

# KINGSLEY VOICE

Winter - 2023

*R.H. King*  
**KRUMBLING**

While King is getting the fixes it needs, there is no doubt that 101 years of history has taken its toll.  
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cities with stories



Come back stronger  
after the holiday break

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# The importance of school newspaper



School newspapers provide students with opportunities to engage with media and connect with others.

**By Isabella Cadotte**

As one of the Editor-in-Chiefs of R.H. King's school digital newspaper, I might be a little biased when I say that newspapers are vital for a school community. At the same time, it is because of my position that I am able to see the full extent of our impact. Although some iterations of a newspaper existed before, the current version of the *Kingsley Voice* was founded in 2017 by Brian Wilkinson, the head librarian, who still serves as supervisor for the paper. Since then we have won awards such as Best Newspaper at the *Toronto Star* High School Journalism Awards and our papers are widely praised in the King community. But most importantly, we have a direct impact on King students and the world beyond.

In an age where the major-

ity of teenagers get their news off of social media, truthful and accurate information is hard to come by.

Overall, freedom of the press is struggling globally. In the annual *The World Press Freedom Index* report published by Reporters Without Borders, this reality is demonstrated. *The World Press Freedom Index* aims to determine the ability of journalists to share stories without political interference or threat of danger. Canada ranked #15 of 180 countries for the level of freedom of the press, receiving a score of 83.53 (out of 100) which qualifies as "satisfactory."

Of the 180 countries/territories evaluated, only 8 countries received a score between 85-100 which qualifies as "good". All eight of these countries are located in Northern Europe. A total of 31

countries received a depressing score of 0-40, denoting a "very serious" situation of press freedom.

Clearly, the need to prioritize journalism is crucial. Taina Kanerva, a World Issues and Geography teacher at King says that "it is important to have a free press [...] to provide people with truthful information at all times, no matter what they believe in or what their interests are."

And this is just one of the many reasons why high school newspapers are important. Not only do we provide factual and accurate information of all kinds to teenagers, we also are training the next generation of journalists. High school is the last institution that all teenagers go through before being released into the world as an adult, and by being exposed to the journalistic community they can discover many things.

Being a part of a community with a local newspaper also prepares the next generation for understanding of the world around them, valuing the truth, and fostering a love of communication.

But above the possible impact on the world, there is the direct impact on the community. A school newspaper allows student voices to be heard. Whether that is something across the ocean, like Editor-in-Chief Diana Balko's article "The war between Russia and Ukraine," or this issue's feature story, "R.H. Krumblyng" by Nikita Hardial, every article sends a message that represents the student body and their beliefs.

Writing in the newspaper allows students to feel heard and to know they could have an impact. A school newspaper also allows for those without a voice to feel seen. Many people are afraid of any potential backlash if they speak up or feel alone in their situation. Gelnar Hammoud was one of these students.

"At first I wanted to be anonymous because I was scared of the impacts on myself and my family," Hammoud says. "But once I saw how many people supported the article it changed everything." By knowing there is at least one other person who understands can make a monumental difference in someone's life.

Whether you value direct impact or global influence more, a high school newspaper is evidently important and not just for those who are directly involved. Thanks for supporting the *Kingsley Voice*.

## A letter from the editors of KVC!

**Hello King!**

We are so excited for you to be reading the Winter issue of the newspaper. This is the first of two issues of the *Kingsley Voice* for the 2023/2024 school year. This is the first time in a few years we will be publishing two issues and we are so grateful for the opportunity to be sharing our voices with you. We truly believe that journalism is an essential skill and industry – we are grateful to be working to keep it alive and to create the next generation of journalists.

With this paper, we sought to explore the ideas that impact our perceptions as a culture and as individuals. Particularly with our feature stories, we wanted deconstruct the ideas we have about the physical spaces that surround us. Whether those be buildings, neighborhoods or cities, they all have a history and a future that will impact our lives. Writing these pieces was extremely eye-opening for us and we hope reading them will have a similar effect on you.

But, before you dive into

the paper, we would like to thank a few of the hard working people who made this all possible.

Firstly, we are so grateful for the knowledge and guidance of our dedicated advisor, Mr. Wilkinson. This paper would have not happened without his support, commitment and his belief in us. We take inspiration from his leadership, kindness and perseverance. We only hope that some of these qualities will rub off on us too.

We would also like to thank our amazing team: the contributors, layout staff and exec team who worked so hard to create this paper. We truly believe that journalism is a critical skill and industry - we are appreciative of their dedication to help keep it alive and create the next generation of journalists. We are proud of how well the team coordinates and collaborates with each other to provide their best work. Many hours were put into this outstanding paper and it truly shines through. We cannot thank them enough.

Finally, we would like to

thank Everett Yi, the talented artist who put in many dedicated hours to creating the beautiful cover of the paper. He truly made our vision come to life and we are so proud to have his art on the cover, representing all the hard work within. Thank you readers for

taking the time to read this to understand the work that went into the paper to allow you to hold it right now. Hope you laugh, reflect and learn something new when continuing your adventure into the newspaper. Enjoy your time reading the paper!



## A sustainable wardrobe in 5 easy steps



Tannis Fenton

There are many ways to shop more sustainably. Try to consider how much you will actually wear an item before buying it.

By Jumaina Ahmed

There is a growing interest in sustainability in fashion, as many are realizing the impacts of their shopping habits. There are several practices that can be incorporated into shopping to make it more eco-friendly. Here are 5 tips to help create an everlasting, eco-friendly wardrobe.

### 1. Shop smart

It is important to shop smart and buy pieces that you are confident will be worn frequently. As a rule of thumb, one should consider if they would wear that item at least 30 times. Buying second hand is also encouraged. No new emissions are produced when buying second hand, which makes it a very sustainable method of shopping.

Second-hand clothing can be found in thrift stores, or

online platforms such as Depop. Thrifting is also a fun way to find new styles, repurpose clothing and have fun while shopping. An added bonus is more affordable prices for high-value items. However, before going on a shopping spree, go through the clothes that are already owned and try to make use of what is already in there. Some hidden gems may be hiding in that back corner of the closet!

### 2. Trendiness vs. timelessness

Trends will always come and go in fashion, and we are all prone to buying into them. However, if one buys a piece of clothing immediately after it

starts trending, it can become undesirable the moment it's not popular anymore. On the flip side, there are many pieces that have been deemed "timeless."

If it is something that parents or grandparents wore and it could still be worn today in different variations it can be considered timeless. Clothing can also be considered timeless if it was wearable a couple years ago, or if it could be worn a couple years from now. An example of this could be Converse or straight and wide-fitting pants.

### 3. Wait on it

Although it is not so easy to play psychic with clothes and predict what will stay timeless,

another method to help determine that could be waiting on purchasing items from one's wish list for a couple of months. In the case of wanting to buy a new pair of shoes but are unsure if it would be a good investment, wait on it for a few weeks or months and see if it is still to your taste. Sometimes you'll even see a price drop!

It is tempting to get something immediately, but waiting on it can be good for both your wallet and the planet.

### 4. Buy nice or buy twice

To avoid clothes getting worn out soon after purchasing, it would be best to invest in quality basics. The prices may

sting a little when compared to fast fashion brands. However, the cheaper items are less likely to last. This is not to say all expensive items are automatically good quality; it is important to do research beforehand and find brands that last.

A brand widely known for their quality pieces is Uniqlo. Buying better quality items is not only a sustainable method of shopping, but it could save money in the long run.

### 5. Take proper care of your clothing

It is also important to handle clothing with proper care. Following the laundry guide on the label could avoid wearing out a piece too early. If there are no instructions, it is recommended to wash on a low and gentle cycle. Washing clothes at a cold setting can keep coloured clothes looking vibrant, and also saves energy. If an item needs mending, it can be fixed instead of thrown out. With the plethora of YouTube tutorials and tailors who offer services for low prices, it's easy to repair clothing.

There are simple changes that can be made to how clothing is stored, such as folding sweaters and heavier pieces. Keeping clothing in good condition prevents it from needing to be thrown away, potentially ending up in a landfill.

No one is perfect, but it is important to consider our shopping habits and impact on the planet. With these 5 tips, everybody should be able to improve the sustainability of their wardrobe!



## The stigma surrounding teenagers



Tanisha Chowdhury

Teens are judged daily, even for things like hanging out with friends.

By Claire Taylor

Teenagers have a stigma that follows them wherever they go and whoever they are with. Adults often make assumptions about teenagers without even having met them. This often includes the idea that teens are lazy, entitled or too dependent on technology. This

stigma is perceived by adults, parents, teachers, and even those just a few years into adulthood, which encompasses a teenagers entire support system. That puts a burden on them that they really don't deserve or need.

The teenage years are the most important time in a person's life for brain develop-

ment. Their frontal lobe, which controls their decision making skills, is still developing. The stress that teenagers face on a daily basis is already a lot - balancing school, homework, extracurriculars, volunteering, a job, let alone the way that they are perceived by adults and others. The way that teenagers are treated can affect their mental health greatly. They are going through both the toughest and best times of their lives. The assumptions and stigma that are associated with teenagers has a very large effect on teens. They worry about having to make a good impression on adults and have to go above and beyond to be seen as "good" in adult's eyes.

Teens are often judged for being on their phones too much. But, making a generalization about an entire generation can result in unfair assumptions. For instance, if an adult sees a teen texting, that adult may think they are addicted to their phone or they

are wasting their time on something unimportant. But, for all they know, that teenager could be messaging their parents about when they'll be home, or supporting a friend who had a bad day.

When seeing a teenager absent from school, during the typical school hours, often one's first thought is "they must be skipping school!" and jump to conclusions. Although it is possible that the person could be skipping class, it's possible that the student has a spare, a field trip, an athletic event, or an appointment.

By voicing these negative assumptions around young children, they are able to pick up the emotions and thoughts associated with teenagers, and copy what they see. This then continues the cycle. After all, adults were teenagers once and chances are people thought the same things about them and they may have brought that prejudice into their adulthood.

Maggie Donnelly, a grade 12 student at King comments

on the topic of the stigma surrounding teenagers, and how it is unfair.

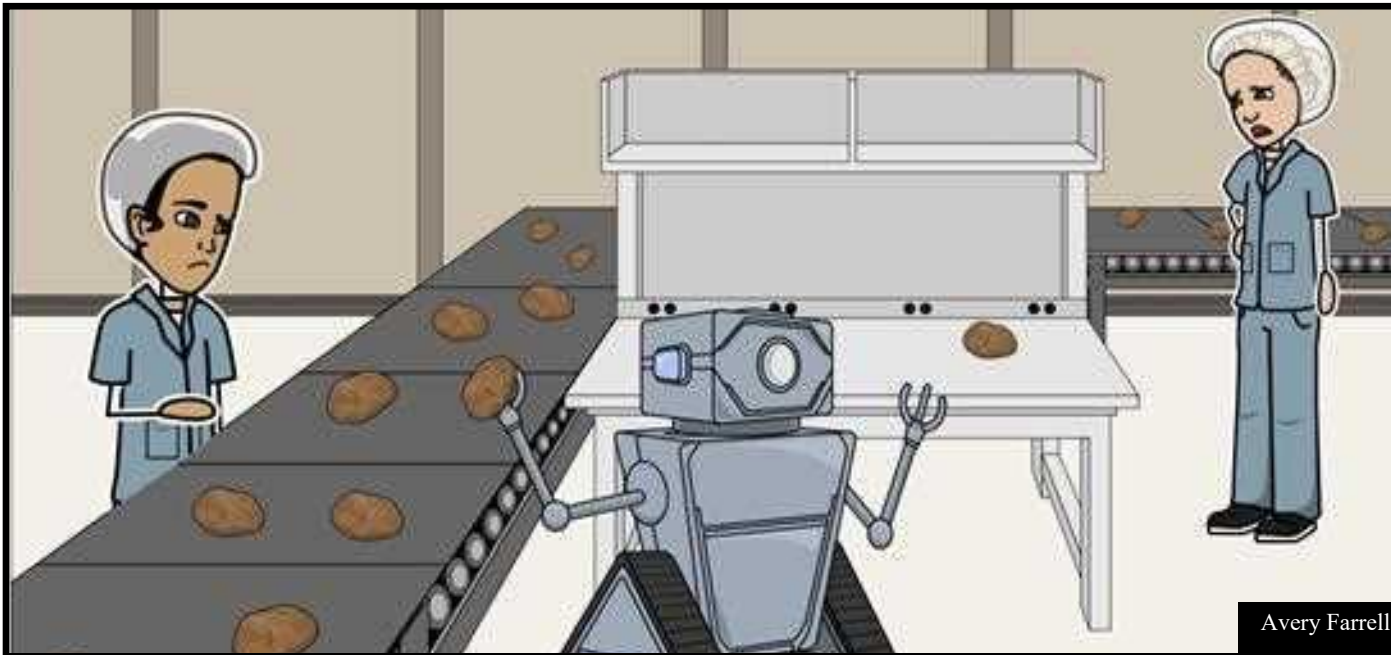
"People who cast judgement upon teenagers often don't understand the unique struggles that moderns teens face," Donnelly says.

"Teenagers may be flawed, but it's important to remember we haven't had as much time to work on our flaws. I'm sure most teenagers will grow up to be perfectly reasonable adults."

To remove the stigma surrounding teenagers, it is necessary to acknowledge the problem. Of course, some teenagers do behave poorly. But, people of all ages do so at times. Assuming that every single teen fits into one negative stereotype simply is not true so try to avoid it.

Humans of all ages can work on not "judging a book by its cover" or in this case, age. Instead, one can keep an open mind and be receptive, and not make assumptions.

## Navigating the future: AI, jobs and tech



Avery Farrell

The incorporation of AI in the job sector has raised concerns about the job market, especially from employees directly impacted by it.

By Deepika Chandrashekar

The rapid advancement of Artificial Intelligence (AI), software and machines designed to think like humans, has changed perspectives of technology and opened people's eyes to its many uses. However, it has also brought forth a myriad of pressing concerns.

Privacy, ethical, and environmental concerns plague the minds of the current generation. The most pressing question of all is AI better than humans? While delving deeper into the negative implications of technology, it becomes essential to consider all sides and to work towards creating solutions.

Professions involving data entry, customer service, and analysis are vulnerable because AI technologies excel at performing routine and

repetitive tasks more efficiently than humans.

Virtual assistants, for example, can handle customer inquiries and support, reducing the need for human involvement.

The effects of AI are also unevenly distributed across industries since technology excels at completing routine tasks and manual labor making manufacturing and construction industries particularly vulnerable to AI automation. This raises many issues, including that displaced workers often later have trouble finding suitable alternative employment.

Dr. Geoffrey Hinton, a well-known British-Canadian computer scientist who has been referred to as the 'Godfather of AI,' told the BBC that chatbots could soon overtake the level of information that a human brain holds. "Right now, what

we're seeing is things like GPT-4 eclipses a person in the amount of general knowledge it has and it eclipses them by a long way. In terms of reasoning, it's not as good, but it does already do simple reasoning," he said. The fact that AI could even think like humans causes many people to fear of job loss, uncertainty about the future, and reskilling anxiety.

The devaluation of certain job roles, such as creative writing and art, and the emphasis on AI automation can also create a negative impression of AI.

"I know that AI can be super helpful, but I sometimes wish it didn't exist," says Ruwaida Ahsan, a grade 12 student. "I wanted to become a graphic designer so I took a lot of courses related to it, but now I have this fear that the art I make can be easily done by AI and made even

better. I've even tried experimenting with many different generative art AI's and it's honestly intimidating. I don't want to risk pursuing an education in something that might not have job opportunities in the future because of AI."

A possible solution could be to restrict art made by AI in art galleries and places as such to encourage creativity and art made by the people.

There are, however, bright sides to AI. Some technologies can potentially increase efficiency, streamline processes, and boost productivity. Additionally, AI systems can analyze vast amounts of data to provide valuable insights, aiding decision-making processes and potentially promoting innovation.

Some people might believe that AI in cars is a thing of the future, but they would have to

think again as smart cars have already entered the market. Just 8% of automobiles and other vehicles had AI-driven technologies installed in them in 2015, but by 2025, that percentage is predicted to rise by 109%.

These cars have predictive systems that reliably inform drivers of potential spare component failures, route and driving instructions, emergency, and disaster preventive procedures, and more. By 2030, connected automobiles with inbuilt wireless connections and networks will be the industry standard which is a healthy step towards a greener environment.

The future of AI in advertising seems bright as they could effectively replicate the campaign with access to historical data and provide accurate results rather than investing thousands of dollars on a campaign to see if it would benefit a certain pool of target audiences. This would revolutionize marketing by giving companies and brands a safe location to invest their funds.

Given how artificial intelligence has been presented in the media, particularly in science fiction films, the development of AI has raised concerns about the possibility that humans could one day become obsolete in the workplace. After all, many jobs formerly carried out by human hands have been mechanized as technology has improved.

Worrying that the development of clever computers may cause the end of employment is unfounded as there will still be many jobs available. The integration of AI may create more employment opportunities, hopefully in a responsible way that benefits everyone involved.

## The nostalgia surrounding the holidays

By Riya Mahendrarajah

The holiday season is here and undoubtedly many King students have started to feel nostalgic. Nostalgia is the feeling that one gets when remembering happy times or places from the past.

As children, the holiday season was something that most looked forward to. Whether it was having two weeks off of school, spending time with family, or giving and receiving gifts, many people had something to cherish about the jolly season. These fun memories can make many reflect on the past.

Some things that people may miss around the holidays as they get older are waking up on Christmas morning to see the presents Santa has brought, playing outside in the snow with friends or baking with loved ones. Really, the specifics of the memory is not the focus, but rather the feelings it creates. Nostalgic memories

usually consist of feelings of happiness, longing, wistfulness and even sadness.

Nostalgia can be fun and loving, yet also bitter and harsh depending on where those memories come from.

Here are some nostalgic memories of King students:

"My favourite nostalgic holiday memory was putting up the Christmas tree with my family. We had lots of fun and spent so much time together." - Grade 10 student, Damien Perera

"My favourite nostalgic holiday memory would be teaching my little cousins how to skate at the local skating centre. It was exciting to be the teacher for once!" - Grade 11 student, Luckshika Ravinthiran

"My favourite nostalgic holiday memory has to be during elementary school right before the break. We would have PJ day and would watch Christ-



Diana Balko

Holiday traditions, like baking with friends and family, spark nostalgic sentiments for many.

mas movies." - Grade 12 student, Sharanki Vijayasankar

As each year passes, one should look to make more memories.

"I love the Christmas holidays because I get to spend quality

time with my family. We bake, we play games, we go skating, and we watch romcoms. Simple but so heartwarming in every way!" - Ms. Olaizola, Business teacher at King

The best nostalgic memories are not always the ones

that are expensive or include many people. Sometimes, doing a simple activity with a close person makes an impact that will last a lifetime. A few tips to building a nostalgic memory are to try a new activity, stay attentive, and take photos or videos!



## The effect of tech: is Gen Alpha doomed?



As our reliance on tech grows, many parents and researchers are starting to notice different kinds of negative effects on child development.

By Kerasia Kosich

The year 2010 welcomed the newest generation into the world: Generation Alpha. Ranging from 2010-2024, the newest generation will be replacing Gen Z as the world's youngsters. The challenges these kids will face will be unique as people have become more reliant on technology.

Generation Alpha is the first generation to be born into technology and there has not been sufficient research on the long-term effects of excessive screen time on children's brains and development in the long term. However, there has been evidence that excessive screen time is harmful.

Society has seen the new era of parents using tech more often due to its accessibility

and placing babies, some as young as only a few weeks old, in front of these screens to help keep them occupied. That's not great, but on top of it the types of media shown to children has also changed over the years. Instead of calming and mellow shows such as *Sesame Street*, many parents are showing their children extremely stimulating media such as *Cocomelon*. The flashy and attractive visuals are extremely captivating to children, meaning they are more likely to stay engaged. That prolonged engagement comes with other issues.

*Cocomelon* is a YouTube channel whose main content consists of 3D animation videos of nursery rhymes. Though *Cocomelon* claims their content is to help "preschoolers

learn letters, numbers, animal sounds, colours and more," child development experts advise that the show is "hyper-stimulating" and feeds into screen addictions. According to the *New York Post*, a reason for the addiction is the fact each scene is only one to two seconds long, which results in the children being extremely "gripped" and unable to turn away, wanting to keep watching more, and when the screens are turned off it may feed into meltdowns.

Other YouTube channels have taken inspiration from this specific kind of content making it harder for unaware parents to avoid. Allowing one's child or baby to engage in viewing of this kind of content can be harmful as they are shown visuals that are too

stimulating for their brain at such a young age. Child development specialist Jessica Sannes claims "the show is hyper-stimulating for their developing brains, ultimately impacting their ability to play without such stimulation."

Screens are also being used as a teaching aid, both at home and in the classroom. While using technology has proven itself to be incredibly beneficial, it unfortunately can also come with a negative effect. Generation Alpha has been exposed to technology excessively during their crucial formative years and will grow up never knowing a time without technology or social media. A study posted in the journal *JAMA Pediatrics* revealed "having anywhere from one to four hours of screen time per

day at age 1 is linked with higher risks of developmental delays in communication, fine motor, problem-solving and personal and social skills by age 2."

Other ways technology influences and affects Generation Alpha include their behaviour. Researchers are starting to see strained social skills and interaction due to the amount of time spent on screens. Children may start to favour screen time over real, face-to-face relationships and interactions. Minimizing screen time may be the solution. According to a report by the Canadian Pediatric Society, "minimizing screen time leaves more time for face-to-face interactions, which is how young children learn best."

Other influences of technology on Generation Alpha's behaviour include shortened attention spans. This can lead to impatience amongst children, as they struggle to wait for what they desire in a given moment. Scrolling on social media releases more dopamine hits to the brain than what is natural. This is detrimental as it can result in negative behaviours when a child does not receive what they want immediately.

The older generations have begun categorizing Generation Alpha on platforms like TikTok as "iPad kids," a term describing how young children are often glued to their screens, particularly in social settings. Though this title may not suit all members of Generation Alpha, it reflects some of the detrimental effects and behaviours caused by tech.

## The controversy surrounding 6ixBuzz

By Jumaina Ahmed

Most Torontonians between the ages of 15 and 30 have likely heard of the social media account 6ixBuzz. Created by two college students in 2017, the account shares Toronto news and memes. The company has become a hit, boasting 2.4 million followers on their main Instagram account alone.

In many ways, this was what the youth of Toronto needed. It is not the norm for many young people to switch on the news channel or read the paper every morning, so 6ixBuzz was a perfect way for them to be in the know about their city. However, the 6ixBuzz account has become increasingly controversial.

Since its launch in 2017, the 6ixBuzz comment section has become a breeding ground for hateful comments and heated debates. While the account may not explicitly display their opinions, they do find ways to show their viewpoint. They often post many memes with racist, sexist, or homophobic undertones. Their news reports are always captioned with an

open-ended question such as "What y'all think about this??" that are intended to incite reaction. Often, the account posts about polarizing topics, knowing that they will spark a reaction. A notable example of this is the ongoing anti-Brampton sentiments. What was seemingly playful banter has escalated into xenophobic and racist comments. Seeing how much traction these posts gain, 6ixBuzz continues to keep it up.

One of their most viral acts was their post concerning Markham restaurant Wuhan Noodle 1950. At the beginning of the pandemic, the restaurant took a hit because of baseless allegations that they were spreading the COVID-19 virus. In a now-deleted post by 6ixBuzz, a photo of the restaurant was captioned with "@ W Must Order Lunch Here," insinuating that the restaurant had something to do with the COVID-19 virus, which was first detected in Wuhan, the city the restaurant is named after. The post received over 8,000 comments, many of which contained anti-Asian rhetoric. There were countless



6ixBuzz, a Toronto-centred social media account, is creating controversy instead of positivity.

accusatory messages, claiming that this restaurant was selling food that triggered the virus. In an interview with the *Toronto Star*, the owner of Wuhan Noodle revealed that they had lost two-thirds of their customers since the post was shared. Another example of 6ixbuzz's controversy is their recent post about Victoria's Secret's new line. They reported that the brand was "done with prioritizing 'wokeness' over 'sexiness'" in response to Vic-

toria's Secret's recent inclusive line of lingerie and the debatable failure of this launch. Unsurprisingly, the post triggered fatphobic comments.

If better executed, 6ixBuzz could be very beneficial to Toronto youth. After all, the account began with good intentions: to give a voice to underrepresented youth in the city. To an extent, they were successful; by showcasing the underground music industry,

they gave exposure to artists of colour that were finding it difficult to make a name for themselves. 6ixBuzz was doing what many news outlets were failing to do: representing marginalized communities.

6ixBuzz allows young people to see themselves and their experiences reflected in the media. If they re-focused on this goal and dropped the negative aspects, the account could truly be what Toronto youth need and want.

## Winter holidays at King

By Julia Nichol

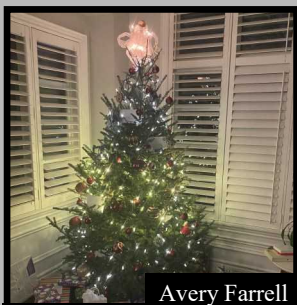
When thinking of holidays celebrated during winter, the one that comes to mind is most likely Christmas. However, it is important to recognize that King is a diverse school with students who have personal traditions unique to the winter season.

Hanukkah, rooted in Jewish tradition, marks the rededication of the Second Temple in Jerusalem over 2,000 years ago. During the oppressive rule of Antiochus IV in the Syrian-Greek empire, when Judah the Maccabee drove Antiochus' forces from the temple, they found only enough consecrated oil to last for one day. Unfortunately, it took eight days to press and consecrate more holy oil for the temple lamp. Miraculously, the oil lasted for all eight days. Celebrated for eight nights starting on the 25th day of Kislev, the festivities symbolize the enduring miracle of oil in the Hanukkah story.

Kwanzaa, a culturally rich holiday originating in the U.S. in 1966, celebrates African heritage and was established by Dr. Malulana Karenga a year after the Watts riots. Derived from Swahili, "Kwanzaa" means "first fruits." Occurring from December 26th to January 1st, it offers a non-religious alternative to Christmas. Dr. Karenga envisioned Kwanzaa as a post-civil rights movement means of celebrating and reaffirming African cultural identity. Families and communities gather to share feasts, dance, sing, and honor great Black writers, fostering a spirit of unity and cultural rebuilding.

Originating in Rome in the 4th century, Christmas, symbolized by Santa Claus and presents today, has evolved in its celebration since then. December 25th commemorates Jesus' birth, and is celebrated by decorating trees, gift-giving, and festive meals. Now, many people celebrate Christmas, not religiously, but as a way to celebrate gathering with family and continuing family traditions.

At King, every student celebrates the winter holidays differently, whether it's with a traditional holiday, spending more time with family, or even catching up on sleep!



Avery Farrell  
Every holiday has a unique history.

## Op-ed: are exec teams unprepared?



Avery Farrell

Some student-led exec teams are struggling to run clubs and councils due to a lack of training.

By Miriam Donnelly

Now that we are several months into the new school year, the executive members of R. H. King Academy councils should have settled into their new roles since the 2023 turnover. But this year, some are struggling.

The population of the school cannot deny the role the pandemic played in students' educations, but most do not address the impact it had on student-run councils and their exec teams. Starting in the spring of 2020, two years of council meetings, events and elections took place virtually, if at all. This was a substantial setback for the schools' councils and they are now experiencing the repercussions of those circumstances. There is no doubt that last year's execs were admirable for the work they put into

getting their councils up and running, but they may have lacked the necessary experience and proper guidance to fulfill their roles properly.

The current presidents are feeling the challenging repercussions of being undertrained as junior execs. "Last year's presidents were undertrained for their positions," says one of King Library Council's co-presidents. "Some councils this year have more difficulty in running smoothly... If you haven't learned something thoroughly, it's very difficult for you to teach it to others, so rather than handing down school generations of experience, presidents were only able to hand down what they figured out themselves last year. I've found this year pretty stressful, probably because of being so unprepared. And, I've found it hard - and most presidents are in grade

12 so they would too, I expect - to learn all of those leadership skills from scratch while figuring out University and keeping my grades up."

The President of King's Visual Arts Council also feels that he was unprepared for his transition to presidency: "Last year, KVAC was run by co-presidents, so coming into my new year as a solo president is very overwhelming... I haven't had any training. I don't think last year's presidents had any either. We just sort of became the exec team. We didn't really get any training... COVID seems like the barrier. COVID resulted in everything extracurricular being cut, and then that information from beforehand never really crossed over to councils now. That lack of that information resulted in us not being prepared now."

It does not seem as though

the students are alone in their anxiety and lack of communication. Teachers, in addition to the students, are also concerned with the way councils are running this year. Big projects, like designing the sets for the annual musical, often fall to councils and completing these successfully can be a challenge when councils are not running smoothly. There is an atmosphere of anxiety surrounding council topics, responsibilities and roles within R. H. King and the TDSB. The blame can't be simply placed on the shoulders of either students, teachers, or both, but on the circumstances that brought everyone to this point. The regrowing pains after COVID are still being felt, however, and many feel that a structured approach going forward would really be useful.

The only clear solution is for these council members and their advisors to put extra effort into planning for the 2024-2025 council turnover: taking proper time to train the new execs, giving them advice for running a council, providing them with resources that were used for annual events or past events that might recur and instilling the confidence to reach out to other councils and their teachers for information when it is needed or desired.

It will be difficult, but with realistic time, outlines and serious application, it is possible for the councils and clubs of R. H. King Academy to resolve their struggles for a smoother 2024-2025 turnover and the school years that will follow. It's a challenge, but one the school is ready to face.

## Test anxiety: causes and strategies

By Swadana Devadas

It is normal to feel some pressure before an exam and a little stress could be good to help you actually focus and do better. However, some people worry so much that they can't concentrate and end up not doing as well as they would have liked. This is known as test anxiety and most students at King have experienced it at one point or another.

According to the University of North Carolina, test anxiety is a combination of physical and emotional reactions that interfere with a person's ability to perform well on tests. Test anxiety is a type of performance anxiety - an anxiety that occurs when how a person performs matters so much that it can make them ill.

Symptoms of test anxiety include headache, nausea, excessive sweating, shortness of breath and a rapid heartbeat. If extreme, test anxiety can also cause panic attacks... brief episodes of intense fear or discomfort where it may feel like the person is having a heart attack.

There are many causes of test anxiety such as the fear of failure, lack of preparation, poor test history, high pressure and perfectionism. Typically, students may have been prepared for a test but their uncontrollable thoughts of these symptoms sabotage their level of thinking and concentration during the time of their tests.

Test anxiety is definitely difficult to overcome but certainly not impossible.

Here are some tips that may help to reduce test anxiety:

1. Create a persistent routine and timetable - by organizing the times when studying occurs and prioritizing at least 20-30 minutes of therapeutic self-care activities every day most will notice significant improvements in their mindset and health.

2. Start studying a few weeks in advance so that there will be enough time to prepare for a test. Space the studying out into smaller chunks over time to make it easier to study. This has been proven to be more effective than cramming all

the material the night before.

3. Get a good night's sleep - sleep is directly related to academic performance as it helps students stay focused, improve concentration and prevent the risk of feeling drowsy during a test or lesson. Especially the night before an exam, it is important to get at least 8 hours of sleep

4. The most important part in dealing with test anxiety effectively is managing one's

thoughts during the exam. Replacing negative thoughts, like "I can't do this," with positive thoughts is key to handling test anxiety.

5. There are also many support systems for students at King. Reaching out to teachers for support can also be extremely helpful. If necessary, talk to your teachers or see a trusted adult like the school's guidance counsellor or psychologist for more advice and support to get you through.



Pethmi Jayatunge

Test anxiety is challenging, but is not impossible to overcome.



## Freaky Friday: a school musical success!



Students of the 2023 musical, *Freaky Friday*, bring all their talents and abilities to the stage.

Maryam Rehman

By Diana Balko

The Musical Theatre and Theatre Production classes put on another wonderful production for the school, friends and family to enjoy. This year the class put on Disney's *Freaky Friday*. The musical follows an overworked mother and her teenage daughter who unexpectedly swap bodies right before the mother's wedding day and have to figure out how to get back into their proper bodies. It is a story of love, working together and learning to be empathetic to one another - especially family.

This musical was chosen in part because the roles highlighted every student actor's skills as performers.



"The cast were all very excited about their parts and their talents are exemplified by the characters they are portraying," says Carys McDonald, who plays Katherine, the overworked mother in the musical. "I was so excited to be playing Katherine in this show because it was such a challenge to my acting ability. For part of the show I play one character, but for the other, I get to play a completely different character."

Just like every musical there are always setbacks that occur and it is up to the cast and crew to overcome them. The main prop of the performance was the hourglass that cause Katherine

(the mother) and Ellie (the daughter) to switch bodies. Inside of the hourglass there were blue and purple led lights to demonstrate the transformation was happening. The crew had a tough time creating the prop to ensure the lights would work as they imagined and that it would stay lit up for the duration of the time needed. With a lot of work and collaboration the crew was very successful in truly bringing magic to the stage.



Though the toughest challenge by far was the surprise of COVID-19 cases going around in the Musical Theatre class. A couple of the teachers fell sick

and tested positive along with some of the cast members. The first case was approximately two and a half weeks away from the first show, and the last case was only a couple of days before the opening night. Thankfully, everyone made a full recovery and were able to perform their best.

KVAC and the Theatre Production class did a beautiful job in creating background sets. The kitchen, school lockers and especially the tree were very realistic and included many details that made the show more alive and dynamic. Stagehands did a seamless job in ensuring that the props were where they needed to be with minimal noise and distraction.

All of the actors and actresses did a fantastic job in bringing their characters to life. Every single person should be proud in their work and talents, especially Carys McDonald and Anica Ramanakumar. These two students were the leads of the musical, playing the mother and daughter. The chemistry

they had on stage, their acting abilities and singing talents were extremely advanced and well-received by the audience. They were both very mature in handling any little mistakes that occurred and made sure the musical went smoothly. Any of the cast and crew members definitely have a bright future in creating productions if they wish to continue their career beyond King.

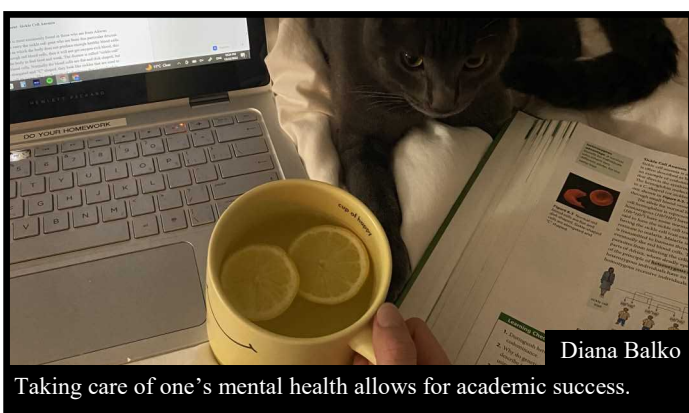
The Musical Theatre and Theatre Production class are a great way for students to show off their talents in a variety of different ways. "I love how every year there are new people, there's a new musical with a new plot. I love belonging to this little community and the energy that goes with it. There's challenges that are hard to overcome but afterwards I love the sense of achievement," shares Olivia Grysczyk, a member of the Musical Theatre class and the production's stage manager.

Students are able to step out of their comfort zone, try new things and discover themselves, making this production an amazing experience for many!



Circular photos by Diana Balko and Maryam Rehman

## Come back stronger after the holiday break



Diana Balko

Taking care of one's mental health allows for academic success.

By Nabihah Tahseen

Around this time of the year, many students start to see a decrease in motivation. This is often due to the stress that has accumulated over the past few months, the shorter days, and a lack of sleep. If this trend continues after the upcoming winter holiday break, students may struggle to continue excelling at school because their mental health has taken a hit.

"I start to lose motivation because it's the holidays and you want to take a break, but when you come back you're

hit with all the stress of culminations and exams," Aneeka Mukunthan, a grade eleven student at RH King, says. "You're so extremely stressed and you kind of want to give up, but you can't if you want good grades."

Luckily, there are many ways to get around this block during the break. If one struggles to remember information after taking the holiday, the wise thing to do would be to spend some time reviewing course material before coming back. This does not mean studying for hours a day as that

would lead to burning out before the break even ends, but simply taking fifteen minutes a day to review the content covered will not only make students feel more prepared going into culminations and exams, but also give them enough time to enjoy their break without feeling overwhelmed.

Speaking of work... if you're kind of shrugging it off because you won't get full marks for lateness, remember that handing it in late is better than getting a zero due to not handing it in at all.

If there is no concern over forgetting concepts and no overdue work, maybe the best thing to do is nothing school-related. Spend the break catching up on shows, movies, and books, spend time with friends and family, or finish knitting that scarf that was forgotten in October!

From grade nines who are thrust into a completely new environment to grade twelves who are being bombarded with post-secondary applications, the first few months of school are always very stressful, so it is very important to take a

break from it all.

The one thing that everyone should do is sleep. This may seem obvious, but for many school is a roadblock to being properly rested. Not only should students catch up on sleep, but they should also make an attempt to fix their sleep schedules. Getting enough sleep will make one perform better in school and feel less tired. This is something that everyone hears and knows they should do, but putting it into practice is much more difficult when assignment, tests, and life in general gets in the way. The last few days of the break should be dedicated to going to bed at a reasonable time. This does not mean going to bed at 8 pm, as that is unrealistic for most high school students. What it does mean is considering when work should be started so that it can be finished at an appropriate time. This will greatly improve the rest of the school year.

Students should also consider building a habit of exercising and the winter break is a perfect time to start since there

is an abundance of free time. This will not only improve one's mood during the dark, miserable weather, but also benefit their school work. As a student, it is very difficult to find the motivation to engage in movement when running on fumes, but the improvement to academics can be that motivator if one just starts.

"It definitely gives me a lot more energy, especially running. Going out and practicing everyday takes a lot of discipline and forcing myself to go run in the snow definitely makes my will a lot stronger. After that, it's easy to get my work done," says grade eleven student Gabi Beatty. "Now that I think about it, my grades have actually improved in the last few years that I've been getting more active!"

Regardless of how students choose to spend their break, the most important thing to keep in mind is that a break is just that: a break. Overworking oneself will only lead to a downfall when it is time for summative evaluations, so please, remember to take a breather!

# UNDER

The spaces we occupy and the ideas that make us who we are

# CONSTRUCTION

## R.H. Krumbli

While King is getting the fixes it needs, there is no doubt that 101 years of history has taken its toll



Shweta Naik

R.H. King has undergone many structural changes in its 101 year history.

By Nikita Hardial

R.H. King Academy has lived through more than a century's worth of taxing experiences. The high school has gradually worn down over the years and now it is certainly starting to show. Whether it be the old lockers, broken ceilings or dusty stairwells, it is obvious that the school's appearance has declined since its opening in 1922. Throughout the diverse student body of 1300 people, one complaint remains constant: R.H. King Academy is old and crumbling.

Over the years, many renovations and additions transformed the school. In 1998, having been a high school for so long, King obtained heritage property status, though some argue that the academy doesn't deserve this status considering that very little of the school remains from its initial opening 101 years ago.

After years of wear and tear, students of all grades have expressed their displeasure with the current state of King. While the academy has many facilities, the "crumbling" of the school seems to take away from plenty of the more positive

aspects of the place.

The King swimming pool is one of these fraught resources. King's pool served many purposes to those both in and out of King. It was home to King's very own swim team and it was also used by the community surrounding the academy, such as the Scarborough Swim Team. However, the pool had to close in May 2017. Glass shards from a broken perfume bottle were swept into the pool and eventually found their way into the filters. While replacing the filters, other problems arose. After the pool was drained, the seals around the lights dried out and cracked. When they refilled the pool it began leaking at the seals so it had to be drained again and repairs started anew. Finally, the pool was good to go... except then there were problems with both the roof and wall which were fixed but could have led to another shutdown.

As the pool was shut down for so long, many students entirely missed out on the swimming unit in Physical Education class and were limited to other means of exercise and sports. Jordyn Booth, a Phys. Ed.

important it is that students are taught to swim, "Swimming is one of the most important units in the physical education courses since it is an important life skill. Most students are more likely to find themselves in water rather than, for example, playing a game of badminton in the future." A shutdown like this takes away from students and faculty.

The shutdown of the pool also resulted in the cancellation of King's swim team. The pool reopened in early 2023 and is once again being used by the Phys. Ed classes, Swim Team and Swim Club.

Having been a secondary school for such a long time, changes are bound to happen. A week into the semester, students in the music room noticed water dripping from the ceiling above. "I think it just adds to the overall negative view of King's infrastructure, which can lead to negative views of King as a whole," says Gwyneth Hsu, whose musical theatre class was affected by the leak. "It can be hard to be proud of a school that seems to be coming apart at the seams."

The damage in the music room stemmed from the B-floor washrooms. Problems in the pipes lead to water leaking down through the floor and into the ceiling of the music room below. It's been fixed, but again, it's hard to say whether this is a long term or short term thing given the overall age of the school and the difficulty involved with reaching affected areas.

King stands out in many brilliant ways, the school is not an outlier from these washroom circumstances. The washrooms are often unclean and lacking soap or toilet paper. Ayushi Anuprova, a grade 11 student at King, feels that the washrooms at the school fall short of expectations. "While I appreciate the custodians, I hope for better bathroom conditions at King."

Many are so put off by King's washrooms, whether it be due to the vaping problem, broken stalls or vandalism, that they completely avoid them during the school day. "I, and I'm sure many others, are sometimes uncomfortable using the washrooms due to their state," adds Anuprova. Unfortunately, much of the damage that students complain about is caused by the actions of King students themselves. To see an improvement in these vital areas of King, students must first do their part by caring for the school.

Although several areas around King have worn down over the years, these indications of use show how crucial these facilities are. Had students not felt inclined to borrow a couple of books from the library or use the computers, play with sports equipment, or even just open and close locker doors, everything at King would be in perfect condition. Perfect may not be reasonable, but the current administration, staff and the student body can perhaps put in more effort to preserve these important spaces for future generations.

One example of the achievements of King was the quick repairs made to the Drama Studio. After some exposure of damage on the wall, quick action was taken due to concerns of mold. Students were evacuated to ensure their safety and repairs started immediately. After further consultation, the damage was discovered to be harmless rust. These renovations were made in only a matter of weeks and it even got a much needed paint job!

This demonstrates how, despite our old building, King can be a space where students thrive. It is integral that repairs, when needed, are done efficiently and effectively for the safety and well being of students and staff. When everybody at King works together to care for and improve the school, it can continue to thrive as an institution.

*"It can be hard to feel proud of a school that seems like it's coming apart at the seams."*



Early in the semester, music classes were disrupted by a leak in the classroom ceiling.



After six years of closure, the King pool is finally back in operation and open for use.



Quick repairs to the drama studio are an example of how King can thrive, despite the old infrastructure.



# The reputation of Scarborough



Yuriy Balko

Scarborough's reputation extends to every aspect of its inhabitant's lives.

By Diana Balko

Since the 1790's, after the area was founded, Scarborough has been growing. From farms and rural villages, it has transformed into an urban, diverse cultural community. While Scarborough grows in density and population, the area has also gained a notable reputation.

Scarborough's evolution has a few nice stories; reconstruction of buildings or roads, new restaurants opening, perhaps the weather. But even in the "good" stories there is an overlay of negative comments. The bulk of the stories are bad news that consist of deaths, drugs, murders, robberies, tragic car accidents and more crimes. The news has been

infiltrated with depressing and cruel information, and those who do not live in Scarborough and do not experience what the area is actually like will whole-heartily believe this is only what Scarborough has to offer. Other areas such as Rosedale and Lawrence Park, which are some of the more prestigious parts of the city look down and think Scarborough is solely a breeding ground for crimes.

Norman Kelly is a retired Canadian politician who was a city councillor for Ontario. He was very involved in trying to get Scarborough to release itself from the dreadful reputation that has intruded onto itself. He argued that the media is largely responsible for enforcing the

Scarborough is an area full of felonies. In 2018, Kelly, along with some other councilors, created a campaign to stop the media from using the word "Scarborough" when reporting crime, but rather including the specific intersection where an incident occurred. This put the focus not on Scarborough as a whole, but more specific locations within the community. Some of the media did oblige by the push Kelly advocated for, which did work at least temporarily. However now the trend of associating Scarborough with violence still continues to today.

Over the summer of 2023, R.H King student Kerasia Kosich was volunteering at a hospital. A lot of other students also were volunteering. They came from all across the city, but mostly from downtown Toronto. As teenagers typically do, they talked, made friends with each other and also shared where they go to school. After Kosich mentioned she goes to R.H King in Scarborough, they started treating her differently. "They gave me really judgmental looks and started making assumptions about me. They were acting almost as if they thought I lived and came from a different country," she shared.

Another student, Madison Paisley, had a similar experience. While she was at work in downtown Toronto her co-workers would ask what part of the city she was from. "I would tell them that I live and go to school in Scarborough and they would make remarks like 'Oh you're from the hood, that's not a good area to be in.' and they would

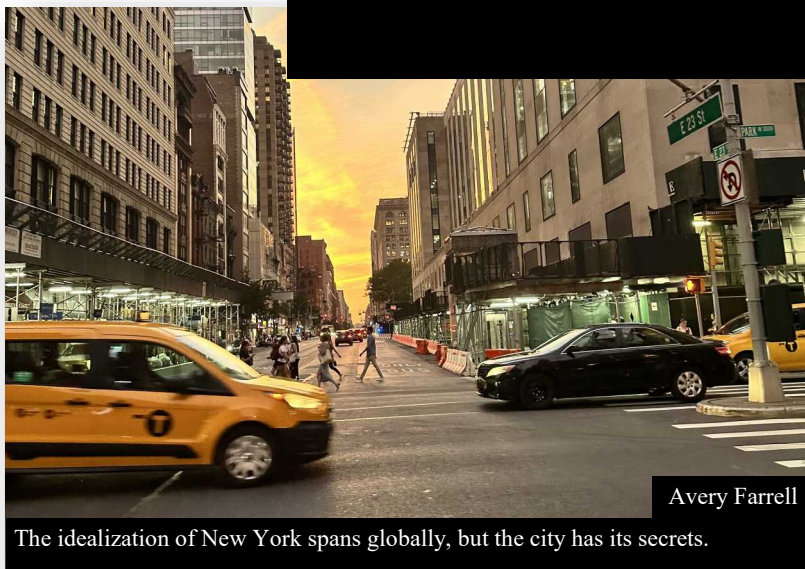
their faces," Paisley

This is a common experience that students face with other people or friends who do not live or visit the area often. "I'm not ashamed where I'm from because I don't actually experience what the news outlets show. We don't actually live in an area that constantly has crime on every street. The news outlets just over-exaggerate everything. I think it is really just important to be aware of where there is and isn't crime in the area," Paisley continues.

Reputation is very important, whether that be for an individual or for a city like Scarborough. Humans tend to rely so much on what they hear and have preconceived notions before even making their own individual judgements. People will tend to avoid areas that have bad reputation to avoid violence, bad infrastructure and poor management.

News travels very fast, and when information gets out people will subconsciously judge that news, for better or for the worse. Having a good reputation is vital for a city to be able to have a well established networking system, access to resources, and simultaneously increase the economy. This is why Norman Kelly was trying so hard to relinquish Scarborough from its harsh reputation, and why its residence should continue to do that same. Scarborough is a vibrant, diverse, growing community that deserves to be celebrated, not judged by those who don't understand its reality. In this way, R.H. King students can lead the charge to show how good

## Good: cities with stories



Avery Farrell

The idealization of New York spans globally, but the city has its secrets.

By Avery Farrell

We landed in Newark, New Jersey - a fun and only slightly confusing way to get to New York, Newark's homonym neighbour. We waited in a long customs line with only one officer. The airport had large posters of famous New Jerseyans. Among them was Albert Einstein, a fact I know is meaningless but still seems to captivate me. A middle-aged woman stood behind me, always a little too close as she argued with someone on the phone. She had a New England accent and wore the kind of clothes that are so outrageous you can only assume are part of some avant-garde fashion trend that

you haven't heard of yet.

We made it out of the airport and onto a train that would take us into the city - New York City. I rolled my suitcase down Park Avenue towards our hotel, a sort of tourist walk of shame. I have spent my whole life living in Toronto, taking the subway, dodging the people who set off alarms in my well-refined gut-feeling system. But there, in that city, I could no longer wear my "city kid" badge with the same confidence or pride as I had in downtown Toronto. Everything was different, the air, the smell, the sidewalks, the street signs, the trees, the people.

Of course, feeling that a city you have never been to before is unfamiliar should not be all that surprising - but it was. This shock to the system, I believe, stems from the

the accent, you have watched *Friends* or *Brooklyn 99* or *Sex and the City* or whatever else. You have heard of the Met and you have read the books and sung the songs and looked on at every writer, artist, actor and musician who ran from their hometown to make it big in New York City. I remember reading "Goodbye to All That," Joan Didion's famous essay about moving to and, more importantly, leaving New York City. I remember feeling well-read and in-the-know when I saw that the *New York Times Magazine* published an issue about people who move to New York with the header "Hello to All That." New York as an idea, an institution, seems to exist across the globe, but changes slightly depending on the circumstances you come from. But, despite all of these connections and perceived knowledge, there are details that are missing.

They do not tell you that Central Park is actually quite hilly in some areas or that there are lineups of horse-drawn carriages outside the park waiting to be rented. They do not tell you about all the buildings coated with endless levels of scaffolding. They do not tell you how intensely you will wonder who is a "real" New Yorker and who is a tourist or how strange it will seem when you see a child with a backpack being walked to school.

The most fascinating part of it all is that you cannot feel justified in making up your mind about anything. It is so easy to assume any

at the when it strong hotel, the wrong restaurant, the wrong day, the wrong weather, the wrong street, the wrong itinerary, the wrong New York.

But the "real" New York, the "right" New York, is so elusive, so intangible yet completely inescapable. This is the version of New York that seems only to exist in fragments of music, and television and writing. This is the version of New York that has been plucked like a daisy and tucked behind the ear of the American Dream, all to serve some unknown function. New York, in this sense, is more an idea than a city - an idea that reflects our social realities and circumstances. New York is a story we tell ourselves. New York is a city constructed, not out of bricks or steel or concrete, but folklore and dreams and even collective belief.

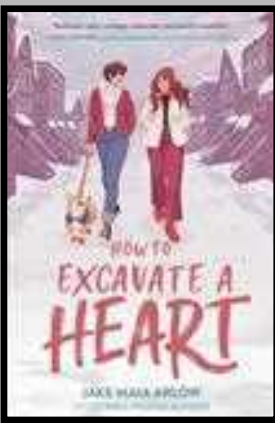
Eventually, in trying to figure out New York, in trying to find a cohesive force behind the cohesive faith in New York, you will come up empty-handed. In fact, you will come out feeling like you know less than when you started. At this point, you will be forced to realize that you never knew anything at all. You will look at the skyline and mistake the Chrysler Building for the Empire State Building. You will make wrong turns and not really like Times Square all that much. And, when the day of your return flight comes, you will be forced to say "goodbye," whether you want to or not.

## Book-recs: Cozy winter romance



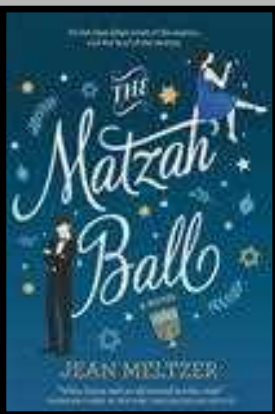
**Holiday Romance**  
By Catherine Walsh

In this friends-to-lovers romance novel, Molly and Andrew are stuck trying to make it in time to Ireland for the holidays when a snowstorm gets in the way. Circumstances drive the friends closer than ever in this festive romance story.



**How To Excavate A Heart**  
By Jake Maia Arlow

What begins as a road accident grows into a deeper and serious relationship as Shani and May grow close and heal past personal scars in this cozy winter rom-com.



**The Matzah Ball**  
By Jean Meltzer

As Rachel attempts to rediscover her culture and learn to love Hanukkah the way she enjoys Christmas, Jacob re-enters her life. The two find love hidden under a grudge as they turn the holiday of lights into an unforgettable love story.

## K-pop fans: admiration or intrusion?



BTS via YouTube

Many popular K-pop groups, such as BTS, have been subject to some questionable behaviours by fans.

By Shreya Achari

Korean pop (K-pop) groups such as BTS or (G)I-DLE are known for their catchy tunes, impressive choreography, and star-studded members. They work hard to please their fans, but toxic behaviour within K-pop fandoms threaten to tarnish the experience for performers and fans alike.

K-pop fandoms are notorious for obsessive dedication to their idols. These tight-knit communities and fan clubs often rally to support their favourite K-pop artists and groups on social media platforms. However, these platforms have also provided a virtual hotbed for “fan wars,” where different fandoms engage in heated arguments.

Fans, often anonymously, participate in vicious attacks

against other fandoms, individual fans, or even the idols themselves, resulting in cyberbullying, harassment and even death threats. These instances often arise from disputes over chart rankings, award show wins, and even personal matters concerning idols.

Cancel culture is especially prominent as fans attempt to “cancel” idols’ fans for actions that may not align with their views. The pressure to conform to certain fandom standards or risk being ostracized can lead to a negative online environment. Individuals fear expressing their opinions or becoming a “multi-stan,” (a fan who supports multiple groups), ultimately creating the hostile environment that the K-pop community is notorious for.

Fans often find themselves

at odds over trivial matters such as perceived favouritism or even differences in favourite songs. “I believe that K-pop fanwars are a pointless argument [...] and cause collateral damage to the idols they are insulting, in an attempt to get back at somebody else personally,” says Riya Patel, a grade 11 student at King.

K-pop idols often bear the brunt of intense scrutiny, leading to stress and burnout. They are forced to live up to unrealistically high standards set by fans out of fear of disappointing their supporters.

If an idol does not put in enough energy for a performance, sings off-key, or even makes a single misstep in their choreography, fans will rage. Cases of invasive personal questions, excessive criticism,

and the invasion of an idol’s privacy have all also been reported.

Jeongyeon, from the girl group TWICE and Garam from LE SSERAFIM are examples of artists who have taken extended breaks or retired from the industry, highlighting the toll that scrutiny can take on mental health of these artists.

There is also the issue of “sasaeng fans,” a term roughly translated as “private” in Korean, that refers to obsessive fans who go to extreme lengths to invade the privacy of their favourite K-pop idols. From stalking and trespassing to leaking personal information, the actions of these individuals extend beyond social media and raise serious concerns about the safety of K-pop artists. Dating scandals often result in severe backlash from sasaeng fans who feel betrayed by their idols forming romantic relationships.

K-pop agencies have taken steps to address the issue by implementing stricter security measures, pursuing legal actions against these offenders and raising awareness about the consequences of saesang behaviour. However, the persistent nature of these fans is a threat that looms over the privacy of idols, blurring the line between admiration and intrusion.

As the K-pop industry continues to grow and gain international prominence, addressing the harmful elements within fandoms has become a crucial task to ensure a healthier environment for idols and fans alike.

## The controversy of Colleen Hoover

By Ruwaida Ahsan

Colleen Hoover, an American author who rose to fame due to the popularity of her young adult fiction novels, has become a renowned author. However, her notoriety has come with plenty of controversy. Looking into her legacy within the reading community, and specifically within the #BookTok community on TikTok, reveals questionable content behind a facade of well-intentioned stories.

Hoover’s rise to fame began after her book, *It Ends With Us* began to gain traction among readers in 2016. Her popularity further skyrocketed in 2022 after she became a highly recommended author on BookTok as an increasing number of TikToks were dedicated solely to reviewing and recommending her novels.

The key aspect of Hoover’s novels that draws the attention of readers are the absurd plotlines, captivating solely due to their shock value, as seen in some of her books. For instance, in her novel, *November 9*, the main love interest, expresses his desire to use physical force on the main

character to make her stay with him as she leaves and gets into a taxi. Despite the evidently problematic desires of this character, Hoover frames his actions in a positive light, and the text justifies his behaviour.

Hoover often romanticizes abuse in her novels and promotes a “dark romance” theme in her works, despite advertising them as light-hearted romance novels without any trigger warnings or mention of dark themes.

As a large portion of her fanbase is composed of young readers, the glamorized toxic relationships in her novels can be problematic as they can negatively influence her audience. Many argue that Hoover should be more conscious of the age group being exposed to her novels and write stories that showcase healthy relationships for her young audience to learn from.

“She normalizes toxicity,” Maria Arian, a King student says. “Her fan base is made of easily influenced kids and she is responsible for any twisted ideas of relationships that kids can develop because of her.” That said, another argu-

ment could be made that it is not her responsibility to tailor her writing to young adults despite her following. That audience shouldn’t restrict her other artistic pursuits.

Hoover initially received lots of support due to the way she handled the heavy themes of domestic abuse in *It Ends With Us*. However, this admiration quickly became outrage when Hoover made a blatant attempt to capitalize further

off the book’s success by creating a colouring book that would include scenes from the novel. On her initial post announcing this colouring book, many fans expressed their disapproval with one comment stating, “This is not okay. The colouring book shouldn’t be a thing.” Colleen Hoover later posted an apology for her “tone-deaf” idea, stating that the colouring book would not be published.



Simon & Schuster

Bestselling author Colleen Hoover has become extremely popular with readers but controversy looms over her reputation.



## The resurrection of city pop after 40 years



Many modern tracks have some city pop influences, including The Weeknd's song, 'Out of Time' from the 2022 album *Dawn FM*.

By Nikita Hardial

Anyone on YouTube, TikTok or Instagram has certainly encountered city pop, even if it was without knowing it. Whether it be Yasuha's 'Flyday Chinatown' or the all-famous 'Stay With Me' by Miki Matsubara, odds are good that you have heard city pop at least once.

So, what *is* city pop exactly? The genre first arose in the late 70s in Japan. It is considered to be a fusion of disco, jazz and funk with other elements from soul, R&B and others. This specific type of music is called 'city pop' as it is meant to embody a certain 'urban' mood. The genre's popularity peaked in the 80s and was gradually forgotten until it recently started making a comeback.

Thanks to platforms such as

YouTube and TikTok, city pop has been resurrected and has now spread worldwide. YouTube especially has helped gain traction for songs that likely would have been forgotten otherwise.

When 'Plastic Love' by Mariya Takeuchi was first released, it was not overwhelmingly popular. In fact, it sold less than 10,000 copies. As a result of YouTube's algorithm, 'Plastic Love' went viral around 2017 and essentially introduced a whole new audience to the dying genre of city pop. Nowadays, 'Plastic Love' is considered by many to be the face of city pop. The YouTube algorithm continues to place the song on people's recommended pages expanding the reach of the song.

Despite the immense (and growing) popularity of 'Plastic Love,' it is not the only city

pop song that can take credit for bringing new fans to the music genre. Throughout 2021 and 2022, '4:00A.M.' by Taeko Onuki rose in popularity on TikTok, as almost everyone was using her song in their posts. As of now, the song is very well-known on the platform and is still consistently used in posts on the app. The same goes for Miki Matsubara's 'Stay With Me,' which has gained a fanbase of its own over the years. Even if someone has no clue what city pop is, they surely know 'Stay With Me' if they have the app.

City pop's revival is not just about old songs being discovered years later, it is also about new songs being produced. In fact, numerous artists have become so inspired by the genre that they have created songs of their own. A variety of K-pop groups have

added catchy city pop songs to their music catalogue.

For example, Red Velvet and Twice, both powerful girl groups currently dominating the K-pop industry, have each come out with city pop songs of their own. In late 2019, Red Velvet released 'Ladies Night' as a part of their album, *The ReVe Festival*. Furthermore, TWICE released 'Say Something' in their album *Eyes Wide Open* which introduced a whole new sound to their discography. Other city pop songs by Korean artists include 'Lady' by Yubin, 'We Ride' by Brave Girls, 'Rewind' by Wonder Girls and many more.

Nowadays, it is very rare to find an artist who possesses a discography that consists entirely of city pop. YUKIKA, however, has managed to do just that. She is one of, if not the only artist of her time, who

continues to carry on the genre's legacy. YUKIKA is a Japanese K-pop artist. Debutting in 2019 with 'NEON,' she is beloved by both K-pop fans and city pop enthusiasts. With every new song that she puts out, not only does she gain many new fans for herself, but many for the entire genre. Her most popular tracks include 'Insomnia' and 'SOUL LADY.'

City pop is also sampled in many popular English tracks. Toronto native, The Weeknd, one of the most famous artists globally, has included city pop samples in his work. For instance, 'Out of Time' from *Dawn FM* (released in January 2022) is heavily based on Tomoko Aran's 'Midnight Pretenders.' Additionally, J. Cole, a very prominent artist in the hip-hop and rap industry, samples 'Sky Restaurant' by Hi-Fi Set in his song, 'January 28th.'

What is more, Tyler, the Creator, a name familiar to many, has won a Grammy for Best Rap Album for *Igor*. He interpolates 'Fragile' by Tatsuro Yamashita, who is unanimously considered the king of city pop, in his song 'GONE, GONE / THANK YOU.'

City pop, though forgotten at one point, has had a major impact on music and the media. Genres such as Future Funk and Vaporwave are heavily inspired by it. Many people have been moved by the genre, despite discovering it so many years after its peak.

City pop is magical; the genre is described by many people as making them feel nostalgic for a time they did not experience.

City pop, old and new, is available to stream across many platforms, including YouTube, Spotify and Apple Music.

## Afrobeats: the up-and-coming genre



Collaborations and social media have aided in the rise of Afrobeats.

By Vidhi Jagesha

In the ever-evolving landscape of the music industry, one genre has taken the world by storm in recent years with its vibrant and infectious rhythms: Afrobeats. Originating from Nigeria, Ghana, and

the UK during the 2000s, the style has gained popularity worldwide.

Afrobeats (with an "s") certainly takes inspiration from Afrobeat (without an "s"), a genre that takes influence from Fuji music, highlife, American jazz, funk, and of

course, traditional African rhythms. However, unlike Afrobeat, which is a more specific and clear genre, Afrobeats is more of an umbrella term to describe pop music from West Africa and the diaspora. It is a diverse fusion of various genres including hip hop, R&B and dancehall, typically sung in English, Yoruba, Twi, Pidgin English, and other local African languages.

Nigerian musicians like D'banj and 2face Idibia pioneered the genre in the early 2000s, but Afrobeats did not reach the international stage until the mid 2010s when artists like Wizkid, Burna Boy and Davido launched it into the mainstream. These talented musicians along with many more have mastered the art of seamlessly blending different genres into Afrobeats, which has made it resonate with audiences across the globe.

Many Afrobeats artists have partnered with Western artists to produce hit songs.

For instance, Drake has collaborated with many Afrobeats artists on songs like 2017's 'One Dance' featuring Wizkid, and 'Fountains' featuring Tems. Beyoncé's Afrobeats-inspired 2019 album *The Lion King: The Gift* featured musicians including Wizkid, Tekno and Yemi Alade. Selena Gomez was also featured in 'Calm Down' by Nigerian singer Rema, which was the first song led by an African artist to hit one billion streams on Spotify.

Many Afrobeats songs have gone viral on social media platforms such as Instagram, Tik Tok and YouTube, which has made it possible for musicians to gain popularity without the aid of conventional record labels.

In June 2023, Grammy award-winner Burna Boy made history as the first African artist to headline a stadium show in the UK. He sold out the London Stadium and brought out other famous artists including Dave, J Hus and

Stormzy to perform with him. His fellow countryman Wizkid was also a headliner at Glastonbury, the biggest music festival in the UK. Wizkid sold out a crowd of 45,000 fans at Tottenham Hotspur Stadium in London after three sold out shows in London's O2 Arena in 2021.

Afrobeats is clearly marking its prominence in the music industry and many award shows are creating new categories for it. The MTV Video Music Awards has an Afrobeats category and the Grammy's will introduce a new category for Best African Music performance in 2024.

Afrobeats allows African artists to showcase their rich and diverse cultures within the continent. It has played a large role in the recognition and appreciation of African culture on the global stage.

For those who want to explore the genre, there are many playlists dedicated to Afrobeats on Spotify, Apple Music and YouTube.

**Thoughts from the corner: with Wilkinson and Michaud**



Avery Farrell

**Is taking a spare worth it?**

Mr. Wilkinson: Unless you can get a strike, picking up a spare is the next best thing.

Mr. Michaud: A spare is absolutely worth it. Spares are a bit of breathing room for those of you who were smart enough to do the work so that you can make your senior years a little less stressful.

**How do you tell your crush you like them?**

Mr. Wilkinson: In high school? Act silly, walk into things, and then run away after nearly making eye contact.

Mr. Michaud: With words.

**What's the most overrated class?**

Mr. Wilkinson: The ones people take thinking they'll get easy high marks. What a waste of your time trying to get a shortcut through life!

Mr. Michaud: Any class dominated by too many people suffering from "Main Character Syndrome." The classes aren't the problem, it's the clientele.

**Late starts - sleep in or wake up early to get work done?**

Mr. Wilkinson: Both! Depends on what you have going on in your life... though sleep is amazing and I'd be sleeping right now if I could.

Mr. Michaud: Late start? What's that? I'm an adult who doesn't get to sleep in on a weekday.

**Should students use ChatGPT to complete assignments?**

Mr. Wilkinson: Yes, and then they should take pictures of famous works of art and hand them in as their own. What? Does that sound silly? So does ChatGPT for work.

Mr. Michaud: No, but maybe someone could create something like ChatGPT for better personalities? Yeah, I would support that.

**Holiday hits: five must-watch movies**



Movies like *Frosty the Snowman* are an excellent way to get into a festive spirit this holiday season!

**By Joanna Joseph**

As the festive season arrives, here are some must-watch holiday movies to get you into the holiday mood!

**The Grinch (2018)**

Starting off with the most recent holiday movie, *The Grinch* (2018) is a staple in the holiday movie world of movies. *The Grinch*, starring Jim Carrey, was released in theatres in November of 2018. The iconic Grinch, known for his hatred of Christmas and all things joyful, yet what will happen when the Grinch soon realizes the reason why there is so much joy during Christmas time? *The Grinch* is the perfect

movie to get cozy to while watching and drinking hot cocoa.

**The Santa Clause (1994)**

When just the topic of holiday movies is brought up, it's safe to assume that *The Santa Clause* is a movie that will not be forgotten. Starring Tim Allen, the film is about a divorced dad named Scott who accidentally kills a man in a Santa Claus costume. Both he and his son are sent to the North Pole where he learns that he has to take over before the next Christmas or risk disappointing millions of children, including his own son.

**Home Alone (1990)**

A holiday favourite!

*Home Alone* would be impossible to forget this holiday season for years to come. The movie follows Kevin, a clever 8-year-old (played by Macaulay Culkin), after he is left alone when his family accidentally leaves him at home when rushing to the airport for their holiday trip. Although he finds this to be an amazing opportunity at first, things change when two burglars target his house. Kevin plants traps all over the house to stop their antics.

**The Christmas Chronicles (2018)**

Another joyful and

holiday movie to watch on the list is *The Christmas Chronicles* which follows siblings Kate and Teddy after they make a plan to catch Santa (Kurt Russell) on the night before Christmas. Their plan ends up backfiring when they end up in his sleigh and meet a spunky Santa Claus entirely different from the tales they know. *The Christmas Chronicles* switches things up with the hilarious and very different interpretation of Santa.

**Frosty the Snowman (1969)**

The last movie on the list is an extremely nostalgic movie: *Frosty the Snowman*. This classic animated movie starts with a magic top hat brings to life a snowman that a group of children have made. As the children and Frosty begin his adventures of fun, his life is cut short when a scientist whose hat he brought Frosty to life wants it back! *Frosty the Snowman* is a great movie to watch with family this season!

Although many amazing movies were left out of this list (*Elf*! *A Christmas Story*! *Die Hard*!), these five are sure to make great entertainment over the holidays to boost your holiday spirit!

**Wonka: Willy's story**

**By Ariba Islam**

Focusing on the extraordinary and beloved character Willy Wonka from the classic novel written by Roald Dahl, *Charlie and the Chocolate Factory*, the new movie *Wonka* is now in theaters. Unlike the original Gene Wilder classic or the more recent Tim Burton/Johnny Depp remake which focused on Charlie taking over the factory after he and the other children who found golden tickets toured his factory, this time it's really the audience themselves who will get a golden ticket to indulge in the dreamy, chaotic, but adventurous story of just how Willy became the Wonka audiences are now familiar with.

*Wonka* is a Warner Bros film, starring Timothée Chalamet as Willy Wonka, Hugh Grant as an oompa loompa, Rowan Atkinson as the priest, and Sally Hawkins as Willy's mother amongst many others. Fans of the cast are excited to see what they bring to such well-known and loved characters. The movie is also being directed by Paul King, director of *Paddington* and is being produced by the makers of *Harry Potter*. The trailer brought high expectations for the film, but viewers must wait to see the full movie for them-

selves to evaluate.

*Wonka* essentially starts from the beginning of Willy Wonka's story. The movie trailer also hints at the different relationships he has throughout his time before he started the chocolate factory, and how those relationships impact his journey to becoming the esteemed candy maker. His adventures in the movie relates to the ups and downs of reality versus dreams with a hint of magic. From children to adults, the movie touches on many relatable things with humor.

Overall, *Wonka* has been one of this year's most anticipated movies to come to theatres. It is currently sitting at 84% on Rotten Tomatoes with a critical consensus promising sweet spins on the classic character to be seen.



Warner Bros.

Willy Wonka gets a revival.

**Percy Jackson TV adaptation**



Disney+

Excitement grows for Disney's new Percy Jackson adaptation.

**By Aleesha Qureshi**

After the disappointment of the *Percy Jackson* film adaptations in the 2010s, 13 years later, the series is getting the justice it deserves.

In May 2020, a new *Percy Jackson and The Olympians* TV series was announced to be created for Disney+ building an overwhelming amount of excitement and panic for the Percy Jackson fandom.

On December 20, 2023, the first two episodes of the first season will be aired. Season one of the show will follow the story of the first novel in the popular book series titled *The Lightning Thief*. It tells the story of 12-year-old Percy Jackson (played by Walker Scobell) discovering that he is a demi-god. Zeus accuses Percy of stealing his precious

lightning bolt, so Percy along with his new friends Annabeth Chase (played by Leah Sava Jeffries) and Grover Underwood (played by Aryan Simhardi) are sent on a quest to retrieve the bolt before time runs out.

Rick Riordan, the author of the original book series, worked as the executive producer of the new show and made sure to work directly with the writers in order to make sure fans get the adaptation they deserve. Making sure the casting was on point was a priority for the show after the questionable execution in the films.

Before the TV show, Percy Jackson also had other adaptations that included two movies and even a Broadway musical. The movies were not received well by fans of the books, though the musical was well liked due to its plot accuracy.

After seeing teasers for the new show, fans are impressed with the quality that they are expecting. Many of the missing plot points from the movies were restored for the show thanks to its longer format that can allow for expanded storytelling. Fans are anxiously anticipating the release of the show with high hopes that it will be a redemption for the series and a long-term success.

## Beyond the canvas: the life of Frida Kahlo



Frida Kahlo

Paintings such as *The Two Fridas* give viewers insight into Kahlo's life and experiences, inspiring and intriguing viewers across the world.

**By Luckshika Ravinthiran**

Frida Kahlo (1907 – 1954) was one of the most influential artists of the 20th century. She was well known for her self-portraits and the attention to her Mexican and Indigenous culture in her artwork. Her art pieces are inspired by the nature and the artifacts of Mexico, along with personal experiences from her life. While her life is fascinating, people tend to know very little about it. Understanding her life and experiences allows viewers to better understand the complexity and genius of her work.

Born in Coyoacán, Mexico City, Mexico, Kahlo suffered from polio at the age of six. This led to her right leg grow-

ing to be much thinner than her left one. She grew up in her family's home which became referred to as "Casa Azul" ("Blue House" in Spanish). At the age of 18, she was injured in a bus accident. She was bedridden for three months and had to undergo various surgeries following the accident which had a profound impact on her. Once she became bedridden she started to paint using a special easel that allowed her to work while lying down.

Her artwork was one of the main ways through which she expressed herself. The main themes of her art pieces are brokenness, pain and identity.

Later in her life, Kahlo met Diego Rivera at the National

Preparatory School. At the time, Rivera was a well-known muralist. Their next encounter was several years later in 1928, when Frida asked Diego to provide feedback on her artwork since she was an aspiring artist. He acted as a mentor within the art world. Some elements of Diego's style influenced her art, such as the use of bold colours. Both of them promoted Mexican identity in their artwork; viewers can see this in Kahlo's work through the portrayal of Mexican attire in her self-portraits. The two artists later married in 1929.

Frida had a rather turbulent relationship with Diego which led to their separation in 1940. An important piece that

represents the complications in her marriage is *Las Dos Fridas* ('The Two Fridas' in Spanish). In the piece, there are two versions of Kahlo; one version is wearing Mexican attire holding a mini-portrait of Diego while the other version is wearing a white dress holding surgical forceps that are piercing her heart. This represents the impact her relationship with Diego had on her and represents the contrasting feelings within her. However, the two remarried within a year of their divorce.

In 1938, Frida had her first solo exhibition in New York at the Julien Levy Gallery. She was able to sell paintings and even received some commissions. She received the oppor-

tunity to travel to Paris and meet many famous artists such as Pablo Picasso, Marc Chagall and more. Kahlo also became the first female Latin American artist to have her work exhibited at the Louvre museum in Paris. This helped introduce her work to European audiences.

In 1953, Kahlo had a solo exhibition in Galería de Arte Contemporáneo in Mexico City and the Galerie Renou et Colle. She also held an exhibition at the Mexican Fine Arts Palace in Mexico City.

Kahlo's health unfortunately took a turn for the worse during the 1950s. She experienced an increased amount of chronic pain and had to undergo multiple spinal surgeries. This had a detrimental effect on her mental health and wellbeing. Her work acted as a form of catharsis as it allowed her to cope with the challenges she faced by creating moving pieces. An example of this is *Self-Portrait with the Portrait of Doctor Farill*. This piece shows Kahlo sitting in a wheelchair holding a heart as a palette along with some paint brushes beside a painting of Dr. Farill, a surgeon who performed many of her surgeries. Kahlo decided to dedicate this piece to him. She wrote in her diary, "I was sick for a year... Dr. Farill saved me."

Kahlo died on July 13, 1954. The official cause of her death was a pulmonary embolism set on by pneumonia.

Kahlo is considered to be a trailblazer for woman in the arts and for women with disabilities. Her works have been able to stimulate the imagination of countless artists. Kahlo had an incredible impact on today's art world and continues to inspire artists and art-lovers.

## The importance of musical theatre



Mirvish Productions

Musicals like *SIX* are an amazing way to support the theatre and bring people together through the arts.

**By Claire Taylor**

Many theatre classics and new original musicals are in Toronto and are ready to put on quite the show.

Mirvish Productions has a great lineup for upcoming musicals in Toronto. *SIX the Musical* is currently showing

in Toronto at the Royal Alexandra Theatre and will be running through February 11th, 2024. There are many other amazing shows coming to Toronto soon including *Ain't Too Proud*, *Chicago* and *42nd Street*.

Supporting the performing arts is important as it inspires,

fosters creativity, and educates those on important topics and issues.

Musicals can be deep and tell an underlying story, it is not limited to only singing and dancing. The theatre space provides a creative outlet to those who are not comfortable outwardly expressing their

thoughts with words. It also allow for concepts and ideas to reach a larger audience and diverse group of people.

"Being a part of a production I think is one of the most incredible, beautiful things," says Olivia Grysczyk, a grade 12 student at King. Grysczyk is a lover of musical theatre and has been involved with multiple productions, both in and out of King.

"I love that there are so many people working towards one common goal and it's a great feeling when you finally open and you get to watch the beautiful thing that you worked so hard to create," Grysczyk says.

Musicals take you on a journey of joy, sadness, excitement, and the urge to tap your foot along to the music. The soundtracks to these musicals may just become your go-to when listening to music as it transports you back into the theatre and musical performance. "I absolutely love the soundtrack to *Six the Musical*.

The soundtrack ranges from empowering pop bops, to belting ballads, and overall I love listening to it with friends," Grysczyk says.

A live musical is unlike any other theatre experience with a combination of singing, dancing, and storytelling uniting the audience. "The performers, the tech crew, and everybody involved all put in tremendous time and effort into creating this thing and then it all comes together and that singular feeling is the reason why all of us do it," Grysczyk explains.

Musicals bring communities together regardless of age, race, gender, and economic status. They promote a healthy atmosphere where people are exchanging and expanding on ideas through the arts.

King puts on a musical each year with the musical theatre class (see our *Freaky Friday* story for more). For more information about productions in Toronto or to purchase tickets, visit [www.mirvish.com](http://www.mirvish.com).

## Year in review: King sports



### Varsity Girls' Field Hockey

The Varsity Girls' Field Hockey team won their regional finals, bringing home that hard-earned gold medal.



### Junior Boys' Volleyball

The Junior Boys' Volleyball team had a successful year, facing a variety of teams and showing their dedication.



### Senior Boys' Volleyball

The Senior Boys' Volleyball had a fantastic season and even qualified for playoffs!



### Varsity Girls' Basketball

The team brought glory home becoming East Regional Champions and qualified for Cities!



### Varsity Girls' Ultimate Frisbee

The team had a wonderful season and did the school proud as they fought the competition and brought their all playing in tournaments.

## Journey to equality: women in sports



Maryam Rehman

After years of inequity, women's sports have had a growing campaign advocating for fair pay.

By Arisa Rahman

Women's sports have historically received less recognition compared to men's sports yet progress in women's equality, particularly in sports, has been undeniable. Despite some gains, the pace of change remains a source of concern.

Professional female athletes have put in just as much work, time and dedication as their male counterparts. Given equal opportunity, women's sports could be just as successful and beloved as men's.

Support is slow but growing. There have been instances where the general public do show their support for women's sports teams. The 2022 Women's Euros set a new record with a staggering 365 million viewers. 50 million people tuned in to the final

football match between England and Germany from their homes with an additional 87,192 spectators filling Wembley Stadium. Another big moment in women's sports was the appointment of Susie Wolff as the Managing Director of Formula 1's all-female F1 academy. This marks a significant milestone illustrating the increasing focus on creating dedicated platforms for female racers.

Despite this traction, there is a noticeable pay gap that many say is unfair. The above are two of many examples showing there is a growing and impassioned campaign advocating for equitable pay and opportunities for female athletes. Both competitors and sports organizations have pushed the cause of gender equality in sports, striving to

level the playing field with their male counterparts. The spike in viewership of women's sports is particularly noteworthy, with 21.1 million people collectively tuning in to the 2023 FIFA Women's World Cup through BBC during the entire tournament. The WNBA's 2023 season also experienced a remarkable amount of views, over 36 million, marking the highest viewership since 2008 across all networks, a notable 27% increase from 2022.

While these developments underscore a promising trend, there is still much work to be done to achieve true gender equality in the world of sports. The men's 2022 World Cup generated \$7.5 billion in commercial partnerships and sales, whereas the 2019 Women's World Cup only generated \$90

million in television advertising revenue. 16.4% of professional athletes are women and 83.6% of professional athletes are men. This seems to imply like there is a systemic barrier in the sports industry which needs to be addressed involving the women not getting the pay they deserve.

The Equal Pay for Team USA bill, which mandates that women on international teams must earn the same as males, was passed by Congress in late 2022. Then this year the Women's Tennis Association stated that more contests, including the Grand Slam championships, would award equal prize money to male and female competitors. While all this has been happening, according to a recent CNN analysis, women competing in the 2023 World Cup will receive 25 cents for every dollar earned by males, an amount which has quadrupled from the previous tournament but is still far less than their male counterparts. In the WNBA the yearly average salary for the athletes was around \$102,000 while in the NBA, the average was around \$8.2 million per year.

While it is true that men's sports often have larger fan bases and thus generate more revenue, this is in part because women's sports are not given as much advertisement attention or coverage by the media, preventing people from hearing about them or building public interest.

Having female athletes in the spotlight would help to inspire the next generation by allowing women's sports to thrive for years to come.

## Winter sports: fun for the holidays!

By Hirushi Madanayake

As the winter season rolls around indoor sports and cold-weather sports come into focus. Sports in the winter can have the tendency to be overlooked as popularity is high for sports typically played outdoors in the spring and summer weather. However, as people living in Canada, winter sports can a huge part of winter fun.

For the 2023-2024 winter season, R. H. King has a large variety of sports. This includes indoor soccer, girls volleyball, boys basketball, curling, swim team, badminton, and even ice hockey!

These sports are sure to have exciting seasons and provide students with much-needed variety in options of sports to play or watch.

While the school does not offer the mountain winter sports like skiing or snowboarding, the options of curling and ice hockey are open for students. Also available to enjoy are the sports played indoors, and even in water, with the swim team being

open for students after nearly four years without one due to COVID and various pool issues.

Outside of King, sports like snowboarding and skiing are looking to kickstart the season. Some events to look forward to watching include the Winter Youth Olympics running from January 19th to February 2nd. It will feature skiing, snowboarding, cross country skiing, and figure skating. Additionally, the Winter X Games will be running January 26th to the 28th. The Winter X Games will feature snowboarding slopestyle, and skiing slopestyle.

Participating in winter sports can be extremely beneficial to students as it provides them with an outlet as high stress days approach. With the exam season looming, students can use the variety of winter sports to help ease the stress that comes with the season. You can exercise, meet people, and enjoy some healthy competition.

For those who want to get into the winter sports, there are many accessible options.

King students have easy access to McCowan outdoor ice rink - located at 150 McCowan Rd. - which has drop-in skating that provides students with the ability to go casually with friends to enjoy skating or a game of hockey.

Other places to visit could be Blue Mountain, which pro-

vide lessons for both snowboarding and skiing. More information is available at [www.BlueMountain.ca](http://www.BlueMountain.ca).

Despite the cold weather, there is still lots of opportunity to get active, watch sports, cheer on King teams and have fun in the winter months so go have fun!



Avery Farrell

Winter sports help ease students with the looming stress of exams through the holiday season.



## Scrolling for self worth: teen body image



Shweta Naik

Teens are constantly exposed to images of others' bodies, often with filters or editing. This can create problems like negative body images.

that feedback. Thus, their body image becomes heavily dependent on others' viewpoints. When they get a positive comment on their social media posts, they feel elated. However, when they receive harsh, mean, and destructive comments in their photos, it has the power to destroy their self-confidence.

However, social media can prove to be a positive platform for body image and aid in the overall improvement of teens' body image concerns. Some influencers have already started to build those types of self-improvement movements on various social media platforms. This may help teens to realize that nobody is perfect; everyone has their flaws and parts of their body that they are not satisfied with.

It is undeniable that social media often serves as a place for negative body image thoughts among teenagers. Nevertheless, it is crucial for adolescents to recognize that the journey towards body positivity commences with self-compassion and self-respect.

To cultivate a healthier self-image, teenagers should also practice self-care and empathy towards themselves, much like they would for a beloved friend or family member. In the midst of their daily activities, they must pause to acknowledge the incredible capabilities their bodies afford them. By cherishing these abilities and demonstrating gratitude, teens can embark on a path of self-acceptance and ensure they treat their bodies with the love and appreciation they deserve while not coming to rely on others or social media to tell them their worth.

By Iffat Nafisa

Teenagers are usually the most affected by body image concerns. This may be due to the fact that adolescence is the period of life when people have the majority of body-related changes and it doesn't help that many of these teens are on social media where comments, likes, and other messages evaluate teens whether they like it or not.

When someone has a negative body image, they start to have frequent feelings of dissatisfaction and often irrational thoughts whenever they look at themselves. The majority of the time having this dissatisfaction about one's body can lead teens to treat their body

unfairly and dangerously.

A negative body image can lead to depression, extreme dieting, eating disorders, emotional breakdowns, over-exercising, and harmful drug abuse. While surroundings definitely are a part of building body image, social media is often a major source of developing positive and negative body image among teens. "I follow influencers that are body positive and influencers that are at the gym all the time. I think it's a mental thing, you need to learn not to compare yourself to others," Jasmine Musselman, a grade 12 student at King says.

Unfortunately, on a large scale, social media influences teens' body image negatively.

This is partly because teens often don't realize that everything they see on social media is not always true. They fail to understand that everyone will try to look flawless on camera and will do their best to maintain a perfect image. This involves using filters, photoshopping, and using certain angles. Without a filter, few can live up to the standard set by social media.

Jean Twenge, a psychologist, wrote in her 2023 book *Generations* that "every indicator of mental health and psychological well-being has become more negative among teens and young adults" since 2012 when social media increased in popularity.

Social media exposes teens

to constant comparisons. Platforms often portray people who present a very specific standard of beauty rather than showing people of all sizes and body types. Images of models and influencers are frequently edited to make their features look perfect. Teens compare themselves with the appearance of celebrities, influencers, and models they see on social media, which, the majority of the time, is very unrealistic. This can trigger a mindset of perfectionism in teenagers.

Additionally, teens are very conscious of what others think of them. They are heavily influenced by the feedback they receive from their peers and people their age and social media is a rapid way of getting

## The power of effective meditation



Pethmi Jayatunge

Meditation has many benefits, including both emotional regulation and increased productivity.

By Swadana Devadas

Meditation is the practice of focused concentration, bringing oneself back to the moment over and over again, actually addressing stress whether positive or negative.

Meditation is not just something that is good for an individual in the short run. Meditation has the power to change the brain and one's lifestyle. There are three ways that meditation can change you:

1. According to Headspace, a mental health organization, meditation helps with emotional regulation. There are two sides of the brain; the emotional side and the logical side. The practice of meditation decreases brain cell volume in the part of the brain that is responsible for emotional processes such as anxiety, fear and stress. Studies have shown that when participants have taken on meditation and were consistent in it, they

found that their stress levels were reduced. This shows that meditation can change our perceptions and thoughts on a daily basis and continue on to have long-term benefits.

2. Meditation can increase brain matter in the brain, leading to increased productivity. According to the a study published by the National Library of Medicine, meditation is associated with structural changes in areas of the brain

responsible for cognitive and emotional processing. Overall, meditation can help declutter a person's thoughts and sharpen concentration, which allows an individual to stay focused on a task for longer.

3. Meditation can improve one's attention span. Researchers at Columbia University found that by focusing attention every single day for even just a few minutes on one thing that individuals can improve their ability to focus on a task. It is forming a habit which is also a great way of building discipline.

Additionally, there are many health benefits meditation provides, such as lowering resting heart rate and blood pressure, helping people manage symptoms of anxiety, depression, heart diseases, headaches and more.

There are many different ways one might choose to meditate. The most common way of meditating is Zen meditation, also known as sitting meditation. This is simply just sitting and upright and breath-

ing in and out. Another way to practice meditation is walking meditation. This consists of walking in a quiet place and really feeling the surroundings. Lastly, lying meditation involves simply lying down, arms next to the hips taking in deep breaths, in and out. Another meditation technique one may like is mantra meditation. The mantra could be a syllable, word or phrase. This is where one focuses on a mantra like "Om" or other phrases which a person may wish to say to themselves.

These are just a few examples of the many different ways meditation can be practiced. Listening to calming sounds during meditation is also a technique which has been proven helpful to many individuals.

Meditation can be a hard habit to develop because of the amount of discipline it requires. However, by taking little steps like starting with one minute a day, over time, there will be significant changes in one's mindset and health with far-reaching benefits that can last for life.

# Inside

How presenting feels — by Mary Belle Tab



Senior shock — by Aaron Minale




## Word Scramble

1. DETIRO
2. CAIADMSEC
3. IUNOTFCSN
4. ASPWNPREE
5. NGILKSYE

ANSWER: 1. EDITOR, 2. ACADemics, 3. FUNCTIONS, 4. NEWSPAPER, 5. KINGSLEY

## Wordle Search!

-  Letter is in wrong location
-  Correct letter
-  Letter needs to be filled



[www.kingsleyvoice.com](http://www.kingsleyvoice.com)