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NEws Beyond Bethune

2018: Looking Back at Toronto’s Most Tragic and Violent Year

JESSICA YE

On November 18, 2018, twenty-three year-old Cardinal Licorish was shot and killed in a Scarborough apartment building, making him Toronto’s 90th homicide victim of the year. This broke Toronto’s record of 89 homicides set in 1991.

With the year of 2018 ending, it claimed a record-high of 96 lives in Toronto, ranging from three weeks to 94 years old, the victims comprising of seventy-five males and twenty-one females. Forty-six victims were under the age of thirty, including ten minors.

Last year totalled to 51 gun-related deaths, twenty fatal stabbings, and a total twelve homicides from two horrific acts of mass violence; the Yonge St. van attack claimed ten lives, and the Danforth mass shooting claimed two lives. There was a massive spike in gun violence in 2018 as compared to previous years, with thirty-nine gun deaths in 2017, forty-one in 2016, and twenty-seven in 2015.

Thirty-three homicide cases from 2018 still remain unsolved.

Toronto police Chief Mark Saunders called 2018 “incredibly busy” for the department with the high death tolls, and hopes to improve police relations to all communities to decrease the number of homicides each year, as said to reporters at Toronto police headquarters on the morning of December 27, 2018.

"This is a year like no other year," Saunders said during the year-end news conference. "This was a unique year. I’m certainly not looking for another year like that in the foreseeable future."

As a response to 2018’s tragic events, the police force is hiring additional officers, special constables, auxiliaries, and communication call-takers, in the belief that more people joining in on the effort will make the difference that matters.

“When we look at gunplay, there is no magic-pill solution,” says Saunders. "Developing the relationship piece is what’s critical. Every day, we’re seeing more guns. That’s one aspect that has to be looked at. The second piece is what’s motivating people to use a gun to resolve issues.”

One worrying factor is the increased amount of people carrying guns. Police seized a total of 514 handguns in 2018, which is 222 more than 2017, and 172 more than 2016.

Mark Saunders says accordingly that gun violence and modernizing the force will remain a priority for 2019.

As for teenagers, it is advised to make wise decisions. Try not to stay out late at night alone, and be well aware of your surroundings. Walk on sidewalks that are well-lit and populous. After all, we need to be well-prepared citizens to make Toronto safer.
These are the 96 victims of homicides in Toronto in 2018.


Are the Toronto Maple Leafs Stanley Cup Contenders?

SARA SAAD

To answer the question simply, yes, the Leafs are definitely cup contenders, though it seems that the Leafs franchise is not the only ones who feel this way. Many NHL all-stars have shared their opinions on the Leafs in the 2018-2019 season.

Pittsburgh Penguins captain and three-time Stanley Cup Champion, Sidney Crosby, listed the Toronto Maple Leafs as one of the top three Stanley Cup contending teams, along with the Penguins and the Washington Capitals. Evgeni Malkin, another all-star from the Pittsburgh Penguins spoke to the press about the 2019 Stanley Cup winner, saying that, “If you see young and hungry, [you] think it’s Toronto”.

Though the question remains, why are the Leafs such a huge cup contender? For the past two years, the Leafs have made the playoffs but have not passed the first round. In the 2016 - 2017 post-season they played the Presidents’ Trophy winner, the Washington Capitals. They surprised all hockey enthusiasts when they extended the series to six games.

In the 2017 - 2018 season, the Leafs faced their biggest division rival, the Boston Bruins. After a miserable first couple games for the Leafs, they extended the series to seven games and almost pulled off the greatest comeback in Maple Leafs history. With this playoff experience, the Leafs are prepared to face a President’s Trophy winner as well as their biggest division rival. This experience gives them a better chance of making their mark in the post season and winning the cup.

Many Leafs fans say that the recent success of this team can be attributed to the arrival of John Tavares. The season has not yet passed its halfway point and Tavares has accumulated twenty-four goals and forty-two points. Aside from his offen-
sive talent, Tavares has also brought out the best in players such as Mitch Marner and Auston Matthews.

As Matthews, Nylander, Marner and other rookies are maturing as NHL players, veterans such as Rielly and Kadri are also upping their game. With that being said, the Leafs have had a recurring problem regarding their ‘weak’ defence. This problem is being tackled head on this season as veteran Morgan Rielly is in his prime. Rielly is currently in the Norris Trophy conversation, meaning he is considered one of the best defencemen in the league. Additionally, the Leafs have acquired some young defensive talent such as Justin Holl and Travis Dermott.

It seems as though 2019 can be the year that the Leafs break their fifty-year streak of not winning a cup. Auston Matthews seems to agree as he told TSN, “I think everybody is going into this year pretty hungry, pretty driven to be better individually and as a team, and obviously those expectations go up quite a bit when you add a guy like John. I think we’re all ready for that though.”

### ENTERTAINMENT

#### This Is Not Your Regular Horror TV Show

RAIDA FARDOUS

Antagonistic families, personal trauma, and of course, ghosts and spirits are in-store for Netflix’s newest horror-fiction show, The Haunting of Hill House. It is an American based horror web television series created by Mike Flanagan and produced by Paramount Television and Amblin Television for Netflix. The series uses Shirley Jackson’s novel of the same name, as a roadmap to reimagine the book as a show.

The series takes place over ten episodes, each about 60 minutes in length. It follows the Crain family; parents Hugh and Olivia, and their five children, Steven, Olivia, Theodora or “Theo”, Luke, and Eleanor or “Nell”. The plot alternates between two timelines; one features a series of flashbacks from 1992, depicting the events at Hill House that led to the eventful night the family departed from their house. The second is present day, twenty-six years later, when a chain of tragedies force the Crains to come together and once again confront their past and the terrors they had experienced.

There are various reasons why this show was as transcendent as TV horror could potentially be. Firstly, the writing, acting, and cinematography have all come together into a beautifully chilling production. If there is one thing horror series give, it’s a good scare, and this show doesn’t disappoint. From the jump scares, bugs crawling out of mouths, corpses rising from caskets, spirits that go from pretty, young woman to withered old ladies, to unexpectedly gaping mouths and melting faces — everything is present and accounted for.

Spooky figures have a habit of being in one place when a moving camera first spots them, then suddenly appear to be much, much closer when the shot turns back to reframe them. Two of the more distinguishable, recurring ghosts, “the bent-neck lady” and a floating ghost with a cane are genuinely unsettling. It comes to show that this series may not be for people with weak stomachs, as the imagery and cinematography are both really intense.

Moreover, the setting of Hill House helps give the viewers a strong sense of interest and curiosity. With cavernous rooms that beg to be explored, statues that often appear to be in unusual states, and long hallways that are tailored to be chased around by size-changing phantoms, the Hill House entices viewers and gets them transfixed by its unorthodox presentations of paranormal activity.

However, what sets this show apart from the rest is that its overall purpose isn’t only to give its viewers a good scare. A missing element in the majority of horror movies/shows/books is the concept of love and family. The idea of family is the heart of this series and the show closely presents the story of the Crains and how they work as a family to face the harshness of their pasts. Every episode is another piece to their puzzle; there isn’t any unnecessary drama being added to com-
licate or extend the show; a nice change to regular TV shows.

Furthermore, the series shows support for LGBTQ as one of the leads, Theodora Crain is queer. Too often, queer characters are put into this little box full of inescapable stereotypes about who they are. It was refreshing to see this series show unstereotypical queer characters like Theo. Her problems, like all of her other siblings, stemmed from the Hill House and stayed with her well into adulthood. For a woman that looks as tough as she does, it would seem like she couldn’t ever break, but, she did. Her emotions were real, on display, and not something she was utterly ashamed to talk about or express. It makes Theo a memorable and unique character and is the queer representation that we need to see more of.

The largest aspect of this show that distinguishes it from others, is how it addresses mental and psychological issues. In other horror movies/ shows/ books, after a character experiences something traumatic, they’re usually written off to seem fine after the incident, but the truth is that these events are mentally scarring, sometimes permanently. No one properly acknowledged this fact, until this show. It’s a core part of the series, and with every episode, this show thoroughly presents what mental health means to these siblings and how it’s torn them down over the years.

Every single member of the Crain family has experienced vivid psychologically-changing encounters with paranormal presences since they were young, and they have followed them for years, significantly impacting their adulthood. Shirley sees her marriage as a business, Steve secretly got a vasectomy so he would never risk carrying the family’s genetic legacy, Theo is so afraid of human intimacy that she wears gloves to protect herself from feeling too strongly, Luke is desperately addicted to heroin, and Nell suffered so much from night terrors that she committed suicide to escape them.

The death of their mother and one of their siblings, alongside all the other traumatic encounters they’ve experienced help unfold the guilt and layered resentments that they’ve left hidden from themselves and their loved ones. This leads to many interesting conversations, spouts of anger, and eventual healing. It’s the kind of family drama that needs to be shown but wasn’t frequently done so until now.

Following its release, The Haunting of Hill House has received numerous reviews from the media and now has a large audience that supports the show. According to IMDB ratings, The Haunting of Hill House is the only show to break a 9.0 on IMDB. It is the highest user rated Netflix original show, and that’s higher than popular Netflix adopted shows like Black Mirror and Arrested Development. Other than IMDB, it also scored a 92% on Rotten Tomatoes and a 4.5/5 on Common Sense Media. It comes to show that this show is truly impactful.

In a nutshell, with its exceptional cinematography/ graphics, incorporation of love/ family, as well as displaying LGBTQ and mental health/ psychological awareness, The Haunting of Hill House is certainly unlike any other show.
Daredevil’s Legacy.
KATHY YANG

On November 29, 2018, Netflix cancelled its best series. Of course, the word “best” is subjective, but in my opinion, Marvel’s Daredevil is certainly one of the best superhero shows out there. With Daredevil’s overall 91% score on Rotten Tomatoes and 8.7/10 on IMDb, the majority of critics agree with me.

I consider Thanos to be Marvel’s greatest movie villain, as he has clear motivations and is absolutely terrifying. The heroes are always sympathetic and the writers definitely put in effort to make Thanos more sympathetic. However, Thanos was never as sympathetic or captivating as Vincent D’Onofrio’s Kingpin (a.k.a. Wilson Fisk) in Daredevil.

As a child, Wilson Fisk bashed his father’s head in with a hammer, and early in his introduction into the series he removes someone’s head with a car door. He has murdered hundreds of people, as they stood in the way of his plan. The main protagonist, Matthew Murdock, is a stubborn Catholic who keeps on pushing away his friends who do nothing but want the best for him. He finding catharsis in beating up criminals. These two characters shouldn’t be likeable, but they are.

Daredevil spends so much time with characters, carefully crafting some of the most intriguing and complex people I’ve ever seen. The actors all do an amazing job, but Charlie Cox as Matthew Murdock, the Devil of Hell’s Kitchen, is certainly a standout. Murdock is a blind man who has heightened senses, and Cox plays him so convincingly it’s almost confusing to see him as a sighted person normally. There is a scene in season 3 in which Charlie Cox has to act as a blind person acting like a sighted person, but also do an incredibly difficult fight scene.

Viewers who are here for the action will not be disappointed with the infamous Daredevil hallway fight scenes. Daredevil made a name for itself as they have long fight scenes that are choreographed perfectly. In Season 3, Episode 4, there is an eleven-minute fight scene, and it might be the best action sequence ever. There are no camera cuts, and it’s Charlie Cox doing all the stunts as you can see his face the entire time. Besides being really cool to watch, the long takes also fit into the narrative. It helps put you into his shoes and feel his exhaustion, and how he doesn’t give up no matter how painful it is. It all seems so natural and never distracts or forces you to notice what’s happening behind the scenes.

Action is a typical part of superhero entertainment, but something that is not typically seen is religion. The show focuses on Matt Murdock’s religion and how that has an effect on him. It’s so fresh to have religion be such a big part of a hero, as it is never really brought up with other heroes. Because of his beliefs, he has a moral code and does not kill, sort of like Batman. Without spoilers, the ending of season 3 is extremely satisfying for this very reason.

Now, Wilson Fisk is amazingly captivating. 2018 has been a great year for the character, with Daredevil Season 3, Spiderman: Into the Spider-Verse, and Spiderman PS4 all having him as one of the main villains. He almost makes me want to root for him to be with Vanessa, the love of his life, but also root for Daredevil to stop him at the very same time. He is a soft spoken and deeply troubled person and has a child-like vulnerability to him. It’s hard to talk about him without spoiling the substantial story line, but just know that this is a villain unlike all other.

The show also introduces a few characters that contrast with Daredevil. Agent Poin-dexter, who is a fantastic villain as well, is basically a psychopath and does not have the ability to empathize. Frank Castle is a violent anti-hero who will kill criminals so they do not harm innocent people. And there’s Elektra, a cold blooded assassin, who falls in love with Murdock. Murdock’s allies are also fully fleshed out characters that contribute to the plot as much as anyone else.

It’s unbelievable that Daredevil was cancelled, but it may have had to do with Disney’s new streaming service, Disney Plus, launching in late 2019. However don’t expect the show to be picked up there, at least for another two years. The deal for the Marvel Netflix shows has a clause that prevents them from being picked up for at least two years after their cancellation.

However you should lower your expectations either way, as there haven’t been any signs for Daredevil, Iron Fist, or Luke Cage getting picked up on the new platform.
Fans can look forward to Marvel’s *The Punisher* season 2 starring Frank Castle, which will be streaming in January 2019. The character was introduced in Season 2 of *Daredevil* but ended up being so likeable it got its own series, although it will likely be its final season.

*Daredevil* was truly a superhero show like no other, and it’s certainly a shame to have been cancelled after only three seasons. If you haven’t already, you can stream it easily on Netflix.

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**BTS and Their Rise to Fame**

ANNA YANG

Bangtan Sonyeondan, more commonly known as BTS, has recently been nominated for Best Recording Package at the 2019 Grammys. Though becoming more and more well-known in the Western music scene, not everyone knows who they are or how they came to be. If you’re one of those people, you’re in luck; keep reading to find out.

BTS is a boy band consisting of seven members: RM, Jin, V, Jungkook, Jimin, JHope, and Suga. They first stepped into the Korean pop industry in 2013 with their debut song, *No More Dream*, managed by Big Hit Entertainment. Their debut garnered some attention but was mostly ignored and forgotten about by the community. They became more popular in South Korea with their songs *I Need U* and *Dope*, in 2015 and this was the year of their sudden rise in popularity. This lead to a bigger and bigger fanbase and their fame only grew from there. Their song *Fire* is arguably the most iconic song to date, but what really put them on the map worldwide was their song *Blood Sweat & Tears*.

*Blood Sweat & Tears* was a hit overseas, particularly in North America, and the popularity of both the song and the group skyrocketed. They continued to impress with songs such as *DNA*, *Fake Love*, and most recently, *Idol*. They’ve even performed on many American award shows and TV shows, something only very few Korean pop groups have received the opportunity to do.

Collaborations done with American artists such as Nicki Minaj and the Chainsmokers definitely helped their rising popularity and were a big reason why they received so much attention from people overseas. Despite the language barrier, many people still choose to support BTS because they feel as though music is universal, whether or not the language it is written in is understood or not. With the help of subtitles and translators, their personalities can be understood as well, and this helped bring BTS closer to international fans.

Over the past two years, BTS has gathered a dedicated international fanbase. They’ve proven that music is a universal language and that people can enjoy music no matter where in the world it comes from. They’ve also helped pave the path for other Korean pop groups to step into the Western music scene while also staying true to their roots as well as themselves.

They are currently the only Korean pop group to be nominated for a Grammy and that alone is enough to prove that they’re worth keeping an eye out for.
THE FACTS WITHOUT FEAR OR FAVOUR

Tom Hardy: An Exceptional Figure In Film and Television
JADELYN WANG

Being a famous actor in Hollywood is quite an accomplishment. Having good looks, charming the masses, and raking in hundreds of millions of dollars are all things that are undoubtedly impressive. With that in mind, the realm of film and TV industries are continuously bombarding the public with materialistic ideas of glamour and fame. With this constant propaganda, it’s not uncommon that we overlook rare traits in actors, such as authenticity and versatility. Luckily for generations today, we have Tom Hardy, who gives everything he has to offer - both cinematically and veritably.

Most moviegoers are already aware that Hardy plays blockbuster roles magnificently, as shown in The Dark Knight Rises and Mad Max: Fury Road. However, he’s proven to have just as much tenacity when tackling roles in smaller-budgeted films as well. In movies like Warrior and Bronson, Hardy gives breath-taking performances that elicit a range of genuine emotions from the audience - whether it be fear, compassion, or sorrow. In Steven Knight’s unique drama, Locke, the entirety of the film focuses on a sole character placed in one single setting - the driver’s seat of a car. Even with no other visible personas, Locke earned many positive reviews and reactions from the public. Again and again, Hardy proves that he doesn’t need special gimmicks or effects to successfully capture the audience’s attention.

Within Hardy’s filmography, we find roles that have created conversation in the topic of breaking stereotypes. Guy Ritchie’s 2008 crime comedy RocknRolla features Hardy as Handsome Bob, a gay gangster. In Legend, he embodied London’s notorious gangster twins, Ronnie and Reggie Kray, both of whom were bisexual. He was also originally cast to play Elton John in the 2019 biopic Rocketman. Hardy even said that in taking on the character Handsome Bob, it was “a finger up to that whole attitude of men talking about men doing men’s things”, which he deems as “narrow-minded”. He is not one to demand heroic or leading man roles either, playing the antagonist in The Revenant and a minor role of a singing cab driver in London Road. He certainly isn’t afraid of straying away from the norm. His ability to play a range of characters - everything from The Virgin Queen to Peaky Blinders - is definitely an exhilarating gift to the universe of cinema and television.

In 2018, the existence of toxic masculinity in Hollywood is quite prominent. Although Hardy plays the title role in Mad Max: Fury Road, a big focal point of the story is female empowerment. When asked about the film, Hardy said that “Max is not actually in the driver’s seat” and how it’s about time that films had “better female leads in action movies”. In a 2014 interview for crime thriller The Drop, Hardy said that there is still lots of progress to be made in writing for women, “It’d be interesting to take crime genre and replace men’s parts and have women play them. And not even question it”. The standard for women playing the roles of “wife” or “lover” to men’s characters is also something he finds disappointing. As I mentioned before, Tom’s expressed his opinions on the exaggeration of “being masculine” and doing “manly things”...He thinks they’re ridiculous. Hardy has stated multiple times how he has - what society considers “feminine” qualities, including the interest in women’s fashion. Tom’s openness on sexuality is also a refreshing sight to see in the media. He’s made it clear and stated that he has confidence in his own sexuality, and that he’s open about discussing the matter in an appropriate time and place.

There isn’t really a finite definition for the word “masculinity”, but society certainly has its predetermined ideas. However, Hardy’s words and actions are a continuing mission to breaking the mold of toxic masculinity.

The industry of Hollywood certainly has its pros and cons. Don’t get me wrong, the idea of valuing fame and fortune isn’t wrong or immoral. But let’s not have that undermine the values of being authentic and uninhibited in the art of drama. To put this simply, Tom Hardy has an incredible talent for acting and doesn’t perpetuate stereotypes and ideas that are harmful to society. We - moviegoers, fans, and practically anyone who cares about the future of television and cinema - should start shifting our attention to genuine artists who aren’t painfully problematic.
Before you even enter high school, you are confronted with choices that determine your future after it. The very first decisions are simple: which high school do I attend? Academic or applied? Music, drama or art? Technology, business or family studies?

During high school, things become more complicated and the decisions aren’t as clear-cut. It becomes less about what is important and more about what you think is important—what you decide is a priority.

However, for some people, grades do not become the most important priority, but the only priority. They dismiss clubs, extracurriculars, volunteering, or working a part-time job as “not relevant” for the future they are so invested in preparing for. Who would spend that much of their own free time on activities that have no measured impact on their post-secondary options?

As someone who absolutely loves getting involved in the school community, I’ll tell you that I would. I would spend that much of my free time—hours and hours after school, during lunch, sometimes during classes, even—to gain the experiences I have, the experiences I wouldn’t have gotten in my pursuit of the perfect average. I cannot develop my leadership skills in writing an essay in English. People cannot connect, network, and spread their ideas without going to conferences and joining councils. You learn the meaning of trust and teamwork on your basketball team, and you learn compassion and empathy in your volunteer work at the local animal shelter. Your part-time job gives you discipline and time management (money, too!). Your clubs—playing clarinet in the band, writing math contests, planning semiformal—give you a sense of belonging and purpose, things that may not grant you entrance into your dream program but are important to your future all the same.

It is not enough to have the best grades. Those schools, jobs, and apprenticeships you’ve been eyeing since the day you entered high school will appreciate your academic prowess, but being a good student is not enough to prove that you are prepared for post-secondary education or a career. That’s something I’ve been struggling to learn my entire life. It’s true that spending too much time on other things can take away from your grades, and you should find a balance between everything you have to juggle, but you can’t
spend all four years of high school buried in textbooks. It is not a waste of time to branch out and get involved. That’s what successful university students recommend too; Angela Dong, a third-year student in McMaster Health Science, says; “Just focus on the high school experience, learn as many lessons (life and curricular-wise) as you can... Don’t miss the roses imparting valuable lessons just because you’re busy trudging through the path of tests and quizzes.”

Those tiny numbers on your report card are a priority; they represent your education. But those council meetings, hackathons, softball games and evening concerts mean something too. They represent what you’ve done, what you’ve learned, and how willing you are to take action, no matter how insignificant those actions may be.

**My Sixteen Personalities and I**

CLORIS SU

If someone introduced themselves as an ‘INFP’ at a social gathering, would you embark on a life journey with them or leave the conversation discretely immediately? Inspired by the research of Carl Jung, the Myers-Briggs Personality Test was founded in 1944 by Katharine Cook Briggs and her daughter Isabel Briggs Myers. It separates people into sixteen different categories and was originally meant for women in World War II to help them identify the sort of war-time jobs that would be most comfortable and efficient for them. The indicator sorts people into four different categories: Introversion vs. Extroversion, Sensing vs. Intuition, Thinking vs. Feeling, and Judging vs. Perceiving. Nowadays, personality tests have expanded for professional and recreational purposes. The popular website 16personalities.com adapted from the Myers-Briggs indicator includes information about strengths and weaknesses, but also romantic relationships, parental hood, career paths, and workplace habits. But can a personality really dictate your entire life?

“The popular Myers-Briggs personality test is a joke,” writes Vox’s Joseph Stromberg. “While it might be a fun way to pass the time,” he says, “it has about as much insight and validity as a Buzzfeed quiz”. The long-debunked personality test was purely motivated by the fact that Myers and Briggs were a pair of Americans who had no formal training in psychology and their studies were simply based on their beliefs. The test is circulated around the concept of limited binaries in which everyone is categorized into one group or another. The typical test asks meaningful and deep questions but does not allow the subject to include any types of ‘depends’ or explanations, but asks for a solid yes or no answer. It seems quite baffling to expect people to be restricted to robotic, set-in-stone answers.

The 16personalities tests not only give you inaccurate results, but also flattering, flowery results. They’ll tell anyone anything they want to hear. You don’t see words like “selfish”, or “stuck up”. The worst you’ll get are “confident” or “nurturing”. The indicator does not give you credible results for your life. The most you can honestly get out of it are ideas for your career path. How can you depend on two individuals with little psychological training to decide your love life, relationships, and habits?

According to Merve Emre, assistant professor of English at McGill University and author of *The Personality Brokers: The Strange History of Myers-Briggs and the Birth of Personality Testing*, “Personality is always a series of expressions of oneself that are socially and culturally constructed and constrained”. By this, Emre means that a certain personality cannot be fixed. That is something that can be agreed upon; that personality cannot be so simply “measured”, similar to intelligence or emotional quotients. If it was so easily measured, we could never harmonize in the same society with the uniqueness we all have today.

So the question is: Do we really want to research the science of people?
What You’re Really Missing Out On Is Now.

SARAH AN

“That dessert looks so good. I’m hungry now.” “She’s on vacation? Can I come along?” “Oh, it was his birthday. Did I miss out on a party?” A train of thoughts pass by as you scroll through your social media feed, ‘liking’ the photos that you see. Maybe this is your daily routine. But through this, do you ever feel that your life is so boring, compared to the excitement your friends always seem to be involved in? When you decline going out, do you later wonder how much fun they are having - how much fun they are having without you? FOMO is the fear of missing out. It refers to the social anxiety you feel when you believe you are missing out on an exciting event, while others are gaining experiences. When living with FOMO, one feels blurred out of their own photo with others become the focus.

Let’s say a group of your friends decides to go out to eat on a Friday night. Honestly, this was a long week - you would rather be at home, watching your favourite show or getting a few more hours of sleep. But staying at home means you’ll miss out. What if something interesting happens? Some inside jokes will be made, and you won’t understand anything on Monday. You’re afraid of losing connection. Who knows? Maybe you will have fun that night. So you decide to go, convincing yourself that you don’t need rest. Is that one night out really worth it though?

There are so many opportunities nowadays, and attending all of them might sound ideal. If an opportunity is offered to you, why not take it? However, numerous opportunities combined with the social pressure to be everywhere becomes much too exhausting for any of us. So much to do, yet do you really want to? This cycle happens over and over - events and opportunities one after the other. You start to lose track of what you want, and why we want it, happiness becomes an easier goal. Practice saying “no”. Give yourself a break from technology. Why? Because JOMO allows yourself to spend time on what matters to you.

FOMO doesn’t necessarily mean missing out on an opportunity or an event. It can be things like feeling the pressure to respond to a text message right away. So give your body and mind some rest. Spend a weekend lounging around your home in pyjamas all day, write in a journal, or make yourself some good food. And take a deep look around you. Are you living with the fear of missing out?

How does the cycle of FOMO end? Instead of FOMO, try JOMO, the joy of missing out. This means engaging yourself in activities that you want. It means being content with your present; where you currently are, and immersing yourself in it. When we understand what we want and why we want it, happiness becomes an easier goal. Practice saying “no”. Give yourself a break from technology. Why? Because JOMO allows yourself to spend time on what matters to you.

FOMO doesn’t necessarily mean missing out on an opportunity or an event. It can be things like feeling the pressure to respond to a text message right away. So give your body and mind some rest. Spend a weekend lounging around your home in pyjamas all day, write in a journal, or make yourself some good food. And take a deep look around you. Are you living with the fear of missing out?
Minimalism for the New Year
SOPHIA MA

Minimalism was first introduced as an art movement between the 1960s to the 1970s. Since then, it has taken shape into a more modern form. Minimalism is the idea of owning less in order to focus on what is important. It can be applied to all aspects of life - physical objects, diets, people, ideas, or to-do lists. Minimalism is simply a tool that can help us declutter our daily lives and live a more meaningful life. It is not an aesthetic, and you do not need to be of a certain class to achieve a minimalist life. Minimalism is not meant to restrict your freedoms of any sort, but for you to find out what is significant to you. The only person you compete with here is yourself. How much do you want to own? This requires being in tune with yourself and having a clear picture of the life you want to achieve. So how do we practice minimalism? By decluttering. By letting go of people, items, and thoughts. There are immediate results to this.

The Benefits of Minimalism

1. More happiness. Declutter the things that don’t give you joy and focus on things that do.


3. Save money. It’s simple - get comfortable owning less and you will need to buy less as well!

4. A more organized space. You will not need to clean up every day if there are fewer objects to put away.

5. Clarity of mind. Physical clutter around you is mental clutter on display. Give yourself room to breathe.

6. More free time. Prioritize your goals so they’re actually manageable. Possessions also consume more of our time than we realize. If we spend less time worrying about the next trend, we can focus on what we want to accomplish.

7. Gratitude. This is one of the best things minimalism can teach you. You will become more grateful with what you have.

8. Confidence. We rely on materialistic objects to express individuality too often. Minimalism promotes confidence through the pursuit of happiness.

Less is truly more. Design your minimalistic life for this new year, and the impact will last you a lifetime. It is definitely not easy to let go of items that may be sentimental or things that have stuck with you for a long time - this includes emotional baggage. However, minimalism will free you from the consumer ideals we’ve built in society. There are many people living with less all around the world. Colin Wright, an author, owns 51 things and travels all over the world. Many can agree that minimalism is life-changing. You can be a minimalist and still have more than fifty things, as long as you only keep what truly makes you happy.

There is beauty in simplicity, and 2019 is the year for you to find out what minimalism means to you.

Resources to help you get started: The Life-Changing Magic of Tidying Up by Marie Kondo, The Minimalists, Lavendaire, Jenny Mustard, Muchelleb, Ashlynne Eaton

Social Media: The RPG-Game
KATHLEEN SUN

Puppies. Awards. Motivational quotes. Gorgeous homemade dishes. In this competitive society, social media is the new role-playing game. It is a platform that allows their users to reconstruct their identities and create a fresh online character. Social media has a serious impact on youth, so we should be careful with how we plan to utilize this tool. Teenagers become obsessed with and pressured by how they are portrayed and, as a result, do not want to disappoint their peers. Time spent polishing real-life relationships and enjoying present events is hindered for those who choose to always communicate virtually. The increase in comparisons lowers the self-esteem of teens, who are encouraged to create a fake perfect character.

Social stress and pressure build up when teens are extremely focused on receiving likes and are dependent on positive comments. Joanna Yau, a UCI PhD candidate explains, “Teenagers aren’t just posting carelessly; they’re surprisingly thoughtful about what they choose to reveal on social media”.
ing about what to post is stressful and time-consuming. This includes spending hours trying to take the best profile picture and then matching it with the most creative caption. It is normal to yearn for peer approval and acceptance. However, if an unhealthy amount of time is spent online and results in high amounts of stress, many should consider disconnecting. The Happiness Research Institute conducted an experiment with 1,095 participants in which 88 percent of those in the treatment group, who were not allowed access to Facebook, reported increased feelings of happiness. This is because time spent comparing and stressing about what to post is reduced. Disconnecting helps teens to step back from online peer pressure and their own need for approval. Users receive the chance to be productive elsewhere and escape the loop of desperately needing social approval online.

Teenagers miss out on opportunities to fully connect with their close friends and family when constantly communicating online. A UCLA study indicated that up to 93 percent of communication is expressed nonverbally. The problem with texting is that it restricts users to only relying on words, which can sound cold and lead to misunderstandings. Teens communicate less effectively when there is no eye contact, facial expressions, or body language to accurately express their emotions. Emojis were created to reduce this gap; however, the effect they have is limited. To communicate more effectively, teens should meet up in real life and have face-to-face interactions. Hollingshead, McGrath, and O’Connor conducted a study and found that groups who interacted face-to-face performed better on negotiation tasks. This is because of the sensory richness of real life interactions, in which teens are motivated to become more engaged and focused on the conversation. Interpersonal communication is essential in the business world because it transports ideas and leads to progress. In sales, connecting with the customers and understanding their demands is crucial. It is clear that communication skills and relationships are polished when users practice interacting in real life.

Self-esteem drops to its lowest point when teens are encouraged by social media to reach perfection. The University of Pittsburgh School of Medicine conducted an experiment with 1,765 participants. The data revealed that those who spend more hours online had more than double the chance of developing an eating disorder and having a poor body image. This indicates that being constantly exposed to upward social comparison is not healthy and leads to feelings of insecurity. Nancy Mramor, a media expert from Pittsburgh, advises teens to “Decide before going in that the images and information you see are not reality...remember that posts are often exaggerated”. This awareness helps teens recognize the truth, that perfection is not achievable. Posts that are labelled as ‘My perfect life’ are only a crafted project with the aid of filters. It is a highlight and a fraction of one’s life, which is a flawed representation of who they are. Therefore, this generation must equip themselves with more self-confidence and open up their eyes to see the beauty in their own life instead of envying others. To defend themselves against negative social media influences, users should develop a strong mindset and believe in their own potential.

In conclusion, all users must remember to be careful with this role-playing game that has allowed them to create their own characters. Aiming for appreciation results in unnecessary stress and pressure. Choosing to chat online is less effective in providing proper companionship, which restrains what teens are able to express. Social media influences have caused the self-esteem of teens to plummet. Social media is a useful tool but must be carefully managed. Teens are encouraged to create rules for themselves such as, for example, deciding not to access social media at social events and instead choosing to engage with others. Most importantly, understand that experiencing life yourself is much more rewarding than viewing snapshots of others. Why wonder at what others have done, when everyone has the capability to create their own wonders and live their story?
THE FACTS WITHOUT FEAR OR FAVOUR

EXTRA, EXTRA Read All About These

December 29th.
ANJING LI

Sitting innocuously atop a windowsill, her glittering fur hid her piercing gaze as her mind wandered. She contemplated nothing and everything at once, depending on who you asked. She contemplated nothing in the eyes of those that lacked imagination, the people who had no belief in the shrouded magic during the month of December. Yet, ask a child or someone who was more willing to believe, especially during the days nearing the Winter Solstice. This is not a narrative holding testimonies of witchcraft or enchantments, but merely a thinly woven tale about the contemplations of a stray cat.

She’s been everywhere and nowhere, once again, the answer depending on who you were to ask. Her fair share of households led to her contemplations on that window sill, as she lived with the cards certain people were dealt. Secluded mansions with Gatsby-esque celebrations contrasted sharply with laughable decorations in dilapidated buildings. The divergence and contrast may have caused the creature to feel frustration - if you believed that she could. She had faith that cards could be changed with enough effort.

Hanukkah, Christmas, Kwanzaa, St. Stephen’s Day, and Ōmisoka were words she did not understand. However, she did witness the extent people went to for these festivities, and the atmosphere was different. There was a sense of elation and suspended hope, as if the world hung on a gossamer thread, waiting for the magic to end once the clock signalled a new year.

She noticed signs advertising 50% off — the best holiday deals as the month neared its conclusion. The streets filled with congestion and noise, as the bustling city seemed even more full. Languages and culture and food flooded her senses, as she sampled cuisine from street vendors while quietly gazing at the crowds forming to line up in front of buildings. There seemed to be no logic to their actions, but if those large bags of plastic made them euphoric, she had no complaint.

She also had no complaint about her own treatment, as she meandered invisibly down sidewalks. This is not a story about magic. There was no kingdom or household or precious child to take pity on a stray cat, not one who admired her glittering yet mangled fur. Not one for the eyes that held desolate galaxies no one wanted to visit. She was not invisible, but merely a bit uncared for.

The stray cat stayed on the streets. In her eyes, there was nothing wrong with that.

Winter is regarded as a season of magic and believing in the mystical world of supernatural, yet once the snow melts, reality is sprawled on the rotting grass. Fairy lights may have been beautiful, but they flicker and all lights dissipate eventually. However, there was nothing but fondness and hope from this creature for the few obstinate beings that decide that they will continue to be enchanted in the year to come.
Riddle #1:
We hurt without moving. We poison without touching. We bear the truths and the lies, but we are not to be judged by our size. What are we?

Answer on page 17

Riddle #2:
What is black when you buy it, red when you use it and grey when you throw it away?

Answer on page 17

Riddle #3:
A teacher wrote a large number on the board and asked the students to tell about the divisors of the number one by one. The 1st student said, "The number is divisible by 2." The 2nd student said, "The number is divisible by 3." The 3rd student said, "The number is divisible by 4." (and so on)
The 30th student said, "The number is divisible by 31.
The teacher then commented that exactly two students, who spoke consecutively, spoke wrongly.
Which two students spoke wrongly?

Answer on page 17

And that is how oboe players break their reeds.
(The reeds just self-destruct.)
Riddle #1’s Answer: Words

Riddle #2’s Answer: Charcoal

Riddle #3’s Answer:
Clearly, since the two numbers are consecutive, one of them is even and the other is odd. Let’s say the two numbers were 5 and 6. This would mean the secret number was not divisible by 5 nor by 6. It would also mean the number could NOT be divisible by 10, 15, 20, 25 or by 12, 18, 24 or 30. Thus the students who said it was divisible by 10, by 15, etc. would also have spoken wrong. So, the two numbers cannot be 5 and 6.

Similarly, the two numbers cannot be, say, 8 and 9, because then also the students who said it was divisible by 16, 24, 18, and 27 would have been in the wrong.

So we can conclude that these two consecutive numbers cannot have multiples that are less than 31. This eliminates a lot of numbers: 2, 3, 4, 5, 6, 7, 8, 9, 10, 11, 12, 13, 14, and 15.

Could it be, say 20 and 21? That will not work, because if this secret number IS divisible by 2 and 10, then it is also divisible by 20. Similarly, since we know the number IS divisible by all the whole numbers from 2 through 15, it must also be divisible by 18, 20, 21, 22, 24, 26, 28, and 30.

This leaves the following number pair: 16 & 17.

Or, you can think of it this way. All prime numbers, except 2, are odd. So, one number should be an odd prime and the other should be the highest power of 2 in the range.

Thus the required two numbers are 24 = 16 and 17, and the two students who spoke wrongly are 15th and 16th.
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