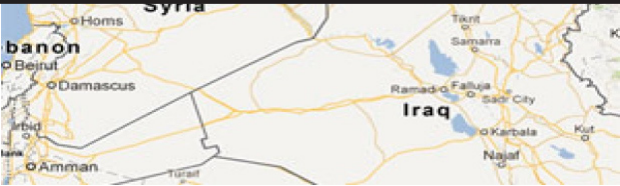


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THE MUSTANG

ISSUE ONE

THE STUDENT NEWSPAPER OF ALEXANDER MACKENZIE HIGH SCHOOL

WINTER 2014

NISHAAT SHERALY

HER LEGACY OF KINDNESS AND THE IMPACT SHE HAD ON US ALL



Nishaat, shown above with friends and coworkers at her annual #Nishstrong campaign to spread awareness

BY MARISA COULTON
EDITOR-IN-CHIEF

On October 20th 2014, Alexander Mackenzie lost a mother, a wife, a sister, a daughter, a fighter, and a friend. Ms. Sherally is survived by her two sons, Maalik and Zain, and her husband, Munsif. She was 37 years old. Nishaat Sherally was first diagnosed with acute myeloid leukemia in December of 2011. After several rounds of rigorous chemotherapy, she was in remission. "I have a 50/50 chance of survival without a match," said Ms. Sherally in a letter to friends, family, and colleagues in January 2013. "But I am not a number, and as it stands, I am in remission. You have a choice, wallow in pity or move forward." This is the spirit of strength that Ms. Sherally brought back to Alexander Mackenzie when she returned to the English department in February 2013. Then, in mid-July of this year, a low-platelet count revealed that Ms. Sherally, fondly known to many as "Nish," had relapsed.

Throughout her battle with leukemia, Ms. Sherally displayed a prevailing sense of bravery and ambition that inspired many. She took on the illness with full force, becoming an advocate for bone marrow donations and inspiring Alexander Mackenzie's annual "AMAC Fights Back" donor drive, held in cooperation

with OneMatch, the Canadian Blood Services' stem cell and marrow network. "AMAC Fights Back," in conjunction with the "NishStrong" awareness campaign, shed much-needed light on the high demand for bone marrow donors. Throughout her own personal fight against leukemia, Ms. Sherally worked tirelessly to help add names to the short list of bone marrow donors, while searching determinedly for her "one true match." AMAC Fights Back will continue as an annual school event. This year's event will be held on March 10, 2015.

Finding a match was, in itself, a challenge. Ms. Sherally had been on the international bone marrow registry for years, and there had not been a single match for her, worldwide. The shortage of available donors can be attributed to a lack of awareness and anxiety surrounding the process of donation, especially amongst specific ethnic communities that are underrepresented even on the international registry. Through her "NishStrong" campaign and donor drives held in her name, Ms. Sherally encouraged Canadians to

change the numbers, bringing to light the many misconceptions about becoming a donor. In an interview with New Canadian Media, she and her husband, Munsif, spoke about how both the procedure and recovery for bone marrow donors is not at all painful. "I think people are just so afraid of the process," said Ms. Sherally in the article "Desperately Seeking Normalcy" from New Canadian Media. "They really feel like you're taking something from them that cannot be replaced. When you look at minorities, even religiously speaking, the whole no-

tion of organ donation is a major issue. So when it comes to bone marrow or stem cells, I think some of that falls into the same category. In terms of the mentality."

For Ms. Sherally, the "normalcy" that she sought included playing many different roles—to some, she was a shoulder to cry on, an ever-present confidant in times of need. To her English and Special Education students, she was an inspiration. "She could make her students believe in themselves, that they could do anything," recalls Ms. Wyllie,

who had taught a special education class with Ms. Sherally. "The students felt safe with her." Ms. Sherally was driven, eager to help make a change in the lives of her students and wider community. Ms. Carageorgopoulos recalls being "humbled by her unwavering sense of purpose."

Ms. Toshakovski recounts that Nishaat "was someone [she] could turn to in the best of times, or the worst. [Nishaat] could bring a calm to any storm." In the midst of her fight, Ms. Sherally was always selfless, putting others' needs before her own. At a memorial service held at Alexander Mackenzie High School on

(CONTINUED ON PAGE 3)

"She could bring a calm to any storm," recalls Ms. Toshakovski



Nishaat with her two sons, Maalik and Zain

EBOLA: FACT VS. FICTION

The real story of the outbreak and how it spread

BY SAMANTHA KRIZEL
NEWS COLUMNIST

It's no secret that Ebola has caused mass panic both in the news and amongst the public; but are you really at risk of contracting Ebola? While it is technically possible that anyone could contract the Ebola virus, unless you have come into direct contact with the bodily fluids of an infected person, you are not at risk. Ebola is a virus which causes serious illness. One of its first outbreaks occurred near the Ebola River from which it takes its name. Ebola has five forms, two of which do not cause harm, and the other three which are capable of causing illness. Unfortunately, the current outbreak has been identified as Zaire Ebola Virus, which is the deadliest of the strains and has an average of a 90% mortality rate according to the World Health Organization (WHO).

MYTH 1: Ebola is a bioterrorist weapon. **FACT:** Ebola is in no way a bioterrorist weapon, even if it were it would be completely ineffective in North America; even the common cold would be a better weapon than Ebola, simply because the common cold is



Scientists testing samples of the Ebola virus

spread through the air and Ebola is not. Why is it ineffective? This leads us to myth 2.

MYTH 2: Ebola can be spread through the air. **FACT:** Ebola is only spread through bodily fluids. Ebola was originally found mainly in bats (though other animals carry it as well) and is believed to have first been transferred to humans through the consumption of an infected animal.

MYTH 3: This is the first time we've seen Ebola. **FACT:** Ebola was a known threat before this recent outbreak,

which is why doctors and scientists were able to identify both the virus and its specific strain when the outbreak occurred. There are many viruses that can cause an outbreak given the right conditions, but until that time they are usually only known about by the doctors and scientists who monitor them.

But how did the outbreak start? The first Ebola patient--referred to as Patient Zero, was identified as a two-year-old from Guinea. It is believed that they contracted Ebola from consuming infected meat. The

patient showcased flu-like symptoms such as vomiting and diarrhea, and later spread it to rest of their family. The healthcare and sanitary systems of the affected developing countries were not equipped to handle the Ebola outbreak; in North America we can avoid this simply by practicing safe hygiene routines (i.e. washing our hands), and if someone does become ill, they can be isolated and treated.

What if it does come here and I catch it?! How would I know? Ebola symptoms can take up to 21 days to appear and start off very similar to the flu, including: aches and pains, vomiting, diarrhea and fever. Ebola becomes deadly because it can lead to dehydration, liver/kidney failure, and internal hemorrhaging (which can be detected by black stool). All these symptoms are also common to malaria, hepatitis, cholera, meningitis and many others, so you'll need a blood test to find out whether or not it's Ebola. If you want to learn more about Ebola visit ifscience.com and read the article Ten Things You Should Really Know About Ebola by Lisa Winter.

Malala Yousafzai: Youngest Nobel Peace Prize Recipient in History

BY STEPHANIE SMITH
NEWS COLUMNIST

Early this October, Malala Yousafzai, 17, received the Nobel Peace Prize and became the youngest person to ever receive the prestigious award. Malala's name first appeared in the news in October of 2012 when she was shot in the head after being targeted by the Taliban for pursuing her education. Since then, she has become an international advocate for women's and children's rights across the world.

Malala was born and raised in Pakistan and attended Khusal Public School, which was founded by her father, Ziauddin Yousafzai. At the age of 11, she spoke against the Taliban's attacks on girls'

schools in the region and even began a blog for the BBC the year after, under a pseudonym. Even though her identity was revealed a few months after starting the blog, she continued to promote the universal right to education.

Malala received Pakistan's National Youth Peace Prize, followed by the International Child's Peace Prize--all before the age 15.

Immediately following her attack in 2012, she was flown to England and received extensive care at the Queen Elizabeth Hospital in Birmingham, UK. She has remained in England and has been attending Edgbaston High School since March, 2013. It was there that Malala learned of her shared win of the Nobel Peace Prize with the children's rights activist from India, Kailash Satyarthi.

While Malala still advocates for the right to education for all, she has taken a break from traveling to promote her platform so she can focus on her studies and pursue her passion for learning.

**Read her story in the new book:
"I am Malala"**



Almost two years after surviving a Taliban attack, Malala Yousafzai becomes the youngest recipient of the Nobel Peace Prize

THE ISIS CRISIS

Stephen Harper gives the go-ahead for involvement in ISIS-inspired attacks

BY JULIE RO
NEWS EDITOR

On October 7, the Stephen Harper led House of Commons and gave the “go” for an air combat mission, officially joining 60 nations in the U.S.-led coalition against ISIS.

ISIL (The Islamic State of Syria and the Levant) has been labelled a terrorist organization for its efforts to create an Islamic state across Iraq and Syria. The origins of ISIS can be

Patrice Vincent, 52, was slain when a car deliberately rammed into a group of French Canadians at Saint-Jean-sur-Richelieu. The man behind the wheels was Martin Couture-Rouleau, a Muslim convert. Couture-Rouleau himself was killed shortly after in a police chase.

Two days after, an attack occurred directly in the heart of Parliament Hill and Canada’s leaders feared for their lives. Corporal Nathan Cirillo, 24, was standing guard at the National War Memorial when the gunman, a French-Canadian and

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‘Canada is “not immune to the types of terrorist attacks we have seen elsewhere around the world”
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traced back to Al Qaeda, an Islamic militant group that was driven apart and formed the terrorist organization known as ISIS today.

The group is notoriously known for killing dozens of people at a time and carrying out public executions, crucifixions, and other acts, documented by various press. ISIS themselves have distributed footage of the murder of hostages from Canada’s allied countries. Former FBI anti-terrorism agent Ali Soufan says that the 13-year assault America has waged on Al Qaeda could be to blame for ISIS seeming more brutal than its predecessor Al Qaeda.

Canada’s contribution to this resistance against the ISIS consists of CF-18 fighter jets, C-150 Polaris and CP-140 Aurora surveillance planes as well as approximately 600 personnel. All are currently stationed in Kuwait according to Lieutenant-General Jon Vance, the head of Canadian Joint Operations Command in Ottawa. There has yet to be Canadian military action, but bombings targeting ISIS base of operations and armed forces are imminent.

Since Canada became actively involved in the anti-ISIS war, there have been two attacks (potentially ISIS-inspired) in the country: one on October 18 and another on October 20, sparking terror. On the eighteenth of October, warrant officer

an Muslim convert by the name Zehaf-Bibeau, 32, fired a fatal shot that took Cirillo’s life. After releasing fire more than 30 times, the gunman was killed in Parliament. Police suspect that the shooter did not act alone. Potential accomplice(s) have not yet been identified.

These attacks are a clear eye-opener; Canada is “not immune to the types of terrorist attacks we have seen elsewhere around the world”, a statement made by Stephen Harper. There has been great debate and speculation about the nature of these attacks, with many possible viewpoints represented throughout the media.

Nishaat, pictured with her family



(CONTINUED FROM PAGE 1) October the 29th, the impact Ms. Sheraly had on every life she touched was evident. Friends, family, colleagues, and

students gathered together in the school cafeteria to remember and reflect upon her strength.

“You brought awareness to our front door,” recounts a student. “There is too much that we owe you for. Always a friend, always there; you will be sorely missed.” In a note sent to family and friends, Ms. Sheraly summarizes her journey with eloquence: “I began a new journey in December of 2011 and where exactly I am headed, I don’t know, but I do know that I’m stronger because of it. In some way, you have shared, been a part of or helped me through this journey as it continues. You have prayed for me and remembered me and I thank you deeply and completely. I know that I am loved, and I am grateful to be here.” To find out more about becoming a Bone Marrow Donor, visit www.onematch.ca and select “Donors.” You may also or dial 1-888-2-DONATE.

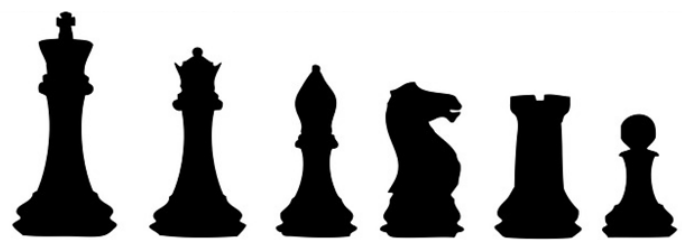
UPCOMING EVENTS

December 4 *Music Banquet “Dark Side of the Moon” - \$15 non-music students, \$12 music students*

December 11 and 12 *School Musical: “Anything Goes” - Buy your tickets!*

Dec 19 *Winterfest Holiday Assembly*

Notice: Chess club actively seeking members!
(Meetings are Wednesdays in rm. 189)



A map of Syria and Iraq

STANDING UP AGAINST GMO GIANTS

**Why we have to save ourselves
from Monsanto & genetically
modified organisms**

BY SCOTT SOMERVILLE
OPINION COLUMNIST

In 1997, 70-year-old Saskatchewan farmer Percy Schmeiser discovered that genetically modified canola plants had contaminated his field. The seeds, sold by a massive agricultural corporation called Monsanto, had blown over from neighbouring fields. They had undergone a process called “gene splicing” that made the plants resistant to “Roundup” pesticides, a product made by the same agricultural giant.

Percy had never bought seeds from Monsanto, and he never wanted to. The seeds that contaminated his field were from another farm, and they had travelled there by pollinators and the wind. He had farmed his non-GMO canola plants for 50 years, and now, his field was ruined. But in 1998, when Monsanto found out about the seeds, his corporation sued Percy. Since the seeds were patented, he was fined \$100,000 for “illegally planting” their product.

Percy is not the only one in trouble with Monsanto. Hundreds of farmers from across the world have felt the wrath of the corporate giant, and many have lost their farms because of it. According to a Center for Food Safety report, Monsanto has profited \$160,594,230 in the U.S. alone simply from “Seed Piracy Matters” as of 2007.

Monsanto is not the only producer of genetically modified organisms (referred to as GMOs), but they dominate the global market. According to the David Suzuki Foundation, Monsanto has patents on 86% of genetically modified seeds worldwide, which gives

them a massive influence on the global agricultural industry. Monsanto isn’t using that power for as much good as they claim. Monsanto is damaging our health, our planet’s biodiversity and many farmers’ lives with their dangerous products. In 1967, the first GMO, the Spunta potato, was released. Within two years a dangerous toxin developed within the new breed and it was quickly taken off the market. To this day, researchers don’t quite know how many genes have been affected by the modification. It’s hard to

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alone’**

.....

tell what specific genes do for each organism, so there is growing concern that people are unintentionally damaging plants and the animals that eat them. The scientific field is still in its infancy and we are applying it to our daily lives without fully knowing the consequences.

For instance, soy allergies increased by 50% in the U.K. following the introduction of Monsanto’s GM soy, according to an article by environmental activist Vanadana Shiva. This soy was engineered to be immune to the Roundup herbicides, just like the canola seeds that contaminated Percy Schmeiser’s field. In the gene-splicing process these seeds went through, genes from one organism were put into the soy’s ge-

netic code. Within the inserted genes were sequences identical to other known allergens.

Skip ahead five years, and the amount of peanut allergies has doubled. When researchers took a look at the peanut’s genetic code, it now had the same allergens found in the GM soy. When Monsanto modified these seeds, they were distributed all around the world, and these breeds become the base for global food production. If issues arise, such as the development of new toxins or allergens, millions will be affected. Seeds are the basis of all life on Earth. They are the beginning stages of plants and therefore the foundation of the food chain. When companies such as Monsanto mass produce seeds, they threaten the entire global food chain. The magnitude of this issue is difficult to grasp.

So what can we do? Buy non-GMO foods. Flood the organic farmers’ markets and health food stores. Protest for GMO labelling on all food packaging (which is not yet a legal requirement in Canada). Join the “March Against Monsanto” peaceful protest on May 23rd, 2015. You can also grow your own food from non-genetically modified seeds. If enough of us make these changes we could shift the markets to the right people, those who are standing up against the GMO giants. Our eating habits and lifestyles are the voting cards, so cast your vote wisely. Success is possible. After all, Percy Schmeiser won against Monsanto after 10 long years on trial. The corporation had to pay to clean Percy’s field, and they will be sued if his crops become re-contaminated. Percy did it – he stood up against the GMO giant and won. Now it’s our turn.



FEMINISM: IS THE BATTLE WORTH IT?

BY JACLYN ADELSON
OPINION COLUMNIST

It seems as though modern society has twisted and warped the definition and goals of feminism. Feminism is the belief that women and men have equal rights and opportunities. Today, feminism seems to have turned into a battle of women against men. Early feminists (Susan B. Anthony, Elizabeth Blackwell, Emily Murphy, and Sojourner Truth) did not fight for women to reside above men in social status, and modern feminists (Emma Watson, JK Rowling, and Malala Yousafzai) do not fight for that now, either. There have always been those who mock feminism, but in modern society, the battle for feminism is becoming increasingly difficult--especially within social media which can circulate misleading or incorrect information at a very fast pace.

The history of feminism is vibrant and dates back hundreds of years. The first wave of feminism began in the 1920's with the suffragette movement, when women lobbied for and received the right to vote. The movement progressed into the 60's with the second wave of feminism for the Women's Liberation Movement and creation of NOW (National Organization for Women) which expanded to 400 branches by the early 70s. In more recent years, this second wave of feminism has launched brilliant campaigns such as "Take Back the Night", with the intent to cease violence and sexual assaults against women. Other campaigns include "FckH8", with their most recent campaign using girls as young as six dropping f-bombs, the point being

that society should be more offended by rape and assault than young girls using profane words. Despite all this, feminist campaigns have sparked controversy as some argue that society does not need feminism. We live in a society in which one in six women will be attacked in their lifetime. We live in a society where a woman named Anita Sarkeesian was forced to cancel her speech at Utah State University be-



cause she was sent death threats for being a feminist. We live in a society where fourteen women were shot for taking an engineering course in Montreal, where 278 Nigerian girls were kidnapped for writing exams. A 15-year-old girl was shot in the head for advocating for women's education. How could a society like this not need feminism? Feminist extremists, who are

accused of discriminating against men, are not helping the cause. But neither is fixating on the beliefs and practices of this small minority, who do not represent the values at the core of feminism. Believing that all feminists are man-hating extremists is equivalent to saying that ISIS is the archetype for all Muslims. It's just not true.

Rather than wasting time and energy attacking the minority of the extremists, people who are confused about the goals and values of feminism would benefit from learning more about how this social justice began and where it is actually headed. Feminism is the reason women have the right to vote. It is the reason men have paternity leave, and the glass ceiling has almost been shattered. Feminism is the reason that women have a higher self-confidence than ever before (Beyoncé, anyone?). The feminist extremists might warp what feminism is, but at its core, feminism is good.

All in all, the battle for feminism is legitimate. The reasons to support the movement are clearly rational. Saying that feminists are destroying the world is like saying that the women whose work resulted in scientific progression (here's a wakeup call--Hedy Lamarr made Wi-Fi work and was a woman, and Marie Curie was a physicist and chemist) shouldn't have done so, or the women who are advocating for rights and education for women today shouldn't be. The struggles which feminists have encountered over the centuries are real, and the stoicism of feminism overcoming these struggles is incredible. The battle for feminism is definitely worth fighting for in order to help society progress in the right direction.

Social Media: Helpful or Harmful?

BY LINDSAY EBERLIN
OPINION COLUMNIST

Social media is continually evolving every year with the introduction of new ways to express opinions, post photographs, and update personal information. According to Cyberbullying Statistics, a whopping 85% of parents of youth aged 13-17 reported that their child had access to some form of social media. Many people find themselves wondering: *is social media helping or harming us?* Social media is creating numerous problems among adolescents, adults, and children. Extreme violence has occurred as a result of disagreements on social media. Many mental instabilities have arisen in adolescents and children as a result of social media. Cyber bullying has become a growing issue because of the use of social media.

Many recent incidents have occurred in schools due to issues concerning social media. A recent incident occurred on October 6th, 2014 around the area of Don Bosco Catholic Secondary School. Two students were shot to death after a fight broke out. The initial fight started on Twitter and then escalated the following day. These types of incidents are unfortunately becoming more common today because of advances in social media, the growing number of users, and the

increased time spent on social media daily.

Children are becoming a part of the social media world at a young age--children as young as seven are creating Instagram and Facebook accounts. According to Dr. Jim Taylor, author of *The Bad, the Ugly, and the Good of Children's Use of Social Media*, research has proven that children and teenagers show depressive symptoms as a result of social media. The self-esteem



and self-confidence of social media users decrease because of the thought of not feeling as pretty, popular, or worthy as someone else that you are friends with or follow. Comments such as "How are you so perfect?" and "Wow this isn't fair" are typically seen and writ-

ten by children as young as seven. Social media users also try to receive the most "likes" on their most recent post because they seem to believe that it determines their popularity. Social media has multiple ways of manipulating the minds of everyone, especially young children.

Cyberbullying would not be such a large growing problem if social media did not exist. According to

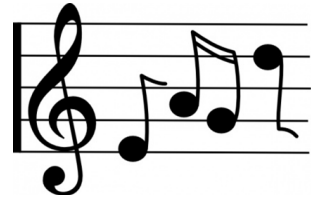
Cyberbullying Statistics, 43% of teens aged 13-17 have reported that they have experienced cyber bullying on social media. Many people believe that it is alright to fight and emotionally harm someone over social media due to the anonymity of the internet; they feel good about themselves after, and they believe that by deleting something it is permanently gone. Cyber bullying has major consequences for the bully as well as the victim. Lives are being taken because of cyber bullying on social media. The statistics regarding cyber bullying would be greatly reduced if social media was not such an enormous trend.

All forms of social media including Twitter, Facebook, and Instagram are not going anywhere anytime soon.

The abundant issues including school shootings, mental instability, and cyber bullying incidents regarding social media will continue to increase and affect users. What it really comes down to is the question: *is it really worth creating an account on the newest social networking site?*

>>events

ARTS NIGHT: OCTOBER 22ND



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On October the 22nd, Alexander Mackenzie hosted their annual arts night, showcasing a wide range of artistic talent, from dance, to music, and much more!

Photos courtesy of Ashley Wei and John Fan.



GIRLS' AND BOYS' RUGBY



The girls' and boys' rugby teams had a great season this fall!

Photos courtesy of Lisa McElroy.



WHERE'S THE DEMOCRACY?

Worker cooperatives as a solution to a faulty business model

BY SCOTT SOMERVILLE
OPINION COLUMNIST

In our globalized world, corporations are the backbone of our economy, and as a result, they govern our daily lives. These companies keep the economy in motion with the jobs they produce, and we rely on them to provide us with some of our basic necessities, including food and shelter. Without them, society would be very different. But we are seeing many cases in which top executives of major corporations focus more on their own excessive profit than the well-being of the economy and their employees. This is troublesome because of the massive amount of power these companies have. Thirteen of the world's largest economies – which normally would consist of countries and major cities – are corporations, according to the World Bank.

Most of this wealth and power is concentrated at the top of these corporations. According to Forbes magazine, just about half of all the wealth in the world is owned by 1% of the population. The top 1% in the U.S. profited from 95% of the country's post-recession economic growth, and the bottom 90% of people actually got poorer. This is not to say that all executives are greedy and evil, but they have the ability to cause much economic disparity, and many have used that ability to increase their own profits. In order to lessen the gap between the upper and work-

ing class, we need to change the way we do business.

I have recently turned to the model of the democratic government for inspiration. We live in a democracy, where citizens have a say on how they are governed. If our government is not meeting the needs of its citizens, they can be voted out and a new government can be elected.

However, corporations don't usually share that same level of democracy. The typical business model is comparable to monarchies and other authoritarian governments, where decisions that affect workers di-

influence and power over the lives of their employees, do they not have some responsibility to be inclusive in the decision making process? The Prime Minister puts in a lot of effort into running the country, but that doesn't mean he should have total control over our lives. Workers should have some say.

It is with this philosophy that worker co-operatives were created and developed. These are companies that operate democratically. A prime example of this is Alvarado Street Bakery, which was featured in Michael Moore's documentary "Capitalism: A Love Story." The employees vote on decisions ranging from business plans, budgets, wages, policies on hiring and firing employees, the products that are produced and sold, to who will be on the board of directors. This creates a transparent and trusting environment, and prevents the "differences in purpose" from taking over the company's true purpose of producing jobs and supporting the economy. In a worker cooperative, great economic disparity simply does not exist. Not to mention, work life is much more meaningful.

We need to make worker cooperatives the norm. It wouldn't be hard, especially since there are already successful worker cooperatives to use as examples (if you haven't heard of them, check out Mountain Equipment Cooperative, also known as MEC). We are the next generation of entrepreneurs and businesspeople, so keep worker cooperatives in mind when you enter the workforce.

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**'Just about half of
all the wealth in the
world is owned by 1%
of the population'**
.....

rectly, such as wages, employment changes, and business plans are made by those at the top. For instance, if an executive wants to change the direction of the company that would result in certain employees being fired, those employees often can't do anything about it.

Many would argue that executives have every right to use this power since they put so much effort into the corporation, but when any institution has that much



Book Review: Mistborn the Final Empire by Brandon Sanderson

A compelling adventure in the fantasy world

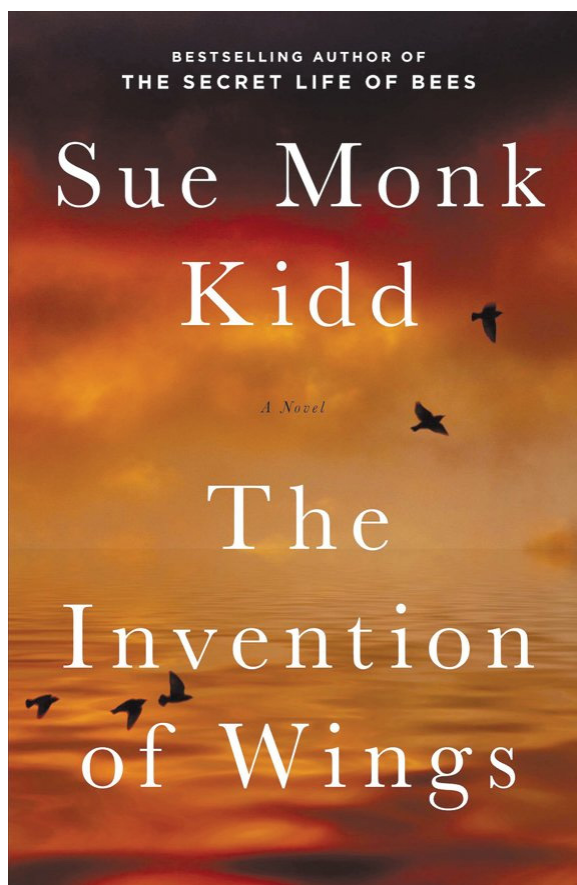
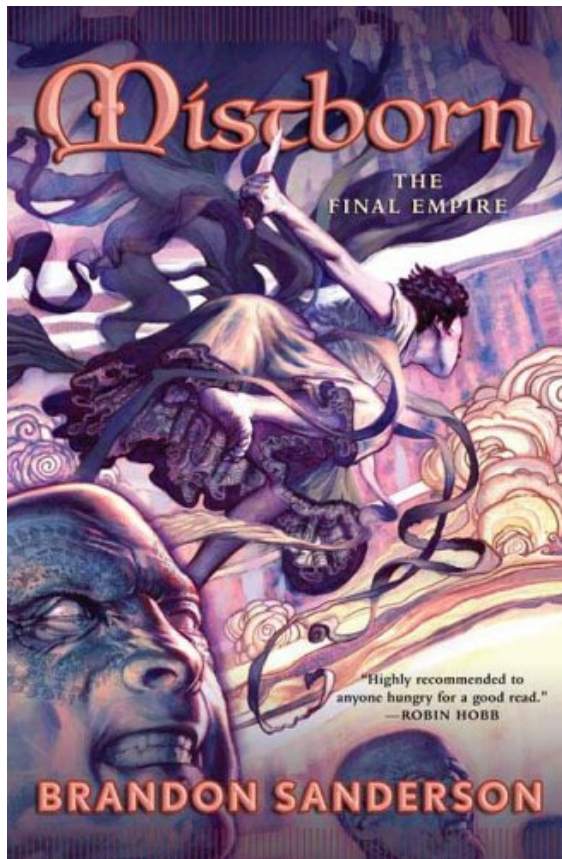
BY OLIVIA LIM
ENTERTAINMENT COLUMNIST

As sh falls on the Final Empire, no flowers bloom, and all who struggle are left to die by the hands of the Lord Ruler.

For thousands of years, the Skaa have been enslaved by the nobles and are forced to live in unruly conditions. The only thing separating the two classes, is the fact that the nobles are occasionally born with the gift of allomancy. By using different metals to perform various tasks, one would be able to sooth a person, or rise up against them. But, from time to time, interbreeding between the two classes result in a Skaa conjuring the same abilities. This is why the Lord Ruler forbids relationships between the upper class and the underworld. If a nobleman must slake his desires on a Skaa woman, he must kill her soon after.

The Survivor of the Pits of Hathsin, half-Skaa thief, Kelsier devises a plan to bring down the Empire in hopes of a better future for the Skaa. In order to do so, he recruits the underworld's best allomancers, those who store powers alike to his. Kelsier's plan is a long shot away from being completed but on the way he meets Vin and devotes everything he has to her well-being. Vin must learn to trust the criminals in order to learn and master the unknown power she was born with.

Brandon Sanderson opens up an epic fantasy world with a magic system so intense it keeps the reader entrapped page after page. Despite the complexity, Sanderson's creativity is well thought out and intricately written so that it transports the reader's mind into his world.



Book Review: The Invention of Wings by Sue Monk Kidd

A powerful and moving story about American Slavery

BY KAIFA SARMIENTO
ENTERTAINMENT COLUMNIST

Profound and lyrical, *The Invention of Wings* provides a fictional account of the lives of the two Grimké sisters who are celebrated as one of the early pioneers of women's rights and the abolition of slavery in the deep American south. Set in nineteenth-century Charleston, in a world where "owning people is as natural as breathing," Angelina, Sarah, and her "slave," Handful, struggle to find ways to escape the imprisoning constraints of their society.

The story begins at the convergence of two unlikely characters – "one enslaved by her race, but not her mind. And as for the other, it's the other way around" -- yet both are forcefully rendered to quiet dissidence, sharing harboured yearnings for racial and gender equality in a harrowing world.

Adorned in lavender ribbons, Handful is presented as a "gift" for Sarah's 11th birthday. Horrified, Sarah adamantly refuses, but becomes overpowered by her family's demands. As a subtle act of rebellion, Sarah teaches Handful how to read and write, despite knowing that this is considered a criminal act in the early 1800s. Eventually, both Sarah and Handful separate to forge lives of their own, amidst the heavy weight of injustice constantly bearing over their hopes for freedom. Through open defiance and secret "slave" insurrections, they learn to assert their rights, and ultimately rise above oppression.

Handful's story, though entirely fictional, relays a brutal and powerful depiction of the haunting reality of American slavery. However, Sue Monk Kidd, author of the bestselling book, *The Secret Life of Bees*, manages to keep the narrative uplifting. She describes, in exquisite and illuminating detail, the strenuous "search for a voice to express inexpressible pain."

THE SOLUTION TO STRESS

How a YouTube video can make school stress manageable and make you more relaxed by Kseniya Leliukhina

School is stressful. Each and every one of us has thought or said this at least once during the school year; the idea of having tests, assignments, and projects while also maintaining a social life outside of school is daunting and sometimes hard to manage. However, there is a way to help with the hard times at school. Imagine yourself getting a massage accompanied by relaxing music and perhaps soft spoken words of encouragement at the end of each day. Does that sound stressful? This is possible for everyone just by clicking play on a YouTube video. These videos introduce the concept of Autonomous Sensory Meridian Response (ASMR) which is a physical sensation charac-

terized by a pleasurable tingling that typically begins in the head and scalp, and often moves down the spine and through the limbs. So, these videos allow people to actually feel like they are getting a massage when they are only listening to a video with ear buds in. There are two ways that ASMR is triggered, the first is internally which happens when you think of something that makes you extremely happy or when you remember a pleasant experience. The second is externally; ASMR Research and Support have explained that physical triggers for ASMR could be whispering, haircuts, and someone massaging the hair and back which is exactly what the ASMR YouTube videos provide. This is the perfect remedy after a

hard day of school--you can simply search "ASMR massage" in the YouTube search bar and begin de-stressing. There are many popular YouTube channels that provide ASMR content to help people with different types of issues such as relaxation, headaches, stress and even insomnia. Some examples of channels that would be a great start are ASMR Massage Psychetruth and Psyche Truth which have several videos that will help de-stress the mind and clear thoughts. So, the next time you're feeling stressed about school all you have to do is press play on an ASMR video and you'll find that you will be more relaxed and calm as well as more ready to take on a task.

Top 6 YouTube rs

What should you be watching on YouTube?

BY CASEY SPECTOR
ENTERTAINMENT COLUMNIST

6 In sixth place is Ray William Johnson. He has over 10,764,612 subscribers and a minimum of 2.61 billion views on each video. He is best known as the host

Ray William Johnson



of *Equals Three*, a popular show on YouTube that reviews and criticizes videos gone viral on the web and a program called the *Runaway Thoughts Podcast* twice a week with co-hosts Anna Akana and Derek Shelby. The show soon became so popular that he was able to obtain celebrity guest stars such as Ryan Williams, Sarah Silverman and the RZA throughout the episodes. The busy man also launched a collaborative YouTube channel called "Your Favorite Martian" in 2011. This channel features a virtual band made up of four fictional characters that perform their own original content as well as covers and remixes of viral songs. Not only is he famous on the interweb, but he will be featured in the upcoming film *Who's Driv-*

ing Doug? Apart from the movie, he plans to be releasing his own graphic novel *Robot Clown Mob*, shopping his own original web series *Riley Rewind* to television and working on a new series for FX.

5 Coming in fifth place is Ryan Higa, who created his YouTube channel along with Sean Fujiyoshi, Tim Enos and Tarynn Nago in 2006. His channel features mainly comedic content and is home to several different video series such as *Movies in Minutes*, *Off the Pill*, *Dear Ryan* and *How to Be*. He has 11,344,382 subscribers and 1.67 billion views on each video he produces. *Movies in Minutes* is a parody series of popular Hollywood films, *Off the Pill* is where he rants without having taken ADHD pills and *Dear Ryan* is where Higa replies to his fans' questions. My personal favourite series is *How To Be*; when Higa comedically informs his audience on how to be someone or how to do something. These are some of the most popular series on his channel. As well as performing in his short comedic clips of film, Higa also uploads music content on his channel

Ryan Higa



and in 2008 he starred in the movie *Ryan and Sean's Not So Excellent Adventure*.

4 Jenna Marbles takes the spot for fourth with her 12,024,868 subscribers and over 1.33 billion views on each video. Jenna is the most recognizable female-run channel on the site. Her videos are known for their raunchy humour and her most successful video was *How*

Jenna Marbles



to *Trick People Into Thinking You're Good Looking*. Although she has a second channel for vlogs, it is infrequently updated and like many other secondary channels on YouTube, not as popular as the primary channel.

3 The dynamic duo, Anthony Padilla and Ian Hecox, first gained recognition on YouTube by lip-synching the *Pokemon* anime and *Mortal Kombat* theme songs. Over time they eventually began writing skits for 15,031,217 subscribers to be viewed by 2.87 billion people. Their annual series *Food Battle* is one of the most popular. The skits created by Smosh are focussed on over-the-top scenari-

os and intentional overacting that's become their trademark since join-

Smosh



ing YouTube. The two have also put out some music videos and have released four albums under the Smosh moniker. They have gotten so many subscribers that it led to seven other channels consisting of vlogs, animated series and another completely dedicated to the gaming world.

2 Not so far ahead is HolySoyGerman (real name is German Garmendia) who joined YouTube in 2011. He is the site's

German Garmendia



most successful vlogger and Spanish speaking YouTuber. His videos focus on humorous ways to approach everyday issues which helped attract a fair amount of Spanish viewers. He has approximately 947.3 million views per video and after three years he is still going strong with 18,289,447 subscribers.

1 Finally in first place is the one and only Swedish gamer PewDiePie. In 2013 the rising star's channel went from 3.5 million subscribers to around 19,637,538 subscribers. His popularity lies in his ability to connect, entertain, and provide humorous commentary while playing video games for his 3.18 billion viewers. He refers to his army as the "Bro Army" and ends every video with a "Brofist"—basically a fist bump. PewDiePie is the heart of the *Lets Play* craze and enjoys mostly the horror genre.



PewDiePie

A SIMPLE GUIDE TO CONCERT ETIQUETTE

by *Jaclyn Adelson*

There is nothing that I love more than concerts. Seeing an artist you love right in front of you in the flesh... it's one of the best feelings in the world. If it's general admission in the middle of winter, the freezing cold won't stop you from having a good time, and if it's the height of summer, neither will the heat. Oh concerts, how can they not be fun? Oh wait – there is a way, because like everything, there's always *that guy* there. So here's a simple guide to how *not* to be that guy.

1 Is it general admission? Do you want to be in front? SHOW UP EARLY!

There's nothing more annoying than someone shoving you out of the way at a general admission (when seats aren't assigned and it's first come first served) concert when you've waited in the pouring rain for seven hours. Even worse is getting injured so someone else can get to the front (that's just not cool). If it's so important to you to be in the front of the crowd so you can touch Luke Pritchard from The Kooks, SHOW UP EARLY! If you want that coveted front row center spot, be prepared to work for it, or deal with whatever spot you get. Either way, you'll have fun and the people around you won't have a story to tell their friends about "that guy" (*cough* you *cough*) at the concert who ruined their time.

2 Keep the PDA AWAY.

Literally no one wants to be in the vicinity of a couple busy eating each other's faces. If it's so important for you to have time with that special someone, keep it for after the show. I don't care if No. 1 Part Anthem by Arctic Monkeys is your song, there's time for everything later.

3 Keep the big bags at home.

I get it – you want to bring everything in order to document your time at your show, so you lump it

into a large backpack and sling it on your back. If you're at a general admission show, you have to be aware of those around you. Think about what you need to bring. A camera, a phone, and a wallet – there are always little stores around you where you can buy food and water. Prioritize so no one gets a jab in the stomach with a large SLR camera. If someone's giant bag is bumping into me while I'm looking at Vance Joy singing Riptide, we're going to have an issue.

4 Respect those around you.

So you're surrounded by hundreds or hundreds of thousands of people (venue dependant, as you could be at the Danforth with a capacity of 1,200 or at Rogers Center with a capacity of 54,000). You have to be aware of how many people will be around you, as well as their different personalities. You won't get along with everyone around you, and that's okay, because you just have to be respectful, courteous, and helpful to others. It's all common sense. Match their enthusiasm – if they're swaying side to side with their lighters out during A World Alone by Lorde, that is definitely not an invitation to start jumping and screaming. Also, if you're a rather tall person, make room for the 4 foot tall person behind you.

5 Respect the artist.

I can't tell you how many times I've seen people disrespect the performer. No one enjoys the screams of "I'LL HAVE YOUR BABIES!" or the alternative "HAVE MY BABIES!" You might think it's flattering, but it's really just creepy and makes those around you and the artist wildly uncomfortable (fun fact: THEY CAN PROBABLY HEAR YOU). No one from any band, be it Taylor Swift or Lana Del Rey. When Matt Healy from The 1975 asks you to put down your phones during a song, PUT THEM AWAY. There will be time to record and photograph later on. Don't throw lighters, arti-

cles of clothing or your Twitter handles on stage either. You're just making a mess for the hard working stagehands who have been labouring all day to create a fun environment for you to enjoy. Don't crawl on your hands and knees after them when they go offstage. If you want them to notice you, signs and tasteful cards are recommended. Or try the alternative scream of "I LOVE YOU AND YOUR MUSIC MAKES ME HAPPY!"

6 Planning on meeting them? Be nice!

Maybe you've purchased the VIP package to meet Marianas Trench, or you're waiting at their tour bus, but either way you're planning on meeting them. When you do there are a few things to keep in mind. They're just people. They have other people to meet – keep it short. Be friendly and don't act so overwhelmed (go for that after the you meet them). Be aware they're on a schedule and they have places to be. Don't get me wrong – most artists love meeting fans, and I'm sure that they'll love meeting you.

7 This isn't The Voice or American Idol. Stop singing and talking so loudly!

There are certain venues with a less than ideal sound system. Don't sing any louder than the artist on stage. When you can't hear them, that's when you know you're a bit too loud. Additionally, it's incredibly irritating when the people around you are talking mid-song. If Jenny from school is bothering you, there's time for you to complain before and after the show, but if your loud-mouthing is interrupting *my* enjoyment of Bo Burnham, we're going to have a serious problem. Have a fun time at your show. *Just be nice.*

Below, from left to right: Lorde, Avi Kaplan and Kirstie from Pentatonix, Demi Lovato, Matty from the 1975

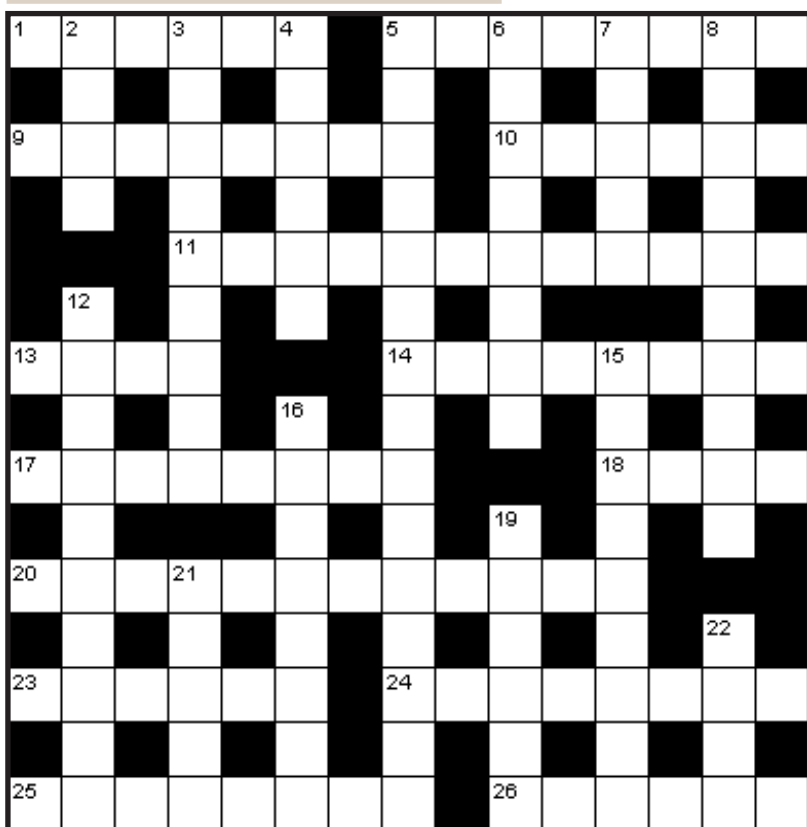


>>fun & games

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Across

- 1 - Ms Farrow's written about Al
len's extremes and obsessional enthusi-
asms (6)
- 5 - Confine others to Rhode Island and
Connecticut (8)
- 9 - Sound made when taking stock of
others? (8)
- 10 - Be dejected by crooner's gradual
decline (6)
- 11 - Trashy curios tire me out (12)
- 13 - Prepare to publish current returns
(4)
- 14 - Joint action in wood worm turning
(8)
- 17 - Explain how to make prisoners hon-
est (8)
- 18 - Pole held by one Scots queen (4)
- 20 - Danish legend translated without
assistance (6-6)
- 23 - Petty officer taking it in the French
style (6)
- 24 - Keep crossing river in Siberia to get
back (8)
- 25 - TV doctor, interrupting nuts, broad-
cast falsehoods (8)
- 26 - Drunken horse that's swallowed a

bit of whisky (6)

Down

- 2 - Come up against an objection (4)
- 3 - Hints from close friends (9)
- 4 - Winter sport enthusiasts taking part
in riskier sport (6)
- 5 - Author gets users to order book (6,9)
- 6 - A dramatist left out terribly hard
lines (8)
- 7 - Updike hero taking time off to see
teacher (5)
- 8 - Agree payment for acting together
(10)
- 12 - Reproof for announcement connect-
ed with proposal about Northern Ireland
(10)
- 15 - One fowl and yet two foul (9)
- 16 - Minimal French cheese celebration?
(8)
- 19 - It's hateful with no honey sounding
sweet (6)
- 21 - Swamp creature resting tail on a
rocky outcrop (5)
- 22 - Deputy's depravity (in civic estab-
lishment) (4)

Sources:

- Page 1: Nishaat Banner (Pulse Blood), Nishaat and Sons (Yorkregion.com), Nishaat with family (New Canadian Media)
- Page 2: Ebola Virus (Wikipedia), Malala (Wikipedia)
- Page 3: Map of Syria and Iraq (CBC), Chesspieces (Pixabay: Kaz)
- Page 4: Farmer's field (Wikimedia)
- Page 5: Silhouette (Pixabay), Hands typing (Wikipedia)
- Page 6: People walking (David Sim)
- Page 7: Mistborn (Oxfam Bookshop, Petergate York), Wings (Albany Network Careers)
- Page 8: RWJ (zaynahr.com), Ryan Higa (Wikimedia), Jenna Marbles (Streamy Awards), Smosh (Wikipedia), HolySoy German (Wikimedia), Pewdiepie (eclypsia.com)
- Page 9: All photos courtesy of Jaclyn Adelson.
- Page 12: Sudoku puzzle (opensky.ca), Crossword (thinks.com)

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