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THE TARTAN TIMES

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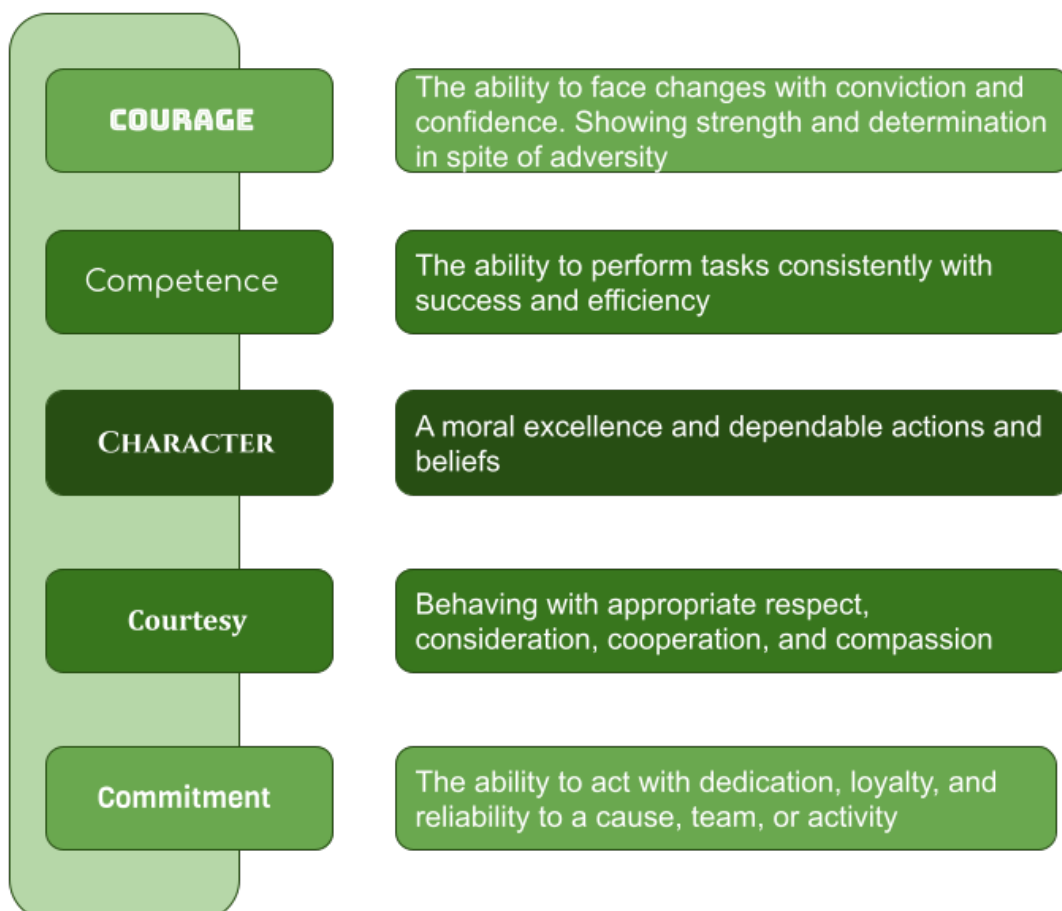
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# Campbell Collegiate's Core Values

A lot has changed here at Campbell in the last 2 years, from the way we act to the way we communicate, almost everything is different. But imagine the changes Campbell has undergone over the past 58 years - since Campbell's opening. Back then there wasn't even wifi! Despite the years, there has been one constant at Campbell; The morals belonging to its students.

In 1963, the original principal of Campbell Collegiate outlined 5 core values on which the school's culture should be based. As the Campbell community has withstood the challenges of the last 2 years, the staff felt that we as a school must return to the motives that laid the foundation of our school. The goal is for students to aspire to these values as they grow.



# Tequila Splitfin, Fish Native To Western Mexico Returned

By Emily Farrer

Extinct from the wild in the 1990s, the tequila splitfin ( *zoogoneticus tequila*) has officially been returned to its natural habitat in Teuchitlán river, a river near Tequila volcano in western Mexico. Pollution and human interference had caused their extinction, however a group of young Mexican scientists began leading a attempt to re-establish the fish population in its natural habitat, in 1998 these efforts began to pay off when conservationists from Europe came to Mexico to help establish a laboratory to conserve Mexican fish populations and with them they brought pairs of the tequila splitfin fish. In 2012 an artificial pond was built and forty pairs of the tequila splitfin were added, by 2014 there were approximately ten thousand fish. With funding and many years of careful work the attempts have been declared a success and the tequila splitfin has been added to the short list of successful cases of global-reintroductions. Now leading scientist Omae Domínguez and his team are working on another fish conservation project in the Teuchitlán river to reintroduce the Golden Skiffia.



\*FUN FACT: during the time of research the tequila splitfin gained the affectionate nickname “Zoogy”\*





## Countries Boycotting The 2022 Beijing Olympics

By Emily Farrer

Canada, Australia, Great Britain and the United States have decided on a diplomatic boycott of the 2022 Winter olympics due to ongoing human rights issues in China, many of which the Chinese government has denied. In the diplomatic boycott Canada will not send any high ranking politicians or other delegates to Beijing for the games but will still send the athletes. Tensions between China and Canada have been continuing to grow over the last several years with many events such as the arrest of Weng Wanzhou, chief financial officer of Huawei, in Vancouver upon the request of the United States and the detainment of two Canadian citizens in China shortly after. Although all three have returned safely to their respective homes, human right abuses against Uyghur muslims in Xianjian, as well as violent responses to pro-democracy protests in Hong Kong in 2019 have encouraged the four countries to follow through with a diplomatic boycott.

# Busan, South Korea, To Build Flood Resistant Floating City

By Emily Farrer

With the threat of rising sea levels due to climate change and drastic increases in the population the need for coastal cities to be further adaptable and prepared for large floods is becoming increasingly important. Oceanix, a new company founded specifically for this purpose, has begun its project to build cities that would allow us to live sustainably on the world's oceans starting in Busan, South Korea. With support from the UN, Oceanix will begin building communities on platforms 5 acres large that will be able to house an approximate 300 people each, platforms would be connected to each other and sustainable power sources such as windmills through bike paths with the possibility of a single sustainable city able to hold 10,000 people. Each created city would be able to create its own food, treat freshwater all while using these islands to rebuild the natural ecosystem. The estimated date that these islands will be completed and inhabited is 2025. This development says so much about the incredible scientists behind environmental research and tells us of the bright future to come on our journey to reduce the impact of climate change.





# Bill 21 Article

By Sabeeha Rehman

In many areas of the world, freedom is a foreign concept. People are arrested for expressing themselves, even in small ways. They are discriminated against for having religious beliefs. Those who wear hijabs, turbans, kippahs, or even unconcealed cross necklaces are persecuted unjustly. Around the world, people are attacked for their religious identities. That should not be the standard around the world. That should not be the way it is in Canada. It should not. But it is.

In June of 2019, Quebec passed Bill 21 which states that any person in a position of authority in the public sector, like teachers, judges, police officers, civil servants or lawyers are not allowed to wear anything that could identify their beliefs at work. To put it simply, this means that no one should be able to assume your religion based on your attire. It doesn't matter if your job is literally to serve people, to teach them, to defend them, to protect them. If you wear a headscarf, a turban, or any sort of 'overt and conspicuous' symbol of your faith, you must remove it in order to do your job. Those who do not obey are asked to

leave their jobs.

What is the point of this offensive law, you may be asking yourself? It is to encourage complete neutrality and while it may sound fair in theory, I would argue that it is a rabbit hole to countless more issues. Forced neutrality is not equality. It is discrimination.

Students are losing their teachers, clients are losing their lawyers, people are suffering. There are no winners in this pointless battle and there never will be until we as a society unite and fight ignorance and discrimination. Many have written letters and called members of those in government for support in ending this horrific law. City councils have pledged their support. We must acknowledge that Bill 21 should not be here to stay and make any legal effort we can to change it. We are not free until we can all be free to express our religious identities. Freedom with confinement isn't freedom at all.

For more information, go to:

<https://ccla.org/major-cases-and-reports/bill-21/>

to learn more about why we need to fight this together.

# An Unwanted Crunch

By Jake Nasewich

January 2022: a time of new beginnings as we collectively stretch and yawn our way back into classes, still sleepy, filled with eggnog and hot chocolate and very much wishing that 17 days of break felt half as long as 17 days of school; but there is one remnant of the previous year still lurking around the corner, hidden and seemingly-benign, until in one fell swoop the entire student body is scrambling to remember

how to do Math from September and Chemistry from October; hurriedly reviewing History notes from November, and scrolling furiously through Sparknotes to find a summary of that book that was supposed to be read in December. Yes, as of January 4, 2022 we have exactly three weeks until our first final, and no PD days or long weekends to hide behind. Although three weeks may seem like a while, and the term "Finals" may have lost some of its menace due to the collection of online, presentation, or non-existent finals during the quint system, crunchtime is here, and back with a vengeance. So, what can we do about Finals?



According to Florida National University, a good place to start is with the format of the exam, which can help determine the amount of time needed to prepare. Not sure what the final is going to look like? Reviewing the Course Syllabus (but who keeps that?) or checking in with your teacher is a great place to start. If the exam is multiple choice, chances are that less time will be needed to study for it, since simply recognizing the correct information is most important. On the other hand, a free-response, short-answer, or essay-style exam will test your ability to properly recall and demonstrate material from the course. Although knowing the style can help prepare you for the format of the exam, there are a few universal study tips that work for any kind of test.

One of the most important parts of studying is memorization, particularly if the exam is multiple choice, or has multiple choice segments. The first step to memorization is reviewing the subject and making notes on the important information. The definition of ‘important’ can come from a study guide (wouldn’t that be nice?), a star in your notes or a frantic circle of exclamation marks indicating its importance (thank you, me-from-the-past), or from your own good judgement. Common things to mark can be vocabulary, dates, important events, or examples of successful work. Once the study material has been collected, it’s

time to put it into a format that works for you. This can include a list, flashcards, questions, or anything else that helps you remember that “the mitochondria is the powerhouse of the cell”. I have found that a great way to review information is through Kahoot. Creating one is super simple, and it can be played anywhere: on the bus, in line at McTavish’s, during a spare, while brushing your teeth, anywhere it suits you. Another trick is to write down what needs to be remembered; writing, not typing, helps the brain absorb information and hold on to it better.

Unfortunately, not everything can be A, B, C, D, or none of the above, and when studying for math, or math disguised as science (cough, physics, cough), the best way to study is with real practice. This can come in the form of review questions, completing old questions, working out the correct answer on incorrect quizzes, or reviewing the process behind the material. Understanding the steps and math involved is crucial to succeeding on these types of finals, so if  $2 + 2$  looks like it’s about to equal 5, taking a lunch period, CAP, or even ten minutes before class with a teacher might make a world of difference in preparing for such an exam.

Beyond the material itself, the attitude, schedule, and mindset towards studying is also incredibly important. We’ve all heard that cramming is bad, but the reasoning behind it is that all of the material you look at ten minutes before the test becomes part of the short-term memory section of your brain, an area that is frequently filtered, cleaned, and emptied; absorbing the material days, or weeks, in advance ensures that is placed in long-term memory, making it easier to recall, and less subject to being suddenly deleted. Starting a planned, consistent study habit will not only allow you to better remember the information, but also enable a study environment that is less stressful.

Allowing yourself dedicated time away from notifications and distractions to simply study has been proven to lead to more effective studying, while dedicated rest is more relaxing. To achieve this, set a timer for 20-60 minutes and spend the time focusing on one section of material. When the timer rings, spend 5-10 minutes reading, scrolling through social media, eating a snack, or just chilling, before returning to the material. This ensures thorough studying and review of the material, and also healthy amounts of rest.

So, as Finals inch closer and closer, stay healthy, stay alert, and stay on top of your studying to ensure a successful conclusion to the last big event from last year. Check in with teachers, make a few Kahoots, and remember to study in the weeks before. Preparing for something before it seems like a problem is a great way to make sure that it never becomes on. Welcome back to school, and best of luck in all your Finals.

## The Dress, Short Story

By Sabrina Rizwan

Meryll Deward

457 Crenshaw St

June 17th, 1988

Dear Killian,

I hope this letter finds you well. I'm writing to you in an urgency regarding Pamela. Consider this letter an advice from an elderly woman and not of malice or complaint. I know very well how hard it is raising a young daughter. Afterall, I had raised two of my own. I remember the day Pamela was born and I couldn't believe how quickly you had grown up. From a boy living down the street and wreaking havoc in the town along with your mates, you have grown into a fine young man and a father.

Regarding the issue of this letter, Pamela paid me a visit today. I was delighted to see her and have someone to talk to for the afternoon. I invited her in and offered her some pink tea and my famous strawberry shortcake. She seemed to like it, which pleased me. She is such a sweet little girl. We made good conversation until she mentioned the dress. She was under the impression that I had set out the dress for her. I made sure to clear up the miscommunication and sent her on her way. She had mentioned that you had talked to me about lending the dress to Pamela.

I hope you will provide me with some answers to explain this situation. I hope this was all a big misunderstanding and not a rebellious act on Pamela's behalf. I wanted clarification and hope that this letter gives you some insight as well. I will be looking forward to an explanation.

Kind regards,

Meryll

Killian Fairmont

270 Gardner St

June 19th, 1988

Dear Meryll,

I humbly apologize for the misunderstanding and miscommunication. I had meant to write to you earlier this month but I'm afraid it had simply left my mind. You see, Mr. Franklin is throwing one of his extravagant parties and like most of the girls in town, Pamela wants to attend. You are right, she is a sweet girl and I'm afraid I can't deny her much. So when she told me she would like to borrow your dress, I simply could not say no and told her that I would contact you about it. I asked her how she knew about it and she told me that she saw the picture of you and James down at the bar. I was still young back then but I remember how the town talked of you and that dress.

Now just as a formality I would like to ask if Pamela could borrow your dress for Mr. Franklin's party. It would be much appreciated by both Pamela and I. My poor girl, she was so dejected after returning from you. I had to apologize for my lack of memory and not writing to you sooner. I hope this clears up your confusion. And once again, I apologize for it to have been there in the first place.

With best regards,

Killian

Meryll Deward

457 Crenshaw St

June 22nd, 1988

Dear Killian,

It all makes perfect sense now. Don't you worry about forgetting. Though I'm afraid to tell you that it only gets worse with age. Things that one could remember so instantaneously just become lost into the cloudiness of the brain. I always seem to forget where I placed my glasses. Just the other day I remembered setting them down on my nightstand after finishing up my book. I went on with my day and then when I needed them to read the ingredients from my recipe book, they weren't on the nightstand at all. I could've sworn they were there last. I found them thirty minutes later on top of the cabinet in the dining room.

Regarding the dress, I'm afraid I won't be able to lend it to Pamela. I do hope you don't take this rejection to heart. It is just that the dress holds a significant amount of memories and feelings for me. It was during the time of my life when I was the happiest, and with James. I am sure you understand the loss of one's loved one like no other. I am simply incapable of lending it to anyone.

Kind regards,

Meryll

Killian Fairmont

270 Gardner St

June 24th, 1988

Dear Meryll,

I am sorry to hear that you have trouble remembering such normal things. It must be tedious to have so many setbacks in everyday tasks because of your memory. I must say this is one of those things that I am not looking forward to when it comes to growing old.

I have not told Pamela of your refusal to lending her the dress. I am still hoping that there is some way that I can convince you. Meryll, as you said before, you have raised daughters of your own so you must understand that they can be very persuasive. Especially when it comes to something like this. I understand that sentimental value the dress holds. Afterall, I still wear the watch that Laura gave me all those years ago. What I'm asking is; is there any way that we can convince you to borrow the dress for one evening?

All the best regards

Killian

Meryll Deward

457 Crenshaw St

June 26th, 1988

Dear Killian,

I am afraid there is no way that you can convince me. I think it is best we don't talk about this any further. I will be happy to recommend you some talented dressmakers for Pamela.

Kind regards

Meryll

Meryll Deward

457 Crenshaw St

June 27th, 1988

Dear Killian,

Thank you very much for sending the housekeeper. It was very helpful and relaxing. Sometimes I seem to forget that I am an elderly woman and can't go about taking care of the house like I used to. I hope you are not expecting me to lend the dress in return for the housekeeper. As I said before, there is no way that I will be able to lend that dress.

Kind regards

Meryll



Meryll Deward

457 Crenshaw St

July 1st, 1988

Dear Killian,

It would be kind and respectful to start this letter off by hoping it finds you well, but I am unable to do that after what I suspect you have done. I did not expect you of all people to stoop this low. You were such a sweet little boy and a fine young man, but I believe the latter statement no longer stands true after what you have done.

I was on about my regular day and stopped by at the market to grab some leeks for my leek and potato soup, as well as some strawberries and shortening. I believe it doesn't matter what I bought. As I rounded the corner of the bakery I ran into Mrs. Franklin. I had asked her about the party and how it went. She told me all about it and how surprised she was when she saw Pamela Fairmont walk in through the doors with my dress on her. I know now that the housekeeper was just a ploy.

I can not begin to tell you of my anger and most of all, my disappointment. I have sent this letter through Mr. Peking's little boy so you will receive it ten minutes after I hand it off to him. I would like you to come over and join me for some pink tea and strawberry shortcake while we both try to get past this. I feel that you owe me as much. I will be looking forward to seeing you soon Killian.

Kind regards

Meryll

Pamela Fairmont

270 Gardner St

July 3rd, 1988

Dear Meryll,

I hope this letter finds you well and that you know I had no idea of what my father did to get that dress. Had I known I wouldn't have ever worn it to the party.

I am writing this letter to ask you if you have heard from my father. I just read the letter that you sent him through Mr. Peking's boy. He has not been home since and I am starting to worry. If I don't hear from him soon I will go to the station. Kindly let me know if you know anything.

Loving regards

Pamela

Meryll Deward

457 Crenshaw St

July 5th, 1988

Dear Pamela,

I am afraid I have not heard from your father. He had sent no reply to my last letter to him nor had he shown up to my house. I must say, it was a waste of my strawberry shortcake.

I hope everything is well with him and there is nothing to worry about.

Kind regards,

Meryll

Georgia Winslow

540 Dandelion St

August 10th, 1988

Dear Meryll,

It has been a long time since I have last seen you or talked to you. I am afraid I have become so busy ever since Evelyn has been born. We will be delighted if you give us a visit soon.

I must say I was very surprised to hear about Killian Fairmont. I feel sorry for his sweet girl, Pamela. It must be so tragic, being an orphan. Though I did hear that she had found some young gentleman. Anyway, regarding why I am writing to you. I just cannot get over your dress and how wonderful it looked on Pamela that night at Mr. Franklin's party. Kathryn and I were wondering if you are willing to lend it to her for the upcoming Grayson ball. They host the most gorgeous ball each year and Kathryn was just so enticed by your dress. I hope it is not too much trouble for you and that you can make a young girl happy.

Your lovely friend,

Georgia

Meryll Deward

457 Crenshaw St

August 12th, 1988

Dear Georgia,

I will be delighted to come visit you and see the new edition to the Winslow family. It has been long since I have met with all your girls.

Though I am afraid I won't be able to lend young Kathryn the dress. It is of extreme importance and value to me. A gift that my James had given to me. It is extremely dear to me. I hope you don't mind my rejection and understand the sentimental value it holds for me.

Kind regards,

Meryll

Georgia Winslow

540 Dandelion St

August 14th, 1988

Dear Meryll,

I must say that Kathryn and I are disappointed that you would give a girl you barely know your dress for the evening and not to one that you watched grow up. I am quite displeased that you do not trust us enough to lend us the dress. Kathryn is quite adamant of wanting to wear the dress to the Grayson ball.

Meryll, I did not want it to come to this but I do know that James owed quite the amount of money to my parents before he passed. They have not said anything to you out of respect and loyalty. Perhaps if you would be as kind as to lend my dear Kathryn the dress for the ball, we can leave the loan in the past.

Let me know what you think.

Your lovely friend,

Georgia

Meryll Deward

457 Crenshaw St

August 16th, 1988

Dear Georgia,

I am sorry you are displeased with my decision. But if you must know, I am not at all happy to receive this threat from you. You along with the townspeople are well aware of my financial situation. I am quite angry and disappointed that a fine lady like you has shown this kind of behavior.

I have just come home with some groceries, including some fresh strawberries. I will make some pink tea and my famous strawberry shortcake. I will love it if you will join me and we can talk about all this in person. I'm sure we will figure

something out. I'll be sending this letter at the hands of the young Peking's boy. I hope to see you soon.

Kind regards,

Meryll

Kathryn Winslow

540 Dandelion St

August 24th, 1988

Dear Meryll,

Thank you so much for the casserole and the cake. I am glad we have such a caring friend in our time of need. I am glad that mother knew such kind and selfless people. She will rest in peace knowing that there are kind people like you looking after her family.

Your admirer

Kathryn



# Concerts Postponed Indefinitely

By JJ Mrazek

Campbell's already delayed music concerts have been postponed yet again. Unsurprisingly, the reason was exponential growth in infections. The long-awaited concerts were to have featured the school's many ensembles, and would have taken place the week of January 17th. Now the school's music students are free to spend more of their time studying for finals, which, from a certain point of view, is just as good as a live performance. It is unclear when exactly concerts will be scheduled. Said Mr. Scott Peters, band director, "We postponed concerts simply because we want to make sure everyone stays safe. As far as an upcoming date, right now we haven't set one, but we will be setting a date somewhere in the future when we think it's going to be safe because we're really anxious to get going again with concerts."

**On Wednesday it was announced that in-person meetings for all clubs are cancelled and are to transfer to Virtual meetings for the foreseeable future.**



# Things Forgotten

By Sabrina Rizwan

I started this search wanting to find answers for myself but I ended up stumbling upon something that I wanted to look at in more detail. Earlier this school year I started noticing that my memory was a bit...unreliable. I kept forgetting things that I knew about for only a short amount of time. It was a bit inconvenient and tedious. I chalked it all up to some stress. It was stressful going from two classes a day last year to five classes a day this year. I was struggling a bit to keep up with all the schoolwork which as one would imagine, was pretty stressful. I still wasn't that shocked by it. I don't remember a lot of things that I forget (ironic, isn't it?) but I have some examples. I would get up from watching a show to get a drink and on my way back I would forget what had happened in it when I left. Sometimes when I stumble out of my room and into the living room my mom and I start up a conversation and she would tell me to do something like turn the kitchen light off on my way back or to load up the dishwasher before I go back to my room, and always when our conversation is finished, the task was long forgotten by me and mom would have to remind me about it. I guess the most baffling one was when I was reading this book about a girl helping her friend find her missing brother, Jamie. I was well through half the book when I suddenly blanked and could not remember the name of the missing guy. I knew it started with a J. There were a lot of other J characters. Jamie's mom was named Joanne and the main character's brother was named Joshua. But for the life of me, no matter how hard I tried, I could not remember the name. I had to go back and reread the previous text to see what his name was. I was honestly a bit shocked at that. How could I have forgotten the name of one of the main character's so far into the book?

So, as any person living in today's day and age, I consulted my good ol' friend, Google. I searched up 'memory loss' and this is what I found;

Memory loss (Amnesia): Unusual forgetfulness

I thought it fit my problem. After all, it was unusual to forget the name of a well talked about character halfway through the book. I also knew that there were many types of amnesia, so I continued on with my search. I found six main types of amnesia. They are the following:

Retrograde Amnesia: Losing the ability to recall events that happened just before the event that caused the amnesia. Usually this affects recently made memories and not those from years ago.

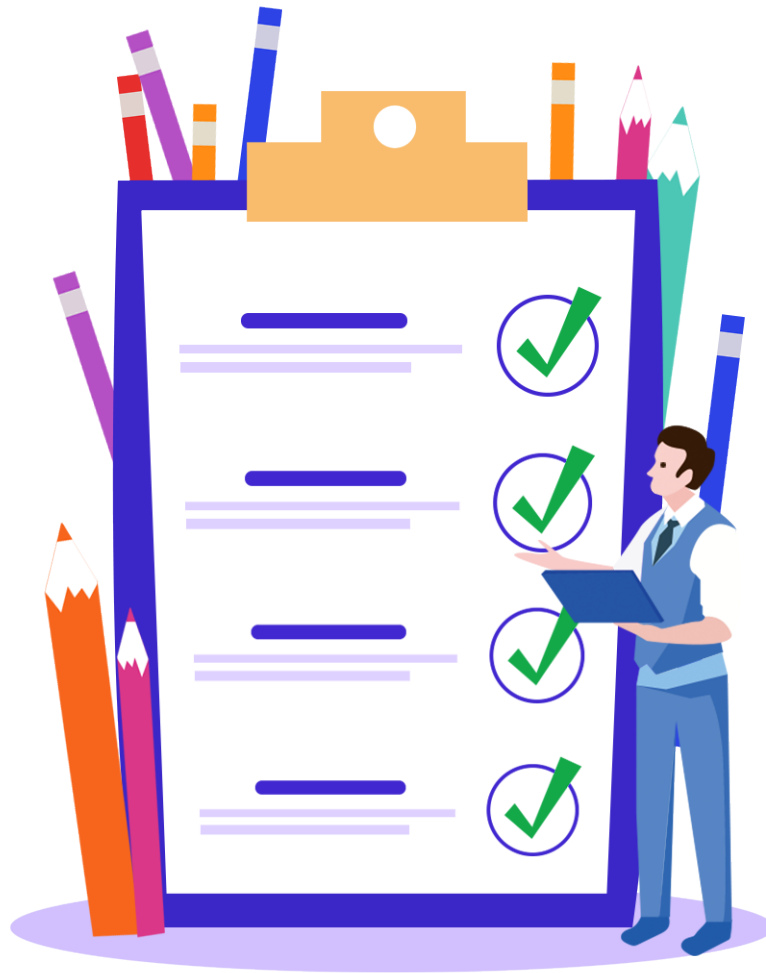
Anterograde Amnesia: This type of amnesia means that new information can't be remembered since the amnesia. The ability to still recall information from before the event that caused the amnesia is there. This is more common than retrograde amnesia.

Transient Global Amnesia (TGA): This is a temporary form of amnesia that tends to resolve within 24 hours. It occurs more often in middle-aged and older adults. Once this type of amnesia resolves, it rarely recurs. Experts are unsure what causes this type of amnesia.

Post-traumatic Amnesia: This occurs after a significant injury to the head and can present as either anterograde amnesia, retrograde amnesia, or both.

Infantile Amnesia: Also known as childhood amnesia, this term is used to describe the way adults can't recollect early childhood memories. This may be because young children's brains are still developing and unable to consolidate memories.





**Dissociative Amnesia:** Dissociative amnesia is caused by stress or trauma and presents as forgetting specific events or periods of time. In some cases, dissociative amnesia could even mean forgetting most of your identity and life history. In rare cases, it causes people to forget all or most personal information and travel away from home or take up a new identity. This is known as dissociative fugue.

It is clear that these types of amnesia are more serious and specific than my problem. That causes me to ask some questions. Does my problem have nothing to do with amnesia at all? Is it normal to forget such simple things in such a short amount of time? I've used a key word regarding my problem which

led me to another question; short amount of time. Short term memory loss is what comes to mind.

Just keep searching. Just keep searching.

You know when you're just sitting and suddenly you realize you have a headache and you decide to google it. I know we've all been there. It starts out by saying you're dehydrated so you drink some water as you scroll through the article and suddenly you have an inoperable brain tumor and your expiration date. This seems like a similar rabbit hole. Did I mention that I have anxiety? Now I won't stop thinking about all the things that are wrong with me. Anyway, this is what I found when I searched up short term memory-loss:



“What is short-term memory loss? Short-term memory loss is when you forget things you heard, saw, or did recently. It's a normal part of getting older for many people. But it can also be a sign of a deeper problem, such as dementia, a brain injury, or a mental health issue” (Short Term Memory Loss: Symptoms, Diagnosis, Treatment, and More by Erica Hersh).

The description matches my problem. So now I am possibly suffering from dementia (mind you I am 17 years old), a brain injury (what if I do have one and forgot? The plot thickens), or mental health issues (Let's not get into that one, I do have a word limit after all).

I read through the same article about short term memory loss and found out the following:

What are the symptoms of short-term memory loss? (I checked of the ones that have affected me)

- ~~asking the same questions repeatedly~~
- ~~forgetting where you just put something~~
- forgetting recent events
- ~~forgetting something you saw or read recently~~

Funny story, I have a friend who has three classes with me. In one of the classes she sits right beside me. So this one day she was driving me home and I was talking about a teacher and then I turned to her and looked dead straight into her eyes and asked; “Who’s your teacher for (the class whose teacher I was talking about)?” I kid you not, for ten whole seconds she looked at me like I had gone mad. And in those ten whole seconds I came to my senses. “Oh right, we have the same class, you sit right

beside me.” Back to the article and its contents.

Home remedies for short-term memory (I decided to check the ones that I don't do or don't get enough of)

- ~~getting a good night's sleep~~
- ~~exercising regularly~~
- eating healthy foods, including lots of fruits, vegetables, whole grains, and lean meats
- ~~doing puzzles and other activities that challenge your brain~~
- ~~eliminating clutter around your house to help reduce distractions~~
- ~~creating to-do lists and schedules to help you stay on track~~

At Least I'm doing one thing right. This is looking...promising. Think positive, right?

The rest of the article was just some stuff about how short term memory loss is diagnosed by health care professionals and things one can do to manage it and improve memory. It was kind of irrelevant to my search, not worth mentioning. I already cited the name of the article and the author so feel free to look at it at your own leisure.

Alas, this marks the end of my research. I have scoured the internet and many, many articles, all of them regurgitating the same information. What has this search led me to, you ask? Well, it led me to learn that I might or might not have a memory issue. Do I suffer from a memory problem? Is it from a long forgotten brain injury? Am I suffering at all or is it just me being dramatic? Did aliens abduct me and probe into my brain, causing my current problem?

I guess I will never truly know (or maybe I did know and I forgot).

# Maskne For Beginners

By Ilana van der Merwe

When was the last time you remember coming to school without a face mask on? Since the start of the pandemic we have made many adjustments to the way we take care of ourselves. We sanitize before entering a room, we take care to wipe surfaces, we distance ourselves from others. But more than just heaps of homework have popped up from this seemingly unending pandemic. On August 4th, 2020, the word 'Maskne' (Mask + Acne) was added to the Collins Dictionary. Although Maskne - an outbreak of pustules on the face due to the frequent or prolonged wearing of a mask (Collins 2020), seems inevitable, there are things you can do to beat the spots.

Before we treat the Maskne, we must know what causes it. Maskne develops for two reasons: Clogged pores and irritation. As you wear a tight, fitted mask, it rubs against the thin and sensitive skin of your cheeks, lips and nose. This alone is enough to result in complications like eczema, acne, or hives, but the additional build up of bacteria that comes from reusing dirty masks or touching your mask can cause infections like Folliculitis (the infection of hair follicles).

We have all been there, buying expensive skin care products that may be a complete dud, but what if there was a way to guarantee improvement, though it may be small. Consistency is much more effective than using a one time Snow-Berry Sparkle Face mask or Cucumber Lemon Dazzle Juice face scrub. With a consistent facial cleansing routine, your skin will acclimate to the harsh circumstances it must withstand. According to Health line (2021), it is best

to wash your face in the morning, before bed, and after a long day of sweating or wearing a mask. When washing your face, use lukewarm water accompanied by a simple cleanser.

To help reduce build up from constant masking, limit your use of makeup. Afterall, no one can appreciate your blush if it's tucked behind a mask, so why stress out your skin unnecessarily? To help prevent spread of covid the CDC recommends not to wear a mask for more than a day without a wash. The dermatologists at Vogue agree with this statement, adding that washing your mask kills bacteria, and sets your skin up fresh each morning. Be sure to pop your favourite mask in the wash when you get home from school or work so it's ready for tomorrow.

Lastly, it is important to choose the right mask for you. When trying out a mask, check the following (Health line, 2021):

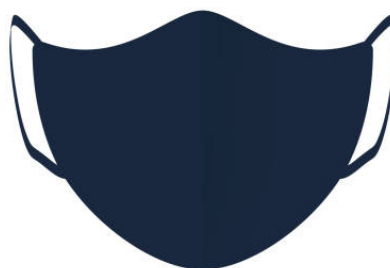
Does the mask fit snug, but not too tight?

Does the mask have two or more layers of fabric?

Is it made of a natural, soft fabric, such as cotton?

Does it have a nose bridge wire to prevent air from leaking through?

If your acne worsens, please reach out to a doctor or dermatologist for further advice. Please wear your mask at school at all times.





## Switch Coffee for Juice

By Ilana van der Merwe

It's a habit, It's an energizer, some even go as far as to say that it is an addiction. Since the 15th century, people have been reaching for a cup of coffee for a buzz. Although it is nice to wake up to the smell of freshly brewed coffee in the morning before school, there may be a better option to get you ready for your day.

Orange Juice is an underrated breakfast drink for many reasons. A glass of OJ contains 10% of your daily carbs, therefore boosting your energy, concentration, alertness and reaction time. Proved and published by the European Journal of Nutrition, the

positive effects of orange juice listed above outlast the same effects coffee gives you by far.

A glass of orange juice contains 100% of your daily requirements of vitamin C. Vitamin C is necessary for the growth, development and repair of all body cells. Coffee, or more specifically caffeine, is a notorious cause of liver damage, the apparent opposite of orange juice. There are other obvious nutritional pros to orange juice (see below).

Orange juice is also high in antioxidants. Antioxidants are crucial to maintaining overall health. They also protect against illnesses such as heart disease, diabetes or cancer.

Drinking orange juice can also boost memory and brain health as vitamin C works its way around your brain. So instead of a cold brew, try a refreshing glass of orange juice.

Try and make a switch, just for a week. Testing the waters can't hurt. To compare how you feel, pay attention to things like how easily you get distracted, how early in the day you get tired, and how your body feels. You may see many positive changes! So head out to the grocery store and pick up a carton of your favorite brand of 100% orange juice.

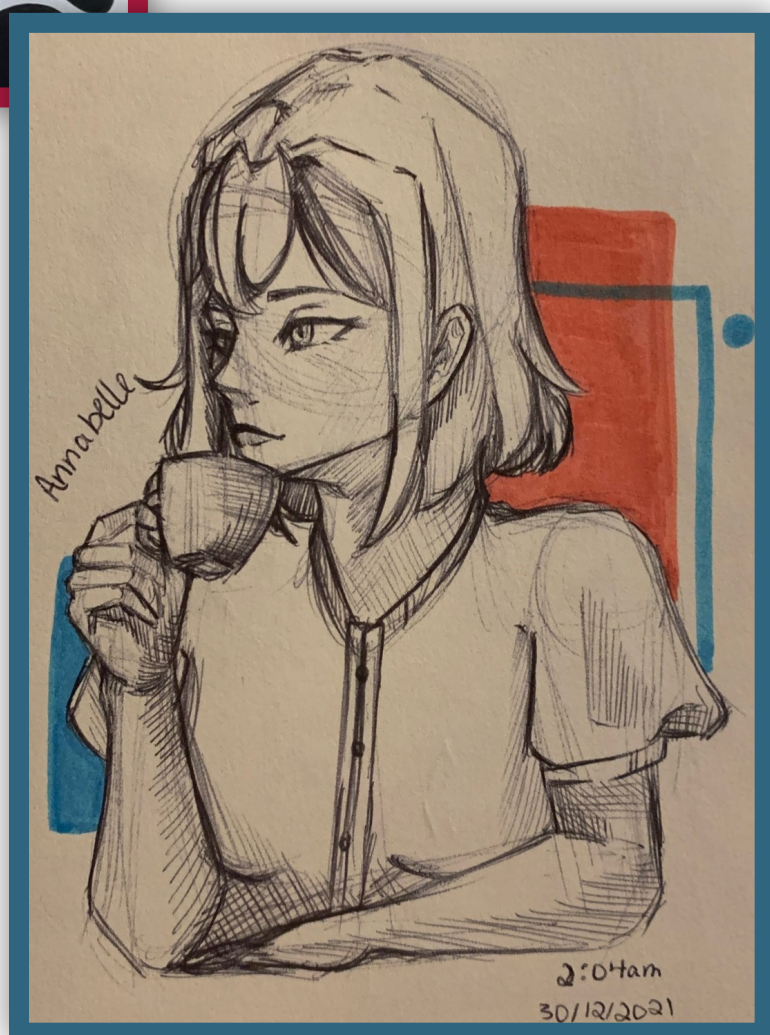
10 Ounces of Orange Juice	Medium Tims Iced Coffee (10 Ounces)
128 Calories	160 Calories
2g Protein	2g Protein
26g Carbs	22g Carbs
141.7mg Vitamin C	0g Vitamin C
31.2mg Calcium	60mg Calcium
≈\$3.00	≈\$3.00





## Art Show

**Payton Zacher**  
grade 12 student



**Jordan Mah**  
grade 12 student

**Jordan Mah**  
grade 12 student



**Payton Zacher**  
grade 12 student



# Lunch

*your worst fear;*

*'come out to lunch'*

*you can't say no, you already used your whole list of excuses*

*how about the dentist?-*

*nope already did that last month*

*tell them you aren't feeling hungry,*

*but they always insist that you order something.*

*not even fries and a shake? - they say - it used to be your favourite*

*it makes you feel sick*

*they will watch you with each bite*

*each swallow*

*each dab of your napkin to each corner of your mouth*

*you can't just sit there and let them see*

*It must be obvious.*

*are they embarrassed of you? for you?*

*are you a pity invite?*

*you already used the take-away box escape plan*

*they thought you didn't like the restaurant*

*but the meal was so much more enjoyable alone*

*and it was not because of the company*

*NO.*

*I must go.*

*Just this once.*

*It will be fine. I can make up for the repercussions after...*

*A single meal can't do that much damage?*

*Right?*

*but what if they want dessert?*

*luckily you have an alternative list of excuses*

*you don't like sweets - Of course I do!*

*you are full - Of course I'm not.*

*you can't make up your mind - The only truth.*

*it must be obvious  
who else goes to the washroom, alone for that long  
who else orders just lemon water; at an ice cream store  
who else can't stand to see photos from the shoulders down  
or wear shorts  
or tight clothes*

*are they embarrassed of you? for you?  
Am I a pity invite?*

*I promise that I am not broken.  
I'll prove it!*

*I'll go.  
I'll eat beforehand, and then order something small.  
I'll say it like I rehearsed it:*

*A garden salad,  
dressing on the side. And coke,  
can it be diet?*

*I'll come for lunch.  
I'll smile the whole time,  
Even if my knees are bouncing  
Even if my arms never unfold over my stomach  
I smile the whole time*

*I just keep smiling.*

*I will come for lunch.*





# New Year's Resolutions: Practical or Pointless?

By Addison Welk

Finally, the clock strikes twelve, the ball drops, and this year is finally over! Now, we set goals for the year ahead of us. Even though the entire spirit of it is completely arbitrary, we still find the need to push it upon ourselves every year. I will never understand the appeal of New Year's resolutions. Putting so much emphasis on changing yourself at the start of January is pretty strange, considering how the days following December thirty-first aren't all that different compared to the ones that came before. So where did New Year's resolutions come from? Why did we adopt this as a tradition?

New Year's resolutions are said to have begun as early as the seventeenth century. Records of a 1671 diary by a young writer, Anne Halkett, show that many were participating in this practice. A page titled "Resolutions" had many mantras for herself, and dated it for January second, indicating that the tradition of making goals for yourself at the start of the year was in place. A January first edition of a Boston newspaper from 1813 included an article titled "The Friday Lecture" by an unknown author, where the phrase New Year's Resolutions was printed for the first time. Ever since then, the novelty of a New Year set in, and it has become a custom of the time to begin making your resolutions, and then breaking them by February. But why do we make resolutions in the first place?

New Year's resolutions thrive off of the subconscious need that we all have to constantly feel like we're improving



ourselves. There's no pressure around competing against yourself, so who cares if you don't meet your goals? The societal pressure around New Years does nothing but help you make your excuses more viable. The notion that the New Year will be a blank slate and you can put all your bad decisions behind you is pointless, and doesn't help build healthy habits.

I might sound like a pessimist, and if you really want to keep up with your goals this New Year, you're not a lost cause. It seems to me that there has been a shift in the way people view the new year, and how they make their resolutions. Prior to 2020, New Year's resolutions were about the year ahead of you, the next twelve months filled with opportunity. Now, for many, their 2021 resolutions were in spite of the past, not in hope for the future. This year seemed to be their second chance at their resolutions from last year, which is why people seemed to keep their resolutions for longer this year. If you still wish to make goals for 2022, here's how you can actually keep up with them.

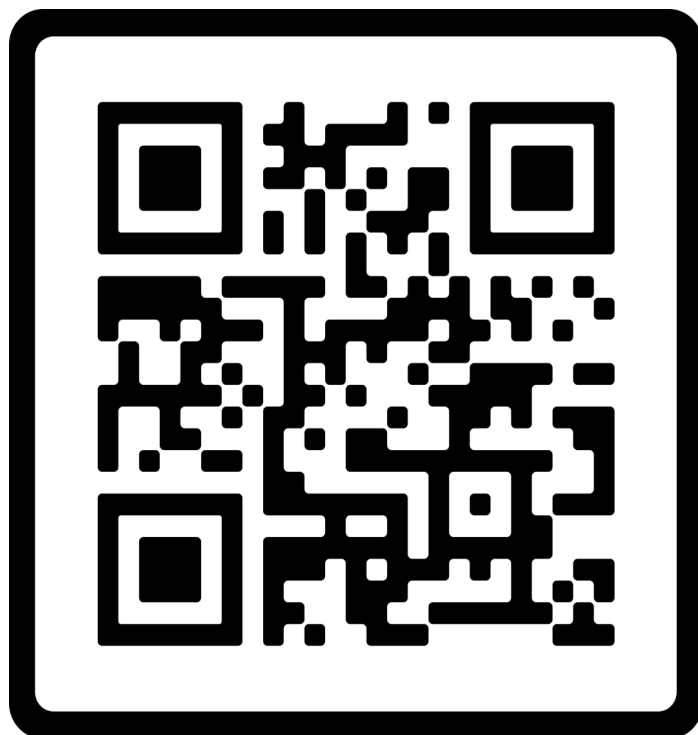
The only instances that New Year's resolutions are effectively kept are when the "Why?" of a goal outweighs the "When I do What". Instead of focusing on what you're going to do on January first, focus on why you're doing it. The spirit of New Years isn't pointless, it's the cultural obsession with improvement that comes with it. Because 2022 has already begun, it's important to keep this in mind while you set your goals, so you don't aimlessly make ones that you won't keep.



Hey! So, since our first publication, the December Edition, we have heard lots of feedback and praise for the revival of a Campbell Newspaper Club, so we figured in our second publication we would promote ourselves a little bit, and let our readers in on the behind-the-scenes of the Tartan Times. We started back in November with a group of nine people with the goal of showcasing Campbell writers and providing an entertaining publication unique to our school community through the reintroduction of a school newspaper.

We used to meet Wednesdays at lunch in Mrs. Cherepuschak's room (although with COVID-19 we now meet virtually) and discuss potential articles, artwork, and student writing to include in our monthly editions. Some of our writers focus on school news, others on world events, and others on literature, sports, movies, or advice columns. If this club sounds like something you'd be interested in, check us out (probably through our Instagram since we don't meet in-person at the moment). If you enjoy what we produce, let us know, or if you don't feel free to offer suggestions or even work for us to publish. Thank you to everyone who has started reading, and for all the support.

**\* Please feel free to DM us on Instagram if you have any questions.**



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**THE TARTAN TIMES**

At The Tartan Times we provide  
an entertaining publication unique  
to our school community through  
the reintroduction of a school  
newspaper.