



THE
**BLUE
AND
GOLD**
FALL 2020

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DIRECTORS' NOTE

Happy Fall!

With the many festivities that fall brings, from watching the leaves change colour to enjoying the cool weather, we are so excited to add another festivity by announcing the Fall 2020 Edition of the BOSS Blue and Gold!

Despite the unforeseen challenges posed by the pandemic, our team has worked incredibly hard to continue producing new editions of the Blue and Gold, and we couldn't be prouder of what we have put together! We are so thankful to everyone who has contributed to this edition of the newspaper and to all those who have supported us throughout the process.

The students at BOSS are incredibly talented, and we believe that the newspaper serves as an excellent platform to showcase that talent. If you are interested in contributing to the newspaper, join our Google Classroom with the code `nsg3xnh`.

Without further ado, we would like to present to you,
The BOSS Blue and Gold: Fall 2020 Edition. Happy reading!

Yours sincerely,

Aaniqa Karmali and Keerthana Pagidela

Directors and Editors-in-Chief of the BOSS Blue and Gold

P.S. Please note that all of the articles reflect the opinions of their writers, not necessarily those of the school.

MY VOTE HAS NOT BEEN SAVED FOR MY FRIEND

BY NADIA LAMBE

When a friend runs for student council president or for your grade rep, it's almost a natural instinct that you would vote for them. But is that really what's right? Is sacrificing your vote for the sake of friendship really what our student body needs?

The student council plans the events at our school and has a say in the different clubs that go on at the school. As a result, the people who are in the student council will have a lot of control over what goes on at Bur Oak. It's so important that you pick someone who you know will dedicate the time and effort needed to make sure that our student body has all the opportunities it needs.

Clubs are important for students as they keep students involved in our school and help further their interests on certain topics. On top of that, they allow students to meet people from other grades that they normally wouldn't have a chance to interact with. Being part of a club also allows students to further their leadership and collaborations skills, which they don't always get a chance to work on during class.

Especially this year with the uncertainty of COVID-19, we want to make sure that our clubs stay up and running. Teams have already been shut down because of safety concerns, so we need to make sure that our grade representatives and student body presidents can keep our other clubs up and running, as long as it is safe for us. They need to know what we, the student body, want, and they need to be able to fight for it.



Photo from GradePower Learning

Your grade representative and the student body president represent us students, and they convey our needs and wants to our teachers and to the administration. These people act as our voice. Why would we waste that on someone who would put very little time in? Your friend running for spirit coordinator or student body president may have great ideas, but if they don't have the strength to put them forward, those ideas won't be put to good use.

Student democracy is important as it is one of our first real chances at being able to elect a leader. When the opportunity arises, you should pick the right leader based on the abilities that they have showcased to you, and not because of the fact that they are the one that you know and hang out with every single day.

Keep your mind open for every single candidate.

Even though you might not be close to them, they may be the best choice.

HALLOWEEN WITH COVID-19

BY AKILA GANESH



Looking towards Halloween, municipalities in the GTA are asking for a clear health message from the provincial government. The health officers in nearby cities are creating a common position for discussion with the province and will shortly have a statement.

Canada's Chief Public Health Officer, Teresa Tam, has stated that any indoor gatherings for Halloween are prohibited, but trick-or-treating is still allowed, with social-distancing. "There are some really interesting ideas where people are handing out treats at the end of a hockey stick or something," she added, "... [or] using a pool noodle to tell your kids how far they should be standing apart from [other people]." Every province is dealing with a different number of cases, so it's recommended to listen to the local public health ruling.

The Eastern Ontario health unit has "strongly recommended" not to trick-or-treat on Halloween. In a report from CTV News, it states that even though you won't get a ticket for trick-or-treating, the virus will spread when handing out candy or waiting on doorsteps with other children. Dr. Roumeliotis, the Eastern Ontario Medical Officer of Health said "With COVID-19 cases on the rise, this means finding ways to

celebrate that don't increase the risk of spreading the virus."

If you, a family member or friend decide to trick-or-treat, remember to wear a medical mask, stay in your own community, try not to stay on doorsteps, knock instead of ringing doorbells, and bring hand sanitizer. If you choose not to go trick-or-treating, here are a few things you can do:

- Watch a scary movie
- Carve pumpkins
- Make some fall-themed desserts and spooky food
- Go apple picking
- Face Paint
- Wear a costume for your Zoom class

Due to COVID-19 regulations, it's likely that Halloween won't be nearly as crowded as the previous years. There's no rules that ban trick-or-treating or other festive Halloween activities; however, COVID-19 regulations still apply. No matter what you choose to do, remember to stay safe and stay spooky!

PROTECT THE INDIGENOUS PEOPLES OF CANADA

BY DILLANI WIJENDRAN

On September 28, 2020, a video of hospital staff discriminating against a 37-year-old Indigenous woman went viral after being uploaded to Facebook. Many were outraged at the behaviour displayed by the hospital staff, deeming it racist and disgusting. However, for Indigenous people all over Canada, this is not a new story.

Joyce Echaquan checked into a hospital in Joliette, Quebec complaining about stomach pains. Waiting for treatment, Joyce was met with insults made by nurses. One called her, “stupid as hell,” and claimed, “she’s good at having sex, more than anything else.” The other stated, “you made some bad choices...What are your children going to think, seeing you like this?” While Joyce was yelling and crying out in pain, she recorded the encounter for people to watch. She informed the staff that she was allergic to morphine, yet it was administered. Unfortunately, shortly after posting the video, Joyce passed away.



Photo of Joyce Echaquan

The video gained attention from people all over the world, pointing out the obvious discrimination displayed by the staff. Indigenous people have been facing racial issues for hundreds of years, but how many lives have to be taken for people to pay

attention to the issue at hand? Joyce’s incident is only the tip of the iceberg.



Many Indigenous people avoid going to public services including hospitals and police stations in fear of being discriminated against. As citizens of this country, we are told that we are all equal and important, and that we all deserve the chance to prosper. However, we are still upholding this false narrative when Indigenous people are harmed by the very people they were historically told would help and protect them.

When health workers are betting on Indigenous patients’ alcohol blood levels in British Columbia, RCMP officers are hitting Indigenous men with the door of a moving truck in Nunavut, and nurses are making discriminatory comments about an Indigenous woman in agonizing pain, we cannot claim that we are a great nation. As Canadians, we pride ourselves on our multiculturalism, but we often use it to mask our own issues of racism. The Indigenous peoples of Canada have been voicing their concerns for far too long with little progress being made. Systemic change is crucial to protect those who are most vulnerable, and it needs to occur now.

THE UYGHUR CRISIS

BY SRI SANJANA BADDUKONDA



Photo from Foreign Policy

As of 2018, it is estimated that around a million Uyghurs, Kazakhs and other Turkic Muslims are being held in internment camps located in Xinjiang, a north-western province in China. The Uyghur Crisis is a human rights issue that requires immediate attention. Uyghur Muslims residing in China are currently being put in concentration camps organized by the Chinese authority where they are subjected to abuse and unhealthy living conditions. These concentration camps are meant to “convert their radicalized beliefs” and assimilate them to the majority.

Last year, The New York Times released over 400 pages of documents leaked from

a member of the Chinese government which provided an unprecedented look at what was being done to the Uyghurs in the camps. The documents followed a question and answer format and acted as instructions for those working in the camps as to what they were supposed to teach the detained Muslims. Some of the text included telling children that if they were to “cooperate”, they would be released earlier and telling detainees that the camps were “beneficial” for them. Alongside the leaks and survivors sharing their stories, there have also been satellite images collected on Google Earth by activists and academics who have helped confirm the existence of these camps.

The Xinjiang province in China is made up of diverse cultures and groups due to its proximity to central and north Asian countries such as Kazakhstan and Mongolia. The province itself is an asset to the Chinese economy, as the region is abundant with natural resources and is an important area that allows for international trade. Separatist movements in the past threatened the loss of this region, causing the Chinese government to enact a series of “de - extremification policies” to ensure the region isn’t lost. One of these measures was creating internment camps where Uyghur Muslims are “re-educated,” as the government believes that the Uyghurs were “terrorists”. The Uyghurs in these camps experience abuse, brainwashing, and even death. They are forced to eat pork, prevented from praying, and made to commit other acts that are against their religious beliefs. Mihrigul Tursun, a survivor of the camps, shared how the camps tore her family apart and even caused the death of one of her children while the rest suffered from health issues they developed in the camps. Tursun gave her testimony at the National Press Club in Washington D.C. At the event, she testified that detainees in the camps are beaten, starved, electrocuted, and strip-searched.

China’s project to de-Islamicise its Uyghur minority is still present today. Here’s what you can do to help stop it: Write to your local political representatives to inform them about this issue and encourage them to take any form of action. Share videos, posts, and links on social media to raise awareness about this issue. Donate to organizations such as the UHRP (Uyghur Human Rights Project) and Amnesty to help provide aid for Uyghur

Muslims who have escaped the camps and are sharing their stories with the world. Lastly, educate yourself on the issue. Learning more about this problem will help you further understand what’s going and how the case is developing. A crisis like this should not be ignored and should be placed under the spotlight.

WHAT IS ORIENTALISM?

BY SASHA VAN

What is orientalism?

The term was first coined in 1978 by Edward Said, a Palestinian-American professor and scholar in his book *Orientalism*. Said proposes that orientalism is “the way the West perceives of—and thereby defines—the East”. *Orientalism*, in simplest terms, is the imitation or depiction of Eastern cultures through the perspective of Western writers and artists. Said describes how in many cases, Western depictions of both the West and East are exaggerated to create a fictional fantasy. In these depictions, the West is the “Occident”, the norm and standard, the East is the “Orient”—abnormal and exotic.

As expected, this disposition is often harmful to Middle Eastern and Asian people, as their cultures are exaggerated and distorted to seem uncivilized, exotic, and inferior in contrast to European and American culture.

Not only are Eastern cultures demonized for deviating from the Western norm, European and American cultures are displayed as superior to Eastern cultures, allowing for the dehumanization of people of colour. James Buel’s 1893 photobook of recreated Egyptian streets noted the Egyptians’ “unsightly appearance” and “peculiar manners”. Marco Polo’s recount of East Asian women described hypersexualized “unsatiable creatures”.

It can also be said that European colonialism is partly influenced by orientalism. The constructed narratives of Eastern culture by the West were used as rationalization for colonialism—the East was portrayed as inferior, thereby needing to be “rescued” by the West.

An example would be the French colonization of Algeria in the 19th and 20th century. During the colonial period, French entrepreneurs would produce postcards depicting exoticized and eroticized versions Algerian women that catered to the European male fantasy. The photographs, products of French colonial perspective, were circulated and used as evidence of the “backwards” and “strange” Algerians, and as justification for colonialism.



19th century French colonial postcard;
photo from *The New Yorker*

Orientalism can also be seen in the US Bush administration’s decision to invade Afghanistan. One of the reasons for this decision was to “liberate” Muslim women. Not only did this paint Muslim women as passive victims and objects of pity, it also fed into the classic orientalist trope of needing to “free” Muslim women from their “violent” and “domineering” men. This served to reinforce the West’s perception of itself as more civilized and superior to the East.

Pop culture is no stranger to orientalism either. While it may be more subtle, orientalism permeates Western media to this day.

Wes Anderson's *Isle of Dogs*, is a stop-motion animation film set in the futuristic dystopian Japanese city of Megasaki. It follows a band of dogs helping a boy named Atari find his pet dog in a city where dogs are banished to Trash Island. The film weaves in aspects of traditional Japanese culture, through haikus, sumo wrestling, and taiko drums.

However, critics have stated that the Japanese cultural aspects have little to do with the film's content and story. Rather, it serves only as a one-dimensional backdrop for the American characters to navigate, reducing Japan to a passive aesthetic for the Western characters to experience.



Isle of Dogs, 2018; photo from *The Atlantic*

Furthermore, Anderson's decision to not subtitle Japanese speakers in the film despite the dogs having subtitles for their barks creates a situation in which the dogs are more emotionally engaging than the Japanese people. By doing this, critics say, the film's primarily Western audience is alienated, unable to connect to the humanity of the Japanese people.

How can this be fixed? Viewing media through a critical lens can help to identify orientalism in current media and pop culture. Question how Eastern cultures are portrayed, who is portraying them, and who the intended audience is. Additionally, try to consume media created by people of colour, as they will likely give a more accurate representation of their own culture.

In many cases, research can be your best friend. If you're unsure about a certain portrayal of a culture, do your research! Recognizing cultural biases in media is vital to create more meaningful, accurate, and humane representations of people of colour.

THE FATAL FLAW: RETHINKING POLICE WELLNESS CHECKS

BY ANNANDI DIARAM



Black Lives Matter Protest

We turn to the police when we are in danger; they are meant to serve and protect. But when they can't protect our most vulnerable communities, who do we call?

Police, like many public servants, are governed by a set of protocols and laws. With so much talk around “abolishing/defunding the police”, it is necessary to understand the system we want to dismantle.

Police in Ontario are subject to the Police Services Act and must also adhere to the Canadian Charter of Rights and Freedoms, so as to ensure that when in the line of duty, they do not violate Canadians' rights. A specific part of the Canadian Criminal Code also pertains to officers of the law and how they should behave and interact with Canadians.

Before further exploring this topic, it is necessary to define the term “wellness check”. It does not have a standard definition or set protocol. This would depend entirely on how policing services decide to define wellness checks.

However, the term “wellness check” usually means when a loved one or family member is worried for a victim whose mental health may be of harm to themselves.

I chose to write this article because there is a certain stigma surrounding policing mental health victims. After discussing this topic with my parents, I found that they were either uninformed about how dangerous mental health checks are for victims, or were claiming that police officers had the right to shoot victims under the assumption that the victims would otherwise harm the police officers. This was even after highlighting that there are other ways to de-escalate these situations that are better than shooting the victim.

The issue lies with our unconscious biases in regards to people with mental health complications. People with mental health issues are often viewed as dangerous and abnormal, and it is this fear and lack of understanding that perpetuates negative stereotypes against them. Until we can foster healthy conversations around mental health, the stigma will never be broken.

One of the biggest issues with wellness checks is the lack of protocol when dealing with them. Protocol is important because it is meant to protect the police and prevent them from violating any of our rights and freedoms.

The Criminal Code (R.S.C., 1985, c. C-46) section 25 states,

Protection of persons acting under authority

25 (1) Every one who is required or authorized by law to do anything in the administration or enforcement of the law

- (a) as a private person,
- (b) as a peace officer or public officer,
- (c) in aid of a peace officer or public officer, or
- (d) by virtue of his office,

is, if he acts on reasonable grounds, justified in doing what he is required or authorized to do and in using as much force as is necessary for that purpose.

Criminal Code

Without any police protocol governing wellness checks, what is determined to be “reasonable grounds...in using as much force as is necessary”? There are protocols in place that allow the police to use force, but none in place to protect the victim’s rights.

Police are equipped with guns, rubber bullets and stun guns. But they are not as equipped as mental health professionals with the knowledge to de-escalate situations involving mentally unstable individuals. Even if policing services have at their disposal mobile crisis teams (which are normally equipped with a specially trained officer and a mental health professional), they are usually not available.

The Canadian Mental Health Association, in a statement, has suggested steps to amend this problem, by involving “peer support specialists or rapid-response teams of mental health professionals either working alongside, embedded within—or instead of—the police.”

Sahil Gupta, an emergency room doctor, believes that mental health professionals must be involved in the de-escalation process from the beginning, and highlights a power differential between the heavily armed police and the disoriented victim.

A related issue is the lack of funding that goes into providing quality mental health care. According to Statistics Canada, funding for police services was more than \$15 billion between 2017 and 2018, while the funds

allocated for mental health were a measly \$25 million over 5 years, or \$5 million a year.

The fact that wellness checks are not subject to police protocol and that the majority of the deaths from these calls are those of BIPOC (black, Indigenous and people of color) shows us a dangerous pattern emerging.

Between 2000 and 2018, there were 470 police deaths. 70% of the people who died experienced mental health issues, and BIPOC were severely overrepresented.

BIPOC have been overpoliced for numerous years and it is this bias coupled with stigma surrounding individuals with mental health that led to the death of Ejaz Choudry (who couldn’t speak or understand English), Chantel Moore (an indigenous woman), Regis Korchinski-Paquet (who was black and indigenous), and D’Andre Campbell (who was black).

The fatal flaw with wellness checks is simply that police are not mental health specialists and hence, should not be dispatched to deal with individuals experiencing mental health crises. You would not send a firefighter to deliver a child, just like you wouldn’t send a nurse to apprehend a criminal. Until mental health care and services are properly funded in Canada, wellness checks continue to be a threat to our communities.

THIS PRESIDENTIAL ELECTION MAY CHANGE THE COURSE OF THE WORLD

BY SENAYA KIRUWANAGAMAGE

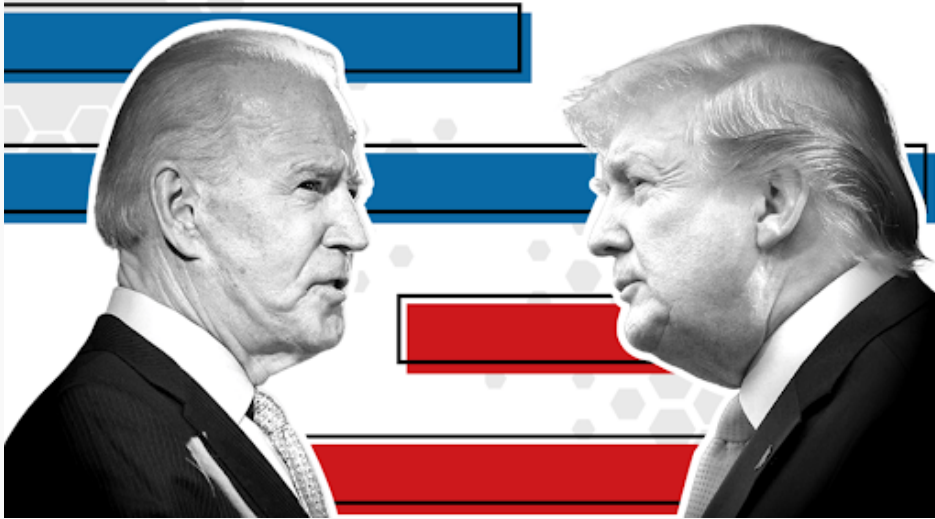


Photo from the BBC

Unless you have been living under a rock for the past year, you have most likely heard about the 2020 United States Presidential Election. The race to become president between the current POTUS (President of the United States) Donald Trump and Former VP Joe Biden has begun. You might wonder why this election is so sought out by the media; constantly seeing it all over our social media pages, celebrities urging Americans to vote. Well, this election may change the course of American history forever. But why exactly is this such a high-stakes election?

On top of being one of the leaders of the Free World, the United States is the 3rd most populous nation and one of the world's largest trading partners. This election will change the lives of Americans, and it will also affect the working order of our world. However, this election has caused a great tear in the unity of America. The two opposing sides are not only fighting for the next term's POTUS position, but also for the rights of minorities.

On one hand, the Republicans are fighting for America to uphold the past values and social conservative politics. Some of their core values go to the legalization of abortion, opposition to same-sex marriage, opposition to gun control, and opposition to illegal immigration. The party is mainly popular in the Southern states and among the older demographic. Led by POTUS Donald

KEEP AMERICA GREAT...?

Trump with the slogan "Keep America Great" which is noticeably different from his 2016 campaign promise to "Make America Great Again," he promises to maintain and even better the economy. During his presidential term, Trump provided 6.7 million jobs in his first 35 months for unemployed Americans and urged the Hong Kong government not to use violence on pro-democratic protests. There are controversies surrounding Donald Trump himself, including his failure to prepare Americans for Covid-19 resulting in having the most cases in the world, his alleged involvement in the infamous Pizzagate scandal, and numerous sexual assault allegations.

On the other hand, the Democratic party believes that changing values will create a just society. Some of their core values go to social equality, voting rights, minority rights, environmental rights, proposed gun control, and maintaining a philosophy of anti-racism. This party is mainly popular in the East and West, and among the younger demographic. The party, which is led by former VP Joe Biden with the slogan "Our Best Days Still Lie Ahead," promises to close the wealth gap and have affordable education, and proposes the

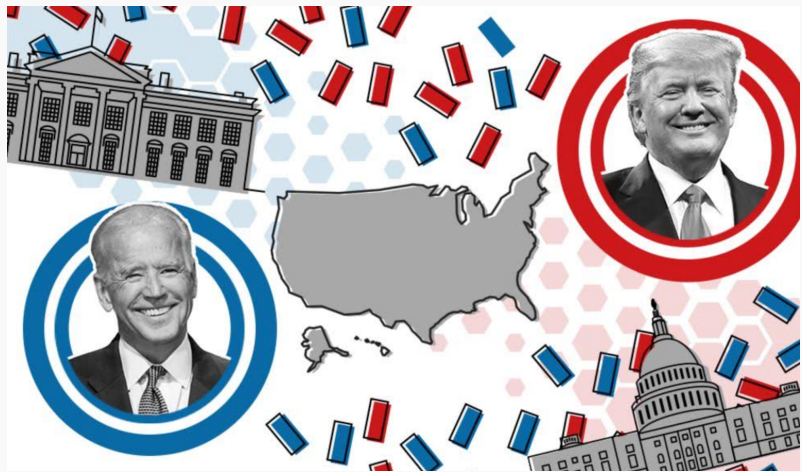


Photo from the BBC

Green New Deal which projects net zero greenhouse emissions by 2050. Like Trump, there are controversies related to Biden, such as the recent email scandal relating to his son having dealings with Ukraine and China (which he may have had some involvement in), as well as his being one of the biggest supporters of the Iraq war.

Having two opponents who have done both good and bad things for the United States has created a great divide between Americans and has caused an even greater divide between generations. This election has encouraged younger generations to voice their opinions through voting. Biden has had a majority of the eligible voters by Gen Z (otherwise known as Generation Z born between 1997-2012) due to his advocacy on minority rights, and due to their first choice Bernie Sanders being cut from the race. The hashtag #settleforbiden was trending on Twitter after Sanders was cut to fulfill their goal of kicking Trump out of the Whitehouse. Not only has Trump been very unpopular due to his values to eligible teen voters, but the application Tik Tok has played a big part in this election. Not only has the application played a big role in educating teens about pressing issues in our world such as the Black Lives Matter Movement, but it has also encouraged young voters to educate themselves on world issues.

The 2020 US presidential election will go down in history books as changing the course of history forever. Because in the end, it is the American people that decide if they want to "Keep America Great" or if their "Best Days Still Lie Ahead."

CRISPR AND GENE EDITING: THE DISCOVERIES, OPPORTUNITIES, AND RISKS

BY AANIQA KARMALI

On October 7th, Jennifer A. Doudna and Emmanuelle Charpentier were awarded the Nobel Prize in Chemistry 2020 by the Royal Swedish Academy of Sciences "for the development of a method for genome editing" known as CRISPR-Cas9.

This was the first time in history that a Nobel prize in science was awarded to two women alone, making this a momentous occasion not only for the scientific community as a whole, but specifically, for women in STEM.

At a press briefing following the award, Jennifer A. Doudna commented on the significance of her and Emmanuelle Charpentier being the first women to receive a science Nobel prize without male colleagues.



Emmanuelle Charpentier, Ph.D. and Jennifer Doudna, Ph.D.; photo from Nature

It's great for especially younger women to see this and to see that women's work can be recognized, as much as men's," Doudna said. "I think for many women, there's a feeling that no matter what they do, their work will never be recognized as it might

be if they were a man. And I'd like to see that change, of course, and I think this is a step in the right direction."

Aside from their tremendous impact on the female scientific community, Doudna and Charpentier's discoveries in genome editing have revolutionized the life sciences and related fields.

The discovery that earned them the Nobel Prize in Chemistry, the CRISPR-Cas9 genetic scissors, allows researchers to precisely edit the DNA of animals, plants, and microorganisms, as if they were "rewriting the code of life." This creates a goldmine of possibilities in disease prevention, including the potential to cure inherited diseases entirely. Since their discovery in 2012 by Doudna and Charpentier, the CRISPR-Cas9 scissors have already led to the development of new cancer therapies, such as editing immune cells to better hunt down and attack cancer in the body. While many of the emerging disease therapies and treatments using CRISPR-Cas9 are currently in trial, the potential to improve and even save human lives with this technology is astonishing.

However, the exponential rise of CRISPR has led to controversy surrounding the ethics of genome editing under certain circumstances. For example, when it comes to using CRISPR in human embryos and the human germline, there is a risk that genes can be edited to produce so-called "designer babies" with superior characteristics. In fact, Chinese researcher

He Jiankui has already begun experimenting with this concept. In 2019, Jiankui attempted to engineer mutations into human embryos to make the resulting babies resistant to the HIV infection. Jiankui faced much backlash for this, not only because of his pursuit of germline editing, but because of his neglect for safety precautions and standard protocol during his experiments.



Photo from Phys.org

This also raises the question of accessibility to gene editing. As CRISPR is a fairly new technology, we must consider whether it would be available to all people in practice, or just those able to afford it. If this issue is not addressed, new inequalities could be created in healthcare, resulting in growing disparities between economic classes.

Being such a powerful tool that is relatively easy to use, there is the possibility of the CRISPR-Cas9 genetic scissors being used unfairly or even for malicious purposes. And this is why it is important to regulate the use of CRISPR, despite some scientists' concerns.

"I think we have to be careful with regulations because where do you draw the line?" said Jennifer A. Doudna in an interview with the CBC. "That being said, I

do think it's critical to have a particular safety net around the use of CRISPR in human embryos and the human germline. And so that's something where the active involvement of international groups, including the science academies, is so important."

So, should you be worried about CRISPR? Absolutely not. With the ability to completely transform the medical field and save countless lives, CRISPR is more of an innovative wonder than a cause for concern. However, it is critical that we, as a society, answer the many questions that new developments in CRISPR raise, and that we agree upon a set of ethical guidelines to follow in gene editing. With the appropriate laws and regulations to govern the use of CRISPR, many of which already exist, we will have myriad opportunities to improve people's lives using this technology, and we will be able to do so safely and fairly.

New technologies and developments in gene editing, such as Jennifer A. Doudna and Emmanuelle Charpentier's CRISPR-Cas9 genetic scissors, create endless possibilities for advancements in healthcare and many other fields. We must acknowledge their immense potential, but be cautious and responsible when applying these technologies and other developments. There is no reason to be afraid of the future. Because the use and expansion of gene editing is inevitable, and fearing it will only hold us back.

LOOKING INTO THE MIRROR - THE CONNECTION BETWEEN SOCIAL MEDIA AND BODY IMAGE

BY JASMINE CHOW

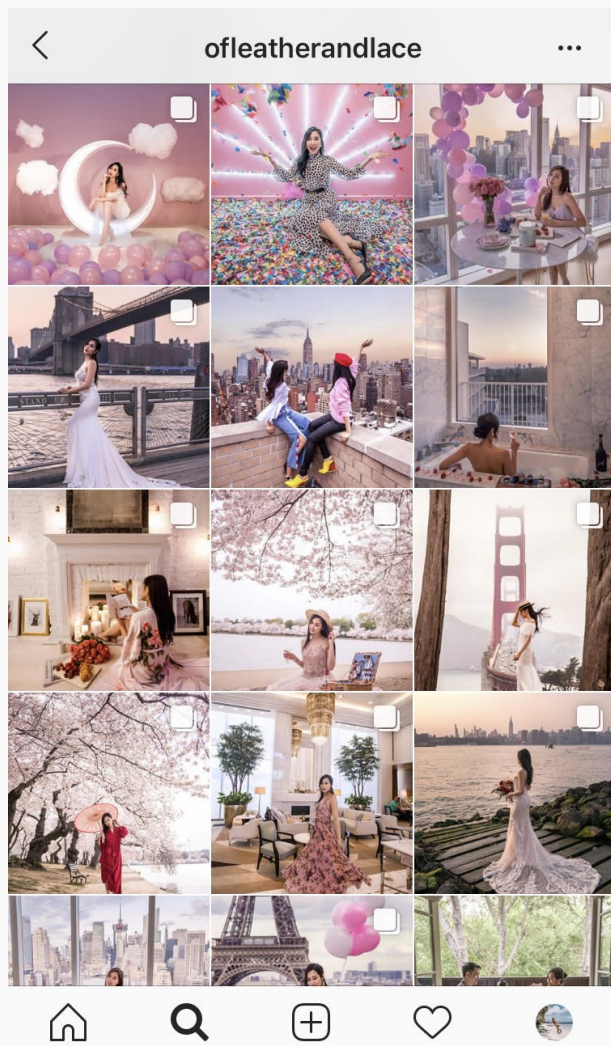


Photo from @ofleatherandlace on Instagram

There are times in your life in which you stand in front of that big mirror in the bathroom -- you know, the one with the water streaks and fingerprints scattered about the surface -- and look deeply into what's on the other side. And as you stare at your reflection and your reflection stares back, all that's running through your head are feelings of shame, jealousy and disgust.

Perhaps you checked Instagram or TikTok on your lunch break today for what you thought would be just a few moments.

But those apps somehow always know how to reel you back in, and what feels like just a few minutes of mindless scrolling turns into hours upon hours. Suddenly, it's 6:00 PM and you don't exactly realize how much of the day has passed until it's a bit too late.

And perhaps, as you're scrolling, it's not so mindless at all. Because what you're thinking as you see beautiful face after perfect body after amazing skin and hair is that you wish you could look like them. If only I looked like that, you surmise, all my problems would disappear at the drop of a hat. If I looked like that, I would be happy.

Social media has undoubtedly negatively impacted the body image of millions. For many, putting pictures and videos out there for the world to see and judge can be terrifying -- so it's only natural to want to put your best foot forward, whether that's achieved by clever lighting and posing or photo editing.

This can become incredibly unhealthy. Many teens feel pressured to look perfect when posting on social media, especially when comparing themselves to their peers or public figures. However, this feeling doesn't have to last forever.

There are many ways that teens can improve their body image; statistics show that those who look at posts surrounding fitness disliked their bodies more than those who don't. So if you're struggling with body image issues, it might be a good idea to step back from looking at things that worsen your self-confidence. This might mean unfollowing that influencer that you've always been jealous of, or even cutting out social media altogether.

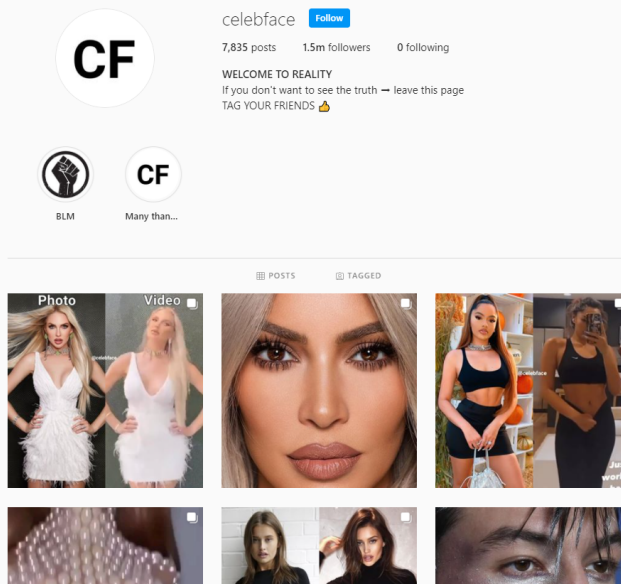


Photo from @celebface on Instagram

It's also important to remind yourself that not everything you see online is real -- many people rely on Facetune, Photoshop, or even plastic surgery to make themselves look "better" in their eyes. Instagram accounts like @celebface are a great reminder that celebrities are humans with flaws, insecurities, and struggles too.

Lastly, practice positive thinking. Instead of bringing yourself down with what you dislike about your appearance, think about what you do like -- whether that be your hair, eyes, smile, or something else -- and replace those old negative thoughts with new, positive ones.

Next time you look in the bathroom mirror, maybe you'll feel a little bit better about yourself, or maybe you won't. Recovery is not linear. Some days will feel infinitely times worse than others - and maybe for you, deleting social media might be what's best. With a little effort and self-love, your body image can improve immensely.

WHAT'S YOUR PURPOSE?

BY VIDHI RUPAREL

Look around you. Thousands of people walking on the streets, the birds in the skies, ants building colonies, and the large seas. You'll realize that you are a small entity in this unimaginably big universe we call home. So, can you meaningfully affect the world with whatever you do in your brief time on Earth?

Once someone asked me what life I wouldn't want to live and I replied, a life without a purpose.

When John F. Kennedy visited the NASA space center, he saw a janitor carrying a broom, walked over to him, and asked what he was doing. The janitor responded,

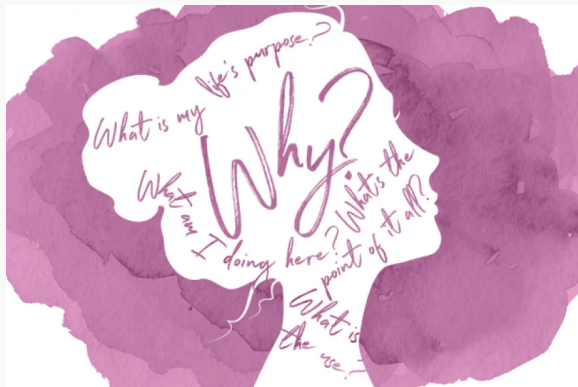


Photo from Verily

“Mr. President, I'm helping put a man on the moon.”

Purpose is the sense that we are part of something bigger than ourselves, that we are needed, that we have something better ahead to work for.

According to Maslow's Hierarchy of Needs, after achieving one's primary physiological, safety and belonging needs, one looks for fulfilling the need for self-actualization, the desire to become the most one can be.

And there is so much we can do to make a difference for our families and the generations to come. Leave a legacy, like footprints on the sands of time. Oftentimes, it's all a matter of time. You may be forgotten after a century. However, your legacy will be remembered forever.

Realistically, we cannot dream of massively changing the world, but we can make our lives worth it. Knowing that our existence is not permanent makes it all the more important to bring out the best in ourselves while we live.

ALL ABOUT HALLOWEEN

BY PRISCILLA MAN

It's that time of the year again, where the streets are dark, houses are adorned with skeletal figures and there's a large bowl of candy sitting at the front door...

IT'S HALLOWEEN!

But have you ever wondered how Halloween came to be the tradition we know and love today?

It all dates back approximately 2000 years ago in Europe, where a group of tribes — referred to as the Celts, came together on October 31st to partake in Samhain (pronounced Sow-win), a Pagan festival which welcomes the harvesting season and the proclaimed “dark half of the year.”

After tending to their farms, the Celts gathered together to light a community bonfire and prayed. They sacrificed cattle and even took a flame from the bonfire to light their fireplaces. During Samhain, the Celts believed that the spirit world was able to interact with the human world. To prevent being “kidnapped,” they dressed up as animals and monsters which were thought to ward off different spirits from stealing their souls. Days prior to Samhain, the Celts had a practice of going door to door, to sing to the dead and receive cake while wearing costumes. This is where Trick-or-Treating came from.

As time progressed into the Middle Ages, bonfires were lit separately, closer to families, to protect themselves from fairies and witches. Jack-o-lanterns started to surface as well; however, they were first carved turnips which were later adapted to be carved pumpkins due to other Irish traditions. There was also a period of time where people attempted to convert Samhain into a Christian holiday. It wasn't until the 9th-century when Pope Gregory added different holidays on November 1st and 2nd, which were known as All Saints' Day and All Souls' Day respectively. In the 19th-century, America adopted this holiday after many Irish immigrants brought their traditions overseas, and it then became known as All Hallows' Eve or Halloween.



Photo from TorontoStoreys.com

Halloween has become a world-renowned holiday that many countries celebrate, but there are a few variations that we might not be accustomed to:

In Latin America, All Souls' Day, also known as "Día De Los Muertos", is a three-day celebration to honor the dead when they visit their families on Halloween. Families decorate an altar with candies, flowers, pictures, and more to welcome their deceased relatives. Candles and incense are lit so spirits can find their way home. On November 2nd, families visit their deceased relatives' gravesites to clean it up and have a picnic to reminisce.



Photo from TripSavvy.com



Photo from TokyoCheapo.com

In Romania, many people travel to Transylvania to visit Vlad Dracula's home at Bran Castle. Many tours and travel packages are offered, some of which even include parties at the castle on Halloween!

Finally, in Japan, almost 4000 people in costume travel to Kawasaki, which is just outside of Tokyo, and they attend the Kawasaki Halloween Parade. Not only is this one of the biggest and most popular parades in Japan, it is also very exclusive to the point where participants must apply for entry two months before the parade and follow strict rules when attending.

Currently, Trick-or-Treating isn't the safest activity due to COVID-19, which may leave you bored and lonely at home, so check out a few activities you can do to raise your Halloween Spirit over at another article called "Halloween with COVID-19"! Whether or not you celebrate All Hallows' Eve, it is important to stay safe during this pandemic and have fun!

TOP TEN HALLOWEEN MOVIES

BY THIVANY THAYALAN AND ABIRAH RAJESWARAN

If you're looking for a solid selection of the perfect horror classics for your Halloween weekend, you're in the right place. Each of these handpicked movies works as the perfect film to watch this year, considering that many of us are spending Halloween at home!



The Babadook (2014)

10 Babadook

A single mother, who is unbothered by her son's fear of an imaginary monster, realizes the dark realities of her home when the sinister presence appears. Perfectly written with ambiguity, the enriched stories in this film show the grief of a widowed mother while she battles a fictional monster for her son.

09 The Ring

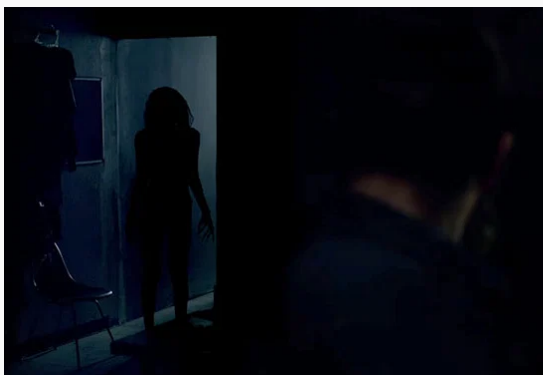
Imagine watching a video of a girl in a long white dress with hair all over her face crawling out of a well. Just hearing about it sends chills all over your body, right? Well, this isn't the only freaky part. All the viewers die within a week after watching this video! Rachel wants to investigate the mysterious videotape that kills its viewers after the death of her niece. The Ring is truly one of the scariest movies I've seen and if you're looking for a good scare during this spooky season, this is the movie for you!



The Ring (2002)

08 Lights Out

Oftentimes we aren't afraid of the dark. We're afraid we're not alone in the dark. *Lights Out*, a thrilling look into the childhood fears of Rebecca and Martin who believe they escaped the horrors of a supernatural existence to find out it has returned. A blockbuster! It sat you on the edge of your seat, biting your nails, covering yourself with a pillow, and aware a jumpscare is bound to happen. You might even reconsider being so fearless in the dark after this. But, if you do fancy a suspenseful film with a real message, this is the right pick!



Lights Out (2016)

06 Scream 4

Whenever Sidney returns to her hometown, Ghostface follows her. When Sidney finally decides to go back to the town of Woodsboro after ten long years of staying away, the amount of deaths in her community leave everyone shocked. When is Ghostface going to strike? Suspenseful, scary, mysterious, thrilling, all at the same time. Can it get any better than that? When I was watching the movie, I was awaiting the next death. This is a movie that I wouldn't mind watching again. If you're a fan of scary movies but haven't seen this, stop what you're doing and go watch it right now!

07 A Quiet Place

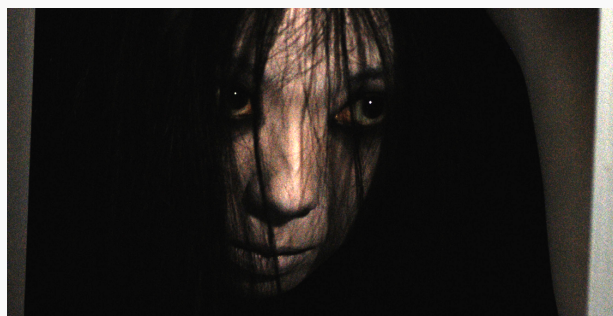
If you're anything like me, you're a sucker for a movie that captures all your emotions. *A Quiet Place* will definitely win your heart! You can look forward to a family that works together to survive in a world where 90% of the population is killed by noise sensitive monsters. This thriller will have you gripping your seat with its suspenseful moments. I absolutely loved it!



A Quiet Place (2018)

05 Grudge

Karen moves to Tokyo only to discover the lingering past of the house she's caretaking at, which involves a blood-curdling curse of unforgiving spirits. What happens when people around her start dying? Should Karen stay and investigate the case or get as far away from the house as possible? In this case, Karen figures out the history and origin of the curse. Soon, she discovers that it was a huge mistake and fails to keep herself away. This movie gets everyone to think twice about their surroundings. And just a warning, this movie has tons of jump scares. It can keep you up all night long!



The Grudge (2004)

04 **Mama**

A mother's bond is unbreakable, and it is the purest love that can exist in the world. But what if a ghost takes the place of your mother? After their parents' accident, sisters Victoria and Lilly are raised by a spirit. And once they are taken in by their uncle and his girlfriend, the possessive spirit starts being territorial over the girls. Let's just say she insists on reading them bedtime stories.

03 **The Conjuring 2**

If you're a fan of fairly frightening movies, then you'll love *The Conjuring 2*. Peggy, a single mother to four children, needs the help of two occult investigators to unravel the paranormal experiences her children have been witnessing in their home. She must put an end to the demonic presence that they are forced to endure. I'm a huge horror movie fanatic, so you can trust me when I say that this movie checks off all the boxes of a solid horror movie.



The Conjuring 2 (2016)

01 **Sinister**

Typically, in horror movies, you find the protagonist intentionally stepping into the spirit's territory in some sort of act of heroism. In this story, you follow Ellison Oswald as he does the same. He is determined to uncover the homicide of a family in his new home. He searches into the dark sinister activities, but later comes to realize that this isn't a man's doing. And it might be too late for him! *Sinister* is an exceptional film with the perfect plot twist and constant jump scares. This has to be my most favourite horror film! Just be sure not to watch it alone.

A good horror movie may take hours to find, but don't worry, we've got you covered with the perfect recommendations for you! This selection of movies can take you on a roller coaster of emotions and is guaranteed to satisfy you.

02 **Insidious**

A home is where you feel safe, comfortable and want to live for the rest of your life. But families may decide to move for a handful of reasons. John and Renai, along with their son Dalton, decide to move houses seeking a fresh start. Shortly after their move, Dalton falls into a strange coma and this marks the beginning of a series of paranormal events that take place. When you're with a group of friends and looking for the perfect scare, *Insidious* is undoubtedly the movie to watch. But beware-- this movie might just make you rethink ever being home alone again.



Insidious (2010)



Sinister (2012)

FEMINISM IN ENOLA HOLMES: A MOVIE REVIEW

BY ZOYA SAJID

“ *Alone but not lonely;*

Enola Holmes is an amazing movie that is sure to be a hit for any fans of Sherlock Holmes, mystery, and change in the world. With the **unconventional** way the movie was filmed, the likeable protagonist and the lessons, and morals learned throughout her journey, *Enola Holmes* was a unique movie with satisfying results, leaving me hanging for a sequel.

Enola Holmes takes place in 1900s-era London and follows the story of Sherlock's younger sister, Enola. Enola is 'alone' spelled backwards, as she tells us frequently. Raised by their mother, Eudoria, Enola was taught a variety of skills such as archery, wordplay, and painting. Most of all, she was to choose her own path, not the path chosen for her by a society built for men.



On the morning of Enola's sixteenth birthday, her mother goes missing. Enter her estranged brothers, the Great Detective Sherlock Holmes and the ever-so-misogynistic Mycroft, both of whom haven't seen Enola in several years. Determined to find her mother, Enola runs away from home and into the heart of London, much to Mycroft's dismay. She meets Marquess Tewkesbury, a noble who had run away from home with similar reasons to her own. A teenager with progressive ideas of his own and a love for herbology, he immediately befriends Enola, much to her annoyance. Enola finds herself coming to the rescue of said Marquess in distress several times, much to her chagrin. Add in a classic Sherlockian mystery, which Enola was able to solve in no time, thanks to her wits and her capacity for empathy, a valuable asset which both her brothers lack.

The theme of feminism is very strong in *Enola Holmes*. As a female protagonist, Enola doesn't fall into many of the stereotypes and clichés a lot of female leads do. She is strong, smart and wholly independent, traits which were seen as 'unbecoming' of a woman during the 1900s and in some cases, even today. Her movie subtly subverts Victorian-era gender norms, from her wits to her strength to her banter and interactions with Marquess Tewksbury. Enola's story revolves around finding her place in the world and changing it for the better, rather than around a love interest. At the end of the day, *Enola Holmes* is no damsel in distress. She is a detective in her own right, and someone many young girls can relate to.

The only issue I believe this movie has is Mycroft Holmes, dislikeable in BBC's *Sherlock*, and even more so in this movie. Portrayed as a heavily misogynistic government member, Mycroft serves as the main opposing force for *Enola Holmes*.



Determined to make her a "proper woman", Mycroft attempts to send Enola to a finishing school. (Keyword here being attempts.) Not only does this make Mycroft very two-dimensional even for his standards, but it also makes it seem as though Enola has something to prove to Mycroft. Which she doesn't.



Determined to make her a "proper woman", Mycroft attempts to send Enola to a finishing school. (Keyword here being attempts.) Not only does this make Mycroft very two-dimensional even for his standards, but it also makes it seem as though Enola has something to prove to Mycroft. Which she doesn't.

To conclude, if you're a fan of mystery, you will love this movie. Definitely a 10/10. It's got a likeable protagonist, a well-played Sherlockian mystery, the right amount of sarcasm, memorable quotes, and unforgettable lessons. *Enola Holmes* teaches us that our future is up to each and every one of us. That we can change the world if we truly believe we can.

“There are two paths you can take [...] yours, or the path others choose for you.” Which path will you take?

DELICIOUS CINNAMON ROLLS FROM SCRATCH

BY JASMINE CHOW

No need to visit your local Cinnabon or cafe anymore -- these tender cinnamon rolls are easy and fun to make at home!

This recipe makes 10-12 rolls and is accompanied by a simple buttercream frosting on top. These cinnamon rolls are great as a sweet dessert or an afternoon snack (or maybe even for breakfast if you have a sweet tooth)!

INGREDIENTS

DOUGH

2 and 1/4 teaspoons instant yeast
1 cup warm milk
1/2 cup white sugar
4 cups all-purpose flour, spoon & leveled
1 teaspoon salt
5 tablespoons unsalted butter, softened
2 eggs

FILLING

4 tablespoons unsalted butter, softened
1 and 1/2 tablespoons ground cinnamon
1/2 cup brown sugar, packed



ICING

1/4 cup unsalted butter, softened
1 teaspoon vanilla extract
1 cup icing sugar
2 tablespoons heavy cream

INSTRUCTIONS

- 1) In a bowl, dissolve the yeast and a teaspoon of sugar in the warm milk. Ensure that the milk is warm to the touch - its temperature should be from 98 to 105°F (36 to 40°C). Cover and wait seven minutes for the yeast to activate. The yeast will begin to froth up when it starts to become activated. If the yeast doesn't get foamy, your yeast is likely expired.
- 2) In a separate bowl, combine the remaining sugar, flour, salt, butter, and eggs until they are well incorporated. You may want to use a mixer for this step, but hand mixing works as well.

- 3) Add the yeast mixture to the flour mixture. Mix until the ingredients are well combined and the dough looks uniform in texture and colour. The dough should be able to come clean from the side of the bowl. Again, you may use a mixer or hand mix for this step. In a separate bowl, combine the remaining sugar, flour, salt, butter, and eggs until they are well incorporated. You may want to use a mixer for this step, but hand mixing works as well.
- 4) Lightly grease a bowl with non-stick cooking spray or butter. Place the dough inside, cover tightly, and allow the dough to rise for a little over an hour or until the dough has doubled in size.
- 5) In a small bowl, combine the ground cinnamon and brown sugar for the filling.
- 6) Grease a large baking pan with non-stick cooking spray or butter. Preheat the oven to 350°F.
- 7) Roll the dough out on a lightly floured surface until it is about 16 inches (40 cm) long by 12 inches (30 cm) wide and 1/4 inch (0.6 cm) thick.
- 8) Evenly spread the butter over the dough. Then, evenly sprinkle the cinnamon-sugar mixture over the dough.
- 9) From the bottom 16 inch edge, carefully roll the dough up to the top edge, creating a cylinder.
- 10) Cut the cylinder into approximately 10-12 rolls. Place each roll into the baking pan. Either side with the swirl should be facing up.
- 11) Bake the rolls in the oven for around 20 minutes or until golden brown.
- 12) While the rolls are baking, make the frosting. Beat the butter until it is light and creamy with no lumps.
- 13) Add icing sugar, cream, and vanilla. Mix until fully combined.
- 14) After the rolls are done, let them cool in the baking pan for 10 minutes. Spread the icing on top generously. Leave remaining icing on the side.
- 15) Serve warm with extra icing, if desired.

CHICKEN FAJITA AND RICE: A DELICIOUS MEAL FOR THE COLD WEATHER

BY LAKYSHA MOONEMALLE

Do you like Mexican food?

If your answer is yes then try this chicken fajita and rice recipe! The warm flavours and spices will leave you and your taste buds jumping for joy. I looked up a range of recipes during quarantine and this one was my favourite! I made this meal 3 times, and it was enjoyed every time! This recipe is from [tasty.co](https://www.tasty.co). Nothing beats a warm, flavourful meal, especially in this cold weather.

The ingredients are simple, so there is no need to run to the grocery store searching for them. The best thing about this meal is that anyone can eat it; from young children to adults! Some tips I have discovered from cooking this meal include:

- Leaving the rice in the broth cooking for longer than the recipe states- this will leave your rice tender when you take it out of the oven.
- Another tip would be to leave the rice in the oven after the timer goes off, this will ensure the rice is cooked through and that it's warm when you are ready to eat it.
- Never be afraid to use flavour and spices, because that is really personal preference.

The Tasty website has many recipes, so finding and trying this one was pure luck. This specific recipe is really unique because it isn't something that I have seen on the menus of Mexican restaurants! The process to cook this rice dinner is not a difficult one, but it is quite lengthy. The chicken is required to marinate for up to 4 hours, but at least 30 minutes– remember: the longer, the better. Don't hesitate to try out this recipe because it's delicious!

Here is the recipe from Tasty:

INGREDIENTS:

- ¼ cup extra virgin olive oil (60 mL), Private Selection Italian
- 4 tablespoons lime juice
- 2 tablespoons agave nectar
- 4 teaspoons kosher salt, divided
- 1 teaspoon dried oregano
- 2 teaspoons chili powder
- 3 teaspoons ground cumin, divided
- 1 lb boneless, skinless chicken thighs (455 g)
- 1 small yellow onion, sliced
- 1 medium green bell pepper, seeded and sliced
- 1 medium yellow bell pepper, seeded and sliced
- 1 medium red bell pepper, seeded and sliced
- 1 cup white long grain rice (200 g), rinsed
- 1 ½ cups chicken stock (360 mL)
- 1 teaspoon black pepper
- Lime wedge, for garnish
- Fresh cilantro, for garnish

INSTRUCTIONS:

- 1) In a shallow dish or medium bowl, whisk together the olive oil, lime juice, agave, 1 teaspoon of salt, the oregano, chili powder, and 2 teaspoons of cumin. Add the chicken and toss to coat well. Cover with plastic wrap and marinate in the refrigerator for at least 30 minutes, up to 4 hours.
- 2) Preheat the oven to 400°F (200°C).
- 3) Remove the chicken from the marinade and place in a large oven-safe pot over medium-high heat, being careful not to overcrowd the pot. Cook for 3 minutes, or until golden brown, then flip and repeat on the other side. Remove the chicken from the pot and set aside.
- 4) Add the onion and bell peppers to the pot. Cook for 2-3 minutes, or until starting to soften.
- 5) Add the rice and chicken stock. Season with the remaining teaspoon of cumin, the pepper, and remaining 2 teaspoons of salt. Bring to a boil, then return the chicken thighs to the pot.
- 6) Cover with a lid and transfer to the oven until the rice is tender, about 45 minutes.
- 7) Garnish with a squeeze of lime juice and cilantro.
- 8) Enjoy!



ART & PHOTO- GRAPHY



WHAT IS A GHOST'S FAVOURITE CARNIVAL RIDE?

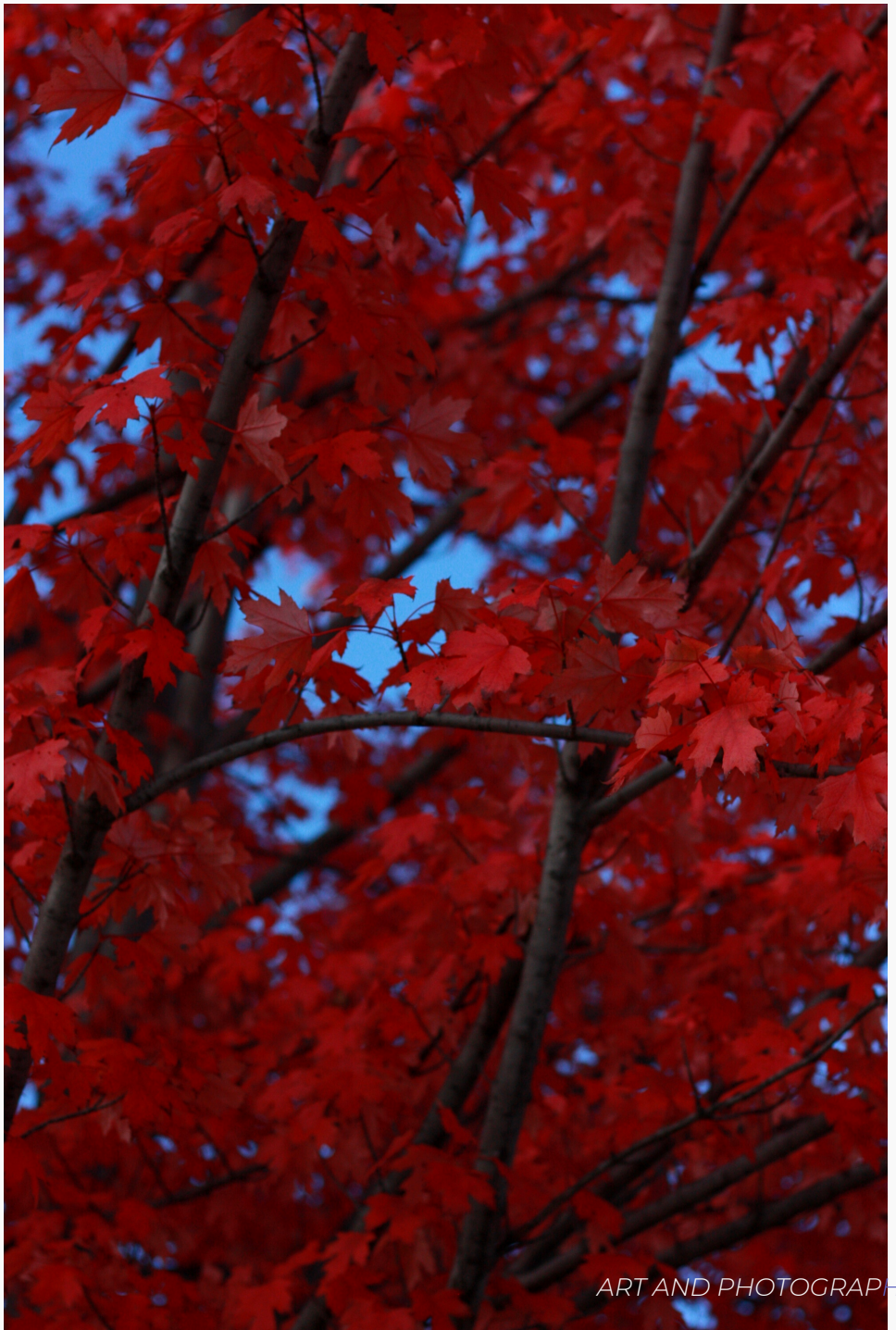
Amy Tan



THE
ROLLER-
GHOSTER.

RED MAPLE

Anonymous





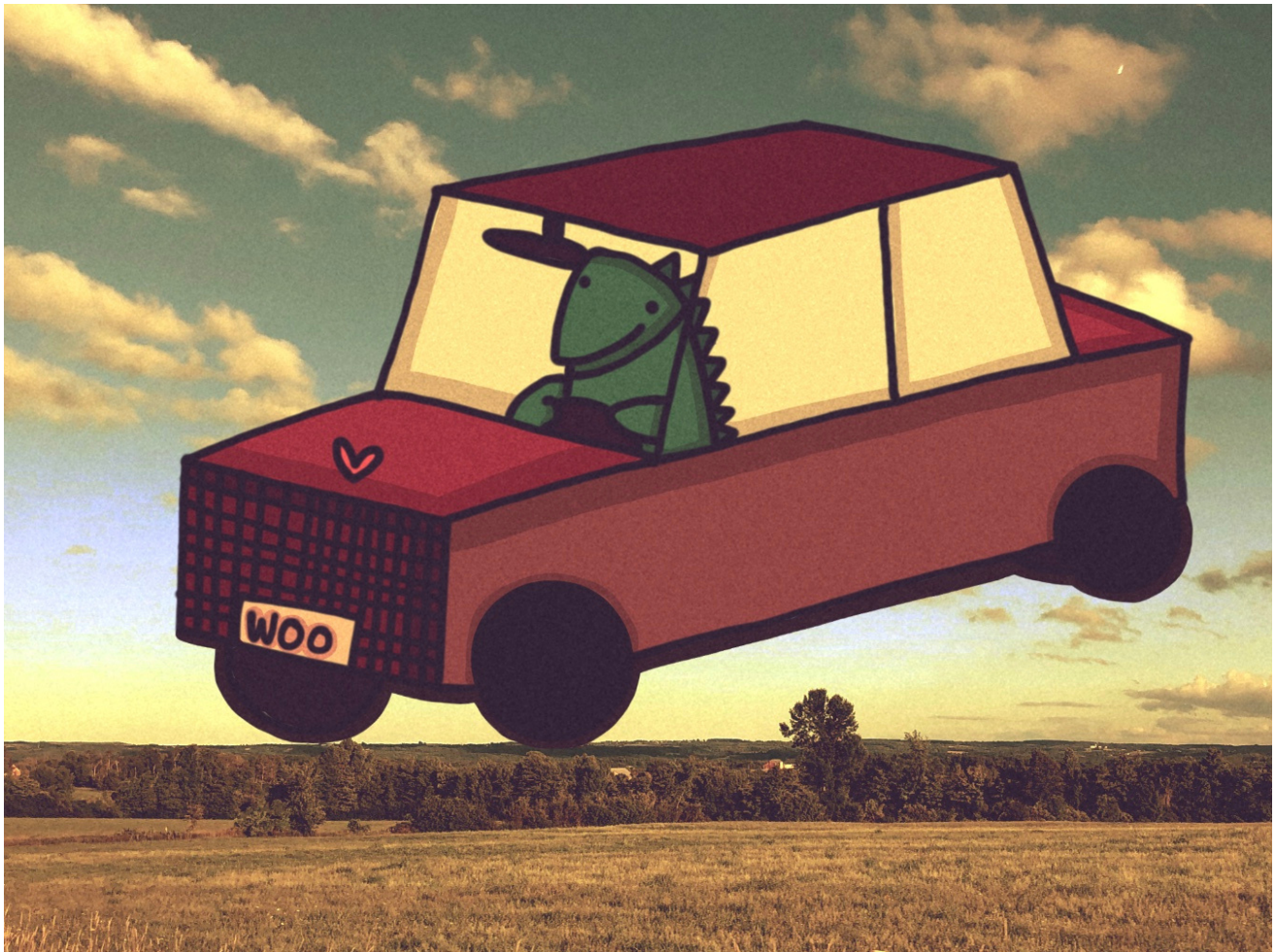
STREET LIGHT "IN" THE TREE

Hanyu Zhou

instagram: @fish_xiaoyuer

AN IGUANA IN A FLYING CAR

Hana Kanji



BEAR FOR HALLOWEEN

Anonymous

Instagram: @krysulda

Just a man cosplaying as a bear with his
friend in his hand.





LEMON'S FALL

Kenneth Hu

The character presented is a very passionate gardener of all plants that can be farmable. As hinted by the yellow color palette and the lemon decorations, he is mainly focused on growing lemon trees.



FOCUS

Paul Paul Sheron

I tried to recreate the total catastrophe that happens in my head every time I'm studying online. I used webpages as a representation of my thoughts and my glasses as to my eyes focusing on the class and reality at the same time. I am near sighted so whenever I take off my glasses, it's always blurry; so I used that to represent my cloudy/out of focus head as well.



OUT OF SPACE COVID

Oliver Lai Wai

Instagram: @itsoli_ilo

I made this masterpiece for a Media Art assignment called "Fill Your Head".



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