

# THE CLIPPER

FEBRUARY / MARCH 2013

KelvinPaperclip1@gmail.com

Www.Facebook.com/  
TheKelvinClipper

## INSIDE THIS ISSUE:

- Basketball! 2
- Ask Charley 3
- Get Fit Quick Guide 4
- Workout Music 6
- Healthy Eating 7
- Django Unchained 8
- Kizuna Trip to Japan 9

Teacher Advisors: Mr. Gregory & Ms. Osborne

Editor-in-chief: Hannah Lank

## Editor's Note

By Hannah Lank

Sure, we know it's a little late to set any New Year's Resolutions, but it's never too late to set a goal for yourself, and here at the Clipper we're always setting new goals. Whether it be to become better writers, publish a better paper, or just write more, we're constantly working to improve. No one's perfect, but it just means you should never stop trying; never give up and keep making yourself the best you can be. One aspect of this is your personal health. Fitness is great; you'll feel great inside and out, and reap long term benefits. But there's a fine line between pushing yourself too far, and doing just enough. This issue will help you with ways to improve your

fitness, but it will also outline some issues our society faces with body image, and the diseases that can occur because of this. People should never feel that they need to stop eating or force themselves to do something they're not comfortable with just to improve how they think they look. Our society places so much importance on appearance, but it's what your heart and lungs look like that really matters. If you happen to get a great body along with fitness, that should only be an extra benefit. Recently, I have been closely affected by cancer. Although we hear so much about this disease in the media and from other people, until it touches you personally, it is difficult to really relate. Having to live with this disease in such close quarters has really opened my eyes to the importance of eating right and improving your

cardiovascular health. There are no guarantees that doing these things will prevent any disease, but they will definitely reduce your risk, and for now, that's all we can do. The earlier you start, the better. So hopefully this issue gives you the motivation to begin your fitness, or keep going with it. You don't have to join any sports team to be fit; there are many little things you can do that will make a big difference down the road. I guarantee you that your 50-year-old self with thank you, and I imagine that to be a pretty great feeling.



## Would You Wear That?

By Keza Uwitonze

In honour of the Workout Issue of *The Clipper*, I chose to include a special edition of *Would You Wear That?*



You probably took one look at this picture and laughed yourself into a fit, but the truth of the matter is that Richard Simmons' methods work. That's his gimmick; this crazy, joyous old man gets thousands of people to lose weight every year. So the question is, would *you* wear this strange get up that Mr. Simmons has on. It's red and has fringes (on the shorts), as

well as copious amounts of glitter, not to mention the fabulous guitar shaped glasses. Truthfully, this look is a trainwreck, but he makes it work somehow. And just in case you were wondering, I would personally never wear this, but to each their own. What do you think of this outfit? Do you love it? Hate it? Let us know.

# Basketball @ Kelvin!

Kelvinites should be extra proud of their 2013 basketball teams! The grade 9, JV, and Varsity teams all had great seasons and wore their

Clipper uniforms proudly. Great work athletes!



The JV Boys refer to themselves as “Lob City” and they have every right to! These boys had an awesome season and worked really hard to achieve it!

Our JV Girls played hard all season and finished second in the city! All those practices were definitely worth it!



Our apologies go to the Grade 9 Boys and Girls and Varsity Boys and Girls teams, whose team pictures we were unable to take for this issue.



## Ask Charley

Dear Charley,

This year, I made it my goal to improve my cardiovascular health for the 12 minute run, but I'm having trouble motivating myself to go for runs. Help!

- Fit Flop, Grade 10

Dear Fit Flop,

I understand how difficult it can be to motivate yourself to work out! Almost everyone experiences this problem. Here a few tips to help you on your way:

1. Buy a gym membership at Kelvin. Not only is it cheap, you can work out at lunch, in the mornings, or after school. If something is easier to access, you're more likely to do it.
2. Find a partner! Research has shown that people who work out together are more likely to keep their motivation than those who don't! Having trouble finding someone suitable? Ask a gym teacher for help!
3. Write out your fitness plan on a whiteboard or a piece of paper, and keep it somewhere that you always look. Place checks on the days you work out, and x's on those you don't. Looking at that will give you a pretty good idea of how many times you exercise each week.

Hope these help!

- Your fittest of friends, Charley

Dear Charley,

My parents never make my lunch for me, but always give me cash to buy something at the Caf. I always go down there wanting to buy something healthy, but end up getting poutine or a calzone. I regret it afterwards, but I can't help myself! What do I do?!

- Caf junkie, Grade 12

Dear Caf junkie,

There's nothing wrong with eating from the Caf every now and then, but eating poutine every day probably isn't the best idea. Not only will this clog your arteries, but it can also have an adverse impact on your mood. Research proves that people who eat fried foods tend to be more depressed. Might seem hard to believe because it tastes so good, but if you go without for a little while, you might find you feel better than you ever thought you could. I realize you're probably super busy in the mornings, but if you start setting your

clock back 5 minutes every day (or even just 2 minutes!) you can wake up earlier enough to make your OWN lunch, full of healthy, tasty snacks. If you don't have time one morning, you can still take the money from your parents, but buy something healthy, like a wrap or salad. I've heard they're pretty tasty too! Don't forget to let yourself splurge every now and then; depriving yourself is never a good idea. Good luck!

- Charley

Dear Charley,

My mom was recently diagnosed with cancer, and I'm having a hard time dealing with it. None of my friends seem to understand what I'm going through. How can I begin to deal with this?

- Struggling with cancer, Grade 11

Dear Struggling,

Dealing with an initial diagnosis is tough; trust me, I've been there. There is even proof that some people experience a few of the 7 Stages of Grief dealing with a scary diagnosis, even though they haven't lost any one. If you find you have moments of denial, sadness, or even regret, these are normal parts of the 7 signs and may indicate that you should talk to someone. This is where it gets tough. You may find that your parent or guardian seems hard to talk to now, because your mom is sick and your dad may be busy dealing with new tasks he never had to before. That's why Kelvin has amazing guidance counsellors—they're there for you if you need a moment to let it all out. Don't ever feel like you can't talk to a parent, but sometimes it's nice to explain things to a stranger who will listen and not judge you. It's always okay to make an appointment with your counsellor, even if you don't have a spare. It might be nice to set up monthly or even weekly meetings so you can talk. As for your friends—lets just say it's difficult for them too. Often times people will shy away from a person they know is dealing with something difficult because they don't know what to say or how to act. This may leave you feeling even more isolated, but there will always be those friends who are there for you when things get tough, and make an effort to see more of them. It's not a comfortable subject to discuss, so try not

to bring it up too often, but make sure your friends know how things are going; it might make them feel more comfortable with the situation as well. Teachers are always there for you as well, although it can be slightly awkward to talk with them at first. Try starting a journal to record your feelings. It might help clear your head. Just keep spending time with you family and being as supportive as possible.

- Your friend, Charley

Dear Charley,

I'm so un-athletic! I can't play any sports, not even ping pong! Gym is my least favourite class, but my parents keep pushing me to join a sports team at Kelvin to make new friends! Help!

- Sport hater, Grade 9

Dear Hater,

How do you know you can't play any sports? Have you tried handball, rowing, badminton, or golf? Kelvin has SO many sports teams, you probably don't even know half because it's your first year here. Talk to your gym teacher. He or she can recommend a sport you might be interested in. If you try out for those and they don't interest you, don't forget our awesome track team! Anyone can run, and even if you're not the fastest or most fit on the team, at least you'll meet new people and fulfill your parents' request. Who knows: maybe one day you'll even be Kelvin's new track star!

- Your teammate Charley

# Your Get Fit Quick Guide!

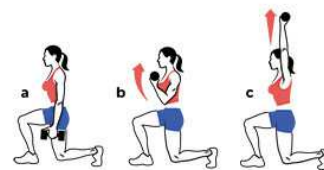
By Hannah Lank

Okay, maybe not *that* quick, but if you do these exercises 3 times a week for 6 weeks, you're going to see results, and you're going to like them. Before beginning a fitness plan, you need to decide how committed you're going to be. The best idea is to start with a healthy diet, and that means no *diet*. All you need to do is eat healthier foods like eggs, greek yogurt, and fruits and vegetables instead of fried foods like pizza, poutine, pop, and sugary cereals, and you'll be set! If you can cut down on your sugar and fat intake, you'll probably find you feel a whole lot better! Just don't forget to treat yourself every now and then, or else you'll end up splurging and give up on the entire fitness plan. And be sure to give your muscles a day of rest in between workouts; it's more effective this way, and you don't want to hurt yourself either, although a little burn isn't bad. If you're looking for more healthy foods and exercises, be sure to check out our blog [kelvinclipper.blogspot.com](http://kelvinclipper.blogspot.com), throughout March.

Perform each exercise for one minute, or as long as possible. Repeat the circuit 3 times. It should take about 30 minutes total. Combine that with 30 minutes on the treadmill, elliptical, or bike, and you've got a great one hour workout! (*Note: following workout was originally published in Women's Health Magazine March 2013. Warning: Please do the exercises carefully and properly. Ask a gym teacher if you have any questions about procedure before attempting any of the exercises*).

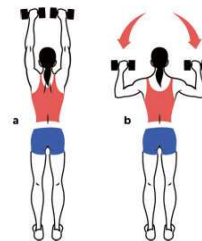
## 1. Reverse Lunge with Curl and Press

Hold a pair of dumbbells at your sides, step your left foot back, and bend both knees to lower into a lunge. Keeping your elbows close to your body, rotate your palms toward you and curl the weights to shoulder height, then rotate your palms 180 degrees and press both arms straight overhead. Lower the dumbbells to your sides, then press through your right heel and stand. That's one rep. Repeat on your other side and continue alternating.



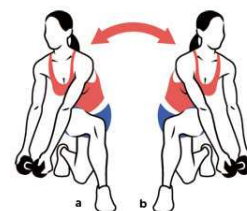
## 2. Overhead Lat Release

Grab a pair of dumbbells and stand with your feet together; raise the weights overhead, palms facing forward. Slowly bend your elbows out to the sides until the weights are at shoulder height. Quickly press the weights overhead to return to start. That's one rep.



## 3. Dumbbell Speed Skater

Hold the ends of a dumbbell, jump to the right, and as you land, cross your left leg behind you, bend your knees, and lower the weight outside your right knee. Quickly hop and repeat on the other side. That's one rep.



4. 4. T Pushup

Perform a pushup and as you press back up to start, rotate to the right and raise your right arm overhead. Return to start, then repeat, this time rotating to the left. That's one rep. *(To make the exercise more difficult, use weights like in the picture).*



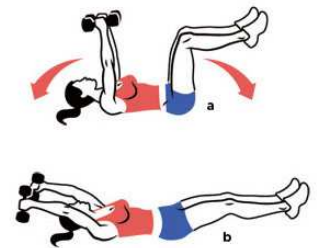
5. Pushup-Position Row

Get into a pushup position with your hands resting on dumbbells, feet slightly more than hip-width apart. Pull one weight toward the side of your chest. Lower and repeat on the other side. That's one rep.



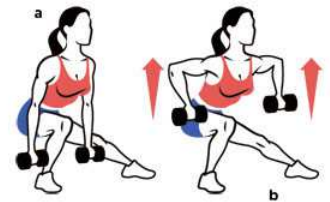
6. Reverse Tabletop Extension

Lie faceup, hips and knees bent 90 degrees, and hold a pair of dumbbells directly over your shoulder, palms facing each other. In one motion, brace your core and slowly lower the weights behind you and extend your legs, bringing your arms and legs as close to the floor as possible without touching it. Pause, the reverse to return to start. That's one rep.



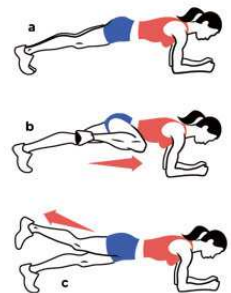
7. Side Lunge and Row

Hold a pair of dumbbells and take a step to the right, lowering into a side lunge and moving the weights toward the floor, keeping your back flat. Bend your elbows out to the sides to raise the dumbbells. Lower your arms and reverse the movement to return to standing. Repeat on the other side. That's one rep.



8. Plank Spider-Man Extension

Start in plank position with your forearms on the floor, elbows directly under your shoulders, and legs extended. Your body should form a straight line from head to heels. Bend your right knee toward the outside of your right elbow, then extend it straight behind you, keeping your foot a few inches off the floor. Pause, then lower your foot to the ground. Switch legs and repeat on the other side. That's one rep.



# What You Want in a Workout Song

By Stefan Keith

The relationship between exercise and music is debatable and often varies from person to person. But no matter who you are, if there is music playing, it will affect your workout in one way or another.

One effect that music can have on you while you are exercising is that it can provide distraction from the stress on your body and relieve discomfort, this works best when it is a song you enjoy listening to playing. Another effect it has is that your brain will subconsciously connect the

tempo of the song playing with the speed it works at, in other words, you run in sync with the music, for this reason it is better to pick fast paced more up-tempo rhythmic songs than slower more acoustic ones for your workout playlist. Music also tends to increase arousal, meaning you do not want to sit still when listening to music, it motivates you to get up and do something.

In conclusion, when creating a workout playlist, consider volume,

intensity and rhythm and choose songs you like if you want the music to have any significant effect on your daily workout.

## Sample Workout Playlist:

1. **“Stronger (What Doesn’t Kill You)”** by Kelly Clarkson
2. **“Run This Town”** by Jay-Z, Rihanna, and Kanye West
3. **“Sweet Nothing” (Feat. Florence Welch)** by Calvin Harris
4. **“Titanium” (feat. Sia)** by David Guetta
5. **“Part of Me”** by Katy Perry
6. **“Please Don’t Stop the Music”** by Rihanna
7. **“Till I Collapse”** by Eminem

*“No matter who you are, if there is music playing, it WILL affect your workout.”*

# The Benefits of Healthy Eating

By: Elisha Ponce

Carrots contain a chemical called beta-carotene, which helps prevent the development of cataracts



in our eyes; in simpler words, they give us clearer

vision. They are abundant in alkaline elements, which help purify our bloodstreams and also reduce the risk of heart disease. They're best eaten raw and maybe even with a side of cream cheese.

Tomatoes are personally one of my favourite foods and they're also rich in nutrients; one of



those nutrients being lycopene, which helps prevent

heart disease (similar to beta-carotene found in carrots). So better eat those tomatoes up, because our bodies are not capable of producing lycopene and are only found in red pigmented fruits and vegetables.



Grapes come in different shapes, sizes and colours, but they all have one thing in common: they're all proven to fight against lung ailments and lung cancer.

They also contain a chemical called proanthocyanidin, which reduces the risk of asthma triggered by certain allergies.



Eating walnuts can help in developing neurotransmitters, which are located in our brains. These enhance the transfer of information to our brain cells and can also improve our memories. They also prevent dementia, a sickness of the mind, causing memory and

personality disorders. Walnuts can also reduce the risk of having Alzheimer's disease in the future.

Bananas, to me, are most beneficial when it comes to everyday living. When bananas are digested, they release a chemical called serotonin, a mood-regulator within our brains. In other words, bananas make us happy! You can relieve yourself from stress and also prevent depression just by eating a banana.



***“Grapes come in different shapes, sizes, and colours, but they all have one thing in common: [the ability] to fight against lung ailments and cancer.”***



# Django Unchained Movie Review

By Kenji Dyck

Film director and screenwriter Quentin Tarantino has quite the reputation in the film business. He is known for being unique in his movies for his characters and dialogue.

Now Tarantino releases *Django Unchained* and once again proves why he is one of the best filmmakers today.

Taking place two years before the Civil

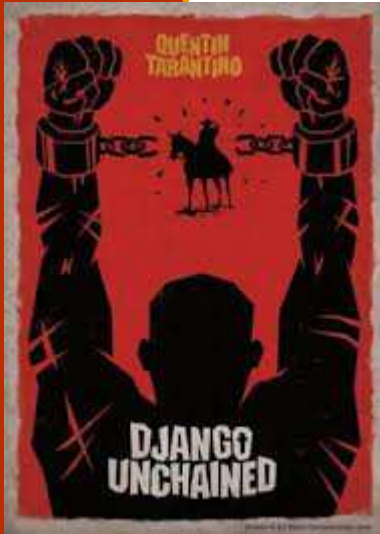
War in the deep south, *Django Unchained* follows a former slave (Jamie Foxx) and his German bounty hunter companion Dr. King Schultz (Christoph Waltz) as they try to rescue Django's wife Broomhilda (Kerry Washington) from her owner Calvin Candy (Leonardo DiCaprio). The plot is generally well done. It's very much your typical revenge storyline; however, Tarantino does a good job at portraying how dirty the south was at the time. There are many brutal scenes of torture that set the

tone and remind us about a horrible time in American history. But what makes the film absolutely wonderful is what Tarantino does best: the characters. The characters alone are definitely worth experiencing. Jamie Foxx as Django is pretty decent, though DiCaprio as the villainous Calvin Candy is spectacular. His calm and relaxed attitude towards torturing his slaves in Mandingo fighting make him a rather frightening antagonist. Also Samuel L. Jackson as Candy's assistant Stephen was another character who was enjoyable. Without spoiling anything, he is a character you love to hate. But the performance and character who shined the most out of them all was Christoph Waltz as the wonderful Dr. King Schultz. Back in 2009, Waltz shook the world of cinema as the role of Hans Landa in *Inglorious Bastards*. His character was one of the main attractions of the film and Waltz's performance won him an Oscar. He is incredibly likeable and is one of the best characters Tarantino has ever created.

Dialogue as well is another great thing in the film. Tarantino uses his classic snappy, dry humour dialogue once again and it certainly mixes well with some of the scenes within the film. Some of them, like

Schultz's introduction, are immensely enjoyable and grab attention. Finally, Tarantino does an excellent job at adding pop culture references within the film. For those who are unaware, *Django Unchained* is inspired by the original *Django* from 1966. When the original was made, over 30 unofficial "sequels" were made during the 70's and 80's. Tarantino pays great homage to the original as well as it's "sequels". Franco Nero (who played the original Django) makes a small but sweet, cameo within the film. Try your best to spot him if you haven't already.

Overall, *Django Unchained* is one of the best films of 2012. Tarantino does a magnificent job showing his wonderful characters, plot, dialogue, and setting. All that I have to say now is that this film had my curiosity, but it soon grabbed my attention. Tarantino has done it again.





# Kelvin Kizuna Trip to Japan

In January, 24 grades 10-12 students from Kelvin's Asia Pacific Studies program travelled to Japan as part in Kizuna (Bonds of Friendship) Project. The project is organized by the Canadian Commission for UNESCO, the National Federation of UNESCO Associations in Japan, and the Japan International Cooperation Center. The program's purpose is to help promote better understanding about Japan's recovery almost two years after the devastating March 2011 earthquake and tsunami. While there, the students travelled in the Ibaraki prefecture, northeast of Tokyo along the Pacific Coast, to see areas that were in the disaster zone. A few of the students did some shoreline cleanup. The students also met Japanese high school students and stayed with host families for a few days. Kelvin was one of only four schools in Canada invited to attend and was selected because it has the province's only Asia Pacific studies program, which includes Japanese-language classes.

The following is a sampling of some of the students' experiences, beyond the ones published in a feature article of the Winnipeg Free Press in February:

*I will always remember the day I went to a Japanese community centre with my host family. The old traditional building overlooking the mountains was picturesque, but it was the people who made it beautiful. First with my host family and children from the community we made Mochi, pounding rice in a barrel with a large wooden mallet. Then we went inside with the dough-like Mochi to go make rice cakes with red bean paste filling. The building was packed, everyone sitting on that tatami mat floor. As I was rolling rice cakes in my hands,*

*everyone from the youngest child to the oldest elder were all working together making food or decorations to celebrate the New Year's holiday. Later when the work was done, the decorations were put up and we all sat down to eat, watching a performance of traditional dancing and music by the community members. I will never forget this experience not only because I learned so much about Japanese culture, but because I was accepted as part of the community. Even though there was a language barrier, everyone was welcoming, trying their best to talk to me, and asking me questions about life in Canada.*

Emma Williams, grade 12

*One of my favourite moments of the whole trip was during our visit to Hokota Secondary School. At the school, Kelvin students attended a welcome assembly. As we all filed in like ducks in our much too large -- or too small! -- slippers, the entire student body of Hokota Secondary were arranged in perfect applauding lines, all the while saying things like: "Kawaiiiii!!" as we passed.*

*Another one of my favourite memories took place at the cultural centre during the calligraphy workshop. My instructor was very sweet, even though at first I made a lot of mistakes. After attempting a few words, she started talking to me and to an elderly man with a camera in Japanese. After that, the camera was on me for some time. I didn't really know what was going on! I was thinking: either I am doing something right, or making some terribly offensive mistake that they just had to get on film! After class, one of our translators came up to me along with the teacher. She told me that I had "the sense" for*

*calligraphy, and that I should continue practicing it when I got back to Canada! I was so relieved and humbled. It was the first time I felt that I belonged in some part of the Japanese culture. Before that, I had fallen in love with the country but still felt like just "the first batch from Canada" -- as the UNESCO officials described us.*

*Another moment that will stay with me is when I was showing my host family my great grandfather's artwork. It was one of those moments of "Wow, this is really happening!" I was noticing how-against all odds- my life, and the lives of my host family were coming together. In any other circumstance, why and how would we ever meet?*

-Alison Helmer, grade 12

21<sup>st</sup>. Hokota students will tour the school, attend regular classes, meet the Lieutenant Governor, travel to Fort Whyte Nature Centre, try out curling and generally be immersed in Winnipeg hospitality. It is hoped that the Kelvin community will be able to return a small portion of the generosity and kindness which was shown to us during our 12 days in Japan!



Kelvin student Maddy P. with Vice-Principal Maria Silva

# Kelvin Kizuna Trip to Japan photos



Kelvin's Chantelle S. with Hokota students.



Learning calligraphy at the Hokota City Cultural Centre. (left Alison H, right Emma W)



Hokota bridge: the old and the newly re-built one (in background)

Looks like a great trip! If you are interested in studying Japanese or Asia-Pacific Studies at Kelvin, talk to Mr. Sokalski (Sokalski Sensei) in room 35!



At strawberry farm with eloquent farmer Mr. Hinoda: (clockwise from top right): Nicholas F, Maddy P, Helen M, Sokalski Sensei.



# Who Wore it Best @ The Oscars? Continued on next page

*Jennifer Hudson or Reese Witherspoon?*



Who do YOU think wore it best? Let us know on our blog @ [Kelvinclipper.blogspot.com](http://Kelvinclipper.blogspot.com)

For your chance to WIN free movie tickets to an advanced screening of your choice!

*Kristen Stewart or Catherine Zeta Jones?*



COMPILED BY  
CHARANPREET  
KAUR



# Who Wore it Best @ The Oscars?

*Jennifer Lawrence or Kristen Chenoweth?*



*Anne Hathaway or Jessica Chastain?*



# Funniest Police Reports

Compiled by Maria Nallim

A 20 year old man called the police to say that his father was trying to force him to brush his teeth.

A woman called the police to ask if they could stop her drug dealer from adding hallucinogens to the drug she took...crack.

A caller reported that a woman on his street was on her porch repeatedly yelling "help". The police went to investigate only to find that she was yelling to try and find her cat named Help.

A man and a woman discovered a thief in their house when they were sitting in their living room, the man cracked a joke, and they heard a laugh from upstairs.

A man reported to the police that it appeared someone had stolen 5 pounds of bacon from his refrigerator. After further investigation, it turned out his wife had gotten up for a late night snack but was too embarrassed to admit she ate that amount of bacon.

The police were called with the report that a banana had attacked a gorilla at a cell-phone store. The police arrived at the scene to find that the store's mascot, a gorilla, had been attacked by another man wearing a banana suit. The gorilla was not hurt, just embarrassed, and the banana fled in the company of four other men.

A person called the Ontario police reporting sightings of suspicious looking squirrels.

Police received a call reporting a newborn infant found in a trash can and upon investigation found out it was a burrito.

A man came into the local police department to find out how he could "legally kill a person" who was bothering him.

A police officer was called to a market being told that a person had found a suspicious coin. The officer reported it was a quarter.

Police were alerted of a man stopping at mailboxes only to find he was a mailman.

Compiled from multiple sources

# MARCH 2013

| Sun | Mon | Tue | Wed | Thu | Fri | Sat |
|-----|-----|-----|-----|-----|-----|-----|
|     |     |     |     |     | 1   | 2   |
| 3   | 4   | 5   | 6   | 7   | 8   | 9   |
| 10  | 11  | 12  | 13  | 14  | 15  | 16  |
| 17  | 18  | 19  | 20  | 21  | 22  | 23  |
| 24  | 25  | 26  | 27  | 28  | 29  | 30  |
| 31  |     |     |     |     |     |     |

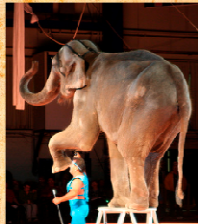
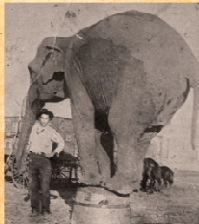
## Schedule of Events

- 5— Staff Meeting 2:23 dismissal
- 11— Newsletter available on-line
- 13-15—Gr 11 IB Shakespeare in the Snow
- 15—In-service/ No classes & IB Entrance Test
- 17— St. Patrick's Day
- 19—Concours d'art oratoire & Grad Photo Retakes (library)
- 20—Spring Equinox
- 20-21—Grad Photo retakes
- 25—Spring Break Commences
- 29—Spring Break Ends & Good Friday
- 31—Easter

## Animal Cruelty

By Maria Nallim

### CIRCUS CRUELTY



### IS NOT A THING OF THE PAST

I remember when I went to see the movie “Water for Elephants” in thea-

tres about two years ago. I was absolutely disgusted with the treatment of circus animals portrayed by the movie, I just couldn't believe that these poor animals had to suffer so much for our

entertainment. It was sick... and it still is. I was so shocked after I saw that movie that I vowed never to go to another circus, and I was right to do so, because as it turns out, elephants weren't just treated cruelly in the circuses of the past, but they still are.

The fact is, no animal is naturally going to grab a plastic ball and twirl it with its trunk or stand on its head, because that's not their nature. Circuses have to train them. How, you might ask? With bull hooks,

whips, tight collars, ropes, electric prods, and a particular circus called Carson and Barnes even uses blowtorches on their animals. Take elephants for example. They are separated from their mother soon after birth and then placed in a barn with concrete floors and tied with ropes to the point where they almost can't move anymore. That part is what causes the depression and psychological damage. Then there's the physical dam-



# Animal Cruelty continued...

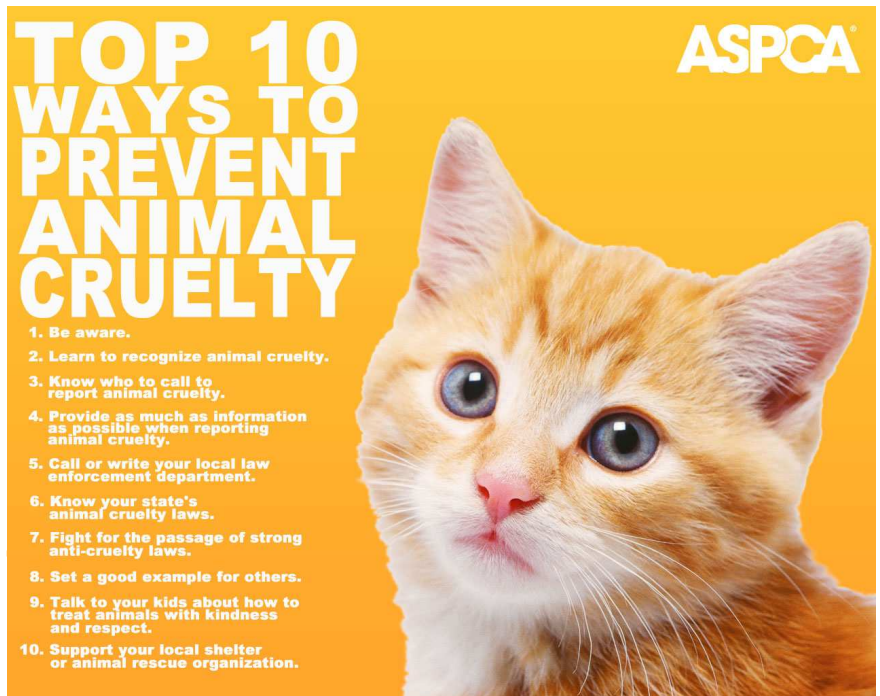
Dragged from the barn, they're placed in an open area with lots of trainers, and manipulated with their ropes. To lie down, their ropes are pulled and they fall, then they're bodies are twisted so that they're on their sides. Then to make them stand on two legs, a bull hook (a sharp, long, metal rod with a sharp hooked end) is repeatedly thrust into what you'd call their armpits with such force that it penetrates the elephant's skin. That gets the elephant to stand on their hind legs in a defensive position, and their the ropes tighten their grip and the ele-

phants are forced to remain in that position.

This doesn't happen only with elephants, but with tigers, monkeys and other animals you might see in a circus. Animals like these also have to travel lots, and are typically carried in a trailer, where they

are deprived of food, space, and nutrition. Carried across deserts many animals die of dehydration in their confined spaces.

The next time the circus comes to town, don't buy a ticket (unless it's Cirque De Soleil, because those are humans who are treated well!).



**ASPCA**

## TOP 10 WAYS TO PREVENT ANIMAL CRUELTY

1. Be aware.
2. Learn to recognize animal cruelty.
3. Know who to call to report animal cruelty.
4. Provide as much as information as possible when reporting animal cruelty.
5. Call or write your local law enforcement department.
6. Know your state's animal cruelty laws.
7. Fight for the passage of strong anti-cruelty laws.
8. Set a good example for others.
9. Talk to your kids about how to treat animals with kindness and respect.
10. Support your local shelter or animal rescue organization.

## 1 Like = Activist?

By Juliana Barclay

If you're ever up on Facebook, or Twitter, there are often messages like "like this and we'll give \$\_\_\_\_ to this organization/cause". Later on, others may look at your profile and see you are supporting an organization or cause. They see that you are an activist, but are you really?

The proper definition of activism is to advocate or oppose a cause or issue. This means to write or to speak in support or defense of a cause/issue, to impel by argument.

By clicking "like" on Facebook, are we really being an activist? Are we really speaking to advocate a cause? Or writing to oppose an issue? No, we are not.

How do we know whether or not the cause we "liked" is now actually being supported? We don't and never will, unless we act rather than depending on someone else.

Being an activist means doing a lot more than liking a message on Facebook. True activists step up and fight for what is right. They speak their opinions to their peers and to the public. They

write to authorities asking perhaps why something hasn't yet been done to support a cause, or what you can do to help. Other activists attend rallies and simply collect items to donate to charities.

Next time you see a message on Facebook, or a tweet on twitter asking you to "like" it to support a cause, ask yourself "what more can I do?" Research that cause and see how else you can help. There is so much more you can do to help the world rather than just clicking "like". So, what are you waiting for?! Go be an activist and see how much better our world becomes. The clock is ticking!

**"The proper definition of activism is to advocate or oppose a cause or issue."**

*“Unfortunately, individuals are highly self-conscious of their appearance or body type”*

## Eating Disorders

By Alexcia Fullerton  
Television, radios, advertising, commercials...all merge into one large production of mass media targeting society's main consumers: teenagers. Being born in such a technological era, most teenagers sway towards the best iPhone, iPod, video games, clothing, trends, etc that are mainly broadcasted through various mass mediums. Along with marketing of company's products, solutions to "the best hair", "perfect body type", and "greatest diet" are also advertised through

the mainstream. Unfortunately, individuals are highly self-conscious of their appearance or body type, and may divert to unhealthy habits and emotional and physical damage, most commonly from eating disorders. And with such a vast communicative spectrum of advertising, it is not difficult to believe the number of eating disorders amongst teens is increasing. Females and males are affected by eating disorders. It is

quite common that 1 or 2 out of 100 boys will suffer from an eating disorder. Unfortunately, many who are affected will not confide in family members or friends for months, sometimes years. If you or someone you know is suffering from an eating disorder, talk to your doctor or see a guidance counselor for more information.

# Clipper Games!

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

**Can you find these teacher's names in the word search above?**

**FINLAY, GREGORY, YOUNG, ZONNEVELD, CARRIER, SHYNKARUK, TEMESVARI, WHICKER, WACH, FIOLA, CHIRILA, MONTGOMERY, KIRKWOOD, HAMLIN, SOKALSKI, CARSTENS, GREEN, ENGEL**



# Clipper Games!

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

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

**RIDDLE 1:** WHAT ALWAYS RUNS BUT NEVER WALKS,  
 MURMURS BUR NEVER TALKS,  
 HAS A BED BUT NEVER SLEEPS  
 HAS A MOUTH BUT NEVER EATS?

**RIDDLE 2:** I LIVE IN THE CORNER BUT TRAVEL THE  
 WORLD WHAT AM I?

ANSWERS ON NEXT PAGE...

ALL PUZZLES BY CHARANPREET KAUR

# Clipper Games Answers!

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

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

**RIDDLE1 : A RIVER**

**RIDDLE2 : A STAMP**

The End



Thanks for reading!!