

HOROSCOPES

By: Anisa Q. & Sher Rida Khan

Aries (Mar 21–Apr 19)

You’re indecisive and wish to see some form of stability occur in your life; fortunately, you have the generosity of your family and friendships to keep you sturdy. Remember that in order to achieve what you want the most, you must take the first initiative.

Taurus (Apr 20–May 21)

You take pride in your work and have a strong sense of what’s right and wrong. Remember to never bend under pressure, and that regardless of what other people might think, stick true to what you believe.

Gemini (May 22–June 21)

You have so many thoughts and ideas running through your mind but sometimes lack the communication skills to express

them. Take care of yourself, and remember that it’s fine to go slower than usual. You’re versatile, but remember that consistency is key.

Cancer (June 22–July 22)

You tend to focus on other people and ignore your own health; you’re nurturing, but eventually it becomes your biggest downfall. Prioritize your mental health first this month, and if life becomes too stressful, it won’t hurt to set things down for a while.

Leo (July 23–Aug 22)

Whenever you walk into a room, your presence illuminates the atmosphere. However, you have a habit of making everything about yourself. Stop yourself for a moment and ask a friend how they’re doing.

Virgo (Aug 23–Sept 23)

You’re a perfectionist who’s concerned with the smallest details. You want everything to be perfect because your standards are unusually high. Although you may not notice it, the work you put in is appreciated enough. Take a short break.

Libra (Sept 24–Oct 23)

You must face conflict, as tough as it sounds it is a big part of your healing. Ignoring the problems will only lead you to build pressure within.

Scorpio (Oct 24–Nov 22)

You must learn to be more understanding towards the people around you. This month learn to keep your cool and to only react once you’ve heard the entire story.

Sagittarius (Nov 23–Dec 21)

Learn to unwind and relax. It

can be difficult for others to keep up with your busy lifestyle and ultimately can lead you to burn out.

Capricorn (Dec 22–Jan 20)

It is time to have a little fun and loosen up a little bit. You have been working really hard these few weeks and deserve a well earned break.

Aquarius (Jan 21–Feb 19)

You aren’t alone and there are people who will always be here for you. So, take that risk and try something new while remembering you have people who have got your back.

Pisces (Feb 20–Mar 20)

You have to stop blaming others and yourself for the challenges in life. Take control of your life and accept all that has happened to you.



GRAHAM GAZETTE

Octet 1-2, 2020

2

Home Economics

TEACHER'S FAVOURITE RECIPES

5

News

CLIMATE CHANGE

8

Information

HOROSCOPES

SCHOOL NEWS

FOUNDED IN 2016

Octet 1-2 2020

November 13 — End of Octet 2

November 17 — Beginning of Octet 3

November 16 — Pro-D Day

November 27 — Pro-D Day

BLACK HISTORY MONTH

BACK TO SCHOOL IN COVID

In the UK

By: Anisa Q.

Since 1987, Black History Month has been celebrated annually in the United Kingdom. As part of The British Commonwealth, it is im-

developed Britain’s socioeconomic structure. Each year brought a new generation of reform, and the efforts to establish an event were eventually sanctioned by the British Govern-

ment following 1987. In 1833, the United Kingdom abolished slavery and promised €20 million to recompense slave owners. The monarchy, which was paid for through taxation, had not been paid off until 2015. 182 years later, Black Britons have essentially been paying for their own freedom via taxes for nearly 200 years.

“I feel that if we don't take seriously the ways in which racism is embedded in structures of institutions, if we assume that there must be an identifiable racist who is the perpetrator, then we won't ever succeed in eradicating racism.”
— Angela Y. Davis, *Freedom Is a Constant Struggle*

portant for Canadians to acknowledge and commemorate the achievements of African-Americans, in addition to the African Diaspora. Its founder, Akyaaba Addai-Sebo, led the movement to recognize the notability of African heritage and the contributions that

ment following 1987. In 1833, the United Kingdom abolished slavery and promised €20 million to recompense slave owners. The monarchy, which

Although the government has only recently begun to provide amends, the past was not as long ago as we would like to believe.



https://www.awarenessdays.com/wp-content/uploads/2018/07/black-history-wallpaper-9.jpg

LIKE TO WRITE? DRAW? TAKE PHOTOS? HAVE AN ARTICLE YOU WANT FEATURED OR A TOPIC YOU WANT COVERED IN YOUR SCHOOL NEWSPAPER? THE GRAHAM GAZETTE MEETS EACH WEDNESDAY ON TEAMS!

QUESTIONS, SUBMISSIONS, & SUGGESTIONS FOR THE

GRAHAM GAZETTE CAN BE SENT TO:

grahamgazette@gmail.com

SUBMISSIONS WELCOME!

If you have a piece of work that you’d like to see in the newspaper, our email is graham-gazette@gmail.com!

If you have a question for the *The Grizz Says...* that you’d like answered DM us on our Instagram @graham_gazette or send us an email!

If you want to join: Meetings are **WEDNESDAY** on Teams! We’re always looking for new members!

Credits

Photos	Google Images	Mental Health	Ellie K.	Trivia & Funnies	Alisa G.	Page 7 Formatting	Madilyn C.
Back to School	Madilyn C.	Bookworm’s Corner	Kalie H.	Horoscope	Anisa Q & Sher Rida	Page 8 Formatting	Kalie H.
Black History Month	Anisa Q.	Album Review	Kalie H.	Page 1 Formatting	Kalie H.	Submission Info	Graham Gazette
Ad #1	Graham Gazette	Moviegoer’s Plaza	Madilyn C.	Page 2 Formatting	Madilyn C.	Teacher Sponsor	Ms. MacConnell
Ad #2	Graham Gazette	Climate Change	Sher Rida Khan	Page 3 Formatting	Kalie H.		
Teacher’s Favorite	Ms. Powell	Orange Shirt Day	Kalie H. & Ms. Lumsden	Page 4 Formatting	Kalie H.		
DIY Masks	Alisa G.	Advice Column #1	The Grizz	Page 5 Formatting	Sher Rida Khan		
Student Success	Alisa G. & Ms. Willock	Advice Column #2	The Grizz	Page 6 Formatting	Sher Rida Khan		

Teacher’s Favourite

Mom’s Chili!

By: Ms.. Powell

- Ingredients:
- 1-2 cans of corn

1 pound extra lean ground beef

Canned whole tomatoes (2 big cans; most natural)

2 cans of black beans, 1 red kidney, 1 brown bean

half a yellow onion

salt/pepper

oregano leaves

cumin

chili pepper

parmesan cheese

- Instructions:
1. In a big pot on high, add a little bit of oil and the half onion chopped fine and stir and cook until lightly browned

2. Add meat

3. Add salt pepper oregano leaves and lots and lots of cumin! then a hint of chili pepper

4. Cook until browned and taste meat

5. turn down heat

6. Open cans (except tomatoes) and add everything in, liquid too!

7. Blend tomatoes and then add add tons of parmesan cheese
8. Turn heat up until it begins to boil turn down to simmer for 2hrs



Besides being the best Mom in the whole world, she is also the best cook. She made chili a lot when we were growing up. She usually used my Grandma's tomatoes from the garden and parmesan cheese from the special Italian store, but the chili will taste just as good with Save on Foods bought ingredients! It is the perfect fall/winter comfort dish. Topped with a little cheddar cheese and a bun with butter on the side and you've got one of my favorite recipes!

Hand; On

DIY Masks

By Alisa G.

Today we will be making a DIY-mask

Instead of buying face masks from the stores, why don't you make your own? Here are some instructions on how

1. Cut two layers of 9"x7" cotton fabric and one layer of 9"x7" non-woven interfacing.

2. Cut two 6" pieces of elastic.

3. Pile the layers of fabric together, with the faces of the fabrics toward each other and the filter layer on top.

4. Insert the elastic pieces between the top and bottom, lining the layers 1/2" from top on the short sides in order to pin these pieces together.
5. Stich both short sides and the top seam with 1/2" seam allowance. Center the nose piece in the top seam allowance and stitch down.
6. Pin the bottom, leaving about 2-3" open at the center.

7. Sew both sides of the bottom from one part of the seam to the pin and back stitch to secure it. Make sure not to pin the center gap.
8. Clip all 4 corners at an angle, be careful not to cut the stitch lines.

9. Turn the mask right side

out.

10. Pull the corners out so the mask forms a rectangle.

11. Fold the bottom opening into the same point as seam allowance and press all 4 sides. Then fold it in half (top to bottom) and press it with an iron.

12. Fold it with the top and bottom meeting at the center fold and press again.

13. Start from top and press the fold to halfway to the next fold line and pin. Continue for all 3 pleats, then press with iron.

14. Sew 1/4" top stitch around the entire mask, making sure to

close the bottom opening. After



that you only have to press the pleats and you are done! There are also many videos on YouTube that you can follow that will have you make a DIY mask.

THE FUNNIES

TRIVIA

IS A PUMPKIN A FRUIT OR A VEGETABLE?

ANSWER: A FRUIT.

JOKE

WHICH HALLOWEEN CANDY IS NEVER ON TIME FOR THE PARTY?

ANSWER: CHOCO-LATE

TRIVIA

TRANSYLVANIA IS A REGION OF WHICH COUNTRY?

ANSWER: ROME.

JOKE

WHY ARE SUPERMAN'S COSTUMES TIGHT?

ANSWER: THEY'RE ALL SIZE S.

TRIVIA

WHAT IS THE MEANING OF DRACULA?

ANSWER: SON OF EVIL

JOKE

WHY ARE GHOSTS BAD AT TELLING LIES?

ANSWER: YOU CAN SEE RIGHT THROUGH THEM.

SUBMITTED BY: ALISA G.

SOURCE: <https://www.triviaquestionss.com/halloween-trivia-questions-with-answers/#:~:text=%20Halloween%20etymology%20trivia%20%201%20The%20word,more%20than%20the%20Irish%20St.%20Patrick%E2%80%99s...%20More>

SECOND SOURCE: <https://parade.com/1056251/marynliles/halloween-jokes/>

THE GRAHAM GAZETTE IS SEEKING A NEW COMIC ARTIST! IF YOU'RE INTERESTING IN SUBMITTING A COMIC PLEASE EMAIL US AT grahamgazette@gmail.com AND IF YOU ARE INTERESTED IN TAKING OVER THE COMIC SECTION PLEASE JOIN US FOR OUR MEETINGS WEDNESDAYS ON TEAMS!

THE GRIZZ SAYS

1. I've been feeling anxious about life after high school, what are some tips for my future?

*The most important thing to remember that everyone is in the same boat, no one has their life completely figured out. The most important thing is to always do what **YOU** want to do. Life has a beautiful way of always working out.*

2. I have been talking a lot with this person recently, and I like them a lot and I think they like me, but I'm not positive. What should I do?

Communication is key! There is no shame in asking how the other person feels, you never know what their answer will be, but it's better to know either way. If they say they feel the same way then that's amazing! If not, you guys can still be friends and you'll be able to move on easier, it's way harder to move on when you don't know what could have been. Be confident and be yourself! You got this.

3. I'm getting picked on in class, and I don't want to tell on the people who are doing it, or get a teacher involved. But I want it to stop. What should I do?

If the bullying continues and it is seriously affecting you, get an adult involved. If you feel uncomfortable talking to a teacher, talk to a trusted adult. For example a family member, family friend, or councillor.

4. How do I get an A in my academic classes?

Everyone has different methods, but I recommend reviewing the material when you get home each night. Due to the octet system it is easy to fall behind, so do all your work on time and don't be afraid to reach out to your teachers. If that isn't enough to understand the work, Ducks for Change is offering free tutoring on Fridays. It consists of a team of honour roll students that would

be more than happy to help you out.

5. How do I expand my music taste?

Always ask for recommendations from friends and be sure to listen to the entire song too. If you like the artist start with one album at a time. Don't be afraid to try out new genres either, it might feel uncomfortable at first but it can help you engage with different people and you'll always have a good time. I recommend Frank Ocean, Jaden, The Arctic Monkeys, Tyler The Creator and Wallows/

6. How do I get back into actively reading?

This can be especially difficult as a high school student in an octet system due to the abundance of work and lack of time. First of all, find a book that really interests you and will keep you engaged. I like to set a goal to read a certain amount of pages every night.



<https://onjacksonville.com/wp-content/uploads/2017/10/mental-health-banner.jpeg>

Student Success

By: Alisa G.

Student Success (Interview w/ Ms. Willock)

This year an amazing new staff member joined our team. Please welcome Ms. Willock, our new Career Advisor.

In her free time Mrs. Willock loves to hang out with her husband and her three-year-old son. She likes to participate in and watch sports such as hockey and basketball, as well as play the piano and sing. She also likes to travel.

Ms. Willock is a very optimistic person who loves to help her students. Her job is to help students decide what they want to do and what the best way to achieve those goals is. If you are a student who needs help applying for scholarships or want information to make a choice about your after graduation plans, you should definitely contact her. Students can contact her on the Careers Info Group on Teams or by email at: kimberley_willock@sd33.bc.ca

YOU
MATTER.

<https://www.salesproinsider.com/wp-content/uploads/2014/09/youmatter.jpg>

<https://alysonschafer.com/wp-content/uploads/2017/05/kids-help-phone.jpg>

Mental Health for

Students

By: Ellie K.

School can be stressful. You're never the only person dealing with stress or anxiety, and there are a number of services available for students and young adults.

Go Ask Alice! Is an online resource created by Columbia University and maintained by a team of health professionals. Students can search for an answer to whatever question they might have or anonymously ask their own question and receive a response from a healthcare worker or mental health professional.

YouthinBC.com is a website based out of British Columbia where youth can chat online with crisis services. You can also call the crisis line directly, 24 hours a day, at 1-800-784-2433.

Kelty Eating Disorders is a service designed to connect people struggling with eating dis-

orders to the help they need. It's based out of BC and provides information about eating disorders, treatment, and getting help in BC.

Chilliwack Addictions and Prevention Services is a resource for people struggling with substance abuse. You can contact them by phone at 604-795-5994 to set up an appointment with a substance use therapist to discuss treatment options.

Headspace is an app designed to help users meditate and practice mindfulness. Meditation and mindfulness are good tools for us and have been proven to have positive effects on our mental health. Even if you're not stressed or struggling with your mental health, taking a few minutes every day to meditate will only benefit you.

Talk to your counselor or a teacher you trust. If you can't talk to your parents about your mental health, there are people at school who'll be more than willing to help. Start by talking to your academic counselor, who can help connect you to local mental health services and recommend what you need. You can also talk to Kathryn, the youth care worker at our school.

**Whenever you need
to talk, we're open.
24/7/365**

Kids Help Phone 

1-800-668-6868
KidsHelpPhone.ca



Bookworm’s
Corner

By: Kalie H.

Title: The Silvered Serpents
Author: Roshani Chokshi
Category: YA
Genre: Fantasy
Rating: 4.75 stars

Review: The highly-anticipated sequel of Roshani Chokshi’s NYT Bestselling The Gilded Wolves (released September

22, 2020) is well worth the wait. With some of the most vivid and gorgeously ruthless world-building I’ve ever read and a pitch-perfect ensemble cast, this YA fantasy is not to be missed. Fast-paced, action-packed and dangerous, it’s got everything from heists to found family to romance to mechanical monsters all intertwined into a breath-takingly beautiful and immersive story. Highly recommended!



Album Review!

By: Kalie H.

Album: folklore (deluxe edition)
Artist: Taylor Swift
Rating: 5 stars

Moviegoer’s
Plaza

By: Madilyn C.

Title: Enola Holmes

Rating: 5 stars

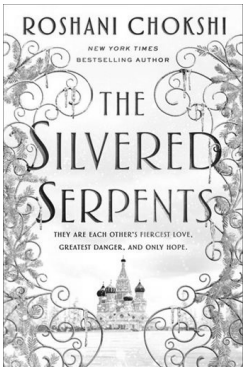
Genre: Mystery/Adventure

Cast: Millie Bobby Brown, Louis Partridge, Henry Cavill, Sam Claflin, Helena Bonham Carter

With the cold winter months approaching, finding cozy, feel-good movies is essential. If you love the 18th Century Era, Enola Holmes is definitely something you would enjoy. The story follows Enola, the younger sister of Sherlock Holmes. While trying to untangle her own mystery, she must prove that she was not born just to be a housewife, like everyone expects her to be. Although this movie was set long ago, it has a fresh perspective on feminism, which is a wonderful thing for young people to watch. After watching this movie you feel inspired and powerful. I was also left with a sense of



Sept/ Oct
Releases!



<https://dynamic.indigoimages.ca/books/1250144574.jpg?quality=85&width=380&maxheight=515&scale=0&lang=en>

Cemetery Boys by Aidan Thomas
Iron Heart by Nina Varela (sequel to Crier’s War)
Legendborn by Tracy Deonn
Grown by Tiffany D. Jackson

CHECK OUT:

@DIVERSIFYOURNARRATIVE

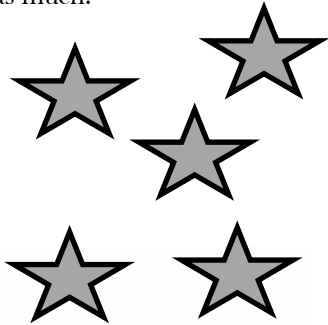
ON INSTAGRAM!

Review: Taylor Swift’s record-breaking, surprise album folklore was one of the highlights of my quarantine. With mesmerizing stories and lyrics and unique sound, it explores grief, relationships, love, anger, and

betrayal. It even includes a trilogy of songs! (cardigan, betty, and august).

Picture from: <https://www.rockcellarmagazine.com/wp-content/uploads/2020/07/taylor-swift-folklore-album.jpg>

https://upload.wikimedia.org/wikipedia/en/c/c6/Enola_Holmes_poster.jpeg



The game is afoot...
- Sherlock Holmes

http://cdn.quotesgram.com/img/36/22/860695832-TheGameIsAfoot1_560.jpg

Climate Change

By, Sher Rida Khan

Climate change is a rising, unavoidable issue that directly affects all of our lives. 2020 has been a difficult year for many reasons, and climate change is an overlooked aspect of the catastrophic series of events.

Climate change has shown its impacts through the extreme flooding in central America, the droughts throughout The Great Plains, and the wildfires in California that intensify every year. Our greenhouse gas emissions proceed to increase as well, and scientists claim that our prevailing efforts to curb temperature increase are not enough. The constant burning of fossil fuels for heat, transportation and electricity, cause greenhouse gas emissions leading to the spike of temperature on Earth. Greenhouse gases trap heat and do not allow them to escape into our atmosphere. The production of these gases leads to several fluctuations in our climate.

First of all, wildfires have become a natural occurrence in the western United States. This region has become seemingly hotter and more depleted, resulting in extremely aggressive wildfires. The wildfires that took place this year in California burned over 3 million acres, making 2020 the biggest fire in state history. According to Cal Fire, "the Camp Fire in 2018 [was] California's most destructive, and deadliest wildfire in history [and] destroyed an average of one football field worth of land every three seconds and killed 68 people."

In addition to wildfires, hurricanes have intensified as well. This is because storms pull their power from warm oceans; and, global warming is leading to the rise of water temperature. Hurricane Laura developed due to the 90 degrees Fahrenheit waters of the Gulf of Mexico. The most blatant result of climate change is the temperature rising, which leads to apparent consequences and natural disasters.

We don't have much time left before it is too late to save our planet, so we must start now. We can begin by developing an energy-efficient lifestyle, as well as demanding clean energy by con-



https://commons.wikimedia.org/wiki/File:Climate_change_mitigation_icon.png

