

Kalamalka

EDGE

Newspaper Nov/December 2017

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The Kalamalka Edge is always looking for new writers. Email the editor at kalamalkanews@gmail.com if you're interested and come to the meetings at lunch on Thursdays, room 242. Otherwise, simply send your jokes, comics, poetry, and other contributions to kalamalkanews@gmail.com

Ask Mr. Grace! Have you ever had a burning question for Mr. Grace on how this place is run? Put your question in our question box in the office or e-mail it to kalamalkanews@gmail.com. Mr. Grace will answer your question in the next issue. Dr. Love takes questions too!

Are you a team or a club that has an upcoming event or a recent victory? Come see us on Thursdays at lunch to discuss getting your info into the next issue.

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Layout and Design - Alec Campbell
Chief Editor - Alec Campbell

Sponsor Teacher - Mr. Krahn
Photographer - Rachel Glessing

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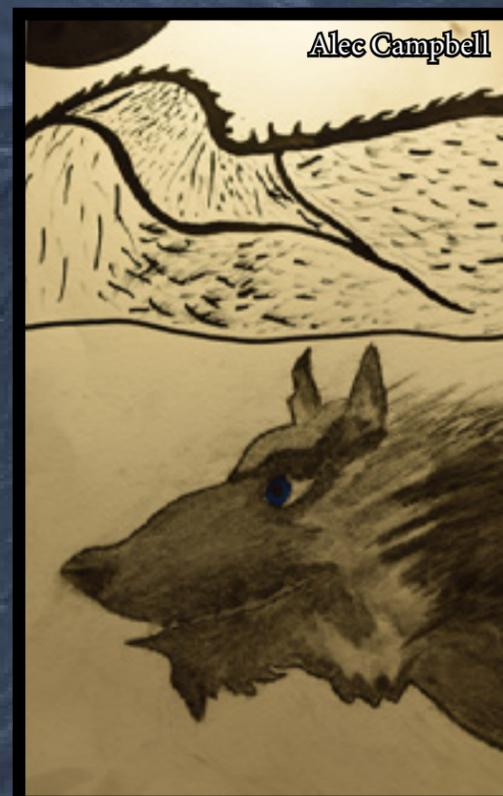
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Why You Should Have an Anti-Consumerist Holiday

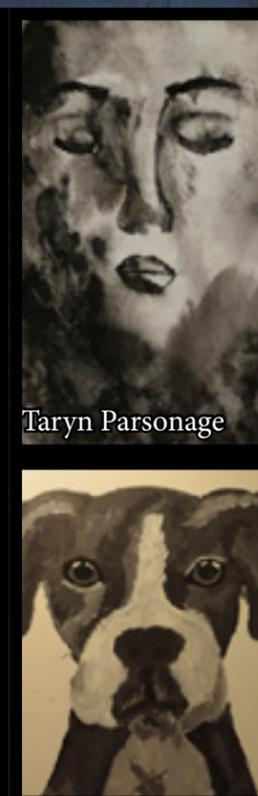
The lifestyle that many Canadians live is not a sustainable one. That is because the many different aspects of the lifestyle are not sustainable, including holidays. This holiday season is as good a time as any to consider our impact on this planet and to try and reduce it.

Our society is consumerist and materialistic, which means that we highly value material goods and have a belief that they contribute to our happiness. Because of these views, we constantly acquire and dispose of material objects, and can be trapped into a cycle of working and spending. However, studies have shown that material goods, beyond the basic needs, are not what largely contribute to overall happiness.

~Continued Inside



Alec Campbell



Taryn Parsonage



Happy Holidays, Kal! The recent weeks have been relatively quiet for the school. The Leadership Team has put together a food drive in the commons. If enough cans worth of food is donated, we will make the teachers perform public acts of humiliation during the Christmas Assembly on December 22nd. To name a few, we are planning on forcing Mr. Grace to wax his legs, having a karaoke contest between teachers in the math department, and much more. To see our progress towards acts of humiliation, see the poster in the foyer. Christmas break will be starting on December 23rd, and we will be returning on January 8th to grade assemblies. There will be a few weeks left before exams, so be sure to prepare. We hope you have a very Merry Christmas!

-by Alec Campbell

Environment

Why You Should Have an Anti-Consumerist Holiday Season

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Our society is consumerist and materialistic, which means that we highly value material goods and have a belief that they contribute to our happiness. Because of these views, we constantly acquire and dispose of material objects, and can be trapped into a cycle of working and spending. However, studies have shown that material goods, beyond the basic needs, are not what largely contribute to overall happiness.

One paper on this subject, "Experientialism, Materialism, and the Pursuit of Happiness" by Leaf Van Boven, University of Colorado at Boulder, states that "Previous research indicates that materialistic aspirations are negatively associated with happiness and psychological health. Recent research extends these findings by demonstrating that allocating discretionary resources toward life experiences makes people happier than allocating discretionary resources toward material possessions." In the conclusion the paper states that "The more people aspire for materialistic goals, the less satisfied they are with life, and the more at risk they are for developing psychological disorders." In short, this information says that wanting "stuff" is not what makes people happy, and in fact it is experiences that do.

And if that isn't enough to convince you, think about the effect of our unceasing consumption on the planet. Our planet doesn't have infinite resources, and even the resources that are renewable are not always being cared for properly. We can't just keep taking and taking, because our well of resources is going to run dry. Then we have the pollution done in order to produce our material objects, and all the energy that is needed to transport them. Climate change and the destruction of Earth's environment are serious issues that consumeristic tendencies contribute to.

Lastly, after you have bought and used the item, think about where it will go next. Just because you throw it out doesn't mean that the little magical Leprechauns come and make it go "poof." The reality is that all of those items that are disposed of are just going to end up in the landfill, unless you make some special effort. However, even recycling isn't the answer to our global problems. Your plastic toys are going to be sitting around for hundreds of years. Just because you throw it out doesn't mean it's gone; out of sight should not be out of mind.

So, this holiday season, instead of buying things that harm this planet and will not make your loved ones truly happy, why not give them an experience instead? Tickets to a play or concert, attending a sporting event, or even dinner and a movie out are all great experiences to give this season. And remember, it truly isn't about receiving, because giving can be just as fulfilling, if not more so!

**Reduce - Reuse - Recycle - Repair
Rethink - Refuse - Repurpose**

-by Rachel Glessing

Media

Is Society Getting Too Politically Correct?

As you have probably been painfully aware of, it's snowing. You may be thinking, "How does the weather have anything to do with being politically correct?" Well, since the falling of the snow, apparently all stores in town believe it is time to launch into Christmas. Once again, it would seem all is fine with this scenario, at least in the real world, but the online world has once again exploded with the seemingly annual debate, "Should I say Merry Christmas or Happy Holidays?"

It's a fair question to ask, what with us living in a fairly culturally diverse area. I personally have no problem with either phrase, but the people of the internet sure do! In a conversation with my neighbors, I, out of sincere interest, asked them if they believed society had gotten too politically correct, and as I expected, both of them said yes. Many believe it has; we are at a point where political correctness has begun to shrink our world and limit what

How the Grinch

Stole Christmas

Playing on December 22nd in the school gymnasium. A Dr. Seuss story about a furry, green monster who learns the true meaning of Christmas after stealing it.

Emma the Musical

Performing on November 29th and 30th, and on December 1st, 2nd, 5th, 6th, 7th and 8th, in the auditorium of Kalamalka high school, room #111, at 7:30pm. Doors will be open at 7:15pm. Tickets will cost \$5 for students and seniors, and \$10 for adults. Tickets can be purchased in the office.

"Come see the play! It's about great people doing great things. Come buy popcorn, have a great time, love you bye," says Mr. Thomas.

"It's a high-energy musical, and a sappy love story. It was fun to do, make, and act. It's definitely worth the time," says Brianna L'arrive.

Dr. L♥ve

Your questions, Fantastic answers - 100% Guaranteed**

Q: What do I do if I like this guy but he's really far away?

-Anonymous

A: Well anonymous friend, long-distance relationships may be difficult, but not impossible, so what I recommend doing is trying to talk to this guy as much as you can. Befriending him is the best way to go about it in my opinion. In my experience, the best relationships always start from friendships. Before you make any moves or anything, just make sure you're ready for a relationship. You should never rush into something you're unprepared for. An important thing to remember is if a long-distance relationship does not work out, just remember it's not your fault. Long-distance relationships are very hard, have a lack of communication and are full of other problems. Regardless, love can always conquer all. That was really cheesy, so I'm not going to do that again. (Yes I will.)

-Dr. Love of the Love Goods

Q: What's your favorite kind of cheese?

-Anonymous

A: Well anonymous, I have to say I've never gotten a question like that before. My response is to that is cheddar, swiss or any kind of old cheese. I know it's strange, don't judge me. A new thing to know about Dr. Love is that I love cheese. Why? Because it's on pizza, and I couldn't live without that.

-Dr. Love of the Love Goods

Q: What do I do if I want to get back together with my ex?

-Anonymous

A: Well my beautiful little anonymous, here is what I say to that: if you are to get back together with your ex, you just have to make sure that you are ready for another relationship. Like I said, don't rush into something you're not ready for. You need to be ready for a relationship to be in a relationship. Also, if you are getting back together, try not to make the same mistakes as last time. Otherwise, it's going to be a never-ending cycle of getting back together and breaking up like Taylor Swift We Are Never Getting Back Together. It's okay also to not get back together with your ex. Sometimes people can just be too different for each other. "Opposites attract" is a myth. Humans are attracted to people with whom they have similarities. This may well be the reason you broke up to begin with, so consider that before you decide you want to get back together. And please dear anonymous, even if you choose to ignore all of my previous advice, if your ex does not want to get back together, respect that and move on. If not, it'll turn into a horrible obsession, and you might get a restraining order on your hands. Next month, you can definitely expect me to be making more Taylor Swift references. Bye!

-Dr. Love of the Love Goods

If you wish to send me a question, please write it on a piece of paper and place it in the news's question box in the office. Alternatively, you can also send your question to kalamalkanews@gmail.com. Please note that your question must be appropriate, or else it may not be used. When writing, you may use your own name or use a fake name; it's all up to you.

**Doctor Love might not be a professional, and may or may not be human. We will check one of these days. Our Dr. Love has a theoretical degree in relationship drama- er, love, and a perfect PHD in theoreticalness. Real word, I made it up. We do not take responsibility for the cosequ- uh, loving relationships.

Remembrance Day

Poppies on wreaths
A pointillism of memory
Painted by felt
And pins of regret

Poppies on chests
Reminiscent of wounds
Taken for health
Of generations of yet

Poppies, remembrance
A symbol so somber
Given for thanks
For our freedom today

-by Abby Poulin

Comics

-by Bryn Defauw



Christmas

Christmas
That time of the year,
The only holiday,
Where we sit in front of dead trees,
And eat candy from socks,
Because Christmas without Christmas things
isn't the same thing.

-by Quency Perez

Snowflakes

Snowflakes
Glistening, sparkly, glorious,
Each one unique.
Cold, Icy, Soft on my tongue,
The snow blanketing the world,
Snowmen, snowballs and snow angels.
Oh no! Here comes the sun!
Don't let the snow melt away!
Aww, we're too late,
It's gone away 'til next year!

-by Quency Perez

we can freely say in real life, and definitely on the internet as well. When asked for further thoughts on their first response, my neighbor replied, "But then what would you do? Do we have to shrink our culture for multiculturalism?" I had to think my response over. He posed a good question with a simple answer. Just because there are multiple cultures, doesn't mean it makes any one culture lesser or count less in society; we have just gotten to a point in life where we are acknowledging more cultures and we are having to work hard now to involve more cultures inside of the widespread media. Even with such a simple answer, the media still argues that cultures are being confined because of others.

Today's media is still in the "tug of war" phase regarding the matter of political correctness. Two opinions are prominent: number one is the belief that the past's popular mainstream beliefs have crowded out others for too long and it's time for them to take a back seat, and number two is the opinion that we have spent too long only paying attention to a couple of beliefs/religions/cultures, and it is time to include and have tolerance for all cultures equally. The two sides of the argument may seem similar, but there is one glaring difference between them. One opinion battles to have other cultures take the priority ahead of the one previously focused on, and the other wants equality for all religions and cultures, but who is right?

It is apparent in society that being correct is starting to confine almost every aspect of life, conversations, honest news, workplace conversations, or even simple Twitter or Facebook posts, etc. In many places it makes interactions difficult, because now there is a need to be "politically correct" in mere casual conversation. Instead of just sharing views, every interaction on the internet could turn into a battle on someone's timeline. Full disclosure, I have avoided using the names of religions and cultures in this article to avoid the backlash and awkward half-debates that would follow me after the paper goes up, which is maybe just a perfect example of this conversation block that we have put on ourselves.

There is the whole issue of overcorrecting, which is also causing drama in media and in real life. Part of the whole issue with the people who believe that the most represented religions should be dulled to allow others to get more attention is that they partly believe that if they allow the other cultures to take priority, what the religion did will be forgotten, and all will be forgiven, which is not the truth. People today are now being educated on what was done in the past to less fortunate religions and are overcorrecting and trying to make up for everything their ancestors did. The newest generation is taking on the guilt that the earlier generations should have felt; this has caused the overcorrection, I believe.

This new awareness for inclusion and awareness to exclusion has made society both better and worse. On

one hand this awareness limits discrimination and helps stop racism, homophobia, etc. but on the other hand it has provoked hypersensitivity. It is natural to want to defend your beliefs, but people have the right to voice their opinion in a respectful way. Respect is the key. If you are getting offended because someone doesn't agree with you, you are a part of the problem. If you tell everyone you are accepting of every belief and culture, you must tolerate them too.

So then, what is the solution? Honestly, I couldn't tell you because we are still in the phase of "tug of war" between opinions on this matter of being too politically correct. The main thing to take away from this is to remember that communication is the key to understanding; we must break through this stigma of keeping quiet on sensitive subjects and talk about them, because if we don't, no progress can even start to be made. So, next time a friend, colleague, teacher or parent says something that is out of line or seems like a controversial opinion, instead of taking off his/her head for having an opposing view, talk to him/her about it and take the chance to educate others and increase understanding for other cultures and beliefs, because the root of a lot of fear and arrogance is no one talking about these topics. In conclusion, be respectful, educate yourself and others, and break through the stigma.

-by Kiera Byrnes

Health

Body Image & Eating Disorders

TRIGGER WARNING If you are sensitive to the subject of eating disorders, I would recommend not reading this article.

Body image is the way a person sees his/her body and the feeling he/she has surrounding that. Body image today is not only influenced by what we think of ourselves, but also what people say towards us and what we see on social media, especially in Pop Culture. Having a positive body image is very important. It helps our mental health, self-confidence, self-esteem, and our attitude regarding food and exercise. A negative outlook on our body image could possibly lead to an eating disorder. It is a mental illness that develops from unhealthy thoughts about the body. The three most prominent eating disorders are Anorexia, Bulimia, and Binge Eating.

Anorexia Nervosa is described as a fear of gaining weight or a strong desire to be thin, which results in eating very little, or even not eating at all. The person becomes obsessed with losing weight so much that they may skip meals and exercise a lot to burn as many calories as possible. They may become obsessed with "healthy" food.

They will continuously view themselves as overweight, even though they are very, very underweight.

Binge Eating, on the other hand, is the complete opposite. It's when you compulsively overeat or eat too much almost all the time, or even eat for most of the day, as if you can't stop. It's like a food addiction. The result is obesity. Make no mistake, Binge Eating and Anorexia can both have severe impacts on one's health.

Bulimia Nervosa is the one I would like to talk about in more detail. It's very similar to Binge Eating, but not quite. This is a very serious eating disorder and it may be categorized into purging Bulimia and non-purging Bulimia. Purging Bulimia is when a person regularly engages in Binge Eating, then afterwards induces vomiting and/or misuses laxatives or enemas. The second is non-purging Bulimia, which is using other methods such as excessive exercising, fasting or strict diets after binging. Although they are categorized in two ways, they can often overlap to get the "maximum effect" which isn't good for your body at all. Bulimia can cause so much harm to your body, including dehydration, heart problems, severe tooth and gum decay, etc. that no one should ever do it.

Your body is a beautiful temple. There is no need to change it for anyone, but if you ever feel that you need to, do it in a healthy manner by eating proper and healthy amounts and not over-exercising or misusing drugs. Additionally, think about the real reason you want to change how you look before you make any decisions. You're beautiful just by yourself.

-by Kiera Stinson



Sports *Horoscopes* Winter Season

The soccer season at Kal has come to an end. However, basketball teams are being formed, so be sure to pay attention to announcements for basketball games coming up. The Senior Girls' Volleyball team recently competed in a provincial championship, and they came home with 2nd place. Congratulations to Girls' Volleyball! With even more games coming up this season, be sure to keep an eye out, for you may see the Kalligator around school. We're not sure when he comes out of hiding. Lastly, we bring you a marvelous write-up from our marvelous principal regarding the Soccer team.

-by Alec Campbell

Coaching soccer is a privilege, especially when working with a fantastic bunch of students who are keen to learn and show love for the game. Our boys are continuing to progress. Kalamalka's team had only three grade 12 players this year, and, for a team of young players, we performed exceptionally well.

Next year, we will miss the strong skills and ability of Christian Disterhoff and Finn Plummer, and we will also miss the enthusiasm of Kal's most improved player John Doroshuk. The strength of our Grade 8 and 9 contingent will help Kal continue to improve and reach an expected provincial level performance in the next two years. Luc Jones, Michael Hoyland, Jack Tolpinrud, Cameron Acob, Devin Bilodeau, Dax Podollan, and Alex Jones will be the foundation of the team over the next four years. We look forward to leadership from Kaden Funk, aka Mr. Versatility; Tanner Wright, aka the corner kid; Simon Disterhoff, aka smooth operator; and Max Cuthbert, aka steam roller.

With a second place finish in the zone, narrowly losing 1-0 to Seaton in the final, there are great things to come. We were fortunate to have the goal scoring ability of Daiki Shimokawa help with this successful season. Amazing defensive play from Mio Yamamoto and Iker Goyri plus the goaltending of Martine Cabezas kept us in every game. International midfielders Hector Gudierris, Marcos Visarte, Felipe Usua, Antonio Pena, and Mathias Aguilar will be missed as they return to their home countries. For now, we are looking forward to next year.

-Mr. Grace

Aries (March 21-April 19)

Oh boy, is November an exciting month for you! Expect some success in the days to come. Be mindful that you don't forget to pay attention to other work while the emotions are high.

Taurus (April 20-May 20)

This is a tough day for those in sports or those who work in the entertainment world or the hospitality industry. It seems that whatever you try to do – someone blocks your efforts! Therefore, go slowly. Stay focused. Be thankful for small mercies.

Gemini (May 21-June 20)

Something might bring increased activity on the home front to a complete halt today. You're stuck. Whatever you try to do is stalled in the water! Don't worry about this too much because everyone feels blocked in a different way today. It is what it is.

Cancer (June 21-July 22)

It's going to be a smooth-going weekend for working it out, solution-finding, or getting the job done. Improvement projects, enrichment efforts, and necessary upgrades are well timed. Over this next week, you can gain favor with a lover or one in charge. You'll also see progress regarding a health issue, job hunt, legal matter, or approval process. Venus pumps up creativity, romance, lust, and desire.

Leo (July 23-Aug. 22)

You can coast and enjoy the ride or take charge, apply yourself, and gain even more. Saturn/Uranus keeps progress, profit, and opportunity on a steady flow. A new interest, plan, investment, or initiative is likely to prove a natural fit. Travel, a move, a renovation project, or a new moneymaker is well timed. Venus/Jupiter starts the new week with a bonus or an extra.

Virgo (Aug. 23-Sept. 22)

There's no need to sweat it or to force what isn't coming naturally. Go by feel, by heart. If you aren't certain on which choice is best, take a pause and watch for time to reveal your right play. For the most part, the stars set onto a smooth and productive sail through the week ahead. Saturn/Uranus enhances relationships, problem-solving, and communication tracks.

Libra (Sept. 23-Oct. 22)

This is a tricky day because for some reason, you might feel discouraged or filled with self-doubt. You have that feeling that you're waiting for the other shoe to drop

and it's going to be big and ugly! Actually, this is just an illusion. Just go forward carefully and cautiously.

Scorpio (Oct 23-Nov 21)

Someone older or in a position of authority might block your way today if you are dealing with a friend, or particularly if you are dealing with a group. This could make you feel overwhelmed. But really this is just timing. Don't push things today.

Sagittarius (Nov. 22-Dec. 21)

Don't be discouraged if a parent, boss or someone in a position of authority tells you that you cannot do something. "It's impossible! No one has ever done it!" Ironically, their words might embody your secret fears! Just let this day pass so that you can rethink things. It's all fine.

Capricorn (Dec. 22-Jan. 19)

Travel plans might be thwarted today and likewise, your efforts with the law, medicine and higher education as well as publishing and the media might also encounter refusal or difficulties. ("Whaaat?") Many people will face obstacles today. (Tomorrow and Friday are easier.)

Aquarius (Jan. 20-Feb. 18)

Discussions about inheritances, shared property, insurance issues and such will be tough today. It will be hard to gain ground or achieve agreement or consensus. If you can delay this kind of talk – do so. Another day will be much better.

Pisces (Feb. 19-March 20)

You might find today to be a bit challenging in all your communications with others; especially when talking to friends and partners. Therefore, keep things light. Don't expect too much of others and don't make demands on them. Be encouraging to others; but do not take things personally. (Ha! I take everything personally.)

-by Quency Perez

