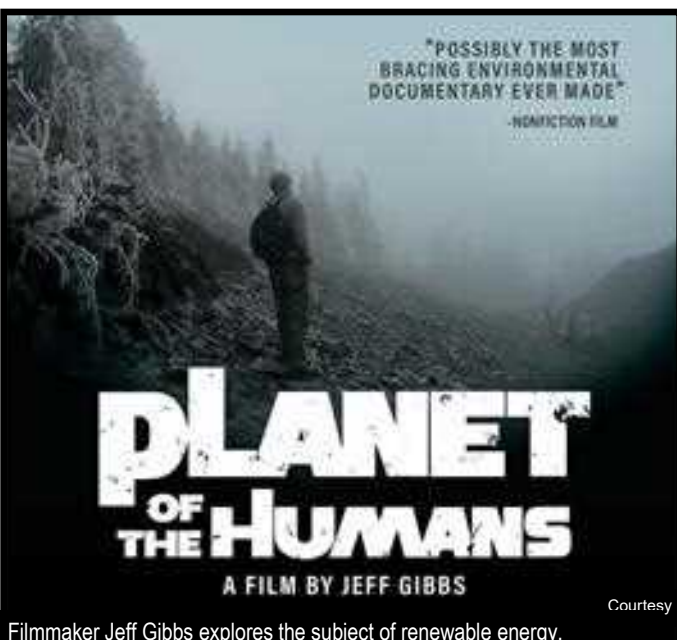
sive and many people and small organizations cannot afford them.

Tackling global warming has become a business campaign. Or in other words, another marketing opportunity. Major corporations have adopted a new brand image that is pro-environment, and this helps them grow because when people see "green energy," they immediately think about the "good" energy that will rescue the Earth from global warming.

One question posed by Jeff Gibbs is the checkpoint for the whole purpose of the documentary, and it refers to the wind turbines that last about 20 years, and the solar and hydro power generators that don't last very long considering the effort, materials and cost that goes into building them.

But even with corporate giants working against the Earth, we can do our part to slow down the effects of global warming. One way to begin is by cutting back on things that we over-consume. Rethinking the things we purchase (food, clothing, appliances, etc.) can be our most immediate and helpful way of doing our part in tackling this issue, along with letting others know about the benefits of doing the same.

Make sure to watch *Planet of the Humans* by Jeff Gibbs, a film that will certainly change your perspective on renewable energy.



Filmmaker Jeff Gibbs explores the subject of renewable energy.



B-SIDE

ART AT KING



Kianna Simpson, Grade 12



Anushka Kaiser, Grade 12



Avery Farrell, Grade 9



Fatima Shahid, Grade 11



Fatima Shahid, Grade 11



Nusrat Nadia, Grade 9



Spriha Rahman, Grade 9

KLE'S POETRY CONTEST

By *Olivia Grysczyk*

A gluteus maximus sitting on a cold metal chair,
Strangers standing around everywhere.
A section of tubas and various brass,
Though silent but deadly to all that pass.

The pressure is building in this poor pair of pants,
It feels like I'm holding in a colony of ants!
Slowly I let out a tiny squeak,
Giving everybody surrounding me a small sneak peak.

There's more coming, I can't hold back!
Turning from a squeak to a duck's quack.
Stares are coming at me from all around,
They're all wondering how I made that sound.

It even impressed me, I'd never done that before.
When all of a sudden I'm running for the door.
I can't imagine the feeling that will pass,
When everybody finds out that the sound was
more than just gas.

116
By *Shayla Merrick*

I can't say hello and I can't say goodbye
I can't redo the truth or end it even if I tried
The way I needed you like a squirrel to a tree
I yearned for acceptance but for you not for me
I feel like the time was all just a dream
No a nightmare disguised as sweet honey with cream
The memories all there but held up by thieves
Leave without a trace like old Nick on Christmas Eve
The joy and fun got rolled up together
And turned to ash light as a feather
Look ahead they say don't dwell on the past
Well the valves in my heart knew it wouldn't last
My eyes locked on that image on Halloween
It woke me up put my thoughts on caffeine
So I'll try to forget and wipe my brain clean
But you'll still be there in 116

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