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FAIRLY FABULOUS FAIRY TALES: The cast of Into the Woods perform an ensemble song, top; Chloe Summer cowers before Elizabeth Maller, bottom left; Kendra Lee and Bhodi Jordan, both grade 12, gathering the items necessary to break the witches curse.

Into the Woods closes out final two shows

JOON LEE
Edge columnist

Tonight is the second last evening for performances of musical theatre's production of **Stephen Sondheim's Into The Woods**. Previous performances were held on May 3-6, and May 9 and 10.

"It was an amazing start to our show weeks," said **Indah del Bianco**, grade 12. "We had a few hiccups as expected, but we were so proud of finishing our first show that no one really cared. The moment the lights went out at the end of the show, we burst into cheers and high fives," added del Bianco.

The play's story starts when the Baker steals the Witch's vegetables and beans. She reveals a curse she had placed on the baker's wife, so that they can't have children. In return for bringing the Witch a cow as white as milk, a cape as red as blood, hair as

yellow as corn, and a slipper as pure as gold in three days, the witch promises to break the curse and grant them a child.

The baker and his wife try to find all the items in an effort to break their curse. They meet various fairy tale characters in the process such as Cinderella, Little Red Ridinghood, Jack of the Beanstalk fame, and Rapunzel. When the Baker meets these characters, the story unfolds in ways that are different from the usual stories people know.

"I wouldn't say anything about [the performance] May 4 was disappointing, other than the audience's reactions," del Bianco. "We had a lighter response to some jokes in the show, and some numbers didn't even get applause. I think what the audience doesn't realize, is that the actors judge the quality of the audience just as much as they judge the quality of the show!" said del Bianco. "Audience etiquette is so important, and in

future shows, we will be looking forward to the different responses we get." del Bianco hopes for better audience response in the remaining performances.

"As they have been preparing for *Into the Woods* for a long time, I hope it ends well," said **MinKyu Lim**, grade 11 drama student.

The remaining performances are happening tonight and tomorrow at 7 pm. Tickets to see the show can be bought online at Showtix4U.com for \$12 for students/seniors and \$15 for general admission. Snacks are allowed during the performance.

"I hope the rest of the performance ends happily and rewardingly. As this is the first live performance in two years, I hope it will be a successful performance," said **Ryan Kim**, grade 11.

del Bianco said to those who haven't seen the show yet "You're missing out! After so much isolation in the past two years, live theatre is truly an amazing experience."

Commencement set for Orpheum on June 1

VICTORIA MUNDELL
Staff reporter

The world has begun to make its way back to normal as COVID-19 restrictions lift, bringing back traditions like the commencement ceremony. After two years of being affected by COVID-19 restrictions, the school district is once again allowed to host in-person full capacity ceremonies with little to no restrictions. This year's commencement ceremony will be on June 1, at 7 p.m. at the Orpheum theatre.

"I really appreciate [having a commencement ceremony], it's quite different from the last years, so I'm quite grateful to have one," said **Ashley Huang**, grade 12.

Graduates will enter the theatre on Granville Street, separate from family, where they will meet at the top floor. Every graduate receives three complimentary tickets for guests and any extra tickets cost \$5.

The Orpheum is 95 years old, presenting a renaissance look that creates an elegant atmosphere for graduates as described by **Kelly Zimmer**, vice principal. The event itself is formal and students are expected to behave in an appropriate manner; the ceremony should not be treated like the dinner dance, which is happening on June 17.

No restrictions are in place as of now, but general safety precautions will be taken, such as substituting shaking hands during the ceremony for fist or elbow bumps. The theatre has a capacity of about 3000 people, making overcrowding unlikely as there are only 315 graduates but an estimated 297 attending plus family and staff.


Last year commencement was held in the MPR at a much smaller scale. Students were given a time to arrive in the parking lot where they were placed into groups and spaced six feet apart until going into the MPR for their turn. Compared to years before where students would walk onto the stage of the Orpheum theatre facing a large crowd. Because of its complexity, the full day took many hours to run, with some organizers getting there at 6:30 a.m. and leaving at 4 p.m.

"I knew how disappointed families and kids were, but we weren't allowed [to do things as normal,]" said Zimmer.

With the return of normal graduation comes an air of enthusiasm in the graduating class as attested by Huang, "It's impossible to not feel emotional about [commencement], it's the end of the beginning; but even though you may feel sad, you still feel hopeful about the possibilities it signifies," added Huang.

INSIDE

SLEEP DEPRIVED: Nearly one million Canadian teens are sleep deprived, yet are there any solutions?



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MORE GREEN SKY AHEAD IN BC: More and more auroras will be appearing in BC!

NETBALL SILVER MEDAL: The netball team snag silver at provincials.



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ONtheCALENDAR

- MAY 23 Victoria Day
- MAY 30 Pro-D
- JUNE 1 Grade 12 Commencement
- JUNE 7-10 Senior Drama Showcases
- JUNE 17 Grade 12 Grad Dinner/Dance



Nearly one million Canadian teens sleep deprived: action needed

Out of the approximately two million teenage Canadians between the ages of 14 and 18 years, as many as 975,000 suffer from a serious lack of sleep according to The Douglas Research Center. On top of that, almost 13% of teenagers are experiencing severe insomnia. Unfortunately, this issue has yet to be solved, and more attention needs to be paid to it.

Teenagers are sleeping one hour less on average than they did 20 years ago, as reported by the Toronto Star. 60 to 70 percent of today’s teenagers do not get the necessary seven to nine hours of sleep every night.

On weeknights, many teenagers receive just around six hours of sleep, compared to the recommended amount of eight to 10 hours according to the Canadian Paediatric Society, which qualifies as serious sleep deprivation.

“I noticed that many students in my first block show signs of sleep deprivation,” said **Janet Kim**, Korean, fashion, and photography teacher. “If I start the lesson right at 9 a.m., they cannot really focus on what we are doing, so I have to give them five to ten minutes to settle in and get ready. Even then, their body language and facial expressions show that they are tired first thing in the morning,” added Kim

Adolescence is a vital stage for teens’ brain and body development. With chronic sleep deprivation, teenagers are at risk of poor concentration, drowsy driving,

weight gain, and mental health issues, such as depression, low self-esteem, and anxiety.

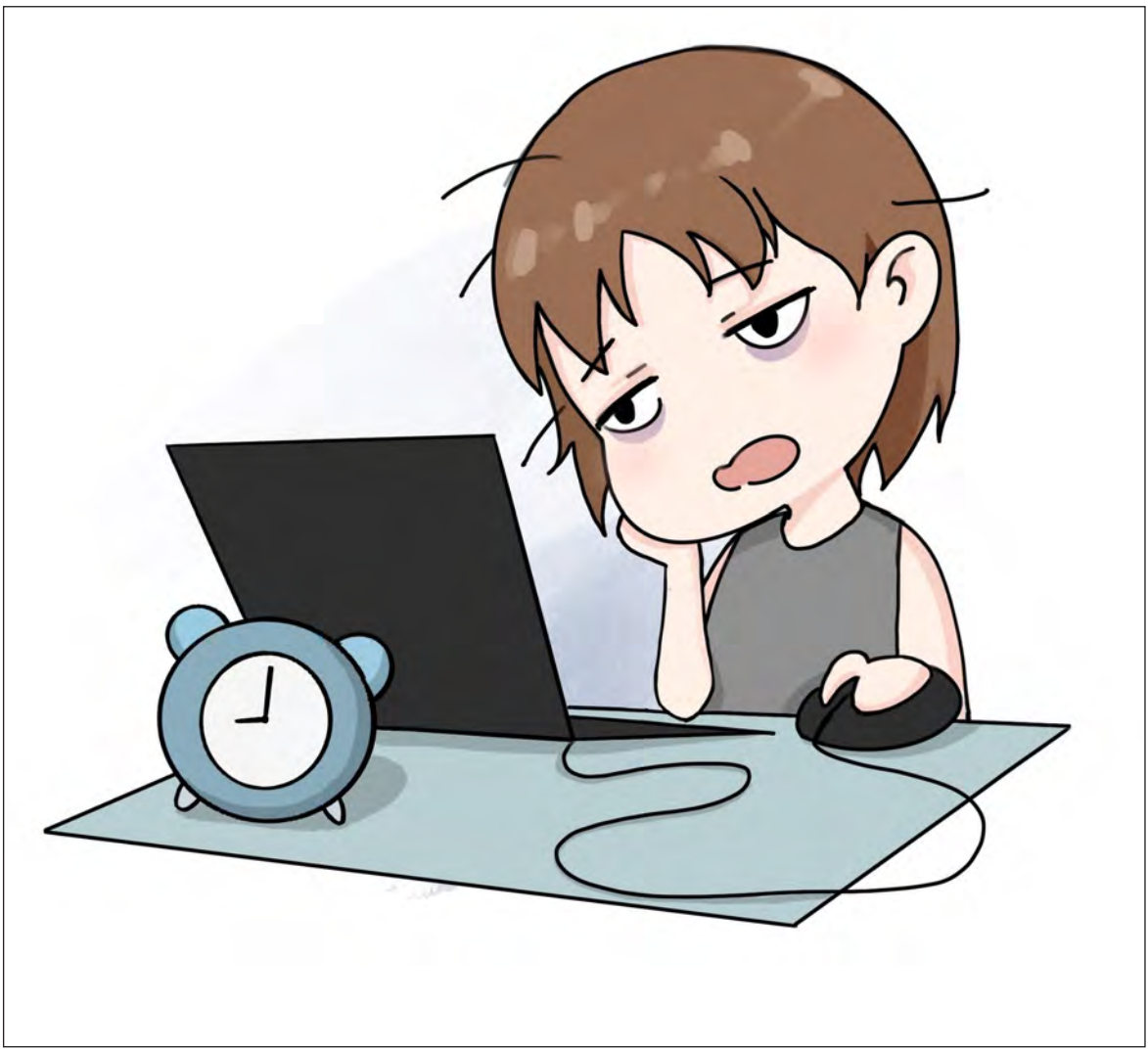
As the research article on Technology Network indicates, teenagers undergoing short sleep consumed more foods that are likely to be high-sugary. It is calculated that sleep-deprived teens can end up consuming 4.5 extra pounds of sugar per school year, leading to problems such as obesity.

“I always find it hard to focus during the day if I stayed up late the day before,” said **Olivia Cao**, grade 11. “Because of my messed up sleeping schedule, times of my breakfast, lunch, and dinner are messed up too, and I don’t feel as energized as before.”

While social media, usage of screen, overscheduling, and caffeine drinks can be potential factors that cause shorter sleeping hours for teens, parents and schools should recognize more reasons behind and the necessity of helping teens strategically.

Sleep is often viewed as a “disposable item” in society, especially for teens at the age of entering college. When facing more tasks and responsibilities, sleep is the first thing to sacrifice.

As a result, raising teen’s awareness of the importance of enough sleep hours should be a priority. Listening for opportunities to bring up sleep in the context of anything teens are interested in and build their self-motivation through encouragement is



important.

Building the concept of a “healthy sleep routine” is also crucial as many teenagers are not familiar with the science behind sleep patterns.

Based on CNN Health, a brain’s clock of sleeping can be formed by being consistent with sleeping

time, and maintaining this clock will improve sleep quality.

Waking up within one or two hours of weekday wake-up times on Saturday and Sunday keeps the brain clock in sync and makes it simpler to fall asleep at the appropriate time on Sunday night.

“Time management is a big

thing for me, because of this, I sometimes have to cut my sleeping hours and my sleep times become really random. If parents and school can give me some tips or methods and help me during the process, I think I can improve a lot in building a healthier sleep routine,” said **Linda Huang**, grade 11.

British Columbia introduces first anti-racism data act in North America

DERRICK WU
Edge columnist

On May 2, the BC government introduced the Anti-Racism Data Act, a first in North America, to aid in the dismantling of systematic racism and discrimination faced by Indigenous and other racialized groups.

According to the Tri-City News article “B.C. tables data collection law to help dismantle systemic racism, says premier” by **Dirk Meissner**, this legislation allows the government to collect and use data that indicates people’s hurdles as evidence to assist and develop more equitable policies.

“I always say that I’m the son of an Irish immigrant, but it’s got to be more than where you came from,” said **John Horgan**, the BC premier. “It’s what can we do tomorrow to make this dynamic,

diverse multicultural community also an anti-racist community,” Horgan stated to the press during a news conference before the introduction of its Anti-Racism Data Act.

Horgan believes this act will help the government to determine the gaps in programs and services to achieve a better standard of needs for Indigenous people, Black people, and other people of color in the province who face discrimination in B.C.

The article “B.C. becomes first in North America to introduce Anti-Racism Data Act” by **Richard**

Zussman and **Amy Judd** said that this legislation is one of the first pieces of new legislation to be co-developed with Indigenous leadership under the Declaration on the Rights of Indigenous Peoples Act. The province also

people will not believe what the government says and will not take it seriously.

In 2020, Canada’s hate crime reached its highest in a five year period according to Statistics Canada. Through the pandemic, more people of color have experienced racism.

The government believes this legislation will help to remove barriers, reduce systemic racism. The government said

more than 90 percent of racialized people and more than 13,000 people completed the survey, which collected people’s ethnicity, gender identity and faith and this can

be the bridge of trust between the government and racialized people. The government said the next survey of provincial demographic data will be collected starting next fall.

Racism is a global problem that can’t currently be solved, but it can be lessened with more individuals putting more effort into it. British Columbia is a province that builds on diversity with people from all over the world.

Although government can’t completely erase racism in the province, it is making progress. Still, the Anti-Racism Data Act will always be a law; eliminating racism requires people to overcome their bias.

With British Columbia leading the way, more provinces will hopefully follow suit in the fight against racism with using data to help protect all Canadians.

“ Racism is a global problem that can’t currently be solved, but can be lessened with more individuals putting more effort into it.”

—**Derrick Wu**
Edge columnist



ARTONA

promised there will be safeguards to protect the data being collected from being used in harmful ways. Government officials also said that the data must be accurate, or

TALONSTalk

With the column about the power of comic books as a great thing to read, *The Edge* asked:
“If you had one super power what would it be and why?”

“

Reading minds because I can befriend anyone.”

—Sean Oh
grade 11



“

I want to have the ability to travel across multi universes to experience different lives and to meet the other selves in these universes.”

—Alissa Xiang
grade 12



“

Mind control because it would be fun.”

—Tida Ghorbani
grade 10



“

I'd like to be able to stop time so I can do my homework the last minute.”

—Sunny Kim
grade 9



“

I would probably like to fly . . . being able to connect with everyone around the world would be pretty cool.”

—Michelle Bennett
science teacher



“

I would probably have the power of wind or air, so that I can fly.”

—Sumaya Ahmed
grade 11



Power of comic books more than just super powers, funny suits

JAN FISCHER
Edge columnist

Comic books and graphic novels don't appeal to everyone. Some people don't take comics as seriously as other books, and most don't realize the benefits of reading these visual masterpieces. So what are the benefits of reading comics?

A lot of people don't know how to get through the time until the next Avengers movie. In this case, superhero comics are just the thing. Here, the famous heroes experience new adventures every month, and fans no longer have to wait what feels like decades for the next superhero action.

Many people, especially young readers who have difficulty improving their reading abilities, can profit from the visual format of comics and graphic novels. With intense graphics and a strong focus on plot and characters, comics can be much more engaging than other literary media such as novels or short stories.

But comics are more than stories about

people with superpowers in funny suits. Whether it's horror, fantasy, or science fiction, comics offer just as many different genres as any other medium. Topics can also be closer to reality, or material based historical events and even autobiographical material, which help people get information that they might otherwise find boring. Comics can contribute to building the reading abilities needed to comprehend more difficult texts.

Moreover, many series such as *The Walking Dead*, *Preacher* or *Lucifer* are based on comics. So why not take a look at the original? It is really surprising, how many popular series differ from the original.

With this huge selection, there is of course

something for the more demanding tastes. Some comics have already been reviewed in major newspapers.

Comics can be pretty crazy, but in a positive way. After all, it's ideas like these that show the creative potential of human beings and that no idea has to be considered too

“

But comics are more than stories about people with superpowers in funny suits. ”

—Jan Fischer
Edge columnist



far-fetched. Just be open to some bizarre humour and a little creative chaos, and then comics are definitely something to read.

Comic books and graphic novels are gateways to success in literacy, at any level of ability.

Films/Movies Based on Comics

While many people are familiar with the traditional comic book superhero movies and shows, it's not surprisingly, there are lots of movies and television/streaming shows that are based on comic books:

- *Men in Black*
- *The Walking Dead*
- *Lucifer*
- *Preacher*
- *The Boys*
- *Snowpiercer*
- *Locke & Key*
- *30 Days of Night*
- *iZombie*
- *Riverdale*
- *Sweet Tooth*
- *I Am Not Okay with This*
- *The End of the F***ing World*

Right to repair important part of ethics, environmental efforts

PATRICK MA
Edge columnist

In the past decade companies have made it increasingly more difficult for customers to get their devices or appliances repaired either by themselves or by third parties. Companies have denied their customers the right to repair by denying access to genuine replacement parts and device information in an effort to boost profits.

According to the New York Times article “What You Should Know About Right to Repair” by **Thorin Klosowski**, “The idea behind ‘right to repair’ is in the phrase itself: if someone owns something, then they should be able to repair it or take it to a technician of their choice.”

The Consumer Reports article, “People Want to Get Phones and Appliances Fixed—But Often, They Can’t” by **Kaveh Waddell**, states that “new products often have forbidding design elements such as nonstandard screws and glued-on parts.” This makes something as simple as replacing a battery nearly impossible. Which forces consumers to get their device fixed at an authorized service center, turning a simple repair into a hundred-dollar inconvenience.

A consumers' inability to fix their own devices has an environmental impact too. In Waddell's article, **Aaron Perzanowski**, a professor at the Case Western Reserve University law school stated that, “Each failed fix adds to the staggering volume of harmful e-waste produced and stokes demand for new devices built with rare natural resources.”

This would contribute to global warming and be detrimental to the environment as more energy would be used in the acquisition of new materials, assembly, and shipping of new devices.

On top of the environmental impact, the lack of a right to repair law also has a major impact on consumers wallets. In Waddell's article, Perzanowski said that “it's expensive for consumers: A new smartphone can cost many hundreds of dollars, while a simple fix might amount to \$50 or \$100,” this means that if you had a minor issue with one of your devices that would only cost a few dollars to repair, you would have no choice but to spend hundreds, if not thousands or dollars to replace that device with a newer one.

This issue isn't limited to handheld devices. According to the CBC news article,

“Why calls for ‘right-to-repair’ rules are revving up again for vehicles in Canada” by **Tony Seskus** and **Paul Karchut**, **Lawrence Romanosky**, who managed luxury car dealerships for two decades, said that “roughly 30 percent of income at a dealership comes in from the service department” further proving that manufacturers have chosen profits over their consumers. Due to the fact that the tech and auto companies charge more for repairs, this would have an impact on lower-income families as the won't be able to afford the repairs they need, which may result in lost jobs or income. For instance, if you are working remotely, and your laptop breaks. The repairs may be too costly, and out of reach. Which would prevent someone from working.

Technology companies have refused to make changes to their devices that would make repairs easier. In Klosowski's article **Kyle Wiens**, CEO of iFixit, says that “There's evidence that when companies want to make something repairable, they can,” “Wiens points to the Surface Laptop 3, which Microsoft improved in terms of repairability between versions without changing the core design....They re-arranged things inside the product, and they found their way to making

a serviceable product.”

Throughout a devices life, things may break and need to be replaced, but, if the customer needs to rely on major corporations to fix their devices for them, do they really own the device? Do customers really own their devices if they can't take matters into their own hands and fix the device themselves?

Steps towards giving consumers the right to repair are being made. In the CBC news article, “Canada gets closer to a right to repair law” by **Andre Mayer**, **Michael Coteau**, an Ontario MPP introduced a private member's bill amending Ontario's Consumer Protection Act, the first right to repair legislation ever proposed in Canada. This bill would force companies to provide consumers or third-party repair shops with genuine replacement parts, and diagnostic tools for a fair price.

Additionally, according to Klosowski article, “What You Should Know About Right to Repair,” by, “After years of pushback, in 2019 Apple finally opened its iPhone parts and tools to third-party repair shops.”

It's now time for companies to allow for the right to repair - or for the provincial or federal governments to make it possible for consumers.

Inflation increase linked to Russia’s invasion of Ukraine

ELIAS WORTIG
Edge columnist

Everything is getting more expensive. Gasoline is 48 percent higher than a year ago and that’s 18 percent just in March. Grains are 32 percent more expensive, and fuel oil has risen 22 percent. But why is this all happening?

Why is gasoline over \$2 all of the sudden? Well the answer is simple: inflation. But what is inflation?

Inflation is the rate of increase in prices over a given period of time. It is typically a broad measure, such as the overall increase in prices or the cost of living in a country.

So, basically money is losing its worth respectively its purchasing power. A person still has the same amount of money but it has a lower worth and with its purchasing power.

That can happen if there is a shortage of goods like. In this case some economists are attributing this to the lack of grains that come mostly come from Ukraine, often called Europe’s bread basket, as well as a lack of gas and fuel oil also supplied by Russia.

Because of the Russian invasion in Ukraine there are heavy sanctions against Russia and its allies to make them stop their invasion. But it also has its effects on the citizens of Europe and North America and all around the world.

But why are grains so expensive all of the sudden? Well because the Ukraine is the third largest supplier of grains and bread and due to the war going on, there are no people to harvest and keep the economy going.

According to the United Nations Organization, there will be a shortage of about 30 million tonnes of corn and 25 million tonnes of wheat that cannot be harvested and exported from Ukraine. Which is most likely that only about the half of wheat that can be harvested.

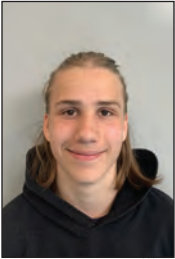
These consequences will be catastrophic, especially for third world countries who depend on the grains from Ukraine and Russia.

The World Health Organization, orWHO stated that “if we do nothing there will be famines” which could cause over 200 million people to not get enough food. According to a Forbes magazine article, the inflation rate is most likely to rise more this year before it will go down.

The best thing to hope is still, that the Russia-Ukraine war ends as soon as possible and that the grains and gas and oil can be delivered around the world again.



INFLATION INCREASING: Since the invasion of Ukraine there has been an significant increase in inflation worldwide.



Elias Wortig
Edge columnist



VAPID VAPING: Many people thing vaping is not as unhealthy as smoking, yet studies and research are showing that there are more dangers than previously thought.

Effects of vaping on lungs, body of teenagers

ANNA TOSUN
Edge columnist

A lot of teenagers are now vaping. Cigarettes are uncommon because everyone knows what they do to lungs but vaping isn’t much better for one’s lungs and body. An electronic cigarette, or e-cigarette, is a device intended as an alternative to smoking. It consists of a battery and a clearomizer/ tank.

There are lots of different flavours which can be used to smoke. E-cigarettes work as a liquid gets heated in the devices until it evaporates.

As a rule, the liquids contains nicotine and

other additives such as flavorings. While the smoke is inhaled with conventional cigarette consumption, with e-cigarettes an aerosol enters the lungs with the vapor.

In investigations, Californian scientists were able to prove that the nicotine in e-cigarette vapor can lead to a dangerous stress reaction in neuronal stem cells. This stem cell type is important for the renewal of nerve and brain cells. When “vaping”, as the use of e-cigarettes is colloquially called, what is known as “stress- induced mitochondrial hyperfusion” (SIMH) occurs. The mitochondria, i.e. the cell power plants, fuse with each other as a protective reaction in order to protect each other from the

harmful stress trigger, in this case nicotine.

The study explicitly warns young people and pregnant women against believing the marketing promises and resorting to e-cigarettes. It has been proven that nicotine disrupts embryonic development. It has already been proven that nicotine during pregnancy increases the rate of premature births and stillbirths, that babies are born with a low birth weight and that they have an increased risk of asthma.

All in all one can say that it is better for everyone but especially for the youth if there’s no vaping or smoking at all. It just damages the body on long term and has no real advantages.

Is providing drug injection sites truly best solution

OLIVIA CAO
Edge columnist

Drugs are a chronic problem in Vancouver, and the government of Canada has done a lot to address it.

According to the article “What happened when Vancouver opened a supervised injection site” written by **Lee Lax**, by order of Health Canada, Vancouver became home to North America’s first legally supervised drug injection site in 2003 in a move to reduce deaths.

However, the increased violent crime rate caused by drug injection sites in Vancouver has deeply affected the lives of residents, particularly those who live near injection sites.

Based on statistics, violent crime was up 1.5% in the first quarter of 2022 over the same period of 2021 in Vancouver. Since crime and public safety are shaping up to be an election issue in the coming October municipal vote, the long-debated issue of whether drug users should be given injectable drugs is once again being discussed, is giving free drug injections to drug users really a best solution?

More people died of illicit drug overdose

in British Columbia in February 2022 than ever before for that month. According to the provincial coroners service, there were 174 deaths due to illicit drug toxicity in that month. Among them, Vancouver is one of the cities with the highest number of fatalities.

“Instead of providing drugs directly, it could be a good idea to help addicts quit drugs and increase awareness of the dangers of drugs.

Olivia Cao
Edge columnist



Samantha Li, grade 11, said, “I think we should try to get addicts off drugs, rather than just providing them with rations of drugs, which can be extremely harmful to one’s health. It’s not smart to keep drug users addicted for a long time.”

In some ways, giving free drugs to addicts will discourage them from quitting drugs, and even give them a false information leads to believe that if they don’t get clean, it won’t have a great impact.

In addition, long-term drug use will give the addict a growing desire for drugs and

will likely result in death by illegal overdose.

According to a news article written by **Glen Korstrom**, Vancity Sports is permanently shutting its 32-year-old store at 646 Seymour Street by the end of May due to many drug users and homeless people congregate in downtown Vancouver.

Li commented, “we have to admit that we should give basic respect to drug users, but the staying of drug users near the injection sites has caused a very negative impact on local security and hidden treats to public safety.”

Just as Li said, public safety issues near injection sites are very problematic because of the drug users’ gather.

Moreover, providing drugs to addicts is not the best solution, and it has not reduced the number of deaths from drug overdoses.

Giving free drugs to addicts can even spread the false information to society that using drugs has no effects.

Instead of providing drugs directly, it could be a good idea to help addicts quit drugs and increase awareness of the dangers of drugs.

It is worth considering how to better solve the drug problem and the security threats caused by drug users in Vancouver.



SEEING GREEN: Expect in the next few years, the sun would be more active and reach solar maximum, making northern lights more visible to BC.

Expect to see northern lights more often in BC

PAULA LOCHTE
Staff reporter

Over the next three years the northern lights will be seen more often in B.C. **Bill Murtagh**, a space weather forecaster, says “more displays of the aurora borealis will be visible before the solar maximum in 2025.” The northern lights are also called the aurora borealis. They will appear more often in the next three years due to the increased activity of the sun which has an eleven year cycle. The polar lights have their origin with the sun. Solar flares create the solar wind, which emits about one million tons of ion and electron plasma every second into space. These charged particles with a speed of 400 to 900 kilometer per hour and are also called plasma clouds. After two days the charged particles hit the Earth’s magnetic field. The ion and electron slightly

compress the magnetic field and get directed to the poles, where the magnetic field lines bend almost vertically towards the earth and the particles come particularly close to the earth, into the atmosphere. At the poles, the ions and electrons encounter nitrogen and oxygen atoms. This generates excess energy, in the form of light. The most common light is green, which is made at 80 to 100 kilometers over the earth. The red auroras from oxygen, are found at about 200 kilometers in altitude. The rarest colour is blue which is made from nitrogen 150-600 kilometers over the earth. The northern lights move as elongated bands of light slowly across the night sky and are usually visible between 15 and 30 minutes. In the next three years the sun will reach the solar maximum, which happens every eleven years. The sun has the highest activity at the solar maximum. The solar wind

turns into a solar storm and more particles hit the earth magnetic field. Therefore, the field gets more compressed and the ions and electrons come closer to the earth. Usually the lights reach from the poles to 60 degrees north and south latitude. On the solar maximum the lights can be even seen over the Mediterranean area. Vancouver is located at 49 degrees latitude, which means that the northern lights can be visible even when the sun is not that active, but the probability is much lower. It is possible to see the northern lights in large and bright cities like Vancouver. However, the greatest chances are outside the city lights on a clear night. A good place to see the northern lights is Porteau Cove Provincial Park. The park is a beach area not far from Vancouver, near the sea to Sky Highway in Squamish. The further north the higher are the chances of seeing the lights in the sky.

Climate crisis set to impact restaurant seafood menus



SHRINKING PLATTERS: Some species of seafood foods, such as sockeye salmon, may no longer be as readily available because of climate change.

CHRISTIN CLEMENT
Staff reporter

Vancouver seafood lovers may need to get used to seeing more squid and sardines, and less sockeye salmon in the future because of climate change. That’s according to a new study from the University of British Columbia that shows the change of 362 local restaurant menus from 1880 to 2021. “We set out to discover if warming waters due to climate change are already affecting what seafood restaurants serve in their

menus,” said senior author **Dr. William Cheung**. This work has shown how climate change already impacted seafood restaurants and costumers. It affects everyday life, as “Climate change is already affecting everyone, not only the fishermen who are catching the fish, but the people who go to restaurants and eat fish,” said Cheung. Scientists know that many marine species move in deeper waters or follow their temperatures. Salmon once dominated the menus in Vancouver but now the species has moved to colder waters

and more squids and sardines are on the menu. “Sardines are a warm-water species, so we expect our waters will become more favourable to them and their populations will come back,” said Cheung. To the upcoming squid population Cheung said, “Humbolt squid, we already use,” he said. “Sardines would be very high on the list... I love sardines. I used to use them in California quite a bit.” The Humboldt squid is a good example for the changing local seafood due climate change. The squid was found on 42 menus in Vancouver from 2019-2021, but only on three menus between 1981-1996, and none earlier in the time period. This squid has been driven north by the higher ocean temperatures. Cheung also compared menus from Alaska and Los Angeles and found out that restaurants in Alaska serve more cold-water fish and in L.A. they serve more warm-water fish. The seafood menus here in Vancouver changed with warming local seas, pulling out old menus from Victoria and Vancouver shows that locally caught species changed during the decades. By matching those species with their preferred water temperatures, Cheung said they took the “temperature of a seafood menu.” However, climate change shows how it can affects the oceans and seas with all the fish that live in it. In addition, it affects the seafood that people eat in restaurants and also the increasing prices of the fish that affects the restaurant owners and the paying customers.

In person speeches, valedictorian voting returns

SELIN HEKIMOGLU
Staff reporter

This year, Gleneagle has brought back in-person valedictory speeches after holding them online for two years. **Prabigya Devkota** was voted by grade 12 students to be this year’s valedictorian from a field of 13 candidates. Covid has prevented previous grade 12 students from having the graduation celebrations, but as restrictions ease, these usual traditions have returned.

A valedictorian is a grade 12 student who is chosen to deliver a farewell speech on behalf of graduating students at the commencement ceremony.

In previous years, the role of valedictorian was given to the grade 12 student with the highest GPA. Since then, the criteria for the position has changed. “A valedictorian must be in good standing with respect to school citizenship, have achievements within curricular and non-curricular activities, and meet graduation requirements,” said **Victoria Butterfield**, counsellor.

This year, there was a total of 13 students who ran for valedictorian. Devkota, **Yu Xing Lim** and **Bohdi Jordan** were selected as the initial top three. Other candidates included **Heewon Jang**, **Abigail Lim**, **Tommy Ryce**, **Adam Crespi**, **Katrina Law**, **Leah Kyle**, **Kathryn Matheson**, **Annika Coxe**, and **Tamara Hackett**.

To be approved for candidacy, they had to receive ten different signatures from classmates and teachers. Once approved, they gave a demonstration speech to their peers on May 2. The candidates were evaluated on their ability to engage their audience by using eye contact, a clear voice, and a strong speech.

After the students got a better sense of who they thought was the best fit for the position, they determined who they wanted to vote for.

During lunchtime on May 3, grade 12 students were invited to the main foyer to submit their final vote. A ballot with the names of the top three candidates was provided for them to pick from.

Once the votes were tallied up, the chosen valedictorian, Devkota, was acknowledged on the announcements.

“I am very honored to be chosen as valedictorian,” said Devkota. “Though it is a big responsibility, I knew I could take it on.”

Devkota will be presenting the speech he prepared on June 1 at the Orpheum theatre during commencement.

His peers have shown Devkota an immense amount of support throughout the entire experience. He plans to use his speech to acknowledge the accomplishments of the graduating class and everyone who helped him get where he is.

For those who are interested in running for valedictorian in upcoming years, Devkota advises that it would be a smart idea to get involved in different clubs around the school and become more well known to others.

“Do not do these things only with the intention of becoming valedictorian, but also with the intention of building friendships and connections with others,” concluded Devkota.



Prabigya Devkota
grade 12

Golf teams swinging for district playoffs

KEVIN WANG
Staff reporter

Led by **Cam Comeau**, PE teacher, the junior and senior golf teams are back after three years of absence. The two teams consist of eight new and experienced players.

Comeau is an experienced golf player, having earned a golf scholarship from UBC back and is excited to be a part of this team and to unleash the “untapped strength” of new players.

Although team members practice on their own time with private separate coaches, Comeau has been getting each player to begin establishing their own routine, as golf is a game that requires fine motor skills and good muscle memory.

Golf matches take place on courses in Coquitlam, Pitt Meadows, Burnaby and Surrey, which offer SD43 students reduced fees. This includes Westwood Plateau, Gleneagle’s home course.

The team’s played yesterday at Westwood Plateau. Results were unavailable at press time. So far, each match has been an exhibition game, with district tournaments happening on May 16 for the junior team, and May 18 for the senior team.

Senior girls soccer season ends

DOMINIC RUNGHEN
Staff reporter

The senior girls’ soccer season has come to an end and did not qualify for provincials.

The girls had a difficult start to the season losing 6-0 to Riverside on April 7 and losing 7-0 to Terry Fox on April 12. The team also forfeited to Centennial on March 14 due to a lack of players. On April 21, they had a better performance against Port Moody leaving the score equal at 1-1 with only nine players left playing at the end of the game.

On April 6 the girls lost their last game of the season 4-0 to Heritage Woods with their heads held high motivated for next year’s season.

“Our biggest struggle this year was our numbers,” said coach **Roberto Ramogida**, chemistry teacher. “There were a few games where we did not even have enough for a full starting eleven [players]. For example, we played Terry Fox with only nine players and had many other games with no substitutions. If we had more commitment, we would have had a better fighting chance throughout the season.”

Ramogida also stated “Our positioning improved a lot, and it was excellent to see how hard the girls were working even without a full squad. Their ability to keep their head up and fight until the end is exactly what we want to see as a member of Gleneagle secondary. Also communication improved, and you could see how the girls were a lot more organized on the field towards the end of the season.”

According to **Jaiyana Samji**, grade 9 player, “it was a lot of fun and a good experience to play on the school team. I really admire the way we always tried our best despite being short on players most games. Our biggest struggle this season was numbers but other Then it was a great time and I encourage people to come out and support us next year,” concluded Samji



@GLENEAGLEATHLETICS INSTAGRAM

VICTORY FOR GLENEAGLE’S GIRL’S RUGBY: Girls rugby team wins with an astounding 47-7 score against West Van on April 27.

Girls rugby team ready for zone final next week

CONNOR LEACH
Staff reporter

The girls’ rugby team have made a big win streak in their past three games, making their way up the Fraser north league. In their most recent game, the team beat West Vancouver secondary in a 47-7 victory on April 27.

“The game went very well. We got every

sub on the field, and everyone played very well,” said **Hailey Mynott**, grade 11 player.

Coach and student services teacher **Simon Quinto** said “all of our athletes are getting better every day.”

The team faced an unfortunate injury with **Hailey Stewart**, grade 11, dislocating her knee in-game.

“Despite being a very new squad with little

to no previous experience, our athletes have been committed to each other and playing with confidence. I am very happy,” said Quinto.

Next week the team is slated to play in the zone finals, against Charles Best on May 19 on the Gleneagle field.

“But it’s not too late to join our team, we are always open to new players,” Mynott concluded.

Track, field team competes in Maple Ridge, Coquitlam



@GLENEAGLEATHLETICS INSTAGRAM

FOSBERY FLOPPING TO SUCCESS: Tae Hyun Kim, a Gleneagle athlete leaps his way past the competition.

EVAN OWENS
Staff reporter

Track and field athletes continued their season on May 4, competing in the Nick Wilkes Invitational in Maple Ridge.

The team, coached by **Billy Demonte**, buisness teacher, **Alex Campbell**, English teacher, and **Jordyn McDonagh**, art teacher, had eight athletes participating in a variety of events at the competition, which was fewer than normal because it was an away meet.

“The [meet] was pretty fun. There weren’t too many athletes there, but I felt pretty good considering my competition,” said **Tae Hyun Kim**, grade 12, who cleared 1.7 meters in high jump, which landed him in second place.

Corinna Zenger, grade 10, came fifth in the 1500-meter race, **Malin Folkers**, grade 11, came seventh, and **Abril Guerrero**, grade 12, finished eighth. **Sharif Hebrahim**, grade 12, placed fourth in long jump and sixth in javelin.

The Maple Ridge meet was the second of

the season, following the SD43 Coquitlam Classic, held on April 27 at Town Centre Park.

At the classic, attended by all the high schools in the district, **Kim**, and **Kaitlyn Questroo**, grade 10, placed first in their respective events, high jump, and javelin. Questroo also placed third in discus.

Hebrahim came fifth in long jump and javelin, **Haewon Park**, grade 11, came fifth in the 100-meter sprint, and eighth in javelin, and **Guerrero** finished fifth in the 1500-meter event.

Zenger, and **Marie Ebeling**, grade 10, juniors placed fifth and eighth respectively in the 1500m race, and **Alexandra Borvanova**, grade 10, came fifth in long jump.

Having started just before spring break, the team trains every Tuesday at Town Centre Park, alongside other district teams. “All the schools in the district get together because it is not like a team sport,” Demonte explained. “It is individualized, so what we do is split everyone up into different areas.”

According to Demonte, there have been challenges after two years of no track and field. “[This season] is almost like a rebuild because students have not done anything for so long,” Demonte said. “[We are] just trying to get back into the groove of things.”

While Kim agreed that this season is a rebuild, two years of no school track and field have not affected more experienced athletes like him as much. “I have been doing club [track and field], and some stuff on my own, so it was not a big loss for me,” he explained.

Students competed on May 10 and 11 at the regional championships, but results were unavailable at press time. Students who did well will be competing in the Fraser North Championships on May 24 and 25. Those who qualify will move to provincials on

Netball snag silver at provincials in one point loss



NETBALL TEAM NABS SILVER: the girls netball team practice for the upcoming provincial tourney where they won silver in a one point loss.

ANNIE HE
Staff reporter

The netball team has finished all their competitions in 2022. The juniors won the league and placed second at provincial. “Although the season has ended, it was the beginning of the team,” said **Christin Clement**, grade 11.

Eleven players attended the provincial tourney this year. Before starting, **Patty**

Anderson, coach and PE teacher, noted that the juniors had to be ready for the more challenging and high-level journey.

The team had five matches on May 7, including three regular games, one semi-final and one final. **Nyomi Khau**, grade 10 and the MVP in the BC netball high school championships mentioned that during each game, players could have effective communication. Although juniors rushed when they made passes at the beginning, eventually, they

could get good control.

Khau also added, “the final was tough to look back on because of how it ended.”

In the final, the team competed against Moscrop secondary school and lost 12-13.

Emily Chow, grade 10 and junior team captain said, “we were in triple overtime, and it was sad to lose by one point, but we were very proud to get silver since none of us had any netball experience prior to this season, and I was not very surprised about the result since the team worked very hard and won a lot in the league.”

In the previous league games, the juniors had zero losses. On May 4, the team beat Burnaby Central won 34-22, becoming the defending league champion.

“It inspired all of us and pushed us to be better,” said **Noor Khalil**, grade 10. “Being a champion also meant teamwork and respect. Good communication and respect for both referees and players were the keys to success.”

The senior team lost their last game and had no chance to attend provincial this year, but they still received two wins against Burnaby Mountain on April 20 and April 28, scoring 24-22 and 28-7, respectively.

Clement believed that the senior team would have a significant improvement and a better chance to win in the future because they are becoming more skilled.

“This was my last year being on the netball team, and it was sad that I had no opportunity to go further. We only have four senior players, but we still did very well. I hope the players who still stay on the team will have the best of luck in the future,” said **Paris Rushka**, grade 12.

Junior badminton players set for Fraser matches

DANIEL JEE
Staff reporter

Now that school matches are done for the season, the junior badminton team been preparing for individual matches which were held yesterday. Results were unavailable at press time.

“School matches are done. The next thing is individuals. So that means that now they are competing at the district level, but as individual teams, not for the school anymore,” said **Janelle Lee**, math teacher and badminton coach, “So the junior badminton right now is preparing for individuals.”

In the most recent individual match, **Stanley Wang**, and **William Zhu**, both grade 10, placed in the top four in the district for boys doubles.

The last school match was against Pinetree on April 14, which resulted in a loss by 9-2.

“The last few matches, I felt that they were okay,” said Zhu. “I feel that anybody could get better, and especially our team. But I felt that we had good spirit and we all had a lot of fun.”

They are preparing for their next games. And along with the improvement through hard work, they are hoping for good results in the next games.

“On the next match, I feel like we are going to do much better. Because we are going to be sending our best players, and everybody on the team has been improving,” said Zhu,

“They are doing well. It’s been really great because a lot of my students in juniors and seniors have been taking a lot of lead and initiative, like they lead the team and they’ve doing a lot of work and taking a lot of responsibility on. Which has been amazing to see the students kind of leading each other, so I think they’ve been doing great job at that,” added Lee.

Senior badminton season ends with 2-2 record

SEAN ZHANG
Staff reporter

The senior badminton team has ended its season with a 2-2 record overall, yet missed the top three place in the district.

On April 5 and April 12, the team won their games against both Riverside and Terry Fox with the same record of 7-4. The team lost matches against Port Moody and Pinetree.

Lack of official drills with professional coaches was the main cause of the losses for the team. According to **Katrina Law**, grade 12, “we had our first game even before we could practice in school.”

“Maybe next year having more drills on specific techniques would make more improvement,” said **Nathan Wong**, grade 11, and one of the team captains.

“Our team definitely could have played better, but given the circumstances, I feel they’ve done the best they could,” said **Janelle Lee**, math teacher and team sponsor. “Other schools usually have about three sponsors for badminton, but I’m the only one in our school.”

Instead of the result of the tournament, students valued the experience more. “It was obviously a fun experience which pulled me closer to badminton,” said **Andy Lee**, grade 12.

Boys rugby ready to make district playoffs today



READY TO RUGBY: Jacob Goroza grade 11, Wyatt O’Neil grade 11, Mathew Bailey grade 11 full of confidence for upcoming match agaisnt burnaby central secondary.

JOSHUA LI
Staff reporter

Today, the boys rugby team is looking to secure a spot in the district playoffs in their last game of the regular season against Burnaby Central.

The boys rugby team has 4-1 record this season, with wins over Charles Best, Alpha, Burnaby Mountain and Byrne Creek, and a single loss to Terry Fox, where they were unable to score a single try.

According to **Francesco Parrino**, grade 12, Terry Fox was “more physical, and more

experienced,” than any team they had previously played, and they needed that game to “understand how the game really works.”

Wyatt O’Neil, grade 11, noted that they “have not had such a devastating loss.”

Parrino believes dealing with injuries are “the most important aspect of the game.”

“My dad was a [rugby player] so I have been playing rugby since I was 6,” Parrino added. Parrino believes that rugby is “all about experience,” and an advantage he may have over other players.

In preparation for his last game, Parrino is looking to “stay healthy and avoid as many injuries as possible.”

“The biggest challenge will be getting everyone to come out to practices,” said O’Neil. “A lot of players may feel discouraged to come out to practices when they’re injured, but they still need to come out to learn some new skills,” O’Neil added.

Parrino believed their loss to Terry Fox was a learning experience for them and shows his confidence for his team’s success and expresses that “we’re ready for this game.”

Tennis team win over Centennial, head to Fraser tourney

JACKSON TAIT
Staff reporter

With a win on May 9 over Centennial, the tennis team has moved on to compete in the Fraser north tournament on May 10. Results were unavailable at press time.

The season had a initial difficult start with weather canceling a few games without being rescheduling and Terry Fox secondary dropping out of the league due to

being short one player.

“The team is having lots of fun this season so far,” said coach **Etsuko Yamada**, educational assistant teacher. We have been at the mercy of some inclement weather at times, which has forced the cancellation of some of our matches versus other schools, however, we continue to practice at Eagle Ridge Courts to prepare for the upcoming District Championships.”

The junior and senior teams have had four

games so far to prepare with their most recent game against Port Moody on April 28 which they lost 4-7 sets, however the team’s other two losses were close.

The junior team is feeling strong in preparation for the playoffs with a few players from the junior team even practicing against some of the senior players. According to **Africa Tecedor**, grade 11, “some of the players are still a bit nervous for the playoffs but hoping they will pull it off”.

StuCo set for spring carnival

SAM ZHANG
Staff reporter

Student council is now preparing the spring carnival planned for June. After the BC government lifted further restriction. On April 8 Student Council can put more time and resource into the recovery of the school community and spirits.

“I am really excited about the spring carnival, so that I can make friends and have a great time. This is my first-time join this kind of event. I hope to make my memory of high school more significant.” said **Rudolf Xie**, grade 11.

On April 25, the student council hosted a meeting about an invitation to all clubs to help with the spring carnival. During the meeting the student council wants every club to create their own activities or games booth for the carnival.

“We want to create some special activities, so we have organized the whole club working on this event and we have put a lot of time and resources, so that we can bring everybody an unforgettable moment.” said **Leo Zhou**, grade 12, a club leader. “Our club has generated some ideas for this event



Leo Zhou
grade 12

such as gaming corners, and special stickers.” The student council was also working on sponsorship for the spring carnival, such as a trophy for the winner snacks, and drinks.

The student council has already acquired a total of \$350 in sponsorship for the spring carnival

from several retailers including Ninja Bubble Tea, the IGA and Coquitlam Center.

This event will bring back the school spirit, rebuild the school community and help recover from the effects of the pandemic. Students are looking forward to this event and have high expectation.

Two More Shows!



GET YOUR TICKETS: Only two more performances of “Into the Woods” remain. Tickets can be purchased online at <https://bit.ly/GE-Woods-Tix> or there will be a limited amount available at the box office before each show.



GOING COLD FOR A GOOD CAUSE: 17 students and two staff members slept outside to raise awareness and funds for Covenant House as part of the Sleepout Vancouver event on April 21.

Sleepout teaches lessons about homeless youth

ALEXIS NGUYEN
Staff reporter

On April 21, 17 students and two staff members slept outside in front of Gleneagle’s entrance to learn more about what it means to be homeless.

The ninth annual sleepout gave participants the opportunity to experience what homeless youth would go through in one night, while raising money and awareness for Covenant House.

The conditions that night was colder than expected, and slightly damp from the rain.

Some participants had also found that they underestimated how cold it would be to sleep on the ground, but the conditions helped provide a glimpse into what it would be like to be outside on a cold night, stated leadership teacher **Adam Hayes**.

Before sleeping outside, everyone gathered for activities and discussions. Some of the topics included addressing stigma around homelessness, a privilege walk, how to buy

“These individuals are homeless for their own reasons and people shouldn’t ignore them or shove them off, but help them instead.”

Ella Kwon
grade 11



“Most people contributed to the discussions, which was awesome to see. There wasn’t really anyone who stayed quiet the entire night, and we got a full range of different perspectives,” said Fabbro.

Hayes agreed. “From the things that were shared, the vast majority of people definitely walked away with new understanding of what it means to be homeless,” he stated.

Ella Kwon, grade 11, expressed how participating in sleepout has helped change her perception on people who are

homeless. essentials as a homeless person, and stereotypes the group grew up with surrounding homelessness.

Con X students and organizers **Izabela Fabbro**, grade 12, **Ruby Charney** and **Gyu Min Jang**, both grade 11, stated their thoughts on how participants were able to take something away from the experience.

“They are homeless for their own reasons, and people shouldn’t ignore them or shove them off, but help them instead,” stated Kwon.

This year’s sleepout raised \$5,100 for Covenant House, which is more than double the original goal of \$2,500.



Ready, Set, Art!

ARTISTIC ROGUES GALLERY: Staff and students in the art department are hard at work preparing displays for the Coquitlam Center Mall art show that runs from May 25-30. Work from high schools throughout the district will be shown on 14 display boards. 40 students from Gleneagle are taking part in the event that will showcase paintings, drawings, photography, and even digital art.