

JUNE 2020 | ISSUE 3

NDUB STUDENT PRESS

OFFICIAL STUDENT NEWSLETTER OF NWSS



COVID-19: MISCHIEF, MISTAKES, AND MISINFORMATION

TABLE OF CONTENTS

WHAT YOU'LL FIND IN THIS EDITION



Editorials

Victoria Hill: In the Vision of Woodlands Hospital

- 5 -

April: Sexual Assault Awareness Month

- 7 -



Understanding COVID-19

COVID-19: Mischief, Mistakes, and Misinformation

- 9 -

The Unexpected Sociality of Social Distancing

- 11 -

Antivirals

- 13 -

Perspectives on COVID-19

- 14 -

Mental Health + LGBT Resources

- 16 -



Arts & Entertainment

Books While Boarded Up

- 18 -

Neve's Latest Listens

- 19 -

Neve's Recent Reads

- 20 -

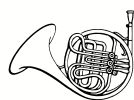
Free Online Resources

- 21 -



"COVID-19: Mischief, Mistakes, and Misinformation"

Photograph by Mandel Ngan/AFP via Getty Images.



French

Cours en ligne: la fin ou l'avenir du français?

- 22 -

TABLE OF CONTENTS

WHAT YOU'LL FIND IN THIS EDITION [CONT.]



Fashion

Thrifting Alternatives

- 24 -

Summer Trends

- 25 -



Food

Sustainability in the Caf

- 26 -

Yvonne's Quarantine Bakes: Decorated Focaccia

- 27 -



Sports

Arenex to Sportsplex

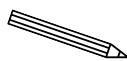
- 28 -

Sports Movie Recommendations

- 29 -

A Void in New Westminster Sports

- 31 -



Reader Activities

Word Search & Sudoku

- 32 -

Comics

- 33 -

Reader Art Submissions

- 36 -



"Summer Trends"

Photograph by Aritzia.



"Arenex to Sportsplex"

Image by City of New Westminster.

Cover art by Julianna Platts.

BLACK LIVES MATTER

A MESSAGE FROM THE NDUB STUDENT PRESS

We here at *NDUB Student Press* are horrified to hear about the instances of racism that have occurred this past month. George Floyd was brutally murdered by the police, another victim in an appalling pattern of police brutality against Black people. The gruesome circumstances surrounding his murder have sparked protests in America and Canada, calling for an end to systemic racism and police brutality. People Of Colour (or POC), especially Black or Indigenous people, are oppressed by the racism rooted in a long, dark, colonial history where the colour of your skin determined whether you were worthy of respect and human rights. Racism is something to be condemned, whether witnessed online, within family, or between strangers. We stand in solidarity with the Black Lives Matter movement, and we support those who are using their voices and platforms to speak out against such injustice. To help in this fight, *NDUB Student Press* is introducing a regular column to bring to light systemic racism in all of its forms and to encourage our readers to speak out. No one's existence should be justification for lesser rights. No one's existence should be a death sentence. Black Lives Matter.

Some ways you can contribute:

[Ways To Help](#)

[#blacklivesmatter](#)

[DONATE TO BLACK LIVES MATTER TORONTO](#)

[Petition : Julius Jones is innocent. Don't let him be executed by the state of Oklahoma.](#)

Most importantly, EDUCATE YOURSELF. Do independent research into the history of racism of both Canada and America. Advocating for the rights of others, even if their struggles do not affect you, is part of the fight.

VICTORIA HILL: IN THE VISION OF WOODLANDS HOSPITAL

BY NEVE LA ROSA

Many of us in New Westminister know Victoria Hill as a subdivision of beautiful townhomes and condos near the edge of the Fraser River, and some may even currently live there as well. Especially during these increased times spent indoors, Victoria Hill and the surrounding Glenbrook Ravine Park are a great place to go for a much-needed stroll, all while keeping your distance from others, of course. While taking a nice walk around, you can also take a step into the past of these modern grounds.

Not everyone knows the history of Victoria Hill. There are many plaques and informational boards placed around the grasses that tell of the original buildings that resided on these grounds. Over 140 years ago, the current Victoria Hill complex was home to a psychiatric hospital and a cluster of corresponding buildings such as offices and dormitories. Having been built because of an excess of prisoners and those with mental illnesses being held in the Victoria jail, Woodlands became British Columbia's first psychiatric hospital establishment and



thus a place intended for the refuge and care of those who had been neglected by their families- whether intentional or simply because of unfortunate circumstances. In its final days, this institution was called "Woodlands," but had also been known as "The Woodlands School," "The Public Hospital for the Insane," and originally "The Provincial Asylum for the Insane/The Provincial Lunatic Asylum" from its opening in 1873. The language of some of these titles perhaps reflects the inexperience of the population during these times in regards to mental illness and disabilities.

Woodlands originally housed British Columbian individuals with mental illnesses or disorders up until 1913 with the opening of the Essondale Hospital in Coquitlam, now known as Riverview, where the old buildings still exist. From that time on, Woodlands only took in the elderly until it then became a residence and school for children born with developmental disabilities. Also in the same sector was the BC Penitentiary, which was a federal prison from 1878 to 1980. There is now a small cemetery located behind one of



2326, Charles Williams. Deceased December 31, 1918. Age 39

the Victoria Hill apartments where there lie inmates who died while serving time. Their gravestones are surrounded by wild grass and are unmarked aside from their prison numbers; the names of some of the inmates, however, can be found on a nearby plaque. It is estimated that up to 61 people lie there today, the majority of them having passed away from causes such as tuberculosis and suicide.

VICTORIA HILL: IN THE VISION OF WOODLANDS HOSPITAL

There is also a Woodlands Memorial Garden in the heart of Victoria Hill where there are over 3000 patients from both Woodlands and Riverview buried. When the cemetery was closed in 1977, the gravestones were removed but are now installed in stone walls that circle the garden. There is also a memorial structure of one of the original windows of the facility called "Window Too High," where one can see firsthand how isolated the residents of Woodlands were kept from the outside world. You can also find some of the original gravestones still interred underneath the sagging branches of a tree at the edge of the grass field.



Many of the nurses, doctors, and other employees working at Woodlands truly did want to care for those in need and those who had been hurt and shunned by society, but there is no doubt that many others did not hold such interests at heart. In viewing certain primary sources and other informational material on Woodlands and Riverview alike, it is easy to see some of the bias and personal opinions that differ between the employees and patients: certain individuals highlighting the good of these facilities and others bringing to light the discomforts and abuse that occurred. I got to speak firsthand with someone who worked at Woodlands- my own father, to gather some information. From 1987 to 1989 while in nursing school, my dad was a healthcare worker at Woodlands before being transferred to Riverview in '89. He says he often cleaned the residents, sometimes took them for drives, and provided and advocated for their needs.



"I was quite fresh out of high school and entered the hospital with a lack of knowledge, some fear, and shock that only began to leave me a month after starting my job there. It was a haunting place and filled with sad stories," my dad tells me. "But the more time spent with the residents, you got to know them, know their personalities. Working there taught me open-mindedness and showed me the beauty inside everyone, even those who can't speak for themselves or who may have an appearance thought to be 'scary.' It was bittersweet being transferred to Riverview but I left with extremely unique and enlightening experiences having met

very special people who still have a place in my heart. It was a cold, cement-walled institution, but the residents filled it with warmth."

Although it sometimes feels eerie to walk through this memorial garden and the grounds of what once was a psychiatric hospital, it is a place of rest and recognition for the residents of Woodlands and Riverview; it is a peaceful place where we can remember those who lived and died in these facilities. Next time you find yourself going for a walk outside, or maybe even stepping out of your own home in Victoria Hill, it can be nice to explore what remains of the grounds and take in New Westminster's very special history - as we live through history ourselves amidst this pandemic.

All photographs by Neve La Rosa.

SEXUAL ASSAULT AWARENESS MONTH

BY GRACE HODGES

With movements like #MeToo and #TimesUp garnering media attention and support from Hollywood, it is easy to think sexual assault and predatory behaviour are issues that are being solved. While conversations are happening about accountability and rape culture in Hollywood and in the workplace, that does not mean the deep-rooted issues of hyper-masculinity and male entitlement have gone away for everyone. Average young citizens are still forced to deal with sexual harassment and assault. So, what can this harassment look like and how does it uniquely affect today's youth? How best can we prepare our youth for those unique challenges? The month of April allows us to take a closer look.

From 1999 to present, sexual assault rates have remained relatively stable. In a 2018 survey, which encompassed a twelve month period, 32% of Canadian women and 13% of Canadian men experienced unwanted sexual behaviours in public. Of these, sexual assault counted for 33% of the crimes committed against Indigenous women, as compared to the 10% of the crimes committed against non-Indigenous women. Victims also showed higher risks of suicide, depression, and eating disorders. Teenagers and young adults are at a higher risk. The sexual assault rate of Canadians aged 15 to 24 is 18 times higher than that of Canadians over 55 and they are three times more likely to experience unwanted sexual behaviour in public than those aged 35 and above. For victims of sexual assault who were minors, 82% were female and had a sexual assault rate five times higher. Men aged 15 to 24 years old were twice as likely to experience sexual harassment. The youth are the ones who need help the most, with 15% of 15 to 24 year old women and 11% of men being victimized, especially those who are sexual minorities. Women who were sexual minorities were two point eight times more likely to experience unwanted sexual behaviour when compared to straight women, while men who were sexual minorities were four times more likely as compared to heterosexual men. Why exactly are young people and LGBT people at such high risk for sexual assault? There are many possible answers but online harassment and a lack of relevant resources are definite influences.

In a world that is shifting lives towards online platforms more than ever before, teenagers are exposed to more people and possible harassers. For the most part, the Internet and all it offers are valuable and engaging, but that does not mean that everything is perfect. 18% of women and 14% of men experienced online harassment. Young women were more likely to experience online harassment, be it sexual, physical, or other forms. For LGBT youth, support is found through engaging in online communities, which can be a safe haven for most, but also exposes a vulnerable population to possible online harassment or predators. Research showed that high-school violence programs were efficient and effective for preventing violent assault, sexual or not. Perhaps, then, the best course of action would be to modernize the programs in a way that is not just warning teenagers of the dangers of messaging strangers on Facebook, but instead equipping teenagers with effective strategies to sift through the people with whom they will inevitably be interacting.

Teenagers are at risk; that much is evident. So what is it like for teenagers and other victims once they are sexually assaulted? How many feel safe to come forward? Why do they not come forward? First, it is important to understand what the abusers themselves look like. 80% of sexual assault was committed by someone that the assaulted individual knew.

This means the person could be a trusted friend that the individual is hesitant to call out, an authority figure in their lives, or even a family member. Young girls were four times more likely to be assaulted by a family member, and in a series of interviews of men who were sexually assaulted done by the Department of Justice, 57 of the 59 participants were children when they experienced assault/abuse. Fifty-three of the men said it was someone they knew, 13 stating it was a family member (excluding parents) and another 16 stating it was an authority figure, such as a clergy member or an administrator.

What is happening to all these young people? Why might they not report the abuse? One of the reasons why individuals do not report is the victim-blaming from society or as a response to the trauma experienced. Victims often internalize three types of responses. The first being denial of the severity of the event, the second being guilt over their own actions and behaviour, and the third being embarrassment and blaming themselves for not resisting more. Furthermore, when individuals do report sexual assault, their experience in the system often re-traumatizes them. Less than 1% of sexual assaults experienced by women lead to conviction and 71% of survivors who chose to report their assault/abuse said the experience was traumatic. While movements like #MeToo have allowed attention to be called to the systemic flaws in the way the law deals with rape, and it has been steadily improving, the movement has also called attention to the overwhelming skepticism that survivors face. Sexual assault cases are often difficult to prosecute due to a lack of physical evidence and survivors are forced to rely on their own account. While only 2% to 8% of sexual assault cases were proven false, survivors are often met with disbelief and thus believe it is not worth the possible trauma that could be induced from the experience. In the same survey done by the Department of Justice, shame was a key theme among participants. Only 28% reported their abuse and credited it to the fact that they felt they needed to take action, or a therapist/psychologist recommended it, among other reasons. The 68% that did not report their abuse explained that they felt shame, lacked resources, feared repercussions or did not think they would be believed. These flaws within the system become even more relevant when one understands the complicated relationship between minorities and the police, especially visible minorities. Visible minorities were equally as likely to be sexually assaulted as non-visible minorities, but 41% of visible minorities felt unsafe walking home at night compared to the 31% of non-visible minorities. In addition, visible minorities were less likely to think their local police were succeeding at being approachable, providing preventative information, and treating individuals fairly. Among these visible minorities, the least likely to believe their police were treating people fairly were Black individuals with only 47% and Korean individuals with only 45%. This fraught relationship with the police cannot bode well with sexual assault survivors who already face a system not designed for their success, putting visible minorities in more danger.

Systemic flaws are huge issues, not easily tackled and solved in one article. The best thing that you can do is educate yourself. Understand what it is like for sexual assault survivors. Understand how being a minority complicates this, and believe victims and support youth. In Vancouver, 35% to 40% of the population experienced public sexual harassment as well as unwanted sexual behaviour online, and being young only increases the risk for this. Support in school from peers and relevant updated resources are the best possible ways to assist teenagers as we progress towards a more supportive system and society for sexual assault survivors.

COVID-19: MISCHIEF, MISTAKES, AND MISINFORMATION

BY ELENA MASSING AND MARK ZAVOROTNY

In these chaotic times, influential people have been fearmongering and twisting the truth to push their own agendas at the expense of the world's vulnerable, desperate, and distressed. They have been spreading misinformation, which has predominantly been taking on these two forms: downplaying the severity of the virus or offering false solutions. What are the factors that make inflicting danger upon people forgivable, according to those spreading fake news?

Marketing a COVID-19 cure without substantial research to back it puts lives at risk in more ways than one. Hydroxychloroquine, for example, is used to treat lupus, a life-threatening autoimmune disorder. Following Trump's lead, several US states began stockpiling it as a treatment for victims of COVID-19, keeping it from lupus patients that depend on it. Trump's advice blatantly disregards the potentially dangerous side effects of this treatment that could harm or kill those who use it without knowledge. His later suggestion to inject disinfectant was immature and irresponsible, and playing it off as a joke is unfair to everyone panicking during this time of crisis. In addition to using these 'cures' as a political tactic, people will always attempt to exploit those who are vulnerable for monetary gain. Televangelist Jim Bakker is among many fraudsters who sold fake cures at exorbitant prices.

Fox News is a known supporter of Donald Trump. Former host Trish Reagan promoted the idea that "Many in the liberal media [are] using [the] coronavirus to demonize and destroy the president." Other hosts had similar takes on the pandemic. Sean Hannity expressed his thoughts media outlets were trying to "bludgeon Trump with this new hoax." Most of these remarks were made in March; the network was sued for misinformation in early April, which prompted them to switch their perspective.

In the eyes of some church goers and religious leaders, practicing religion through in-person services should be considered essential. Pastor Jon Duncan attempted to hold an Easter service in a California church, as well as having his congregation meet as often as possible in the following weeks, but the landlord changed the locks after Duncan refused to cooperate. Duncan hired a lawyer who is justifying his decisions by claiming that they are protected under the First Amendment. Although leaders like him are not issuing official statements dismissing social distancing protocols, their actions encourage followers to do so.

Influential people popularizing ideas like these does not pass without dire consequences. Distraught, unemployed citizens who believe that their constitutional freedoms are being violated have begun to participate in anti-lockdown protests. Some of the participants come from far-right gun advocacy groups who seem to be equating this lockdown to being some form of oppression. Group gatherings are prime locations for illnesses to spread, so social distancing rules will only end up being implemented for a longer timespan.

COVID-19: MISCHIEF, MISTAKES, AND MISINFORMATION

What are the motives behind intentionally sharing misinformation? For those selling fake remedies, such as Jim Bakker, the reward is obvious. Dispensing these products can bring in a massive amount of revenue. He sells 4-ounce bottles of colloidal silver—which consists of microscopic pieces of silver suspended in water or a similar fluid—for \$80. Colloidal silver is not approved by the FDA to treat any disease, and there are not any scientific studies suggesting that it can. It is not expensive either; 4-ounce bottles can be bought from other providers for \$20.



Trump cannot sell products for his own profit, as that would be an enormous conflict of interest. Even so, he has a lot to gain by promoting non-proven cures. Seeing as he is up for re-election this year, his pandemic response could make or break his campaign and, frankly, he did not start strong. In February, when there were only fifteen known cases in the US, he said, “15 within a couple of days is going to be down to close to zero,” and failed to prepare the country or his administration. He then asked to delay unemployment numbers in March. From his point of view, promoting hydroxychloroquine could go two ways: it could be an effective cure that has been stockpiled in advance- a reason to commend Trump’s administration. On the other hand, it could put lives at risk especially for those who need the drug and are being denied it, as well as whoever follows Trump’s claim and takes it without consulting a medical professional beforehand. Considering how desperate he is for good publicity, that is a risk he is apparently willing to take. However, as of May 25th, World Health Organization has ceased testing of hydroxychloroquine, as it appears to increase COVID-19 death rates.

Everyone who chooses to ignore protocols and attend religious services may not have intentions of hurting others, but they are being ignorant about what the world needs right now. While everyone is free to practice their own faith, to put other people in danger and disregard science entirely is unreasonable. One particular example is a video that shows people leaving a church service in which a reporter approaches a middle-aged woman. He asks if she is worried that she could get sick and infect others. “No. I’m covered in Jesus’ blood,” she exclaims. “I go to the grocery store every day. I’m in Walmart, Home Depot—all of those people...” At this point, the interviewer attempts to interject, but she responds with, “They could get me sick, but they’re not because I’m covered in his blood.” What was said in this video is not a representation of the entire Christian population and contradicts the selflessness that is the foundation of their beliefs. Fortunately, unlike this one, the majority of parishes have demonstrated responsibility by gathering remotely.

Some effects of COVID-19 have exposed the corrupted nature and exploitative tendencies of certain members of society. Factual information is vital to combatting the virus, whether it be in regards to social distancing or putting a stop to coercing people to risk their lives for unfounded but ‘potential’ cures. While social distancing is difficult, those who ignore the advice of medical professionals place themselves, their loved ones, and others’ loved ones at risk.

THE UNEXPECTED SOCIALITY OF SOCIAL DISTANCING

BY MOLLY CATHERINE CHESMAN

When word of a new illness spreading throughout China reached the collective ear of Canadians, I was met with an immediate feeling of unease, sensing that despite the initial joking and nonchalance of my peers, this virus would become something of global significance. As of this past week, my family will have reached two months spent in quarantine. My neighbourhood, alongside others in the region, has gone quiet, the extent of my outdoor activity being the walks my dogs and I take every other day. On these walks, I have witnessed a most drastic change in New Westminster's tone.

I live not far from Glenbrook Middle School, and my neighbourhood is one of people young and old, dogs and cats aplenty. Before the days of social distancing, it would be uncommon to stroll about my neighbourhood in the afternoon without seeing a number of dogs on leashes, cats on doorsteps, and people eating lunch on their patios. One would walk past grocery-runners and side-step past a line of children on their bicycles, weather permitting, each passing involving the exchange of an acknowledging half-smile or nod. Since the transition into self-quarantine, my experience when taking an afternoon walk has changed in mood completely. Now when I see a dog on a leash, I must cross the street, as there is recent news of Covid-19 being carried on animal fur. Cats have been kept indoors for this same reason, and when there are people on their patios they often eye passersby anxiously. Most interactions are framed with this anxiety. When seeing a grocery-runner walk toward me, there are no half-smiles or nods as they do not get close enough. Instead, there is a brief moment of determining which one of us will be crossing to the other side of the street.

But I have found something very unexpected in this time of distancing. With the outbreak of Covid-19, we have all shaped our lives around a collective understanding. We all acknowledge that we cannot succeed without the efforts of everyone, and that has given the people of my community a sense of collectivity. Yes, the interactions had now must be from afar, but on my afternoon walks many of these distanced interactions have been the most positive I've experienced. The people on their patios eye me nervously as I approach, but once I am in ear shot wish me a good afternoon, ask me how the day has been. From across the street, the other dog-walkers and I comment on how beautiful the others' dog is, wishing each other luck. The exchanging of good luck has become very common. I pass people in their gardens and they say hello, and I ask what it is they're planting. Such interactions scarcely happened before but have in recent days become expected. I see such optimism amongst the anxiety as we recognize that we are doing our individual parts to better a bad situation. We have each been given one thing, the same thing, to strive for. I acknowledge the irony when I state that I have witnessed the enforcement of self-distancing bring the people around me closer together, as we have realized just how precious social interaction has become.

THE UNEXPECTED SOCIALITY OF SOCIAL DISTANCING

We are all frightened, understandably so, and I, amongst many, have had moments of hopelessness. The most important thing to remember during this time is that we, more than ever, are in this together. The success of the many relies on the cooperation of each individual, and I urge each reader to continue with the actions they've been taking to flatten the curve. British Columbia has been doing tremendously well and the statistics show it. Active cases of the virus have been stagnant over the last eleven days as this is written, and UBC professor of disease modelling and projection, Mohsen Sadatsafavi, states that BC is soon bound for the maintenance stage of the pandemic. Good news recognized, this should not encourage us to let our guards down just yet, as the curve will only continue to flatten if we maintain our distancing actions.

ANTIVIRALS

BY VERONICA POPOVA

There is plenty of talk concerning what should be done about COVID-19. At this point, nearly everyone is self-isolating. News is updated daily to discuss future plans and scientists debate potential solutions. A vaccine will not be accessible for at least a year so in the meantime, antivirals may be an option.

What are antiviral drugs, and what do they mean for COVID-19?

Antiviral drugs are medicines that slow the replication of viruses once they are in the body. They can inhibit the process at any stage of the virus' replication. They are used to combat the flu, as well as viruses that can cause cancer. Unlike vaccines, antiviral drugs do not provide immunity to viruses and have only been around since the 1960s. Vaccines are intended for prevention of viruses, while antivirals are a means of managing and treating them.

Scientists are contemplating which existing antivirals could be used to treat COVID-19, which is not a common practice. Drugs and vaccines go through rigorous testing to see whether or not they are suitable to be given to the public; it is a process that can take years with no allowance for error. However, time plays a major role in our situation, as there are now over 5.4 million cases worldwide. Unfortunately, we do not have a year to spare, as peoples' lives are being immediately affected on a global scale.

As far as we know, COVID-19 may be a part of our lives for a very long time, so looking at existing drugs may aid decisions as to what course of action must be taken.

Remdesivir:

When tuning into the news, remdesivir is brought up as a possible solution. It is a drug administered through IV that seems to accelerate COVID-19 patient recovery. However, much more testing needs to be done before it is open to everyone, as results depend on a number of factors: what stage in the virus people take it, their age, and whether or not they have underlying health issues. The FDA has recently approved it for clinical testing.

This drug is being considered because it was used in attempts to treat MERS, another illness in the coronavirus family. It is not available to just anyone who shows up to the hospital with COVID-19 symptoms and is only used in extreme circumstances. It is important to note that every drug has side effects; remdesivir can cause liver damage. Remdesivir is not the only option and much research is still being done.

Lopinavir + Ritonavir:

Contrary to the first example, this is a combination of two medications. Together, they are used to treat HIV by reducing the amount of the virus in the blood. It lowers a patient's chances of facing complications linked to HIV, which is crucial for those with weakened immune systems.

Scientists conducted a trial on 199 adults hospitalized with COVID-19; 99 took lopinavir/ritonavir, and 100 didn't. So far, the future of this drug is not as bright as what had been hoped for since there did not appear to be any benefits gained by patients who took it. Nonetheless, future testing will be done before it is completely ruled out.

Things feel very bleak for everyone, but progress is being made. As we transition into Phase 2, restaurants are beginning to open again and different safety measures are being put in place. Treatment options are a realm of uncertainty; so as the options are being explored, complying to the social distancing protocols set by the provincial government is still critical. Stay up to date on restrictions by following the BC government's official website.

PERSPECTIVES ON COVID-19

BY MAKENA THOMAS

Covid-19 has taken a toll on all of us, wiping us of normalcy. However, the different ways people view this horrific pandemic intrigues me. How is everyone really feeling? Is it affecting certain age groups more than others and, if so, why? When do people think the severity of quarantine will diminish? I decided to find out by talking to a handful of people varying in age. I asked them to explain their own opinions about the situation and guess at how long they think this isolation will continue.

10-year-old Lilah Thomas misses her friends, dance, and sports. She said the situation has “brought [her] closer to [her] family and made [her] feel really appreciative of everything.” Moreover, Lilah thinks it’ll end some time in the fall, “Hopefully, it’s over by September,” she said, “so we can go back to school.”

16-year-old Teilani Rasmussen talks about disliking the arduous change. She deeply misses her friends because “being an extrovert in isolation is difficult.” Teilani explained that “[she] think[s] we’ll go back to school in September but we’ll have to be very cautious.”

18 and 20 year olds, Reilly and Kira Atkinson, talked about having to come home to Vancouver early from Queen’s University in Ontario. Kira said, “We had to do all our school and exams online and because it’s university, it can affect your future.” Now that exams are officially over, Reilly has taken it upon herself to take extra classes to get ahead. Meanwhile, Kira has recently obtained a job with Vancouver Coastal Health counselling healthcare workers. “It’s very rewarding and I’m happy I have a positive story to tell about Covid.” They also mentioned that many of their close friends had jobs and internships cancelled due to the virus.

23-year-old Tommy Robertson is a firefighter for the city of Burnaby. The pandemic has had a huge impact on his work: “It’s changed a lot of procedures and standard operating guidelines to protect everybody in the hall.” Personally, he thinks “It makes you live your life in a new way and appreciate what you have.” Furthermore, he said, “I think it’s gonna take at least a year to recover, but it’s going to affect things forever.”

27-year-old Cassady Ranford is a teacher at Burnaby Central. “As an arts teacher, it’s made it quite difficult to deliver that kind of learning online,” she explained. In terms of her social life, she stated that, “I am an introvert for sure; I like being alone, but this has taught me that I’m not actually as much of an introvert as I think I am.” She also has a prediction that “[b]y mid July or August we’ll no longer be afraid to be around people, and that’s what I think normal will feel like.”

50-year-old Lisa Dalton is a corporate lawyer for HSBC. She’s enjoying spending more time with her family. “Normally [her kids would] be out with their friends all the time, so the extra family time is amazing.” Although family is fulfilling, she still misses her friends. Concerning the extremity of social distancing she said, “It’s going to go away for the next couple of months and then we’ll get another wave in September,” she stated. “We won’t go back to normal until a vaccine.”

Bill Ranford, goalie coach for the LA Kings team, was forced to return home early. "Everything's been put on pause at this point, which is different. Right now we're used to finishing the season and getting into playoffs." Regarding the reopening of the NHL, he said, "We're hopeful that something will happen- just not in front of fans, so that'll be different." In regards to travelling home, Bill said, "Since I'm normally in Los Angeles by myself, it's been nice to be home spending time with my family over an extended amount of time." Additionally, he thinks, "We have a ways to go, but I hope everyone has learned the importance of social distancing."

Brent Atkinson, former insurance company founder and retired school board chair of over thirty years described his personal relationship with Covid-19 as an inconvenience. He's lucky to have only been "scathed financially," but he's really worried about families who currently have no income. Brent is missing going down to his vacation home in Birch Bay, Washington as the borders are closed. He also longs to see his friends. "Everyone I've talked to is getting kind of antsy because they can't get out and around." Finally, regarding the conclusion of quarantine he thinks, "On the 19th of May they'll open up the border, but people will still have to be six feet apart."

Overall, everyone seems to feel negatively about isolation but they all have somewhat optimistic predictions for the future. Ultimately, the opinions don't differ between generations but between each person, as we all have our own distinctive, individualized opinions.

MENTAL HEALTH + LGBT RESOURCES

BY JUNO AVILA-CLARK

Mental health should always be a priority, but it needs to be taken even more seriously during this chaotic time. Quarantine is difficult for everyone, but people with pre-existing mental health issues and LGBT+ youth are being disproportionately affected. It is important that resources for these folks are readily available at NWSS. LGBT kids already face high stats when it comes to mental health issues, and now these same students are stuck in possibly difficult or unsafe situations at home surrounding their identity. LGBT+ students no longer have access to school support in the form of the Gender Sexuality Alliance or other school counselling services in the same way as before. Furthermore, pre-existing mental health conditions are only being exasperated by the conditions of self-isolation. These things combined paint a clear picture as to why mental health and LGBT+ resources are necessary at this time. Taking this into consideration, we are providing a compilation of some mental health and LGBT+ specific online resources for youth to have access to during self-isolation.

Resources (linked in titles):

PFLAG Vancouver

- PFLAG is an organization of parents focused on helping families through the process of coming out. PFLAG Vancouver members are currently accessible over email or phone to talk. This is a great place to reach out for support if you or someone you know needs it!



Kids Help Phone Kids Help Phone

- The kids help phone is available at all times to offer support and counselling services, as well as providing further resources! They are available through multiple forms of communication (including texting), so you can use whichever you are most comfortable with if you need to talk to someone.

Here to Help

- This website provides some great learning resources and places to have your questions answered!



Youth in BC

- This website is a source if you need help because you or someone you know is experiencing a mental health crisis and they are in an unsafe situation. Keep in mind that this is exclusive to crises! They also provide a chat feature if phone calls are a stressor for you.

Resources (cont.)

Chronically Queer - CAN

- “Chronically Queer provides a welcoming, supportive environment where LGBTQIA2S+ identified people living with chronic health conditions and/or disabilities can come together and share what is happening in their lives.” - Chronically Queer Webpage



Vancouver Non-Binary Collective

- The Vancouver Nonbinary Collective is a support group for gender non-conforming folks in the Metro Vancouver area. They are continuing to host meetings online throughout the pandemic.



Health Initiative for Men

- This page has some really important points to keep in mind if you happen to be using drugs during a global pandemic.

Self-Help Resources - Google Drive

- This is an incredibly informative compilation of self-help resources for mental health! It includes information about mindfulness, grief, CBT, and much more!

Peak Resilience

- This site includes some additional mental health resources, as well as some common reactions to the current situation and how to handle them.



BOOKS WHILE BOARDED UP

BY NEVE LA ROSA

With hours upon hours of being stuck in our houses, we're all running out of ways to keep ourselves occupied. I know there are many of us who enjoy reading but are noticing a rapidly depleting pile of books at home. So here are some ways to access books during these limiting times, including those free of cost!

Indigo + other bookstore chains

Reader or not, I'm fairly certain almost everyone is aware of Canada's biggest bookstore chain. Still remaining loyal to customers, Indigo continues to offer regular discounts and reduced shipping. Other large bookstore companies are also continuing to support customers with similar discounts and worldwide shipping.

Independent local bookstores

You've heard it plenty of times, but here it is again: Small and independent businesses are being hit severely by quarantine closures- but many local bookstores are still offering curbside pickups or shipping to home! Black Bond Books/Book Warehouse, Pulpfiction Books (multiple locations found around Main Street and Commercial Drive), Canterbury Tales Bookstore (Commercial Dr.), among others, are all continuing to sell their books, new and used.

Overdrive

Obviously, it gets pricey ordering books online all the time. While the library may be closed, that doesn't mean you can't continue to take out books! New West Public Libraries, among many other municipal libraries, offer ebooks for your electronic devices via the application *Libby, by Overdrive*. It can be downloaded from the App Store for free and instantly gives you access to any book you'd hope to find at a physical library. The *Libby* app is efficient and simple to use and allows you to connect multiple library cards, either those from other family members or your own cards you may have registered in different city libraries.

Internet Archive

Internet Archive is a non-profit online library that offers access to millions of free books, audios, and other documents and articles. They recently launched a National Emergency Library, and all it takes is a free account to have millions of works of literature at your fingertips.

NEVE'S LATEST LISTENS



You and Your Friends by Peach Pit

Possibly one of Vancouver's most well-known indie rock/pop groups, Peach Pit recently released their second full-length album *You and Your Friends* filled with songs reminiscent of childhood and young love. Coming just as our rainy city begins to warm up, these tunes are light and summery and slightly warmer in tone from Peach Pit's first album called *Being So Normal*. This album retains the band's familiar style in guitar riffs and moody surf rock sound but despite their sunny melodies, these songs express the pain of past heartbreaks and loneliness. In one of the singles, "Black Licorice," Peach Pit's lead vocalist Neil Smith describes feeling like, well, black licorice: unwanted and disliked by those around him and simply left alone in the bowl. The album's title track tells of a blaming ex-lover who only sees others' wrongdoings, with the exception of herself and her friends. In this self-importance, she continues to call the songwriter and only amplifies the heartache.

Although there is growth to be found as an artist in staying close to your origins in style and sound, it pays off to experiment more and evolve. *You and Your Friends* is set in the right direction, but there is still a certain dullness that causes the album to be more of a baby step as opposed to what could have been a great development for Peach Pit.

6.5/10

You Want It Real by Lié

Another local Vancouver band, Lié, is somewhat of a hidden gem but does have a standing presence in Vancouver's punk scene. Since forming in 2013, this three-piece group released their fourth album, *You Want It Real*, this past February. It is full of brash post-punk tracks. They keep up with their defiance against rape culture and privilege with full aggression, all while mixing hard reverb and bass with dark melodies. The dissonance rooted in their music is almost what makes them the most harmonic and calls back to early goth subcultures from the '70s and '80s. They don't play the coy and tame role women and genderqueer folks are expected to conform to, or any other expectations planted by a patriarchal and heteronormative society, for that matter.



Many of our local and underrated artists are finding themselves struggling given the current circumstances. While Lié would normally be playing at DIY venues in Vancouver such as the Black Lab and the Red Gate Arts Society, evidently all entertainment spaces have been closed for quite a while, and Lié was forced to cancel their 2020 tour. Despite this, they do have merchandise available on the music platform Bandcamp, including vinyls and CDs. Although the sale of one CD isn't enough to fully support someone financially, it's a worthwhile way to show appreciation for your favourite artists while also getting some sweet music to enjoy. **8/10**

NEVE'S RECENT READS

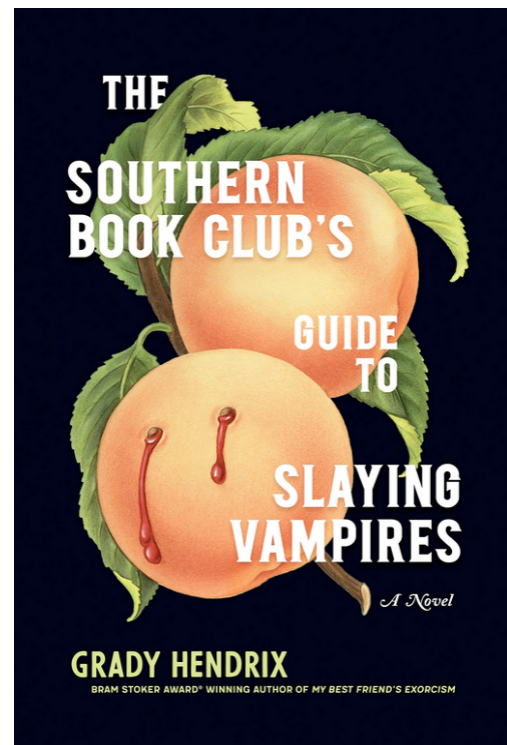
The Southern Book Club's Guide to Slaying Vampires by Grady Hendrix

Parents- Most of us have them, or someone who plays their role. We all know the sinking feeling in our stomachs when we get called sternly to the dining room. We all know the wrath of an angry parent who won't take any answer but their own. As kids, we grow up thinking no one can beat us in a screaming match other than our parents. But who would win if your parents were pitted against Dracula? This is the question Grady Hendrix wanted to answer with his first novel of 2020, *The Southern Book Club's Guide to Slaying Vampires*. Set in the '90s in a suburban neighbourhood of Charleston, South Carolina, there resides a community of well-off

typical families: your regular housewife with a big shot husband, a couple of kids, and a white-picket fence. This is no different for Patricia Campbell, a mother of two who participates in an all-women's book club. That all changes when a mysterious new man named James Harris moves into town to care for his great-aunt. The books read in the club are gory true crime and horror novels, and Patricia secretly longs for something likewise to happen in their boringly mundane town. As it turns out, she gets just that upon James Harris' arrival. When a suspicious series of child suicides and deaths linked to James occur in a nearby low-income neighbourhood, Patricia knows she must get to the bottom of it for the safety of *all* the children in the surrounding community.

This book seemed like it would be a light-hearted, horror-comedy novel about a band of housewives going against their husbands and taking down a cliché vampire as they become heroines of their town. But, boy, it was not. Every time I started to brace myself for what I thought was coming next, a new horror would arise and throw Patricia off track. This novel demonstrates examples of misogyny and marginalization in some disturbing ways but always keeps you turning the page, although this did raise some small issues with me while reading.

Yes, this is the south in the '90s, but the only black characters featured in this novel were poor, had housekeeping or maintenance jobs, or were killed. Had the book gone into the injustices and causes of these circumstances and shone a light on them, it could have provided better representation for many black communities in real life, but instead it seems the author just threw in a harmful stereotype. These characters are all rather underdeveloped, and consequently diminish the quality of the story and one's ability to empathize with the characters. This generalization can't be blamed on historical accuracy or realism either. This is, after all, a book about a bloodsucking human. A successful and wealthy person of colour in the 1990s should not be less realistic than a vampire. **6/10**



FREE ONLINE RESOURCES

BY VERONICA POPOVA

Being stuck at home leaves us with a lot of time, and many of us find ourselves feeling bored. There's only so many things to watch on Netflix before you can feel your brain deteriorating, so this list of accessible resources online is here to, hopefully, alleviate some boredom.

A channel with which you may already be familiar is the "Bon Appetit Test Kitchen" on Youtube. They produce a variety of videos that are entertaining and still make you feel like you're learning. There are multiple series, one of which follows Claire Saffitz who recreates gourmet versions of store-bought candy. Another, entitled "It's Alive", follows Brad Leone, who looks at the process of fermentation in yeasts and other bacteria. If those don't appeal to you, there are plenty of delicious recipes that might.



Art by Veronica Popova.

Another option is old movies. It's relatively easy to find older films on Youtube, both in English and foreign languages. They provide fascinating insight into the culture of the past. A few movies I've enjoyed are:

- *Vivre Sa Vie*: Film en douze tableaux, directed by Jean-Luc Godard. This movie is perfect for French Immersion students, but it does have English subtitles as well. It follows Nana, a woman living in France, who is stuck in an unhappy marriage and has financial struggles that she is trying to overcome. The pacing is rather slow, so it took a bit of time to get into it, but now I can say I would definitely watch it again.
- *The 39 Steps*: Directed by Alfred Hitchcock. This movie follows a man named Richard Hannay, an average man who ends up trying to stop a spy organization from stealing British military secrets. It's a bit fast-paced, but is still really easy and enjoyable to watch.

It's also possible to find musicals on Youtube that are of pretty high quality.

- *Falsettos*: This musical features an unconventional family and their struggles. It expertly mixes comedic elements into a tragic storyline. The 2016 revival can be found on Youtube. The video and sound quality are fairly good throughout the performance.
- *Les Miserables*: The well-known drama about love, poverty, and revolution. It follows the redemption of Jean Valjean, who was arrested after stealing bread for his family.

I hope these recommendations are entertaining, while also leading you to some other material.

COURS EN LIGNE : LA FIN OU L'AVENIR DU FRANÇAIS ?

PAR ELENA MASSING

L'apprentissage en ligne est un phénomène maintenant vécu par des étudiants au monde entier, certains pour la première fois dans leur vie. Dans le cas de l'immersion française, un programme fondé sur la communication verbale, est-ce que le télé-apprentissage est impossible ou offre-t-il en fait plus d'occasions pour approfondir les compétences linguistiques ? M. Mills, enseignant des cours de français et de sciences humaines, apprécie la chance d'essayer une nouvelle approche à l'enseignement.

Il a partagé des exemples de méthodes et d'avantages de l'enseignement par l'internet. « La réponse est assez simple ; c'est un grand avantage pour les cours d'immersion et ceux du français car les élèves peuvent préparer et présenter toutes sortes de projets interactifs ; créer des vidéos, des fichiers audio, synthétiser des vidéos et ensuite envoyer l'audio pour l'écoute et la correction du prof. » Les élèves de Explorations 11 explorent les thèmes de la réconciliation et les droits autochtones à travers des vidéos du « 8e Feu ». En préparant un dialogue entre une personne autochtone et une personne non-autochtone, ils apprennent de l'histoire canadienne et comment on peut utiliser ces connaissances pour informer les actions de l'avenir.

Quand on lui a demandé s'il y a des aspects des classes virtuelles qu'il souhaiterait mettre en oeuvre dans l'école traditionnelle après le confinement, il a décrit le style d'enseignement « Flipped Classroom ». Individuellement, les élèves regardent une vidéo au sujet d'un concept quelconque, relié au curriculum. Cela leur donne plus de liberté, car ils ont la capacité de mettre la vidéo en pause et prendre des notes plus profondes et compréhensibles. C'est plus facile d'isoler les choses qui causent des problèmes et répondre directement aux questions en classe en moins de temps.

Bien sûr, le manque d'échanges sociaux en personne est un obstacle à surmonter. Cependant, M. Mills a remarqué que les élèves plus gênés en salle de classe se sentent plus à l'aise en partageant leurs idées sans un groupe de personnes plus « extraverties » en train de dominer les discussions. De plus, la technologie est un aspect des 'Core Competencies', donc c'est merveilleux que tout le monde ait la chance d'utiliser des nouvelles ressources. « Alors, l'étude en ligne est parfaite pour l'immersion et les autres cours de français. La communication écrite, orale, la production écrite et orale, tout continu à se faire avec des expériences des plus enrichissantes, » a-t-il expliqué. « Tu vois, il s'agit toujours de faire de la limonade proverbiale, lorsqu'on a un citron. »

Que pensent les étudiants de ces méthodes d'enseignement ? Quelques élèves de la dixième année n'ont pas l'impression qu'ils apprennent autant que d'habitude. Plusieurs professeurs donnent des projets sans des explications assez détaillés. En conséquence, il y a beaucoup de confusion de la part des étudiants. Selon ces élèves, l'environnement de la maison n'est pas approprié pour l'apprentissage à cause des distractions innombrables. Puisqu'on n'a pas de cours formels tous les jours, le travail est dirigé par les élèves, qui manquent souvent de la motivation.

Malgré la liberté dans leur horaire, de nombreuses personnes ont de la difficulté à compléter les travaux, car ils n'ont pas développé de bonnes habitudes d'étude plus tôt dans la vie. Une élève a ajouté qu'elle voudrait voir les habitudes d'étude et de gestion de temps enseignées dans l'école primaire.

Du côté positif, cette expérience a renforcé les liens entre les élèves et leurs professeurs, car c'est une lutte commune contre les difficultés de cette nouvelle plateforme d'enseignement. La plupart des professeurs démontrent plus de flexibilité en termes des dates de remise et du volume de travail. Après le confinement, on voudrait encore voir cette compassion pour tout genre de problèmes personnels. Beaucoup de personnes devront faire face aux problèmes incontrôlables qui inhibent leur capacité de compléter tous leurs devoirs d'une manière ponctuelle, même après la pandémie. Au lieu de réprimander un élève immédiatement, les professeurs peuvent prendre plus de temps pour comprendre la situation de l'élève et trouver une solution accommodante.

Une augmentation dans la popularité de l'apprentissage en ligne est inévitable. Ces derniers mois ont soulevé des questions, telles que comment on va aborder les besoins divers de chaque individu et offrir l'accès équitable à la technologie pour tous les étudiants du district scolaire de New Westminster. On peut utiliser cette opportunité pour faciliter l'intégration de la technologie et de se pencher davantage sur les questions d'équité en enseignement.

THRIFTING ALTERNATIVES

BY BIEN-SA TRAN

In the midst of a worldwide pandemic, multitudes of businesses are shutting down, including our beloved and cherished thrift stores. Although these shutdowns have limited our arguably eco-friendly consumerism, they have not halted it completely. Online thrifting alternatives are still readily available for you.

Thredup.com

Thred-up is the “largest online consignment and thrift store.” Their selection contains a variety of well-known brands such as LuLuLemon, North Face, and Kate Spade, to name a few. Their site is easy to navigate if you’re new to online shopping and offers frequent sales on their stock of over two million items. If you are more interested in selling your clothes through Thred-up, you can send your discards to them for a profit by ordering a Clean-Out Kit from their site. Another option available is the Donation kit, and right now, every cent made from donations is sent to Feeding America in order to help those affected by COVID-19.

Depop

Depop is possibly the most well known out of all the alternatives offered in this article. It is an app you can download on your phone or a website that you can visit online. It offers a marketplace of clothing curated by the many different shops run by fellow users of the app. You can search by using brand names, styles, or specific pieces of clothing in order to find something you like. By using the app frequently, it creates an explore page, not unlike Instagram, which you can use to browse through clothes you like, almost like a physical store.

Etsy

Similar to Depop, Etsy offers a variety of vintage and homemade items curated by different sellers on the platform. A key difference between the two is that the vintage selection of Etsy must be over twenty years old, whereas Depop has no restriction on what can be deemed as vintage. Many sellers on Etsy offer custom, handmade items such as jewellery, stuffed animals, clothing, and the current trend- masks. Another relevant detail of this store is that your money goes directly to the independent sellers, not the company itself, which in these trying times, is a fantastic way to support creative people.

Swap.com

Yet another quality thrift store, Swap.com is flooded with positive reviews and experiences from customers. Like ThredUp, it accepts donations and curates each item to ensure they are all in high quality condition. It has a reputation for being affordable and allows you to return any items that aren’t up to your standards within thirty days of receiving the item.

SUMMER TRENDS

BY MAKENA THOMAS

Even though we're all still in quarantine, probably laying around in sweatpants and pajamas, fashion is thriving online. Have you been noticing some similarities on those days that you get a little carried away and start hopping from site to site as you shop online? Well, I'm here to let you know about a few of the summer trends, and I promise you, you'll be able to find these on almost any online store.

1. Small tees and big pants- Wearing a smaller tank top, or shorter shirts, with big pants is trendy at the moment. These pants can vary from just colourful prints to massive, flared jeans. Everyone can incorporate their own style.
2. Baggy tees, eye-catching colour, bold graphics- You know, those big shirts that make you feel cool.
3. Oversized hoodies and high waisted shorts (right)- Because what else do we want to wear?



4. Shoes- colourful converse, tie-dye vans, white sneakers (regular or platform)- Shoes for plain outfits and shoes for fits of excessive colour.

5. Pastel- monochrome outfits, or just pastel pieces- A matching coloured sweatsuit or cropped shirt and skirt/pants, for example.

6. Vibrant dresses- Patterns, colours, short, medium, or long and fun.

7. Statement sleeves (left)- This is a comeback from the 1800s. Blouses with puffy sleeves are on Aritzia and Urban outfitters websites, and honestly, they're pretty cute.

8. Neon- Anything from a complete neon monochrome fit to just a simple neon accessory.

9. Mismatched neutrals- I'd typically make fun of my dad for wearing a light blue shirt with darker blue jeans, but now it's in. Obviously, this is something hard to pull off, so stick with greys and whites. If you know you can pull off different greens or blues, go for it.

10. Vintage (right)- Vintage-looking long dresses with buttons and lace are very popular. Try adding modern accessories like boots, belts or jewelry to make the outfit look great.



Some affordable online clothing stores that have most of these pieces are:

- Depop- second hand site, so it's the closest thing to thrifting you can do right now.
- Zaful
- Shein
- Boohoo
- ASOS
- Hudson's Bay
- PrettyLittleThing

There's also sales on almost every site right now, making countless items more affordable. In addition, the sites and trends I've mentioned are just suggestions, so continue to buy and wear whatever you like. Following trends isn't for everybody, so dress yourself however you want. Everyone's free to represent themselves through clothing in any way. Happy shopping!

Images by Aritzia.

SUSTAINABILITY IN THE CAF

BY YVONNE ILAO

It's Friday. You're starving. The lunch bell rings and you bolt down the Pearson hallway. At the bottom of the stairs, the enticing aroma of hot food hits you, and you hear the excited chatter of hundreds of other students coming from behind the open doors. You've reached the iconic NWSS Cafeteria.

However, producing delicious and affordable meals is not the Cafe's sole objective. Due to the massive impact that food production has on greenhouse gas emissions, biodiversity, and water and land usage, it is imperative for food providers around the world to use sustainable means of production. Luckily, our own kitchen staff is already on the task.



@newwestcafe // Instagram

In the Cafe, sustainability is more than just a principle; it's a necessity. "Sustainability is important because if we don't take care of the environment, the environment won't be able to provide us with the delicious ingredients we use every day," says Chef Johnson. Additionally, he mentions the economic impact of our changing climate — without fertile land, resources will diminish, and kitchens will have to either raise prices, reduce portions, or sacrifice quality. The threat of global hunger is coming near; and, as consumers, we will have to adapt to diminishing food sources by making the most of what we have.

The Cafe is a stellar example of a sustainable commercial kitchen. All food scraps are composted. Everything that can be recycled, is recycled. The plates, cups, and cutlery are all made of biodegradable materials. Even the equipment undergoes frequent maintenance to ensure safety and efficiency. But apart from the material aspects, the Cafe's chefs emphasize that change lies within the people. All Culinary Arts students are evaluated on their ability to minimize waste. With this in mind, they learn to consider their environmental impact on a day-to-day basis.

But as the new school nears its opening, Chef Johnson assures us that the new NWSS Cafeteria will continue providing amazing food while promoting sustainability. "I am looking forward to the cafeteria becoming a meeting place where everyone can feel comfortable and make connections," he says.

The key to running a great cafeteria, however, is its workers. By offering Culinary Arts education (for free, nonetheless), they allow students to gain the skills necessary to make their own food while being aware about the environmental impact. Students in the Culinary Arts program gain experience working in a commercial kitchen and are able to develop their communication, organization, time management, and creative problem solving skills. Also, upon completion of the course they receive the Food Safe Level One certificate (which looks good on resumes), and, of course, they get free lunches. I, as a Culinary Arts student, have had a lot of fun working in our cafeteria; the tasks are challenging, the food is wonderful, and the skills I've learned have often helped me make my own meals at home. I highly recommend the program to anyone who enjoys food (By the way, spots are available for next year).

YVONNE'S QUARANTINE BAKES: DECORATED FOCACCIA

BY YVONNE ILAO // @GOURMETNOWAY ON TIKTOK



Here's an easy yet fun focaccia bread you can make with whatever herbs and vegetables you have in your house. You can keep the toppings to a minimum (I recommend basil and caramelized onion), or you can turn it into a work of art. (By the way, it's vegan.)

Dough:

- 1 pkg active dry yeast/instant yeast
- 1 ½ cup warm water (below 115°F/45°C)
- 1 tsp granulated sugar
- 3 ¼ cups all-purpose flour, plus more for work surface
- 3 tbsp extra-virgin olive oil
- 1 ½ tsp salt
- 2 tbsp extra-virgin olive oil (for topping)

Toppings (not all required; use whatever you have):

- | | |
|------------------------------|-----------|
| • 1 onion (any colour) | • Pesto |
| • 1 bell pepper (any colour) | • Olives |
| • 1 carrot | • Parsley |
| • Cherry tomatoes | • Basil |
| • Green onion | • Dill |
| • Other vegetables and herbs | |

- 1) In a large bowl, add water, yeast, and sugar. Let sit 5-10 mins or until yeast is bubbly. Add flour, salt, and oil. Fold with a rubber spatula until a ragged, sticky dough forms. Alternatively, use a stand mixer with the paddle attachment to combine ingredients.
- 2) Turn dough onto a floured work surface. Knead until dough is smooth, elastic, and slightly sticky. Add more flour if needed. Again, you can use a stand mixer with a dough hook to achieve the same results; however, I find that dough tends to stick to the bottom of the mixer bowl and thus does not knead properly. Form dough into a ball and place into a well-oiled bowl (you can use the mixer bowl). Proof in a warm place for 1 to 1 ½ hours or until doubled in size.

- 3) While dough rises, prepare the topping. You are free to use any method and design you want, but here's how I did mine:

- Caramelized onions: cut onion into thin slices. Cook in a small skillet over medium heat, with enough olive oil to evenly coat them all. Stir frequently, but not constantly. Once onions start to brown, add a pinch of salt and half a teaspoon of granulated sugar. Cook until translucent, but still holding its shape.
- Bell pepper: slice off top, bottom, and interior. Cut into ¼ in. triangular slices (to resemble sunflower petals).
- Olives and cherry tomatoes: cut into halves.
- Carrot: Peel off the outer layer, then cut in half lengthwise. Use a vegetable peeler on the flat side of the carrot to create thin, flat strips (try to make them as thin as possible). Place into a bowl of hot water to soften. Tightly roll up 1-2 softened strips into a rose, then place back into hot water.
- Green onion: cut lengthwise.

- 4) Place oven rack in middle position. Preheat oven to 425F. Generously coat a large baking sheet with 1 tbsp olive oil. Punch air out of dough then press onto the baking sheet. Using your hands, stretch to a 1" thick rectangle. Poke shallow holes into the dough using your fingertips then pour over the remaining 1 tbsp of olive oil, allowing it to pool into the holes. Arrange your toppings onto the dough, gently pressing them in.
- 5) Bake for 20-25 minutes or until golden. Allow to cool on the baking sheet, then use a large, flat spatula to move it to a cooling rack. Cut into strips or large squares, and serve warm.

ARENEX TO SPORTSPLEX

BY NEVE LA ROSA

On December 19, 2016, families all around New Westminster were met with the sad news of the collapse of the Queen's Park Arenex. Built in 1938, the Arenex was constructed for accommodating city events and sporting leagues. Before its devastating downfall, the Arenex was, most notably, the home of the New Westminster Gymnastics and Trampoline Programs and the Shasta Trampoline Club, both created and coordinated by Valerie Johnson who has worked for the city of New West for over 50 years.

Hundreds of New West citizens, myself included, had been attending gymnastics and trampoline lessons at the Arenex since early childhood, considering it like a second home. Its collapse has left a gaping hole in the hearts of our community, even though the gymnastics program has since resumed during the spring and summer at the New Westminster Curling Club. But since then, we've been seeing a lot of exciting construction around the old Arenex site, including a new skate park. Now, the city has a brand new sports facility on the way! With an expected completion of late Spring 2020, the New Westminster Sportsplex has been in development since Fall 2019 and has been programmed to replace the Arenex and its functions, but is also gaining some new additions to the facility.

The Sportsplex will have transparent walls surrounding its program space, allowing spectators to safely watch and enjoy the events and activities taking place inside; and there will also be universal washrooms inside the facility, much like the newly constructed washrooms in Queen's Park's Rainbow Playland. These washrooms will be the second of their kind built in New West as the city continues to aim for accessibility and acceptance for all. Although it's difficult to say when the Sportsplex and its programs will be open to the public given the current circumstances of the Covid-19 pandemic, it's definitely something for everyone to look forward to once things pick up again and our community is reunited under its blue slanted roof.

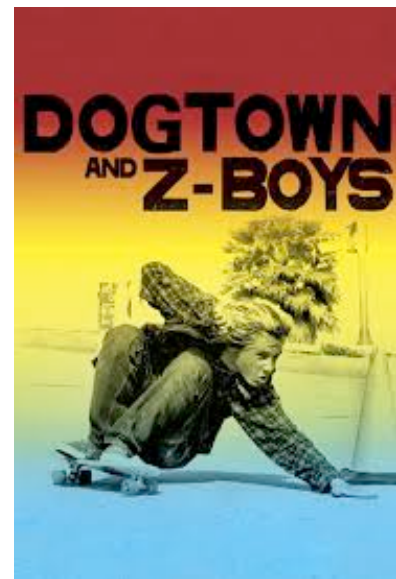
SPORTS MOVIE RECOMMENDATIONS

BY ISABELLA MCDONELL

Throughout the past two months of social distancing, I have found myself watching many movies with my family. Often, we rotate who is responsible for picking the film each night. This has become stressful, as a perfect balance of family-friendly cinematic excellence is required. I imagine this is universal amongst many of our readers. To combat this, I gathered a collection of sports films rated under PG-13 to watch with (or without) family.

Dogtown and Z-Boys (2001)

In the past few years, skateboarding and skate-culture has once again become popular in mainstream media and fashion with films like *Skate Kitchen* (2018) and *Mid90s* (2018) only fueling this exposure. *Dogtown and Z-Boys* gives a compelling history of modern-day skateboarding, which has sustained a healthy underground culture ever since its 1970s revitalization in Los Angeles. Narrated by Sean Penn, this documentary has lively editing. Nostalgia junkies will appreciate the fashion and lifestyle these young athletes have championed. Paired with an epic soundtrack, *Dogtown and Z-Boys* is bursting with spirit and life. Directed by Stacey Peralta. Rated PG by Alberta Film Classification.



The Endless Summer

A FILM BY BRUCE BROWN

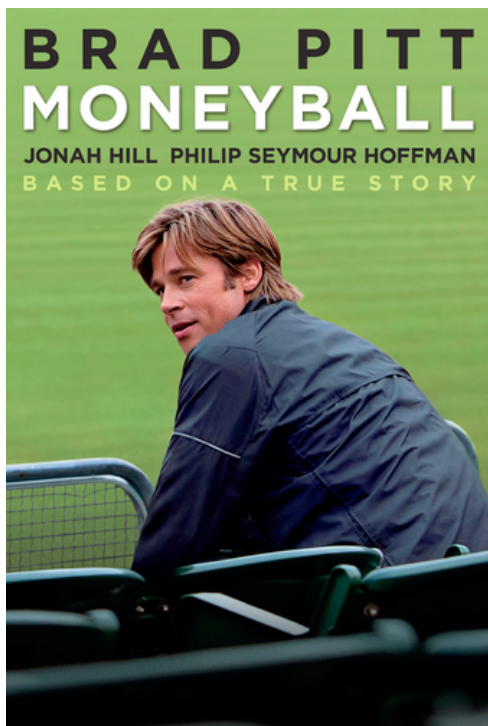
The Search for the Perfect Wave



"Brilliant, a perfect movie, a great movie."
—The New Yorker

The Endless Summer (1966)

The Endless Summer chronicles two young surfers, Michael Hynson and Robert August, as they pursue an endless summer. Followed by documentarian Bruce Brown, these men travelled around the globe, attempting to find perfect surf spots. This film is visually appealing with its backdrop of stunning coastlines. The uniqueness of Brown made him a pioneer in surfing films, which were very popular in the 1960s and 70s. The poster for *The Endless Summer*, along with the movie itself, has become a pop culture icon. Directed by Bruce Brown. Rated G by Alberta Film Classification.

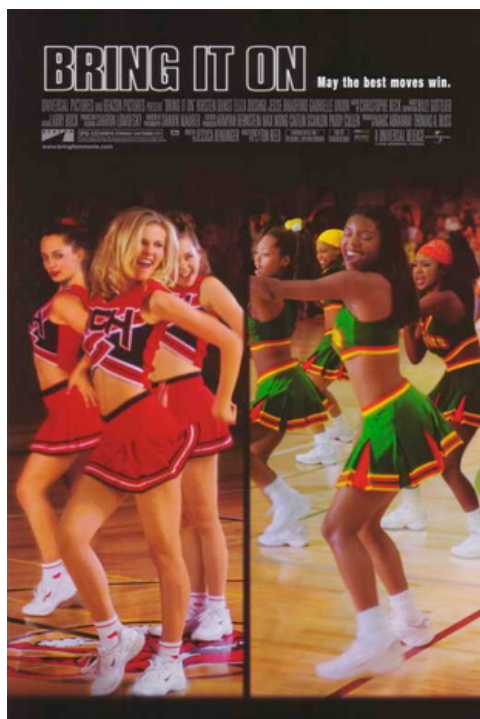


Moneyball (2011)

Moneyball tells the story of the Oakland A's and their unique scouting technique that revolutionized baseball. Starring Brad Pitt and Jonah Hill, their sharp banter captures any moviegoers attention. Aaron Sorkin (*The Social Network*), known for his witty dialogue, crafted this screenplay. *Moneyball* was nominated for six Academy Awards. In 2002, the A's won 20 consecutive games, scoring an American League record. Manager Billy Beane (Brad Pitt) and assistant GM Peter Brand (Jonah Hill) used data analysis to defeat their small salary budget for players. *Moneyball* is an intriguing film that both sports players and movie fanatics can enjoy. Directed by Bennet Miller. Rated PG by Alberta Film Classification.

Bring It On (2000)

Bring It On is a clever 2000s comedy that expertly combines cheerleading and social issues. This lighthearted film stars Kirsten Dunst, Eliza Dushku, and Gabrielle Union. Surprisingly, you can expect major character development. This comedy addresses cultural appropriation, which you can find in all aspects of modern music, dance and fashion, without demonizing its victims. Do not be fooled, though, this film only brushes the surface of how this cycle can destroy and undermine customs. *Bring It On* has definitely earned its spot as a classic airy teen movie. Directed by Peyton Reed. Rated PG-13 By Alberta Film Classification.



A VOID IN NEW WESTMINSTER SPORTS

BY MAKENA THOMAS

Box Lacrosse, Canada's national sport, is quite popular in the lower mainland. It's the pride and joy of New Westminster's Queen's Park Arena. The Senior A Salmonbellies are part of the Western Lacrosse Association, just one level below the NLL (National Lacrosse League), and have won the Mann Cup 24 times. Hundreds of people spend their summer nights crowded in the arena during playoffs to be entertained by the athletes. This year, however, we're risking the possibility that the Bellies, along with all other teams in the WLA, won't be playing for the first time in 52 years.

New Westminster may be a small city; we don't have big fancy sports complexes like Coquitlam or an NHL hockey team like Vancouver, but we have the Bellies. Generations upon generations of New West citizens have played for the Salmonbellies. There are hundreds of retired players who commit their Thursday nights and Sunday afternoons, for months on end, to watching the Seniors play as watching the games helps allows them to remember what it was like for them on the floor. Recently, the seniors have gone into playoffs—not much farther than a few rounds, but their hard work is always celebrated.

The players and devoted fans are devastated at the season's postponement. Everyone saw it coming, but the desire for some form of entertainment makes everyone miss the games even more. Young kids are upset to be missing out on a season of box lacrosse as well. Isabella McDonell says, "It is such a shame the season was cancelled. The postponement was necessary, of course, but very unfortunate for older players (who have very little time left on the floor). So many players are going to play college next year and will not be able to engage in box lacrosse for another four years." Isabella speaks for hundreds of downcast kids who are unable to participate in their favourite spring sport this year. Lacrosse is a sport that brings the small city of New Westminster together and its absence will most definitely not go unnoticed this year.

WORD SEARCH: QUARANTINE THEME

Words can be found vertical, horizontal or diagonal, forwards or backwards.

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

Baking
 Coronavirus
 Netflix
 Reading
 Video chat

Boredom
 Covid
 Online
 Social isolation
 Video games

Conspiracy
 Hoarding
 Pandemic
 TikTok

Cooking
 Mask
 Quarantine
 Toilet paper

			5					9
2							5	7
	5		9		1	3		
5	6			9	3		7	4
4	7	9				5	3	8
3	8		7	5			9	1
		3	6		2		4	
8	2							6
9					5			

SUDOKU

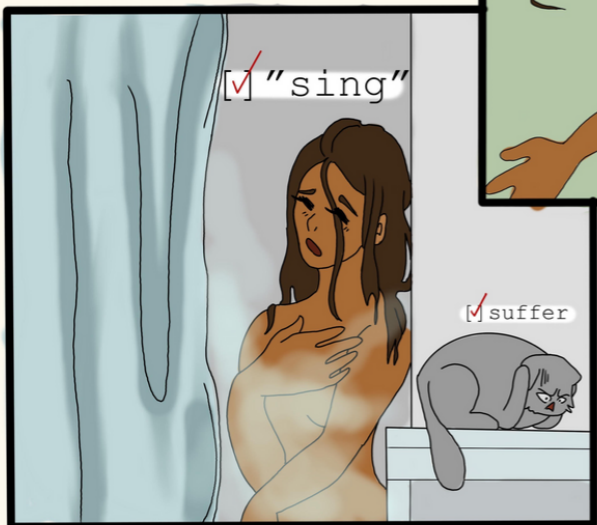
Each row, column, and 3x3 box (defined by the bold borders) must contain the numbers 1 to 9.

Level: easy

Answers can be found on page 40.

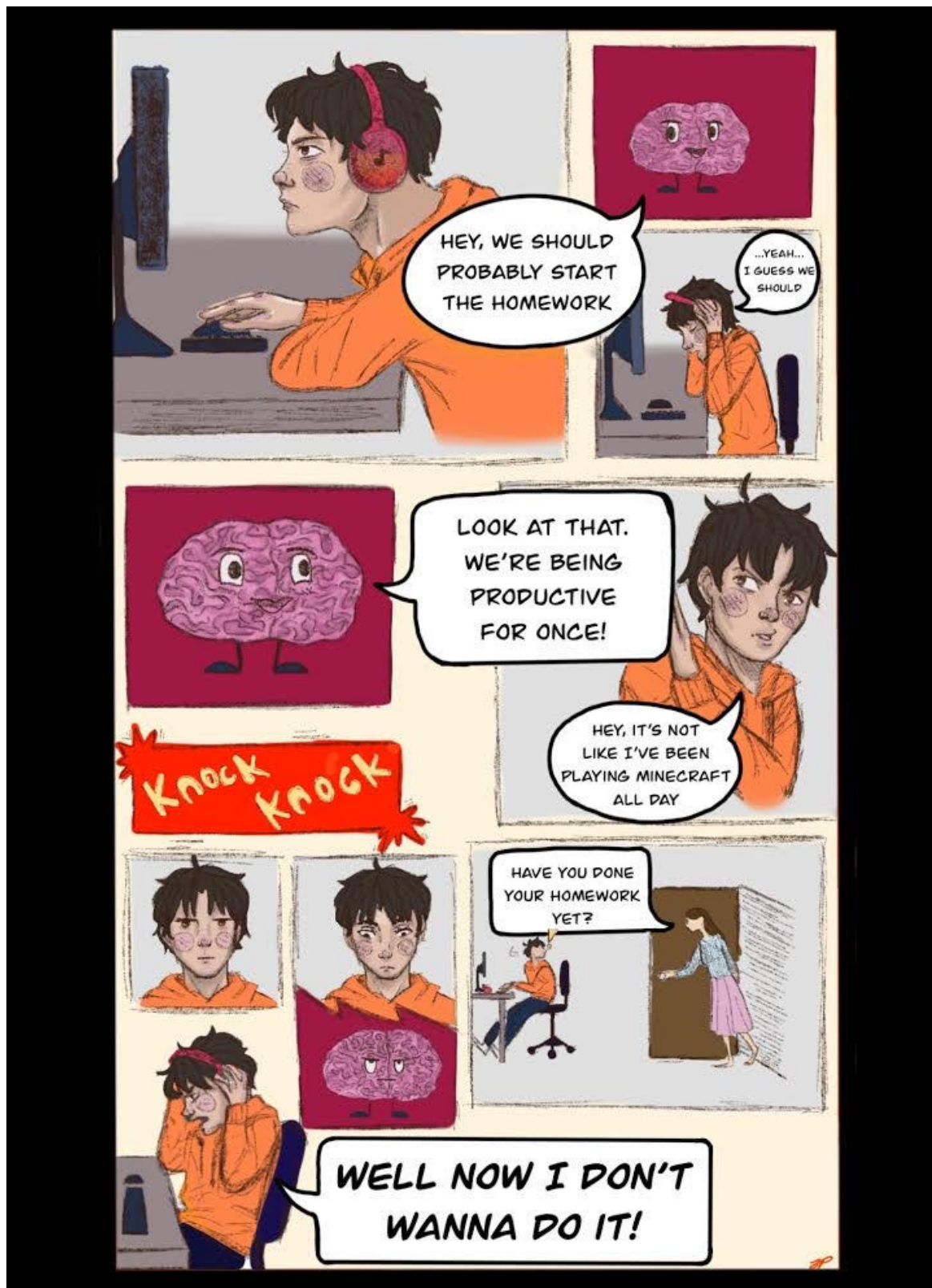
COMICS

By Caitlin Roach



Caitlin Roach

By Julianna Platts



SUBMISSIONS FROM READERS

THEME: QUARANTINE

**SUFFOCATION
BY
JANE LLOYD**



**Grace
Shen**

Marge Larioza



Nostalgia: An ache for the past

By Ryan Abel

Given the situation in which we are all currently living, stuck inside with little to fill the days aside from watching Netflix, playing games and sleeping, it's become rather easy to look upon the past with a warm fondness. It is easy to fall into a daydream about late summer nights spent with friends, childhood vacations spent with families, and early mornings spent watching cartoons. Due to the recent end of the decade, television and social media has been bombarded with warm moments and memories from the 2010s. Despite the general warmth of these memories, thinking about these moments is too often accompanied by a mild sadness. This internal ache has two root causes. The first being the knowledge that those times are over and you cannot go back and truly relive those moments. The second cause is the fear that you will never experience times like that again: the fear that life has peaked and it's all downhill from here. This line of nostalgic thinking can be a trap, catching people in a cycle of trying to recreate those warm times they remember but never quite reaching the highs of the past, like they're chasing the dragon. But you can never truly recapture the highs of the past because, just like dragons, they don't really exist. Overtime memory shifts, slowly smoothing out the past leaving only the highs without the lows that accompanied them. Don't get so caught up in the past that you fail to appreciate the present or plan for the future. Look ahead at the unknown of the future and ask what do I want to see? What do I want to taste? And what do I want to experience? Nostalgia is the warm campfire that is used to tell stories and reminisce while the future is the cold and refreshing lake at the end of the path. You can either stay at the campfire and hear and tell the same stories, or you can jump into the unknowns of the lake and continue to live life.

MAX MACINNES-CANN

Weather: Sunny!!! (For now...)

Music: Playing

It's been 53 and a half days since I've been to school, 47 days since I was at a friend's birthday, and a very long time since I've been anywhere but my house (except for walking my dog and running around the neighborhood).

This is weird. Everything is weird.

This is a prime example of how life chucks some strange object in your arms and-

Wait, it's 7 o'clock; I'm going to go cheer.

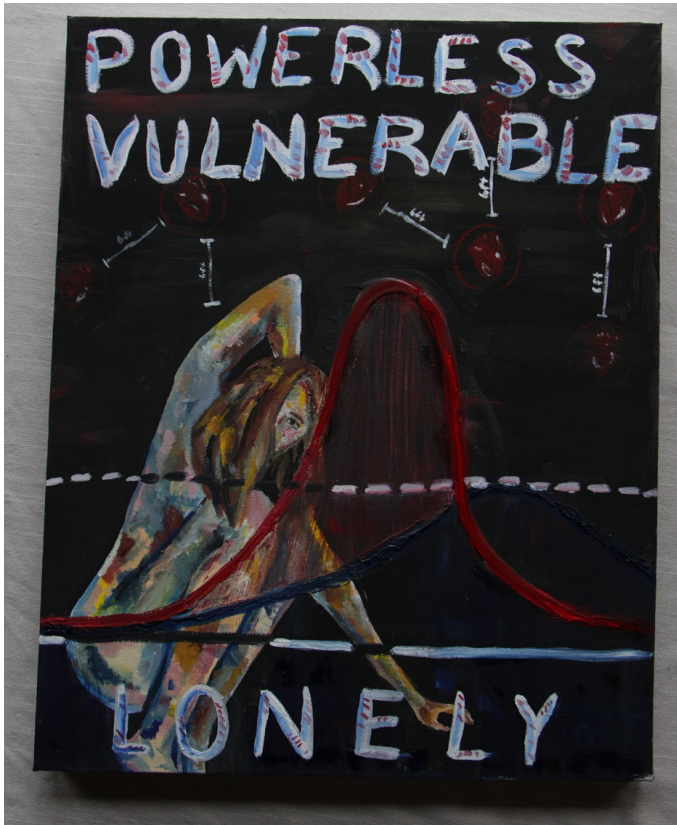
-you have no choice but to catch it.

In some ways, I think I really needed something like this. I have dirt on my legs and under my fingernails as I write this. The last year has been difficult, but now I am happy almost every day. This is odd, very odd, because I should be grumpy and miserable and gloomy and anxious. To say the least, I'm glad this isn't the case. The outside world is scary with the virus and how it is affecting different people in different ways in different places. There are so many people I can't help who desperately need it. And to top it all off, the environment is still in peril. Why am I not more concerned? Okay, now that I type it all out it seems a little more heavy than before...

A "Sweet Sixteen" isn't very sweet when you can't spend it with anyone but those you live with, in your lodgings, and you have online school and the rain is relentless. Late April, I rode my bike to see the birthday boy and drop off a card. We talked for an hour, him at the top of the stairs and me at the bottom, my crooked rainbow umbrella balanced on my shoulder. I rode back feeling fuller and lighter all at once. Cherry blossoms floated down around me as my frozen fingers tried to grasp onto the handlebars and the umbrella balanced there. Rain collected on my glasses and dropped into my eyes: A chaotic and peaceful moment, almost perfectly describing how I feel about isolation.

Online school, amiright? It seems straightforward, but in reality is all higgledy-piggledy. Teachers are working hard, and we students are too, but it's odd. I feel a disconnect, like we are on a break and for some reason still getting work assigned, even though we aren't. I only have one real academic course, and yet certain days I feel like there is no way I could finish my homework. I'm trying my best.

I have a little advice that might make your isolation a little less dismal: dance more, sing louder and do what makes you happy. It's more than okay to have a rest day, or two or three. Do all those fun things you've always wanted to do: write a song, learn to knit, start a YouTube channel on raising chickens. Look out for one another and get some sleep. I think we've all needed a little break from regular day-to-day life. This is an opportunity to wind down, for those of us who aren't working (thank you, essential workers!!!). You deserve it. Don't worry about productivity too much, as long as you're doing what's right for you, you're doing great. If you wanted, you could even drop off some food to your at-risk neighbours and friends who can't go to the store. Now, wash your hands, drink some water, and hug yourself tight.



ISABELLA
BOUCHARD

KAITLYN
BIEDKA



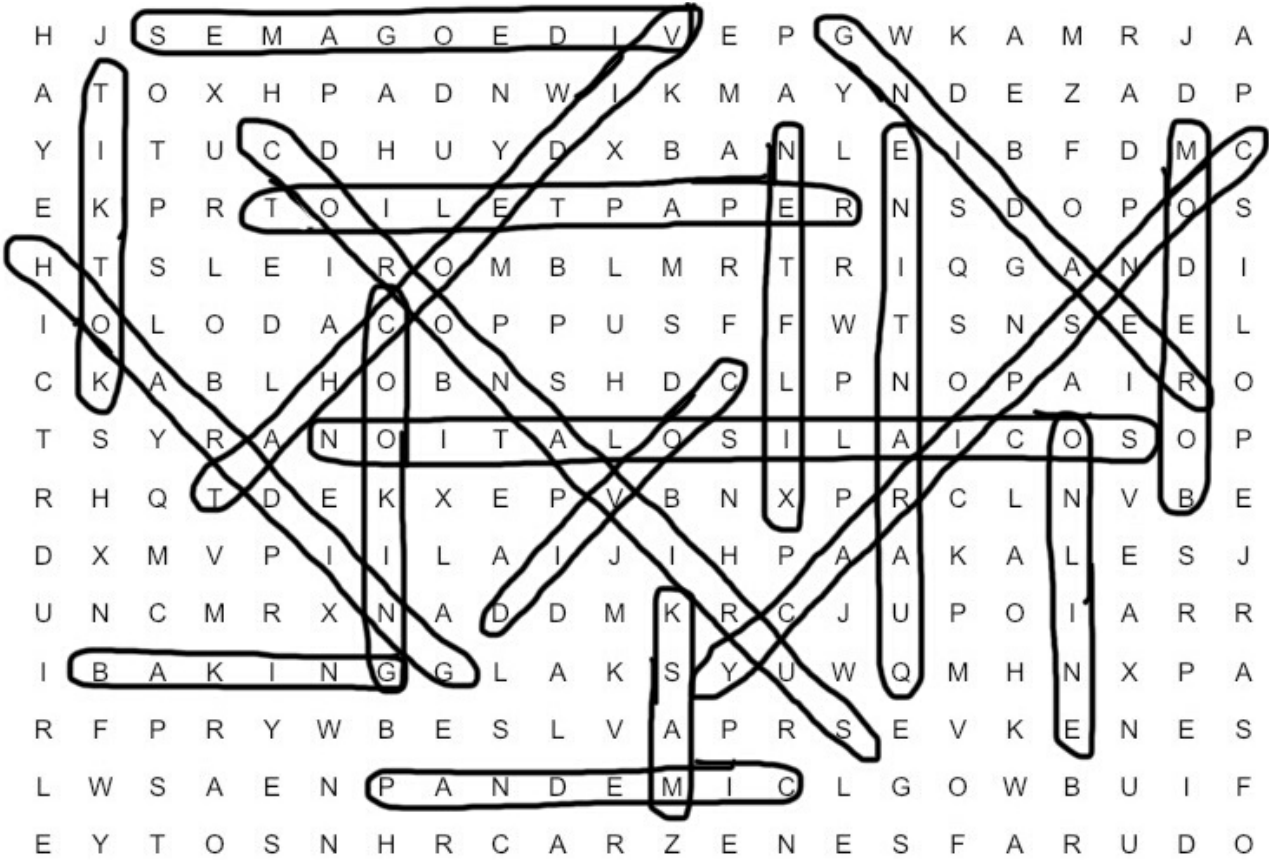
A TRIBUTE TO OUR GRADUATES OF 2020



NWSS's class of 2020 has always been a class of dreamers. Regardless of the adversities that exist, you have dared to explore the possibilities. We at Student Press are celebrating your daring, your dreaming, and your success in these strange times. Your efforts have culminated into an incredible achievement! As you go forth into 2020 and the rest of your lives, we hope that you will find happiness in whatever you choose to

pursue. Congratulations on being New Westminster Secondary School's class of 2020! Never stop dreaming big. May your highschool experiences allow you to dream even bigger and make the world even brighter.

ANSWER KEY



1	3	8	5	2	7	4	6	9
2	9	4	3	6	8	1	5	7
6	5	7	9	4	1	3	8	2
5	6	1	8	9	3	2	7	4
4	7	9	2	1	6	5	3	8
3	8	2	7	5	4	6	9	1
7	1	3	6	8	2	9	4	5
8	2	5	4	3	9	7	1	6
9	4	6	1	7	5	8	2	3

A MESSAGE FROM THE STUDENT PRESS

Thank you for reading the June edition of NDUB Student Press!

This is our last issue for the 2019-2020 school year. Our gratitude goes out to the NWSS teachers and administrators, without whom none of this would have been possible.

See you next year!

Questions? Comments? Concerns?

Send an email to ndubstudentpress@gmail.com.

Follow @ndubstudentpress on Instagram for announcements!

Formatting by:

Keira Lee

Elena Massing

Kai Hiroti

"Neve's Latest Listens" Masterlist:



June 2020:

