

TFS LIMITED EDITION

MARCH 2019



Above, students at an assembly on online safety earlier this year. The presenter, Paul Davis, spoke to students again on April 1. / Source: Marketing.

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WORLD NEWS

WHY THE NEW CANADIAN \$10 BILL SHOULD NOT BE OVERLOOKED

Since its creation in 1867, Canadian currency has been changing, adapting, and improving to fit requirements made by the Royal Canadian Mint. These improvements have caused the discontinuation of the half dollar, 50-cent coin in 1964, and, more recently, the penny in February 2013. Canadian currency is especially known for its colourful bills, having been ridiculed for being compared to *Monopoly* money, brightly-coloured currency from the popular board game. Many people, however, pay much less attention to the detailed, symbolic images that are displayed on the Canadian banknotes themselves – that is, until March 2018.



Source: capebretonpost.com

For the past 3 years, Canadians have shared their opinions about the prospect of a new 10 dollar bill, featuring human rights activist Viola Desmond, that started circulating in early March of 2018. This new, vertically-designed Canadian \$10 note marks the beginning of a new series of Canadian currency and a new step towards the

celebration of inclusivity and diversity in our everyday lives.

Viola Desmond is both the first person of colour and the first woman, other than the Queen, to be featured on a Canadian bank note. She was a black Nova Scotia businesswoman and beautician who participated in the civil rights movement, most prominently when she challenged racial segregation in New Glasgow in 1946 by refusing to leave an area of the Roseland Theatre marked whites-only. And, as important as her contribution to the civil rights movement is, it is considerate to ask: which famous white man's image did Desmond replace on our purple 10 dollar bill? Canadians may be shocked to learn that Desmond took the place of Sir John A. Macdonald, our country's first prime minister and a dominant figure in Canada's Confederation.

There is controversy around the subject of the celebration of Sir John A. Macdonald's role in our country's history; last August, there was backlash towards the government of British Columbia about the removal of a statue displaying the first prime minister. With more research, I learned that the image of Sir John A. Macdonald will, in fact, remain on a banknote with a higher denomination to be developed in coming years. In turn, both Sir Robert Borden and William Lyon Mackenzie King, the prime ministers of Canada during the First and Second World Wars, respectively, will be removed from Canadian banknotes. Nevertheless, it is undoubtedly impor-

tant that we do not lose sight of the realities of these controversial claims. We, as Canadians, do not wish to appear as if we are trying to replace history. And, though I can agree that a new, refreshing, more diverse presence on our country's currency is a step forward, we must also come to terms with the truth that the entirety of Canadian history is not something to be celebrated, and especially not something to be forgotten – such was discussed extensively during the Canada 150 festivities.

During this Black History Month, Canadians must learn to continue to recognize the successes, celebrations, and, in turn, large missteps and negligences made by the Canadian people over our extensive history. Canadians must learn to recognize the realities of our country's imperfect history while continuing to strive for a more inclusive, diverse, and resolutely better tomorrow.

Laura Harrison, Level IV

THE END OF CHAVEZ'S BOLIVARIAN REVOLUTION: SOCIALISM IN VENEZUELA

Many countries have toyed with socialism. Some, to a smaller extent than others. An example that stands out, especially in the present day, is Venezuela. In 1998, Hugo Chavez, leader of the socialist Fifth Republic Movement, was elected President of Venezuela. Thus started what he called the Bolivarian Revolution, named after 19th century revolutionary Simon Bolivar, to transform Venezuela into a socialist state.

Venezuela has the world's largest oil reserves, much larger in fact than the traditional oil exporters like Saudi Arabia and Russia. Chavez exploited these oil resources to fund his expensive "revolution." The abundance of oil, coupled with high oil prices, led to prosperity in Venezuela as the exorbitant social programs worked. There is an important caveat though: if, and only if, oil prices are high will the government have money to fund the expensive initiatives. Venezuela's economy was dependant on oil prices and the Chavez Government did nothing to diversify the economy and to ease the nation off its dependence on oil.

While the beginning of Chavez's reign brought real, tangible benefit to the impoverished people of Venezuela, by the end of his presidency, any benefits brought by the Bolivarian Revolution was nullified by the effects of the unsustainability of the Venezuelan economy. In the early 2010s, oil prices had fallen, which meant that Venezuela's economy was to fall too. By then, poverty had increased, there was massive inflation and food shortages had emerged across the country. These economic woes continued, and worsened, upon the ascension of Chavez's successor, Nicolas Maduro, to the Presidency after the former's death in 2013.

Sean Huang, Level IV

MAPORAMA: A SERIES WHERE DEMOGRAPHICS AND POPULAR CULTURE MEET

A Bunch of Random Maps Because Why Not?

With this first installment of the Maporama series I invite you to see the world through a different lens. With weird maps that would get you a “cool story, bro” in conversation, you’ll discover what

Maps in this series may include anything from baby names to Nickelback, because there's just about no limit to what you can do with a blank map. They're also going to have a 'lil blurb around them, just so that everyone knows what's going on.

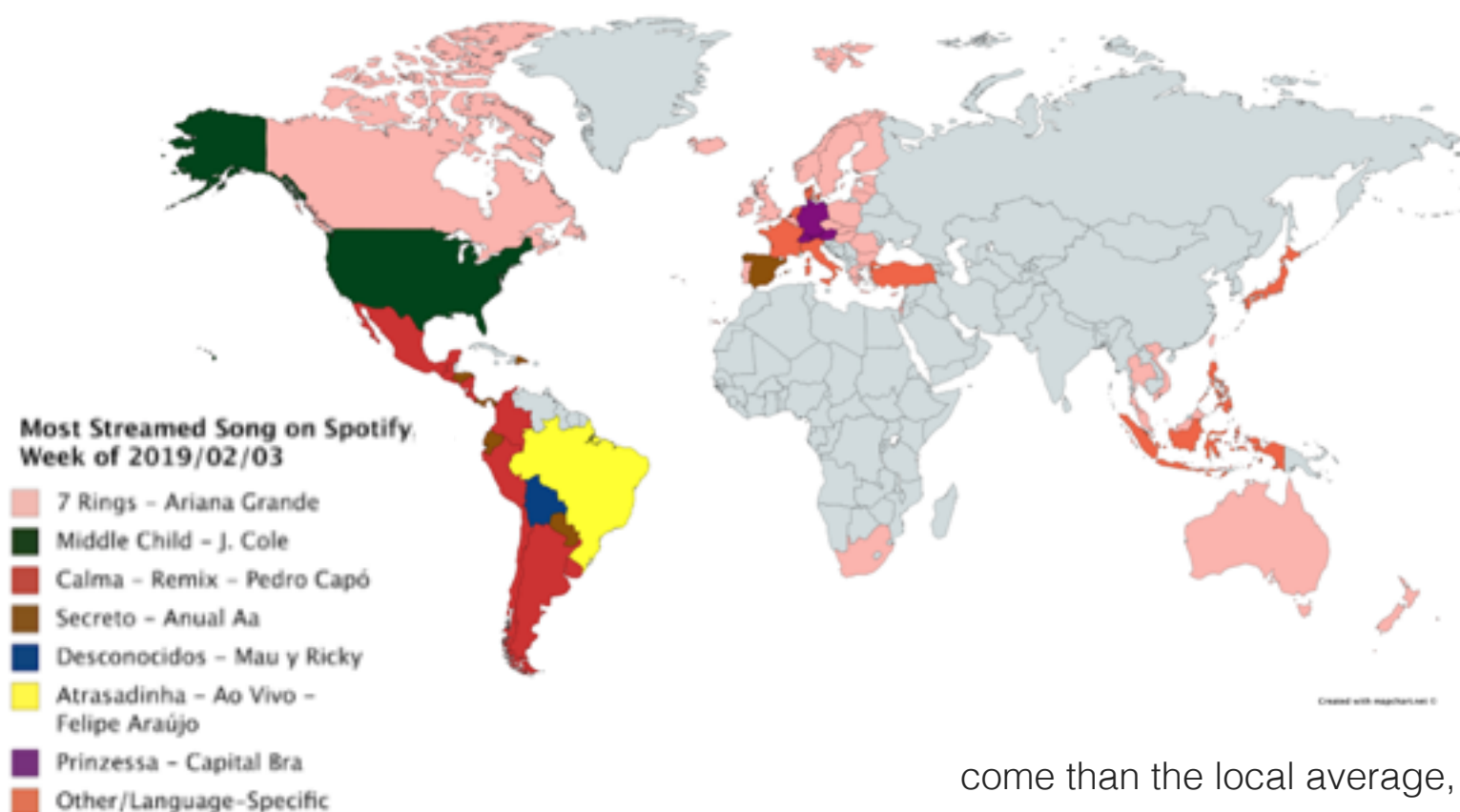
Also interesting to note that “7 Rings” was quite popular in the Balkans and in Southeast Asia, places with far lesser levels of internet users overall. Internet users in these areas would probably enjoy a higher level of in-

come than the local average, which may correlate with a preference for Ariana Grande.

actually makes them cool -- and what they tell us about the world.

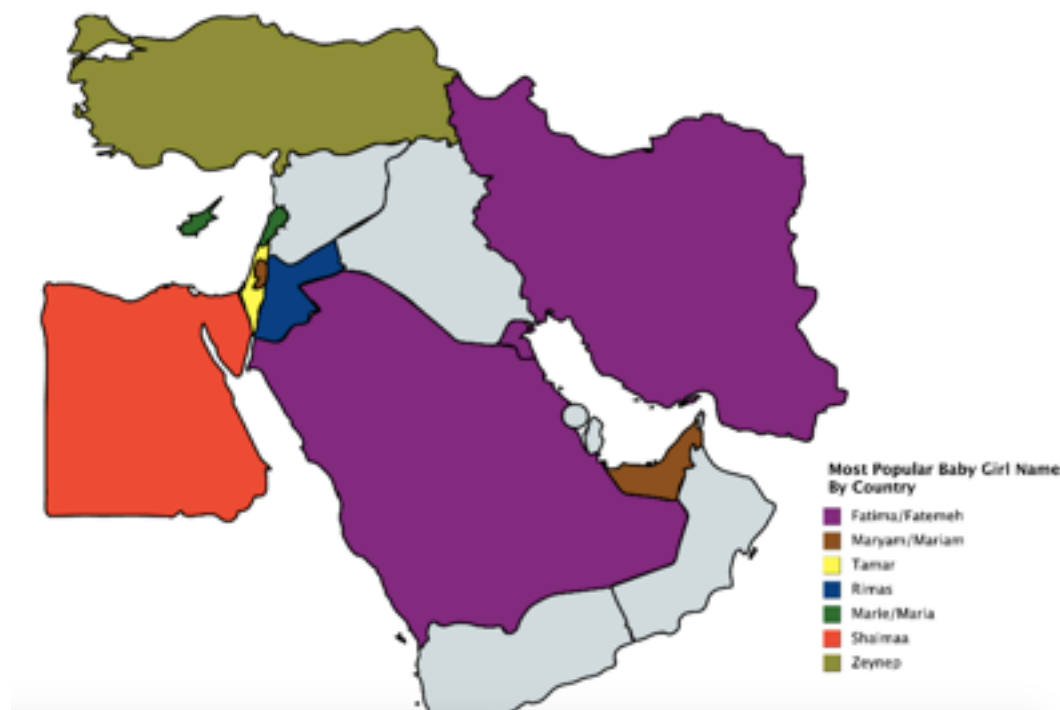
First up on this first installment of Maporama: a map of the most streamed songs on Spotify as of the first week of February, by country. “7 Rings” by Ariana Grande definitely takes the cake here as the most viral this week; just about every country in the world with a large English-speaking population has it on the top spot.

The German-speaking world was quite captivated by the song “Prinzessa” by Capital Bra, whereas three around equally popular latin songs battled it out for the top spot in Latin America and Spain. Other countries without a major linguistic diaspora, like Japan or Turkey, were more likely to enjoy local music - they’re in the “Other/Language-Specific” category on the legend. Quite depressing that we don’t get to find out about the preferences of the rest of the world, where open access to internet is a



far more scarce privilege.

Below is a map of the most popular boy names in each Middle Eastern country. “Mohammad” seems to dominate around the Arabian Peninsula, whereas “Ali” is more popular around the Persian Gulf. Whereas “Mohammad” takes the lead with predominantly Sunni Muslim regions, “Ali” seems more popular with Shia-majority regions. Part of Shia Islam is the belief that God picked Ali to succeed him - Mohammad’s son-in-law.



The Middle East seems to have far more consensus around girl names; “Fatima” and “Maryam” are dominant just about everywhere, with few exceptions. Fun fact: “Maryam” is just the

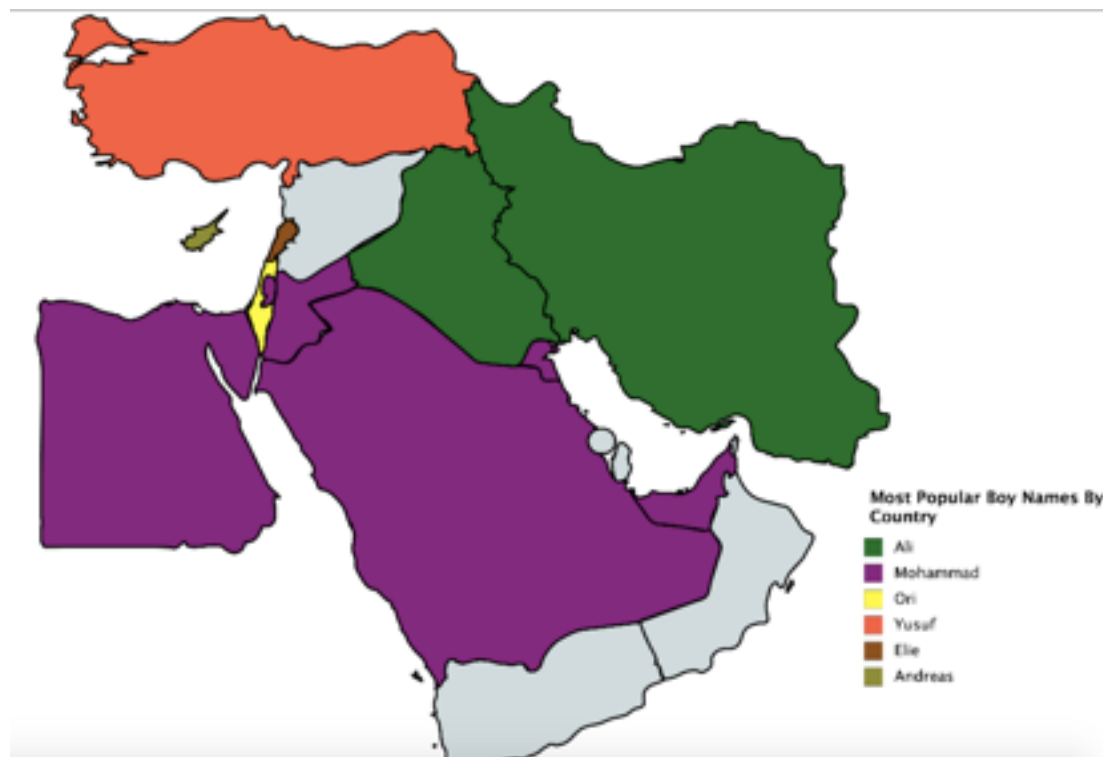
Josephs. In terms of girl names, “Olivia” seems to be on top throughout Canada and the American Midwest, while “Emma” is spread out across America. The largest and most urban states -

California and New York - both like “Sophia.”

For boy names, Canada loves “Liam,” as does the Northern US. The South likes “William,” and the Southwest likes “Noah.” These baby names show us a few things about North America - different regions have different preferences, most notably between majority urban and small-town rural regions. In Canada, Quebec consistently bucks the trend due to linguistic and cultural differences. There are also surpris-

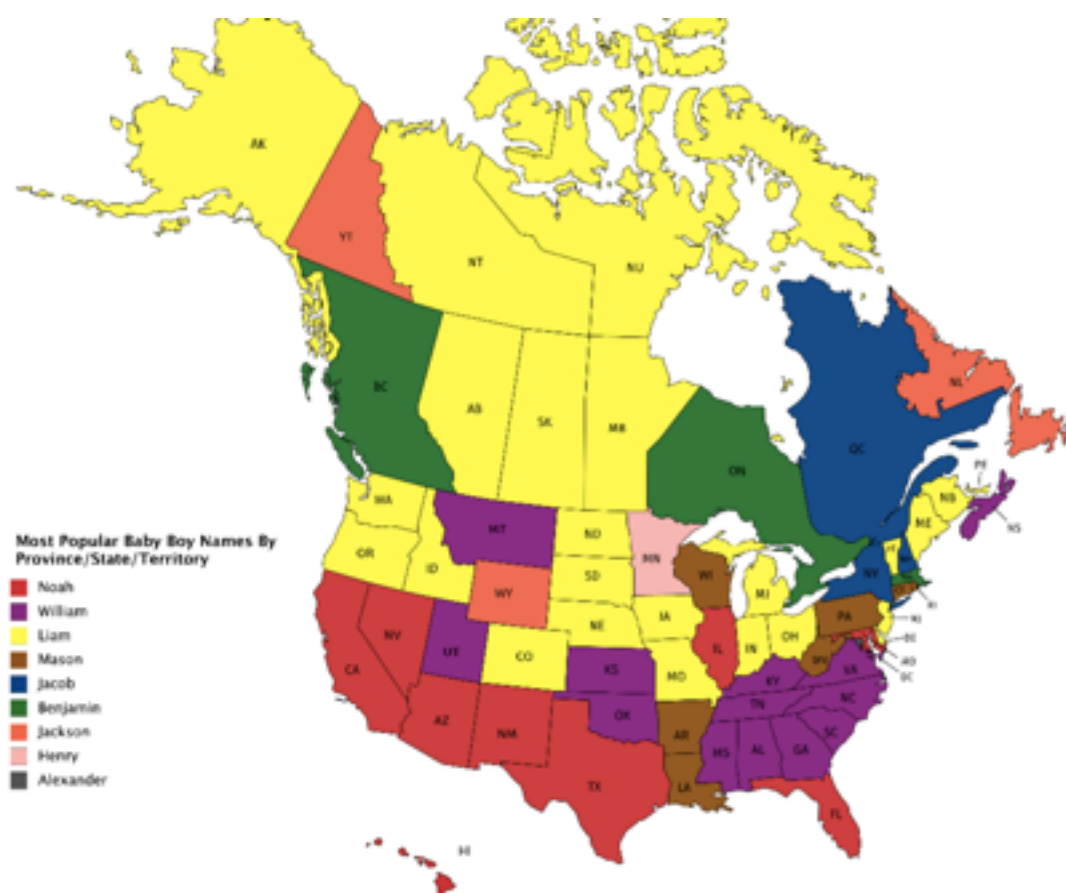
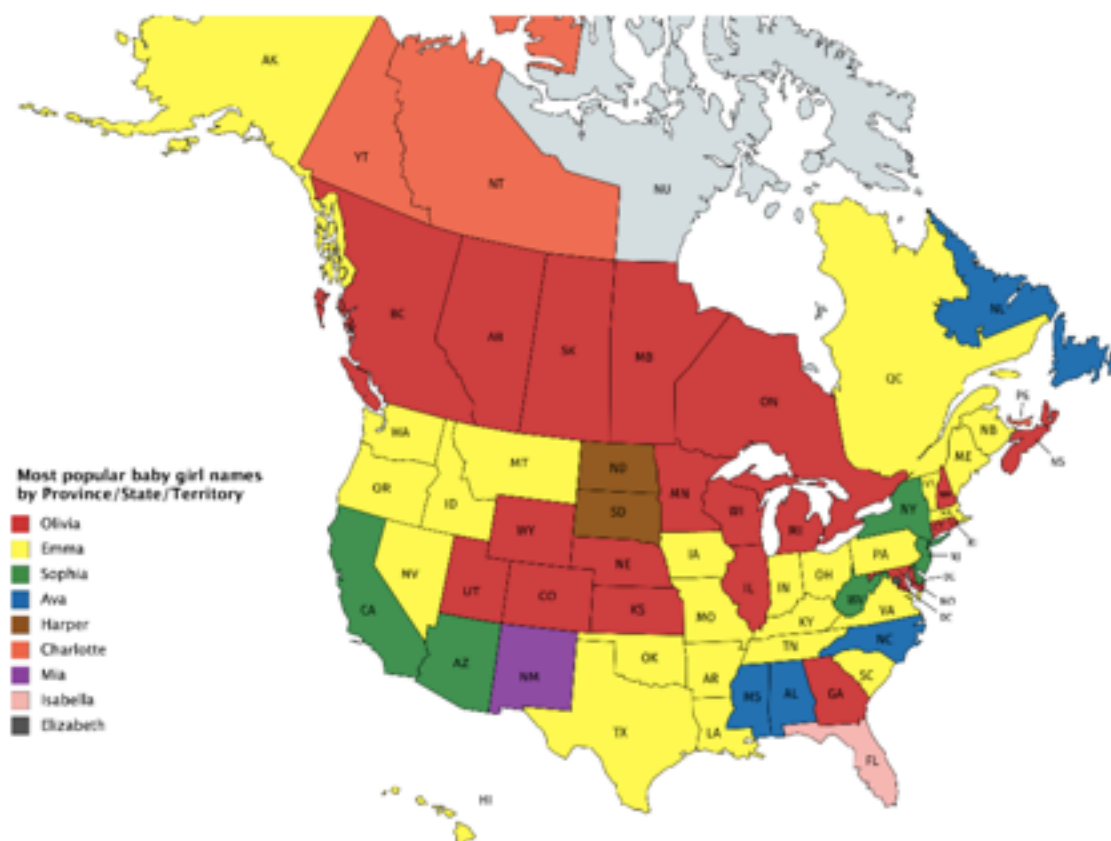
ingly few births in some of the smaller provinces and in the territories - so few that the top names were often three-way ties - reflecting an aging population in areas like Prince Edward Island, where younger people tend to flock to more populated provinces for more opportunities.

Latin America seems to love “Santiago”



Arabic version of “Mary” - both names originate from slightly different spins of the same Biblical/ Quranic character.

North America is not as quite consensus-driven when it comes to baby names. Less and less people are basing baby names on religious persons of interest; that means less Marys, and less



and “Agustín.” Brazil bucks the trend with “Miguel,” being the only Portuguese-majority country in South America. Mexico is the only country where the most popular girl name is “Ximena” - a Spanish spin on “Simon.” These statistics are also more questionable than for North America; cen-

sus services are less developed, and are often only taken for major urban centres, resulting in disproportionately underrepresented rural areas. Economic gains in urban areas are often negated by severe levels of poverty in rural Latin America, which are also regions that tend to have a significant share of Indigenous populations and exploitation for natural resources - including Canadian mining operations that often turn into violent confrontations with locals.

Perhaps the best known Santiago in North America would be Chilean actor Santiago Cabrera, who plays Lancelot in the BBC’s *Merlin*. Now, here’s a map of famous people from each Canadian province.

Yes, Nickelback isn’t a person, but no one knows (or wants to know) the names of the band’s members. Saskatchewan hasn’t exactly produced a well-known Hollywood personality, but they’ve given us a Prime Minister, and possibly the next one: the current

Leader of the Opposition is a Saskatchewanite.

Canada isn’t only a hotbed for well-known entertainment figures; it’s also a hotbed for filming locations. *Riverdale* films in Vancouver, along with the Arrowverse series *Game of Thrones*, which



was partially filmed in Alberta, and Toronto has its share of lesser-known programs. The Prairies and the Maritimes have less filming locations, reflecting the unfortunate reality that access to opportunities within the entertainment industry is ex-

To close up Maporama #1 - who knew that *Mean Girls* was filmed at UofT? You do indeed learn something new every day.



tremely location-limited. As a result, independent series and films often taking the top spot in smaller provinces, while also struggling to break the barrier to widespread fame.

Jason Chen, Level IV

All maps in in this article were created with mapchart.net

THE DEATH OF DEMOCRACY

Napoleon Bonaparte once said “Let her sleep, for when she wakes, she will shake the world” when talking about China (Globe and Mail, *Welcome to the Asian century*). Seen from today, he could not be more right. The Chinese tiger woke up during the cold war, and it has finally finished rubbing the sleep out of its eyes. Under the leadership of Xi Jinping, China could easily replace the United States as the new world superpower in the next few decades. And this will turn the world as we know it upside down. So, how would China become the next global superpower, and what would a world under its rule look like?

In the past decades, the Chinese economy has boomed from a small agricultural society to one of the largest diversified economy on earth. The capitalist and communist hybrid political system (Independent, *Is China actually a communist country?*) has attracted most of the world’s manufacturing. Almost half of the goods used by humanity are currently being produced in China (Economist, *Made in China?*). Economically, China therefore has the capacity to become a superpower, and it is not wasting it. China has been spending trillions of dollars to increase its influence around the world through projects, deals, weapons, and infrastructure investments. One of these projects is the Belt and Road Program, in which China spends an estimated 4 to 8 trillion dollars to rebuild the Silk Road. In this program, China is building hundreds of highways, ports, factories and a lot of infrastructure to help countries all around the Eurasian continent. This project appears noble, benefitting the recipients, but is criticized as a way to create a dependency between developing countries and China. With

so much investment, these countries will be heavily indebted to China and could easily be turned into Chinese puppets. As claimed by report from Fitch Ratings, China has created this program out of political ambitions rather than economic goals. In 2018, Malaysia has pulled out of the Belt and Road program, claiming that it “is a new version of colonialism.” The Chinese government has also drastically increased military spending to build new advanced military technology such as aircraft carrier and ray guns (Independent, *China Reveals long-range heat ray gun*). It is also expanding its territory and influence in the East China sea by claiming Spratly islands and their resources. And while China expands, what is the western world doing? It is burning itself.

In this time when authoritarian governments such as China and Russia are growing their power, the democracies of the world need to be at their strongest and preserve democracy and freedom. But instead, they are burning themselves. The two largest poles of democracy in the world are currently in political and social turmoil. The United States have never had such a divided population, with about half of it standing firmly behind the controversial Donald Trump while the other half loathes his every actions. The second pole of democracy is also at jeopardy, as Europe has its own issues. With the rise of populism shown through England’s Brexit, France’s Gilet Jaune, and Italy’s Salvini, the very base of the European Union is at risk (Le Point, *Le Front national change officiellement de nom*) (Time, *How the European Far-Right Is Growing in Power*). With the democracies that have ruled the world for the past centuries looking inward at their

many problems, China has free reins to grow its influence and power. Only the United States seemingly takes action against the rise of China; it has begun a trade war and is demonstrating military presence in the South China Sea to counter China's increasing aggressive posture in the region (CNN, *US Navy proposing major show of force to warn China*). However these actions are limited in scope and won't likely stop China's growing influence. The next decade could devolve into a Second Cold War between the western democracies and China, and China could replace the US as the new global power. What would a world dominated by China look like?

With China as the new overlord, the world order would be drastically altered. The main change in our society would be a decrease in democracy and freedom. A world dominated by an authoritarian state would lead to the death of democracy as we know it. Over the course of the past century, world powers have influenced other countries into adopting their system, sometimes with controversial actions and goals. Such as the pro-American coup in 1972 Chile or the American backed Greek government in its 1946 civil war. As the world has been dominated by democracies since the late XVIIIth century, and since the fall of the Communist block, most governments are currently either democracies, or moving towards democracies. If China becomes the new world leader, the slow crawl towards global democracy will come to a halt and could even be turned around. Individual freedom will likely be another casualty of the rise of China's power. Communist China is transparent about its lack of individual freedom and could already be spreading it throughout the world. Indeed, over the past years, China has been developing a Social Credit system that monitors all 1.5 billions citi-

zens and judges them for their actions (Business Insider, China has started ranking citizens with a creepy 'social credit' system). Simple actions such as jaywalking can diminish one's social credit, and a low score can result in limited access to jobs, education, travel, and other common necessities. China's government is known to monitor its citizens through millions (New York Times, *Inside China's Dystopian Dreams: A.I., Shame and Lots of Cameras*) of public space cameras associated with facial recognition and to tap phones and electronic devices. As the Huawei incident is showing, some are concerned that China could deploy its monitoring technology on individuals and businesses across the world (Bloomberg, *The Big Hack: How China Used a Tiny Chip to Infiltrate U.S. Companies*). Limited individual freedom and democracy are a feature of China and could soon become one of the world.

Today, humanity is at a crossroads. We can either accept a surveillance society and a long-lasting authoritarian regime, or we can keep on the path of freedom and democracy. Determining which of the two will prevail is impossible. One thing is certain: our generation will see this struggle unfold and will witness its resolution— for good or for bad.

Victorien Garrigues, Level V

ARTS

BOOK REVIEW: *WHEN BREATH BECOMES AIR*

I wish I could brag that I can consistently start and finish a novel in one sitting or a few days. In reality, I'm quite a slow reader; mulling over and rereading a single page several times as I progress is common for me. Don't get me wrong, I enjoy this process and I know my speed-reading ambitions are too idealistic, but, sometimes, it can feel unproductive.

The exception to this tendency was with *When Breath Becomes Air*, Paul Kalanithi's memoir chronicling his journey primarily as a neurosurgeon, but also as a father and husband, diagnosed with stage IV lung cancer, in his pursuit to understand the meaning of his fading life. With the same standard of analysis as before, but a newfound efficiency, I devoured this 230-page book in a day, but still ponder it two months later.

So, why was it different? I picked up the novel purely for its attention-grabbing title (when does breath become air? Spoiler: death), but my interest grew through the narrative, bitterly ironic as a doctor who treats cancer patients suffers from cancer himself. Or maybe it was Paul's love for literature underpinning the narrative—he first majored in English at Stanford as an undergraduate—reminding me of the value of the very act of reading I was performing. Perhaps it was my own affinity for the character; I, too, am fascinated by using capacities we learn in English to make any professional pursuit meaningful, especially in science—but more on that later. Most importantly, Paul's poeticism has an air of funda-

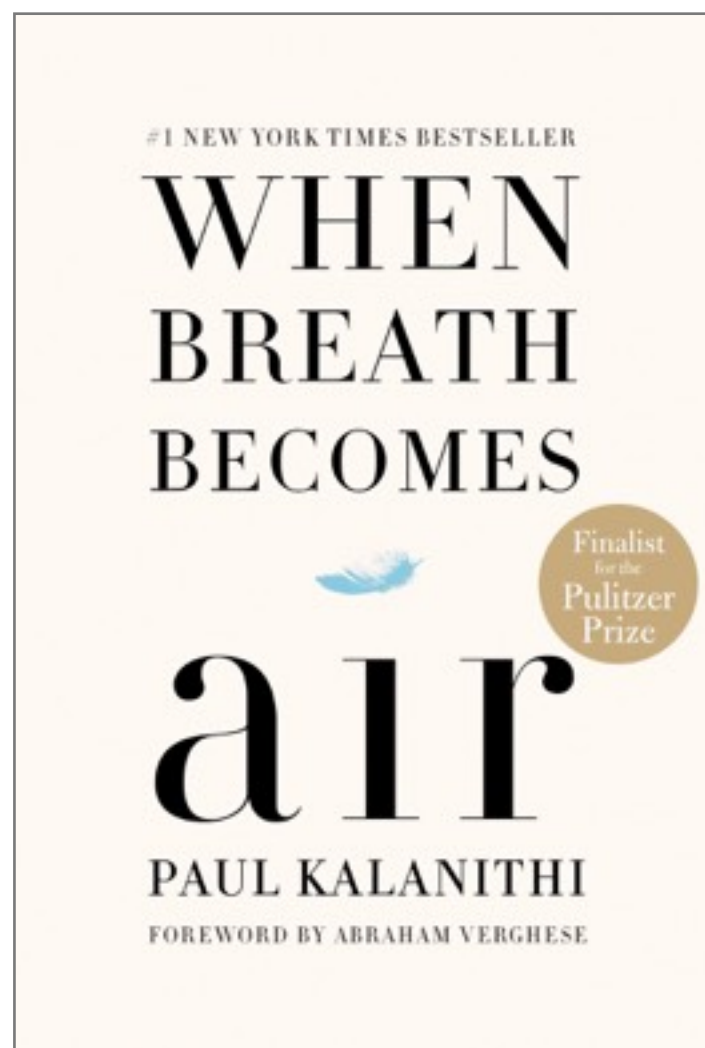
mental importance, all the while individual, intimate and tempered with an acceptance of death.

This memoir leaves you feeling inadequate. I certainly did. Not only do we question whether we should pursue the challenging route of a major in English, minor in human biology, followed by a masters in literature and a masters in philosophy of science, then medical school, but also motives for this endeavour, described as “the call to protect life—and not merely life but another's identity; it is perhaps not too much to say another's soul—was obvious in its sacredness.”

Some lightweight questions we are invited to consider: “If the unexamined life was not worth living, was the un-lived life worth examining?” and, if we spend time intellectually pondering the meaning of life, does that mean we are depriving ourselves from meaningful experiences? In Kalanithi's answers, literature is the support providing “the richest material for moral reflection,” (31). The most prominent of many literary references in his memoir is a line from Beckett's novel *The Unnamable*: “I can't go on. I'll go on.” The illogical nature of this mantra reflects the novel's exploration of life, simultaneously irrational and the root of human resilience. Also, it is echoed by the structure of the novel itself, as a poignant and abrupt halt ends the memoir because Kalanithi passes away before it can be finished.

When Breath Becomes Air does not need another review to offer further praise in addition to what it has already received globally, nor is it the first novel of its kind, but I felt compelled to write one because I believe more students should take time to consider the value of the humanities, as demonstrated in Kalanithi's memoir. While you don't have to pursue four degrees in sciences and humanities, if you intend to study STEM, as many students increasingly choose, consider what literature can teach us about science. It is not only valuable for its own sake and for pleasure. In any endeavour, learning about human experience provides food for thought on how you are carrying out your own. The gulf between science and humanities may not be as large as you think. They can unite in morality.

Nicole Dirks, Level V



Source: [amazon.ca](https://www.amazon.ca)

SEASONED STYLE: FASHION MONTH TRENDS



January 2019 was a busy month in the fashion and beauty community. Intense surges of creativity were exhibited throughout the weeks across the globe. Here is a recap of some of the trends from the past month.

length puffer coat with a matching crossbody bag for the Off-White Fall 2019 show. Puffer jackets have slowly made a comeback and will definitely keep you cosy and chic! With the rise in activewear, puffer jackets are the perfect mélange of sportswear and 80's style. In addition to jackets, puffer vests have been no exception to the trend. Puffer vests made their way into various collections in Paris and Milan, including Les Hommes and Kenzo. You can wear one with a turtleneck or simply layer it over a leather jacket -- the possibilities are endless!

First, it was Kendall Jenner sporting Aritzia's red Super Puff Jacket. Then, it was Offset wearing a lilac, floor-



Both men and women have been dressing in fluorescent colours. Bright hues of yellow, lime green and pink dominated the fashion scene this month. On the runway, Valentino, Viktor & Rolf and Gucci electrified the runway with psychedelic colours. A bright shade can have a huge impact on your mood in this gloomy weather. To incorporate these vivid supercharged colours into your wardrobe, try adding a neon eyeliner to your makeup routine or a highlighter coloured accessory to complete any look.

Designers Iris Van Herpen and Rebecca Minkoff are a few brands that have turned to technology to elevate their design. In Paris, Iris Van Herpen exhibited 3D-printed designs accompanied by face-contouring jewelry and cloud-like dresses in organza. In New York, Rebecca Minkoff showed the magic of combining digital components and activations into her clothing. This trend may be a little more difficult to achieve, but be on the lookout for innovative designs using customizable technology. There's no doubt that technology is the future of fashion and will make for an exciting and interesting addition to any wardrobe.

Megan Chong, Level V

Collages are also by Megan Chong.



SIMPLY LIVED: SELECTED POEMS BY KASEY QUINN-O'CONNOR

A Brave Girl

I have felt like
I am on top of the world
like I was in a flower painted dress
the sun on my face as I twirled
I have felt like all was alright
I have felt the brightness in the dark—
I have felt like
I am drowning
Gasping for breaths in the depths of the sea
I didn't have time to be frowning
I have felt my lungs fill to the brim
I have felt panic while trying to swim—
I have felt like
I needed to disappear
Like hiding was practically flying
then it was only myself to fear
I have felt the stomach aches and acidic taste
I have felt wasted tears—
I have felt like
I didn't care
Like my feet were being moved for me
Not an emotion to spare
I have felt my face go numb
While trying to actually feel something—
I have felt like
My body is a vessel of passion
Dancing in my own world

Myself, a product of my actions
I have felt reward
Self love that came from working hard--
I have felt like
I am going insane
Like stillness was not an option
My mind didn't wander but instead ran away
I have felt blood as my skin peeled back
I have felt the pains of what I lack—
I have felt like
I am just out of reach
Like the impossibility was a wall
No hope of being breached
I have felt hopeless
I have felt no one notice—
I have felt like
Nostalgia is my saving grace
Like progress driven by time
Allowed pride to take place
I have felt relief
I have felt strength—
I have not felt strong through it all
But I had strength every time I got up from a fall
Through every time I didn't want to get out of bed
Through every single damn tear that I shed
Through every time things fell out of place
Until I could finally plaster that smile on my face—
These are the thoughts of a brave girl

Dance In The Rain

For some reason -
I find myself searching
for a reason to cry
silly I know
but I think I know why
You see I want to see the concern in your eyes
as you hold me and tell me it will all be alright
I want you to lie--
tell me it's fine
tell me you don't mind giving me all of your time
wipe my tears
'cause one of your fears
is looking into those glossy eyes of mine
I say I want to be in pain
so I learn to dance in the rain
but maybe I just want you to dance with me

High on you

.5 seconds of your attention
Can get rid of any worry or fear
.5 seconds of your attention
And then I'm smiling ear to ear
You see the problem with being so high
Is that there's nothing you can fear
Accept for falling from the clouds
Faster than that first falling tear
The higher you climb the harder it is to breathe
The higher you climb the harder it is to be free
When you've reached the top there is only room
to go down
And a fall from that high means dropping
That smile to a frown
You drop from the clouds and into the ocean
Next thing you know you think you are going to
drown
And this was all because you weren't there to
save me
It's a cycle that goes round and round –
I hate that I depend on you,
You lifting me up –
'Cause I know you can't hold me there forever
You just aren't strong enough

WELLNESS

EATING DISORDER AWARENESS WEEK

Eating disorders are conditions that pertain to abnormal or disturbed eating habits. They are mental illnesses that, though common among adolescents and young adults, are often forgotten or neglected when discussing mental health in schools.

With the help of Guidance classes, Wellness initiatives, and Assemblies discussing mental health issues, TFS students are actively trying to destroy the stigma surrounding mental illness. These assemblies in question generally start conversations on the topic of stress and anxiety disorders, including panic attacks, and depression. The persistent presence of these issues in mental health conversations is appropriate, considering the fact that these specific problems may be more common in everyday life. It is disappointing, however, that many do not feel the same way about eating disorders.

Eating Disorder Awareness Week (EDAW) took place throughout Canada from the 1st to 7th of February 2019, and, quite fittingly, passed by almost unnoticed, much like those suffering from the conditions themselves. In school settings, us students are accustomed to discussing how mental illness isn't always something you can see. And we are given the standard list of warning signs to watch out for when spotting common mental illnesses: a sudden change in appearance, disinterest, mood swings, quiet or reserved demeanors, etc. Eating disorders, however, are rarely mentioned in our school Health or Guidance classes, even though they have a definite presence in our lives and the lives of those around us, especially in female adolescents.

Maybe it is due to the very physical aspect that often accompanies eating disorders that causes people sometimes to forget about their less-obvious manifestations. The neglect surrounding this mental illness could be due to the fact that an eating disorder may not be as easy to spot as one may think. The eating disorder stereotype depicts an unnaturally skinny teenage girl who lives off carrot sticks and constantly admires photos of stick-thin supermodels in magazines or online. This stereotype is a part of the stigma surrounding eating disorders, caused by a lack of awareness on the subject. In truth, anyone of any age can be affected by an eating disorder.

It is important to note that eating disorders make up a list of conditions surrounding food and eating. Four common types of eating disorders are as follows:

1. **Anorexia nervosa:** a condition where one has an obsession with food, eating, and exercise and will go to extreme lengths to remain slim, resulting in weight loss. Anorexia is most likely the most well-known type of eating disorder.
2. **Bulimia nervosa:** a condition accompanied by repeating episodes of purging (vomiting) food caused by an obsession with being slim, resulting in weight loss. Bulimia is sometimes accompanied by bingeing.
3. **Binge Eating Disorder:** a condition accompanied by frequent, repeating episodes of eating large quantities of food at a time. Bingeing is sometimes accompanied by purging.

4. **Avoidant or Restrictive Food Intake Disorder (ARFID):** previously known as Selective Eating Disorder (SED), this is a condition where certain foods are omitted from a diet based on appearance, smell, taste, texture, brand, presentation, or a past negative experience with the food, resulting in extreme weight loss.

Possible Warning Signs and Symptoms:

Anorexia nervosa:

- Dramatic or extreme weight loss
- Wearing layers to hide weight loss or stay warm
- Preoccupation with weight and food
- Often “feeling fat”
- Excessive exercise regime (sometimes despite weather, illness, injury, etc.)

Bulimia nervosa:

- Frequent visits to the bathroom after meals
- Excessive use of mouthwash, mints, gum
- Calluses on back of hands and knuckles from self-induced vomiting
- Dental problems (ex: cavities, teeth discoloration from vomiting)

Binge Eating Disorder:

- Lack of control over ability to stop eating
- Feelings of disgust, guilt, and/or low self-esteem after overeating
- Hoarding food in strange places
- Scheduling and making time for binge sessions

Avoidant or Restrictive Food Intake Disorder:

- Dramatic or extreme weight loss

- Picky eating that progressively worsens
- Fear of choking or vomiting
- No body image disturbance

Resources:

Kids Help Phone | 1-800-668-6868 | <http://www.kidshelpphone.ca>

National Eating Disorder Information Centre (NEDIC) | <http://www.nedic.ca>

Ontario Community Outreach Program for Eating Disorders | <http://www.ocoped.ca>

Bulimia Anorexia Nervosa Association (BANA) | <https://bana.ca>

Sheena's Place | 416-927-8900 | <https://sheenasplace.org>

Personally, I know people who continue to struggle with eating disorders, and I wish to start a more active conversation on the illness' quiet presence in our daily lives and how we, as a student body, can continue to raise awareness for this problem that deserves a much larger audience.

If you have any questions about this issue, or if you just wish to have a conversation, please do not hesitate to contact me, your Guidance counsellors, or the current Wellness Prefects, Sabine Gaiind and Emilie Ades.

Laura Harrison, Level IV

SELF CARE AND THE VALUE OF CLICHES

When school becomes more demanding, with assignments, homework, and tests piling up, it can sometimes be difficult to remember the simple things, like going to bed at a reasonable hour or maintaining healthy eating habits. On top of that, dealing with mental health issues such as depression can make these routine acts seem even more impossible to achieve. Self care is always important, but it is during these times that taking care of your mind and body becomes crucial. Below are some self care tips; while they may seem insignificant, these tips can make a lot of difference

- **Maintain good hygiene and habits.** Keeping your body clean can lead to a healthy mind. Take showers/baths regularly, brush your teeth, wash your face. However, it may take too much energy to bring yourself to do the simplest tasks, so even using dry shampoo, deodorant, mouthwash and face wipes can help you feel refreshed.
- **Keep your space clean.** A messy room and/or work space is anything but helpful when you're feeling down and stressed. Whichever space you spend the most time in, be sure that you keep it organized and comfortable. If you're too tired to tackle the whole thing at once, give yourself the goal of clearing one corner of the room at a time. Even just stacking up a pile of books or filing some loose papers into a folder can make you feel more in control of your space.
- **Organize your work.** If you have a mountain of work that you need to get through, and you're overwhelmed, split everything up into smaller

tasks. For example, if you have to write an essay, give yourself a set amount of time to write out each paragraph/argument by creating a checklist, and be sure to take breaks once you've finished a section. That way you've broken up a big assignment into smaller pieces that seem more manageable, and let's be real -- checking off boxes after all your hard work is extremely satisfying.

- **Express yourself.** This can be in any way, shape or form that works best for you. If you find that your creativity has been stunted lately, remember what inspired you before. This could be an artist, a song, a movie, or really anything else. Do some art while allowing yourself to make mistakes and remembering that it does not have to be perfect.
- **Start a journal.** Write, draw, collage, make lists, or anything else to capture the good moments in your life. These don't always have to be big either; moments like bumping into an old friend at a coffee shop or watching an episode of your favourite show are moments that can make a big difference when you're going through a tough time.
- **Confront your problems.** Yes, this is one of those 'easier said than done' things, but, as hard as confrontations can be, the buildup can actually be more nerve wracking. Take a deep breath, then a leap of faith, and talk to your friend about something that has been bothering you for a while or tackle that math problem you've been avoiding for hours. Trust me, you'll feel a weight lift off your chest.

- **Take a mental health day.** Sometimes, it can be hard to pull yourself out of bed in the morning. Maybe you were up late working on an assignment or couldn't sleep because you were nervous for an upcoming test. Maybe it's just been a long string of stressful, emotionally draining days. If so, it may be beneficial to take a day off to recharge. Just make sure that you don't have anything big going on at school (like a presentation or test) and ask one of your friends to take notes for you so you don't fall behind.



Source: <http://selfcarezine.tumblr.com>

aware that love can manifest itself in different ways: familial, platonic, romantic. One form of love, despite being a key component of one's mental well being, is often times neglected and not attributed as much importance as the rest. While it is important to spread positivity and love to the world around you, it is equally important to give yourself the same, well-deserved attention.

Just do it. Nike has a point. You may think that spending time doing anything other than school work or other structured activities is time wasted, but honestly, sometimes it's necessary. Giving yourself a break after a stressful week is not a sign of being a lazy student. Cancelling plans with someone when you are too emotionally drained is not a sign of being a bad friend. Self care should by no means be considered selfish.

Treat yo'self. Any fan of the TV show *Parks and Recreation* will recognize this as a term that two characters, Donna and Tom, created to indicate the one day a year they spend pampering themselves. While Donna and Tom do this in the form of spending an outrageous amount of money on material goods, you can treat yourself in other ways. Make an ice cream sundae and spend the afternoon watching cartoons and movies. Lie down and take a nap. Read a new book, or an old favourite. Bake some cookies while listening to your favourite album. And, always remember to take care of yourself in order to move towards a balanced life and foster your mental wellbeing.

Sabine Gaiand, Level V

Reconsider some of the platitudes we often dismiss. They may help once they are given a second thought. Some favourites are as follows:

Love yourself. This phrase, that may be considered synthetic and overused to the point of meaning nothing, reveals a necessary truth. We're well

OPINION

WHY WE NEED MORE CANADIAN OIL



Source: theglobeandmail.com

Canada holds the position of the 4th largest proven oil reserves in the world. Last year, Canada imported \$17.36 billion dollars worth of crude oil, of which \$3.38 billion came from Saudi Arabia. Now, you might be asking yourself: why are we importing so much oil? The cause is the quality of Western Canadian Select, not nearly the same as Saudi Arabian oil. What is coming out of the Alberta oil sands is principally a very thick, tar-like substance, one that can only be processed by the few refineries which happen to be on our east coast. There are no refineries in Western Canada which can process WCS and thus, the product must be moved through a pipeline to refineries in eastern Canada. However, at this time, Canada lacks many of these pipelines. There have been proposals to build them the past few years, but they have been shut down by the current Liberal government.

There are two principal arguments when it comes to those against pipelines: the climate argument and the indigenous argument. However, according to Environment and Natural Re-

sources Canada, Canada makes up just 1.6% of global GHG emissions. It is noted by many economists and businessmen as well as exports in the oil industry that the refusal to build pipelines has virtually no effect on the environment, due to Canada making up such a small percentage of global emissions. In addition, according to Trans Mountain, “43 Indigenous groups have signed agreements in support of the Trans Mountain expansion project.” The MEG energy corporation released statistics a few years ago, noting that, “in 2015 and 2016 the oil sands invested \$48.6 million in community initiatives in indigenous communities. The participation rate of indigenous people is twice as high in the energy sector compared to the total Canadian labour force. The oil sands spent over \$7 billion doing business with indigenous owned companies from 2013 to 2016.”

According to Natural Resources Canada, “the oil sands account for 9.9% of Canada’s total GHG emissions and 0.1% of global emissions.” The reality is further environmental red tape on the regulations we already have bear virtually no effect on global emissions. “We think we’re saving the planet, we’re delusional,” said Brett Wilson, a Canadian investment banker.

The statistics and facts support one side, and that side is pro-pipeline. According to the Canadian Energy Research Institute, “If we replaced 100% of oil imports coming to Canada we would reduce emissions by 6.2%.” In 2016, Canadian oil and gas pipelines maintained their 99.999 per cent incident-free safety record, according to data from the Canadian Energy Pipeline Association (CEPA).

Environmental Performance Index 2018	Women, Peace and Security Index 2018	Rule of Law Index 2017	Global Responsibility Index 2017
Canada: 25th	Canada: 7th	Canada: 9th	Canada: 20th
Venezuela: 51st	UAE: 42nd	UAE: 32nd	UAE: 60th
Russia: 52nd	Russia: 55th	Iran: 80th	Russia: 63rd
Kuwait: 61st	Venezuela: 78th	Russia: 89th	Iran: 82nd
UAE: 77th	Kuwait: 83rd	Nigeria: 97th	Venezuela: 93rd
Saudi Arabia: 86th	Saudi Arabia: 99th	Saudi Arabia: not ranked	Saudi Arabia: 98th

Source: World Economic Forum

The question is: do you helping governments that value the environment, women's rights, peace and security, the rule of law, and global responsibility? If you do, the data overwhelmingly supports the argument for expanding Canada's oil in the global market and reducing the import of foreign oil. The way to do this? Build more pipelines to expand the access of Alberta crude oil. In the data, Saudi Arabia ranks significantly lower than Canada in all these major global Indexes, so why are we still buying oil from them and promoting the economy of a country that has no rule of law, where women were punished and prohibited from driving up until 2018 and homosexuality is punishable by imprisonment or death?

The reality is that tens of thousands of Canadians are out of work due to this government's policies. These are well-paying jobs. Canada's environmental standards are among the best in the world. According to Tim McKay, the President of Canadian Natural Resources Ltd., "if Canadian

standards were recognized and applied worldwide, the amount of GHG emissions from producing a barrel of oil would fall by 23%, the equivalent of removing about 100 million cars from the road." He also stated that "natural gas from 1 B.C. LNG plant could displace up to 40 coal-fired power plants in Asia, reducing global GHG emissions by 60 to 90 million tonnes of CO2 annually. This amount is greater than B.C.'s total emissions per annum and roughly 10% of Canada's GHG emissions per annum."

Canada's business climate is volatile. Bloomberg reported last year that foreign direct investment in the Canadian oil and gas industry fell 27%. The same can be seen throughout Canadian markets, but the Canadian natural resources sector is particularly worrying. "\$100 billion dollars in energy projects have been cancelled because of Justin Trudeau," said Shannon Stubbs, Conservative MP. "Justin Trudeau killed North Gateway outright, he killed Energy East, and he utterly failed to get the Trans-

Mountain expansion built.” Justin Trudeau has decided against building pipelines on several occasions, failing to develop Canada’s oil industry and broadening the market for Canadian oil. In 2018, according to the Fraser Institute, Alberta, the largest provincial exporter of oil in the country, ranked 43rd in terms of attractive jurisdictions for oil and gas investment. U.S. states took all top 5 ranks, while Angola, which ranks 135th on the Social Progress Index 2018, ranked 6 spots ahead of Canada (Canada ranks 14th on the same Index).

Bill C-48, a bill implemented by the Liberal government, is another bill that impedes Canada’s oil from reaching global markets. The damaging bill “prohibits oil tankers that are carrying more than 12,500 metric tons of crude oil or persistent oil as cargo from stopping, or unloading crude oil or persistent oil, at ports or marine installations located along British Columbia’s north coast from the northern tip of Vancouver Island to the Alaska border. The Act prohibits loading if it would result in the oil tanker carrying more than 12,500 metric tons of those oils as cargo.” Canada’s West Coast is the only coastline in the world with a tanker ban in place. Oil tankers have been consistently and safely moving across the globe for dozens of years. Thousands of oil tankers go from port to port around the world without incidence every single day. In over 60 years of loading ships in Vancouver, Trans Mountain has had 0 spills from oil tanker operations, according to Canada Action.

Justin Trudeau’s famous “price on pollution” (it’s a carbon tax) is one initiative he believes will reduce GHG emissions and help fight climate change. As previously stated, the Canadian energy sector emits only 0.1% of global emissions. As one of the top ten oil exporters in the world, Canada is the only country to have proposed carbon pricing. This would further the detriment to

our oil and gas sector, and make it impossible for ethical and environmentally responsible Canadian companies to increase the export of their energy products.

While I do believe Canada’s natural resources should be promoted in our society, I do not believe that humans do not have a moral obligation to promote and preserve the health of our planet. Again, as Tim McKay, the President of Canadian Natural Resources Ltd. said, “if Canadian standards were recognized and applied worldwide, the amount of GHG emissions from producing a barrel of oil would fall by 23%, the equivalent of removing about 100 million cars from the road.” I believe other countries have a greater obligation, as statistically, they pollute more and their oil is extracted and refined in a less sustainable way than ours. However, Canada should not be exempt from any action on preserving our planet because of our environmental standards, but instead, they must maintain a firm stance against countries who pollute in far greater quantities than we do. In the long term, I think it is our responsibility to continue finding the most efficient and ethical ways of producing energy.

A 2018 Financial Post article stated, “Lack of pipelines and massive discounts for Canadian heavy oil could cost the economy \$15.6 billion this year, or three-fourths of a point from the country’s GDP, according to economists at Scotiabank.” If Justin Trudeau values economic growth and the promotion and prosperity of Canadian export industries, he will reverse his decisions on the pipelines he has failed to build.

I am a Canadian. And I support our oil and gas sector.

Magnus Forint, Level V

JODY WILSON-RAYBOULD AND THE SNC-LAVALIN SCANDAL: WILL THIS SCANDAL DECIDE THE ELECTION?



Source: ctvnews.ca

With the federal elections fast approaching, it is important to take a look at recent political events, as they foreshadow what could occur come Election Day. While many refuse to believe it, rarely does a Canadian Government fall after only one term in office. Liberal Prime Minister Justin Trudeau, as much as conservatives and socialists prefer not to admit, is still relatively popular amongst Canadians. NDP Leader Jagmeet Singh has not been able to appeal to the social liberals and leftists enough to dent Trudeau's base, and Conservative Leader Andrew Scheer on the right may be too mild-mannered and non-confrontational to present a real threat to

Trudeau's reelection hopes. Until recently, it seemed as though the Trudeau Liberals were guaranteed another majority government. That was until a scandal broke.

Trudeau, well known for his use of identity politics, has made it a priority to assemble a Cabinet that "looks like Canada," and chiefly important to this cabinet was the inclusion of Jody Wilson-Raybould, a female member of the Kwakwaka'wakw First Nation. Wilson-Raybould is a prominent advocate for Indigenous peoples and was the first Indigenous woman to serve as Attorney General. She had previously

served as a Crown Prosecutor, an advisor to the British Columbia Treaty Commission and as a Regional Chief of the British Columbia Assembly of First Nations.

On January 14, 2018, in a move widely seen as a demotion, Wilson-Raybould was reassigned by Trudeau from her formal role as Attorney General to Minister of Veterans Affairs, a position with much less prestige and responsibility. Trudeau did not give a reason for his cabinet shuffle and the demotion was eventually forgotten. However, this changed when a bombshell report, published by The Globe and Mail on February 9, alleged that Wilson-Raybould was demoted after her refusal to interfere in an ongoing case of the prosecution of SNC-Lavalin at the urging of the Prime Minister's Office. SNC-Lavalin was being prosecuted on allegations of corruption related to unaccounted for transactions made with the Libyan Government of Muammar Gaddafi. Wilson-Raybould has, thus far, refused to comment on the matter, citing solicitor-client privilege; however, Trudeau said that he had never "directed" Wilson-Raybould to interfere in the case.

Minister Wilson-Raybould's refusal to comment, along with her decision to resign from cabinet, has been interpreted by many as a confirmation of the accusations levelled against the Prime Minister, who is now under investigation by the Ethics Commissioner. She has been painted as the incorruptible victim of a unprincipled boss. The move is also been seen by many Indigenous persons, including Minister Wilson-Raybould's own father, as another instance of, in Mr Wilson's words, the "white man's government" disenfranchising Indigenous women and using them as scapegoats, an image that completely shatters

Trudeau's carefully crafted vision of a diverse and representative cabinet.

This scandal undermines all aspects of Trudeau's image. Trudeau, who has called himself a feminist, has just fired a more-than-capable woman from a high-standing job. Trudeau, who claims to value Indigenous issues, has just fired a First Nations person who was an inspiration to young Indigenous children. Trudeau, publicly portrayed as a moral and incorruptible politician, has just allegedly interfered with an important case.

While the details surrounding the scandal have yet to fully emerge, the ramifications of this scandal could be severe for the Liberals. Should the NDP and the Conservatives properly exploit the case as an example of the Trudeau Liberals incompetency, it would present a real threat to the security of their reelection chances. While the main political parties stand by, social media pages, such as the broadly conservative Ontario Proud group, have already been churning out political cartoons using the scandal to discredit Trudeau. Should this campaign continue, it is conceivable that Trudeau Liberals may end up losing the election.

Sean Huang, Level IV

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