

Reckoner

of Marc Garneau C.I.

In It Together

by EMMA WAI



Photo: Matthew Tse

For decades, mental health was shrugged off as a secondary concern. Depression, anxiety, and panic attacks were dismissed as emotional phases and despite studies proving otherwise, the attitude remained prevalent for years afterwards. As a result, many suffering from mental health issues struggled in silence, scared to ask for help or dismissive of their symptoms.

Such stigma is particularly dangerous for high school students. With increasing academic and social pressure, high school represents the most at-risk period for mental health issues. As recently as 2016, more than *one in every five* youth aged 13 to 18 have contemplated suicide [1]. What's worse is that although attitudes regarding mental health had begun to change, resources available were evolving far too slowly to accommodate the alarming increases of stress and anxiety levels.

A sober moment came with the suicide of a Grade 11 MGCI student over the March Break of 2016. For many, it was an awakening as to just how prevalent mental issues can be, and sadly, that message is never as effective as when it happens to someone you know. Moreover, the event was a warning sign of the significance of mental health and stressed the need for immediate action.

The issue is far from exclusive to Garneau; the results of the 2011 TDSB census marked a red flag regarding student well-being in the city. Among the findings of the study was the revelation that 46% of high school students had no adult whom they felt comfortable going to for advice, support, or help [2]. In response, the TDSB mandated that every high school create a Caring and Safe School Committee responsible for "fostering a safe, inclusive, and accepting school climate." [3]

See MENTAL HEALTH on P3

SAC PROGRESS REPORT

2017-2018

✓ ACCOMPLISHED

✗ DROPPED

↻ FUTURE PLANS

CLUBS CONVENER

Harini Wijeyakumar

Organized MGCI's first ever Clubs Fair

Created online clubs bulletin board

Pre-/post-exam unhealthy food sale

GRAD CONVENER

Subaani Mathy

Sold teacher & senior sweaters earlier

Reduced Prom ticket prices

Distributed guides on university/college

Tulips and corsages sale

Seniors vs Juniors basketball game

TREASURER

Amal Shaikh

Updated SAC's financial report after any events/transactions

Published club budget right after registration

ATHLETIC CONVENER

Kashaf Amir

Ran athletic rally

Hosted successful sports intramurals

Increased participation from girls in intramurals

Athletic Banquet

SECRETARY

Aisha Azam

Prepared agenda before SAC meetings

Documented discussions at SAC meetings

PRESIDENT

Lisa Wang

Implemented House Colours System

Organized pep rally

Classroom visits once/twice a month to provide updates on SAC

Live streamed 3 meetings on Instagram

Hyped home games

Organize SAC Elections

Organize Fun Fair

SOCIAL CONVENER

Muqadas Assad

Tripled the turnout for Fall Fest

Organized Semi Formal

Book a different hall for Semi Formal

Tight budget constraints

Spring Fling

COMMUNICATIONS COORDINATOR

Huda Mukhtar

Designed posters and tickets

More active presence on social media

No yearbook

Lack of yearbook course

Update calendar in cafeteria

EXTERNAL AFFAIRS OFFICER

Areez Khaki

Sold house colour t-shirts & regular MGCI sweaters

Increased Prom funding

Obtain external funding

VICE-PRESIDENT

Ali Khan

Started SAC elections process earlier

Organized SAC Open Meeting

SAC Ambassadors

Replaced by Grade reps

Organize SAC Elections

SOCIAL JUSTICE CONVENER

Rahma Khedr

Organized Montreal Massacre March

Monthly social justice events

Organized pre-Exam stress relief session

Create mental health awareness bulletin

SPIRIT CONVENER

Laksikaa Rajaratnam

Initiated spirit days & Christmas Show

Hosted lunch time pep rallies

Got teachers involved in school spirit

Organize Fun Fair

SPECIAL EVENTS CONVENER

Rafay Ahmed

Hired DJ for International Show

Helped run food sales

Cultural food day

Increase diversity in performances for International Show

CHAIRPERSON

Naseeba Anwarali

Helped with sweater design & modelling

Helped organize school events

Organize International Show

by HENRY TANG
Infographic: Madhumita Nathani

The Gravity Score

by JULIEN LIN

Discovery of the year: each team's best players dictate their respective offenses.

Wow.

It should come as no surprise that NBA players like James Harden or Russell Westbrook can dictate the pace of the game through their volume scoring. When the defense adjusts, either by guarding them more closely or by setting up defensive traps and help, both point guards could punish any small mistake and set up a teammate for an easy basket.

In other words, the better a player plays, the more defensive attention he gets. Players often use this "gravity" as a signal to pass the ball. Westbrook facilitates the offense by forcing defenses to respect his scoring, while finding easy passes when they do.

A player like Stephen Curry, in contrast, facilitates in a different way.

Despite trailing Westbrook by a full four assists per game, Curry is arguably the better facilitator. Assists are a crude metric from an era when better ones didn't exist. Since assists only count when a player makes a direct pass to a teammate, they don't account for the space a player creates by simply being there, and benefits ball-dominant guards à la Westbrook much more.

Curry creates shots by soaking up defensive attention and opening floor space that his teammates can abuse, either through passes or by simply taking open shots. Even if Curry isn't directly involved in the play, he misdirects a defense's focus, guiding it towards him rather than the play at hand.

See GRAVITY on P5

Self-Destruction or Innovation in Technology?

by ANDREW LI

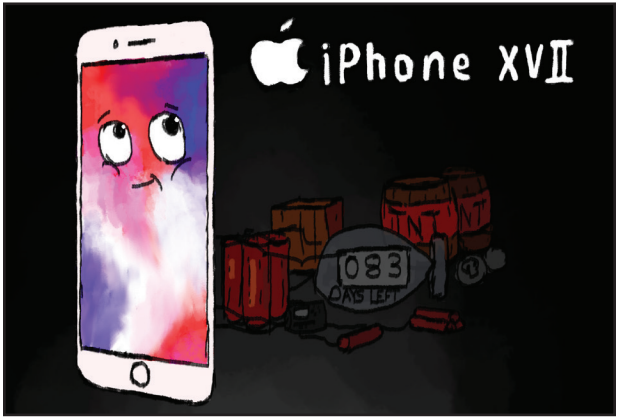


Illustration: Jeffrey Liu

In late 2017, Apple confirmed a little known feature that comes with every upgrade to their phones. The feature makes iPhones "last as long as possible" by throttling their performance or spontaneously shutting them down [1]. Thanks to Apple's commendable efforts in maintaining their products' durability, they are facing sixty class action lawsuits for a strategy every single private retail company thrives upon: planned obsolescence. The strategy involves rendering a product unusable or unfashionable so consumers are effectively forced to buy the company's newest product or service. Sound familiar? From clothing material that falls apart in a matter of months to furnaces that break down every winter, planned obsolescence is everywhere, but it is especially evident in technology.

At a time when technology is evolving at unprecedented rates, it's only logical that products would also break down at unprecedented rates. To manufacturers, planned obsolescence is simply a misunderstanding because they are constantly changing their products to "match consumer needs" and "develop consumer trust." But no worries, Apple is acknowledging this misunderstanding by charging consumers an extra \$35 for a battery replacement that will fix the performance issues [2].

Apple is far from the only culprit in the vast market of technology. In any given week, an overwhelming bombardment of notifications from a Windows 10 laptop will ask to repair some bugs but instead install a dozen sponsored applications nobody ever asked for. If the laptop runs on an older version, the operating system will take the user to their wit's end with endless "Upgrade to Windows 10!" notifications followed by several "Upgrade notifier has stopped working!" messages.

Outside of mobile technology, printing company Lexmark International is passionately fighting for their customers' ability to get arrested for refilling used ink cartridges. The company argues that reusing and refilling their products is a violation of patent rights. They also seem to believe that making their customers pay more instead of being environmentally friendly is ethical.

See SELF DESTRUCTION on P4

Teacher Feature

Ms. Carey

by AIMAN ALTAF

Ms. Carey teaches technological design at Marc Garneau.

Q: How long have you been teaching?

A: I've been teaching high school for twelve years. However, I've also taught at the college and university level, and I mentored students while I was a media producer at places like Ryerson, Seneca, York, and Humber.

Q: Did you always want to be a teacher?

A: No, but I always seem to be in that role. I've been a media producer for twenty-five years, so basically I've made everything from films to documentaries to infomercials to commercials to television series to fashion shows, you name it.

Q: What is the most important thing for teachers to do?

A: Right now we're trying to teach technological education and experiential education for jobs that don't exist yet. So, if teachers think they're going to teach you something that's just math, or just science, or just english, well it's not about that. It's about teaching you how to think mathematically, how to do computational thinking, how to learn a language. Those are the skills that are transferable.

See TEACHER FEATURE on P3



Please Recycle



Escape Room Club

by JASMINE KANG

Students filed into Escape Room Club’s first ever event on 9 March 2018. Escape Room Club was recently created by Allen Xu and Roshan Sivarajah, two Grade 11 students who were inspired by their experiences going to escape rooms together. The events are held every Thursday at lunch in Room 225.

Escape rooms are games in which players solve a series of puzzles or riddles to complete an objective. The escape room configurations are created by Allen and Roshan, who piece together their experiences in escape rooms with their own ideas. They set up at the beginning of lunch, placing clues around the classroom. Each escape room lasts fifteen minutes with students participating in teams of five to ten. Students can sign up with friends to participate; spots are allocated on a first come, first serve basis.

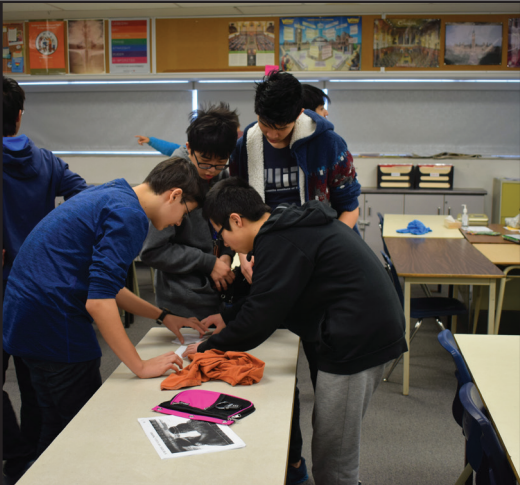


Photo: Janani Satkunarajah

Josh Saha, a Grade 9 student whose team unlocked two of the four locks in Escape Room Club’s first event, said, “This was my first escape room experience. I came because I’m interested in puzzles and hoped to win prizes with my friends.”

Aside from allowing people to experience escape rooms for the first time, Allen also maintains a Facebook page where he posts updates and promotion codes for escape rooms. Along with that, he developed an escape room app called EscapeTime, available on Android. The app helps people locate available escape rooms, as they have recently been difficult to book due to high demand. For example, the escape room at Casa Loma is quite popular and must be booked weeks in advance. “EscapeTime allows you to see the available booking times for all escape rooms versus going on Google to visit each individual escape room website,” Allen said. “It’s like a Trivago for escape rooms.” Allen compiled all the data himself with a software that extracts available booking times and puts it all in into EscapeTime.

Mr. Wong, the staff advisor for the club, commented that he hoped to find a more open room in the school that doesn’t have the miscellaneous items of a classroom, as they hinder the participants’ abilities to find possible clues. While the escape rooms do not follow the conventional style, as classrooms can’t lock from the inside, Allen and Roshan hope to continue developing their escape rooms to include more complex puzzles and new themes every week.

Spirit’s Up at Garneau

by TOM LIU

From 23 March to 29 March, the Marc Garneau Student Activity Council (SAC) held its third Spirit Week of the school year. Over the course of Spirit Week, students were invited to dress up in accordance with unique daily themes and participate in various activities. Students also competed to earn house points, which teachers recorded by tallying up the number of participants from each house during first period.

As the week was cut short by the Easter holiday, the first day of Spirit Week, Pyjama Day, began on Friday the week before. On Friday morning, students and teachers came to school wearing their PJs. Pyjama Day was also used to encourage more people to be involved with SCAW Night, a sleepover event held by MGCI Key Club.

On Monday, Spirit Week continued with MGCI Apparel Day. Students were encouraged to wear school apparel and represent their clubs and teams. The following day was Twin Tuesday and many students came dressed in outfits identical to their friends’. SAC rewarded participants with candy on the second and third Spirit Days. Wednesday was House Colour Day, and students wore red, blue, yellow, or green to represent their respective houses and earn points.

The final theme for Spirit Week was Jersey Thursday. Students were invited to show off their jerseys in support of their favourite players and

teams. With help from the Athletic Committee, SAC hosted a students vs. teachers basketball game during lunch. The bleachers were packed with students cheering as the game went back and forth. Finally, after a very intense game, the student team hit a buzzer beater, winning with a tight score of 19-18. The event was a thrilling end to Spirit Week and a great success.



Photo: Russell Ijaya

SAC continuously advertised Spirit Week through social media updates, posters, and the morning announcements. Pictures of Spirit

Week participants were taken and posted daily on various social media platforms to garner student interest. In addition, the posts informed students of Spirit Week themes as well as lunch time activities, such as musical chairs. Prizes and candy were also used to encourage more students to participate.

SAC Spirit Convenor Laksikaa Raja thought the basketball game was the greatest success of Spirit Week: “I have noticed that the use of sports is what really brings students together, so hopefully when the weather gets better we can have many more things planned to further encourage the engagement of students.” She also wishes for more creative Spirit Week themes, and is working with other SAC members to plan new activities and themes for future events. SAC President Lisa Wang was also satisfied with the overall student turnout. However, to improve future Spirit Weeks, she suggested “having activities accessible to more students around the school, and possibly targeting students with other interests” to engage even more students.

With only a few months left until the end of the school year, SAC anticipates that students will now be more motivated to get involved as it will be their last chance to help raise points for their houses. The students in the house with the most points at the end of the year will be entered into a raffle to win a prize.

SCAW Night to End a Plight

by VARUN VENKATARAMANAN



Photo: Lisa Wang

From 23 to 24 March 2018, MGCI’s Key Club held the school’s annual SCAW Night Sleepover. The event was a fundraiser for Sleeping Children Around the World (SCAW), a Toronto-based charity that provides bed kits to children aged six to twelve in thirty-four countries including Kenya, India, and Honduras. Each kit consists of a mattress, pillow, bed sheet, blanket, mosquito net, towel, clothes, and school supplies, allowing those in need to sleep comfortably. Since its inception in 1970, the charity has raised over \$40 million for over one million children. At Garneau, participating students donated \$25 for the sleepover, with each donation buying a bed kit for a child in need. Altogether, Key Club raised \$625 this year for SCAW.

Previously in support of the Eliminate Project, Key Club’s annual sleepover changed to support SCAW last year. Otherwise, the night was similarly organized, with students having access to the cafeteria and gymnasium for the entire night. Unlike previous years, the staff room was also available for students to use. Students played video games, listened to music, played sports—including volleyball, basketball, handball, and soccer—and even competed in a balloon gladiator game. Pizza, rice, and salad were served for dinner.

Yousef Khan, an attendee, described SCAW Night by saying, “It’s a fun event that you really shouldn’t miss,” emphasizing the wide variety of games and activities available. Another attendee, Angelina Le, said the night was fun but she “wishes more students attended.” However, she noted that the events throughout the night were very inclusive, as everyone participated together instead of staying in smaller groups. Principal Ms. Goldenberg seconded this, saying that attendees were able to meet and interact with new people due to the smaller numbers.

SAC helped Key Club advertise the event by promoting the sleepover during classroom visits and distributing forms to interested students. The forms stated that they were to be returned along with \$25 by 22 March, the day before the sleepover, at lunch.

In previous years, however, Key Club allowed students to submit forms and money at the door, leading to some confusion amongst students. Twenty-nine forms were returned by the deadline and only those individuals were allowed to attend the event. At least ten others were turned down, either later that day or at the event itself.

When asked about the decision to enforce a strict deadline, Principal Ms. Goldenberg said, “It’s important to know the numbers before an event in order to organize teacher supervisors and food. There has to be a 1:30 teacher-to-student ratio, so if additional people were to show up at the door, there is a possibility of not having enough supervision.” She also added that announcements were made twice a day regarding the deadline, reminding students to hand in their forms on time.

Once one of MGCI’s most popular events of the year with over one hundred attendees, Key Club’s annual sleepover event has seen a sharp decline in attendance in recent years. Last year, the event was almost cancelled due to a lack of participation and similar issues persisted this year. Key Club initially tried to hold the event at its usual time in the fall, but was forced to cancel due to a lack of signups from students. However, the club remained determined and was given the opportunity to hold the event in the spring as long as they had a minimum of forty-five participants. Although they didn’t reach the number, the school’s administration still allowed them to go forward with the event. Ms. Goldenberg commented on the low turnout, saying that through the years, she has noticed a “general lack of interest in fundraising events at Garneau.”

Even with the obstacles, Key Club Vice-President Leo Cai felt the event was a success, saying, “SCAW Night was still an enjoyable sleepover for everyone who was able to make it.” SAC President Lisa Wang, who was in attendance, echoed his sentiments, saying she felt everyone “had a good time and enjoyed the night.”

Chess on Ice: MGCI Curling 2018

by AIMAN ALTAF and GRACELYN SHI

Curling—called “chess on ice” by some—has gained popularity at Marc Garneau in the last couple of years under the coaching of Ms. Wiltenburg. This year, the Girls B, Boys A, and Co-ed B teams performed particularly well, progressing to the final stages in their respective tournaments.

The Boys A team won all four of their regular season games, including one by default due to a lack of players on the opposing team. The team won both of their playoff games. Garneau’s Boys Tier 1 team has never lost a regional championship, so “making the city championship was almost expected this year,” said team member Jacky Yao. However, the TDSB can afford to send one team to OFSAA, the provincial championship, which was held in Fort Frances this year. As a result, the regional competition was more competitive, as only two teams could be sent to cities.

Jacky Yao said, “I credit our success to the rest of my team, who carried me.” He also felt the amount of experience they had on the ice helped: “Compared to the rest of the league, we have by far the highest number of out of school curlers.”



Photo: Matthew Tse

The team played their City Championship match on 28 February against Silverthorne, losing 12-3, thus missing their chance to progress to OFSAA.

When asked why curling was important to him, Will Randall, the skip of the boys’ team said, “As someone who enjoys a lot of sports, curling is unique in that it provides a combination of strategy and precision.” Ms. Wiltenburg enjoys coaching curling for similar reasons: “I love the strategy of curling and the social nature of the game. Although it is very difficult, I enjoy

the challenge of it.”

Up until the finals, the Tier 2 girls’ team had two wins, one tie, and one loss. On 22 February, the team faced Albert Campbell CI in a nail-biting semi-final game. They were tied 6-6, which meant the skip from each team would have to throw one rock as a tiebreaker. Whichever team’s rock was closer to the button, also known as the centre of the house, would win. Mei Yi Niu threw the winning rock, taking the team to finals.

The girls’ gold medal game was played on 27 February against York Mills CI, and the team won 10–0. Sylvia Chong, another member of the winning team, said, “I feel like our team has improved so much this past season and our last game was definitely a highlight.” The team didn’t do very well last year, but they “gained valuable experience” that helped them succeed this year. When asked what she believed made the team so successful, Mei Yi said, “I think it was our perseverance and our collective eagerness and drive, even in times when the situation didn’t look so good for us.”

The Co-ed B team finished an undefeated season with seven wins, securing their title as TDSB champions of the North East Region. During their semi-final game, the opposing team resigned after the score reached 12-0 and the Garneau curlers went on to play their final game against Albert Campbell CI on 20 March. The team won the gold medal match with a score of 7-0 after going into overtime. The Co-ed A team had a winless season.

When asked about what led to the success of Team B, team player Charmaine Chang said, “It was definitely teamwork, we were all very supportive of each other, and we worked well together, but most importantly at the end of the day, we were there to have fun.”

Considering the minimal amount of practice time on ice, the three teams had an excellent season. Ms. Wiltenburg was pleased with their performance, saying, “I knew that the Co-ed B team had talent, but I was very proud of how they yelled together and played like a great team. Their communication, shot making, and strategy were all quite amazing to me. I was especially impressed with the girls’ team and how successful they were as they all started playing within the past two or three years. I am very proud of what all the teams accomplished.”



TEACHING TECHNOLOGY

TEACHER FEATURE
Continued from P1



Photo: Ammar Bowaihl

Q: What advice would you give high school students who are choosing their future careers right now?
A: The main thing is to, no matter what, definitely do either a co-op program or participate in OYAP (Ontario Youth Apprenticeship Program). Basically, try the job that you think you might be interested in before going ahead with it. They should learn whether they prefer to be in a job where they are either a manager or managed, indoors or outdoors, by themselves or in partnerships or in groups, and where it's either repetitive work or different every day. You want to explore stuff early, not be so hard on yourself, and take time with yourself. A lot of students have pressure from parents, guardians, family, and friends, but your ideal career will be something only you can do. It's a mashup of what you actually are good at, what you are passionate about, what you find yourself doing, what your friends and family say that you should do, and then the opportunities that come your way. It's not going to be one thing.
Q: What was your first job?
A: Corn detasseling, which is basically working on a farm and making corn stalks either male or female. That was the first part of genetic engineering where they were doing corn hybridization.
Q: What other jobs have you done?
A: Well, that's probably the

funniest question that I could answer because I think at last count I've probably had at least two hundred different jobs over time. I've done everything from being a horse ranch outstripper to a museum builder in Hong Kong to an ice cream scooper and a donut maker or working at a restaurant to everything in marketing. I have been a life-guard, I have arranged flowers, I have picked strawberries, I have taught at various institutions, I am a writer, I do a lot of work for the government. My other jobs have been fibreglassing, building boats, painting, I can do any of that stuff. I've done my transportation elements too so I can fix cars, engines and motorcycles. I also have my solar photovoltaic so I can fix solar panels and stuff like that. There are a lot of jobs I've done.
Q: Which was your favourite?
My favourite one was probably the Hong Kong Museum of History, because it was the biggest budget I've worked with. And it was the most challenging. The hardest job was actually my biggest pleasure.
Q: What was your role in the Hong Kong Museum of History?
A: I was brought in by the Canadian government to go in and be a person to blame if something didn't work out *laughs*. We were building the Hong Kong Museum of History in Tsim Sha Tsui and I was the project manager for it. So then basically, I

wrote all the content and it was produced in three languages: English, Cantonese, and Mandarin. The display included thirteen multi-screen interactive theatres, twenty-nine single screen interactive theatres, one hundred eighty audio zones, lighting systems, control systems, multilingual systems, twenty-three interactive kiosks, huge murals, and huge pieces.
Q: What is the best part of your current job?
A: The students here. Absolutely. I have not been happier at any other school in my life. There's something unique about Marc Garneau and the students because everybody is coming from someplace different. I may look like I'm a basic Canadian, but I've got Mi'kmaq Indian, Irish, and Hungarian in my background. I've got all sorts of different parts to me that people don't always see, and I know that everybody else does too. I love the variety of everybody that comes to my classroom, and it gives me pleasure to figure out how to best serve them and how to best help them become better people. It's so much fun, and it's a challenge for me.
Q: Why did you decide to live on a boat?
A: Why is it? It's because I like living life differently and seeing beauty.
Q: What it is like living on a boat?
A: Living on a boat is a very interesting thing. It's one of the reasons why I don't like to take marking home because heaven forbid I actually drop the kids' stuff in the water. And that would be a bad excuse, it's worse than 'the dog ate my homework.' But, living on a boat has been a really great experience for me so far. I'm on my fourth boat and it's been twenty years, and it's year-round. What I like about it is that I'm always in contact with nature. Every morning I look out of my little window and there are usually swans, or ducks, or raccoons that are marauding around the docks trying to get into the boats and break in for snacks. And I know that my boat can go through anything because I made it that way. I am a very technical person. Living on a boat, you have to figure out how to do stuff, otherwise it's going to cost a lot. If you do a lot of it yourself, you're self-reliant, so

that if you're out on the ocean, you can figure things out. I have sailed up and down the Atlantic and the Pacific, and I do boat deliveries. I'm actually a legal captain—that's one of my other jobs. I work on the ferry boats sometimes and sometimes I'll go for deliveries on the tugboats up and down the St. Lawrence.
Q: Do you have a motto in life?
A: "If it is to be, it's up to me." It's at the bottom of my personal email. You can't kind of wait around for things to happen and hope that things happen. You have to put things in your way on a path and go down that path actively. It's okay to change your mind or change your path or do whatever, but you have to put stuff to do on your path. And if you're meant to do something else, it will become obvious. It's not something mystical - you're putting all your energy out there in good directions, and you're being good to people. Some of these things won't work out and that's all right. I realized early on, if I need to make something happen, it's up to me to put it that way. It's up to me to set things in motion so that the inevitable will be what I want it to be.
Q: You have been organizing a project to replace all the monitors in the school. How is that going?
A: I believe at this point all of the CRT monitors are gone. A CRT monitor uses power passively by being plugged in and always being ready to be turned on. So, CRT monitors take between ten to twenty times the power of LCD monitors. Students don't get headaches anymore, and the eye flicker and the pain of watching old CRT monitors is gone. Some of those CRT monitors were older than the students here, like seriously. People were born after these computers were made. Over time, they draw more power because they get weaker, so those ones were probably drawing even even more. Now we're trying to track down who we can get the data from of how much power was consumed in September, October, and November, and we want to compare it with February and March and see how much less. I'm really excited to see what the data actually proves for our school in terms of being eco-friendly. ■

MGCI Makes Its Way to MIST

by SADIA AKBAR



Photo: Areeba Asghar

Several MGCI students travelled to the University of Toronto's St. George campus to compete in this year's Muslim Inter-scholastic Tournament (MIST) on 10 and 11 March 2018. MIST is an annual tournament where high school students compete in over thirty-five different competitions divided into six cate-

gories: arts, Quran and Islamic knowledge, writing and oratory, bracket competitions, group projects, and sports. MIST is not exclusive to Muslim students; it encourages students of any faith to participate and become more educated about Islam. There are fifteen regional tournaments that take place in fourteen American cities as well as Toronto. MIST Toronto was established in 2008 and students from MGCI have participated every year since. MIST has a different theme each year, with 2018's being "The Valor of Mercy". Over seven hundred students across Toronto took part in this year's MIST. Grade 12 students Maira Kabli, Azra Alavi, Zainab Alavi, Ayman Kazi, and Areeba Asghar from MGCI competed in the tournament. Ayman and Areeba advanced to the finals for the Math Olympics and Spoken Word competitions, respectively. Areeba said, "I wasn't really expecting to make it into the finals since I have never done spoken word before, and I wrote my piece the night before so it was a surprise. But just performing in general was such a big

thrill and I honestly loved how enthusiastic the audience was!" With only five competitors, MGCI saw a significant decrease in MIST participation compared to previous years. Competitor and Muslim Student Association (MSA) President Maira Kabli said, "It's usually members of the MSA that compete in MIST. In previous years, MSA has been a huge club with tons of members participating in not only MIST but every one of the MSA events. The majority of them have graduated and so this year the club has reduced down to just a few people and that's why the MIST turnout was so small." This year's MIST also introduced a new feature: the "GET MISTIFIED" app, which provided participants with competition rules, a personal schedule, a map of the venue, and live updates on the competition. The MIST awards ceremony was held on 12 March 2018 and the winners from each region advanced to the national tournament this summer in New York City. ■

Minding Mental Health

MENTAL HEALTH
Continued from P1

MGCI's Caring and Safe School Committee is made up of Principal Ms. Goldenberg, Vice-Principal Ms. O'Flynn-Wheeler, guidance counsellor Ms. Jamal, Ms. Brennan, Ms. Bruce, Ms. Ali, Nicole D'Souza, SAC President Lisa Wang, Faiyazul Hoque, Malika Shah, and Sumaira Tariq. It plays an important role in tackling the issue of mental health, bringing together students, staff, parents, and the MGCI community to work towards finding a solution. Despite the increasing attention paid to the mental health of students, there is still work to be done. MGCI guidance counsellor Ms. Jamal admits that though mental health continues to grow as an issue, it often remains neglected: "It feels like there is increasing pressure to be the best, or to be good at everything. And at the same time, there is less emphasis on learning coping skills and having more downtime."

It's not that there are no resources. Kids Help Phone, a charity founded in 1989, provides free telephone counselling services to youth across the province. Other organizations such as Distress Centres of Toronto and The Hospital for Sick Children provide similar services. Within Garneau itself, students have access to numerous services as well. These include two youth outreach workers, therapists, social workers, and the school's guidance counsellors. At any given time, there is a vast number of resources available, free of charge, be it in-person or online, at school or in the community. Unfortunately, Ms. O'Flynn-Wheeler says, one of the major concerns is that students simply don't know where they can get help: "We have an abundance of resources but most students don't know where to find them." Faiyazul Hoque, the President of Mind Your Mind, a mental health-focused club at Garneau, and a member of the Caring and Safe Schools Committee, agrees that a prominent issue is the lack of awareness towards available resources. "We first saw that the main problem was that people didn't know that there was help available for them," Faiyazul said, adding that students that need help are more likely to reach out if they understand the resources at their disposal. The distribution of wristbands and information cards by Mind Your Mind looked to address this concern. Containing the slogan "#InItTogether," the wristbands served as a reminder of the widespread support system available at Garneau; the information cards detailed these resources, listing the various services offered inside and outside of the school. Both items were handed out at recent school-wide events, including the Semester

2 Clubs Fair, and the cards have since been posted in classrooms throughout the school. Another issue was getting students recognize the importance of their own mental health and take small steps to maintain their well-being. To combat this issue, Mind Your Mind has organized various workshops to help students de-stress over the course of the school year. The workshops invite experts from the community to lead activities varying from yoga to slime making to crystal bowl meditation, all designed to help students take a break from the stresses of school. The club has also created a student safe-talk group, for students who may feel more comfortable opening up to their peers. At the moment, they are working alongside the Caring and Safe Schools Committee to create a bulletin board that will feature information on how and where to find help. The board, which is expected to be finished by the end of April, will be located in the Galleria. Art Council has also been involved in the school's mental health initiatives. For this year's project, they designed a mural with the theme of mental health. President Shuyi Wang said, "We wanted to raise more awareness about mental health and reduce the stigma around it. Our mural design shows a staircase towards mental health and has basic advice for students written on each step." The mural provides acknowledgement that mental health is a problem, one that can no longer be overlooked.

An increasing amount of awareness and acknowledgement remains pivotal in addressing youth mental health issues. More than that, Ms. Jamal says, it's important that mental health is recognized for its essential role in our overall well-being: "We know that we need to take care of our physical health, even if we don't always do it, but it's easy to forget we also need to take care of our mental health." To any student reading, invest the time to look after your mental health. This might mean watching a trashy rom-com to make you smile, going on a run to clear your head, or just singing along to your favourite tunes—whatever works for you. But if you are ever struggling, don't hesitate—reach out. We're in it together. ■

Works Cited
[1] <https://globalnews.ca/news/2925079/22-of-canadian-teens-considered-suicide-this-past-year-kids-help-phone/>
[2] <http://www.tdsb.on.ca/Portals/research/docs/reports/2011StudentCensus.pdf>
[3] <http://www.tdsb.on.ca/High-School/Caring-Safe-Schools/Caring-and-Safe-School-Committee>

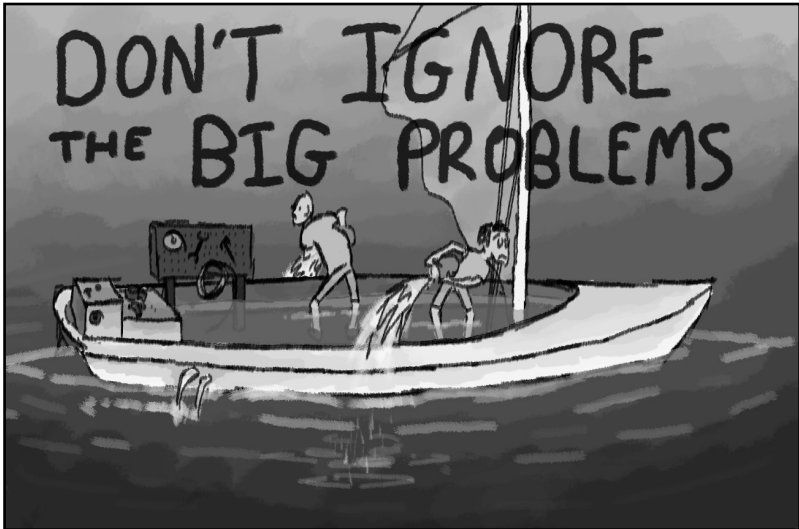


Illustration: Jeffrey Liu



Upgrade to Break the Environment

SELF DESTRUCTION
Continued from P1

Unfortunately for Lexmark and their dedicated goals in matching consumer needs, the Supreme Court of the United States—yes, printer ink went to the highest court—ruled that Lexmark’s patent becomes limited after sale [3].

Before we get emotional and infuriated with these companies, know that the consumers aren’t even the biggest losers in this whole cycle. No, that title belongs to developing countries, which receive fifty million tons of our electronic waste every year [4]. With the abundance of new technology—as well as the constant pressure from companies to buy even more—the average usage life of smartphones in the United States is less than two years [5]. Worse, 89% of these discarded smartphones end up in landfills.

The impact is even more severe on these countries’ citizens. Entire communities of Chinese farmers turn to waste management as a quick and easy way to prosperity. What they don’t realize is that handling electronic waste is also a quick

and easy way to fatal lead and chemical poisoning. However, that does not seem to be of concern for large technology companies. After all, they’re ruining the earth to buy another one, and of course it’s all for good business.

There’s still hope for change. In 2014, France passed what is commonly known as the “Hamon Law”, which forces companies to be transparent and indicate their product’s expected lifespan. Along with this, French activist group Halte à l’Obsolescence Programmée, which translates to “Stop Planned Obsolescence”, sued printer companies Brother, Canon, Epson, and HP for falsely indicating that ink cartridges were depleted. The same group also sued Apple for deliberately slowing down phones. In other parts of the world, environmental and consumer rights groups call for change as more and more actions are being taken against large technology companies. They all envision a world with tougher business legislation, where progress and innovation translates

to leaps in science and not deceptive marketing.

For now, we still buy clusters of metal, designed to look pretty for one month so they can fall apart in a year or two. We buy lies from technology giants and pollution for some rural area in southern China. We buy life-changing innovations, such as slightly bigger screens, slightly smaller bezels, and slightly faster processors, so they can become obsolete in a month with the emergence of the next generation of upgrades. Truly, innovation at its finest. ■

Works Cited

[1] <https://www.theguardian.com/technology/2018/jan/18/iphone-apple-users-turn-off-feature-battery-slow-down-devices-ios-tim-cook>

[2] <https://www.apple.com/iphone-battery-and-performance/>

[3] <https://supreme.justia.com/cases/federal/us/581/15-1189/>

[4] <http://www.ipsnews.net/2017/09/50-million-tonnes-year-toxic-e-waste-go/>

[5] <http://www.green-alliance.org.uk/resources/A%20circular%20economy%20for%20smart%20devices.pdf>

Trudeau in India

by UMAR YOUSAFZAI



Illustration: Amy Chen

Trudeau’s recent visit to India has been embroiled in controversy. Relations between India and Canada have been strained for the past few years, and the visit was supposed to foster a strong economic and cultural partnership between the two countries. Instead, these efforts were overshadowed by the invitation of a former Sikh separatist, convicted of attempting to kill an Indian Cabinet Minister in 1986, to a reception with Trudeau. Last April, the Chief Minister of Punjab refused to meet with the Canadian defense minister when he visited India and labelled him along with three other members of the Trudeau cabinet “Khalistani sympathizers.” [1] So what is the Khalistan movement and why is it straining the relationship between India and Canada?

Sikhs are a minority in India and have been persecuted for decades. The partition of British India in 1947 was a largely religious division, with Muslims migrating to create the nation of Pakistan while Hindus migrated to create the nation of India. The partition also saw conflict between Sikhs and Muslims in Punjab, resulting in a large migration of Sikhs and Hindus from West Punjab in Pakistan to East Punjab in India. Following the partition, the Sikh community in Indian Punjab started advocating for a separate Sikh state as they had been uprooted from their traditional land. They also felt alienated in a largely Hindu country. On 1 November 1966, the State of Punjab came into existence and a large majority of the Hindu population separated to form the State of Haryana.

By the early 1980s, some Sikhs were calling for more than a separate provincial statehood. They demanded an autonomous Sikh Khalistan, or “Land of the Pure.” At the time, extremists such as Jarnail Singh Bhindranwale had the support of many Sikh youth. Armed with automatic weapons, they launched a violent movement for Khalistan that occupied the Golden Temple in Amritsar, one of the most revered spiritual sites of Sikhism. When the elections came in January of 1985, the Indian prime minister Indira Gandhi did not want the predominantly Hindu population to view her as powerless against Sikh extremism. Thus, Gandhi gave permission for the Indian Army to retake the Golden Temple in Operation Bluestar. On 1 June 1984, tanks and troops moved to the temple where a battle was fought until Bhindranwale and his militants were killed. The battle also resulted in the deaths of hundreds of civilians who were caught in the crossfire. In retaliation, Gandhi was killed by her two Sikh bodyguards in October of 1984. Massive riots ensued in the next few days, during which a massacre was launched against Sikhs in India. Independent sources estimate the number of deaths at about eight thousand. Several members of the Indian Congress were also accused of inciting Hindu mobs to violence. This was the worst religious riot since the partition and created an immense division between the Sikhs and Hindus in India.

In Canada, following the anti-Sikh riots in India, thousands of Sikh protesters took to the streets of major cities such as Vancouver, where protesters called for revenge against Gandhi’s government. Among those advocating militancy were the two leaders of the Babbar Khalsa, founder Talwinder Singh Parmar and his lieutenant Ajai Singh Bagri. They were the masterminds behind the bombing of Air India Flight 182 that killed all three hundred and twenty-nine people on board, most of whom were Canadian citizens of Indian origin. The bombing was in retaliation against the 1984 anti-Sikh riots. Two baggage handlers were also killed at Tokyo’s Narita airport due to a bomb in a bag. The incident is, to this day, Canada’s deadliest terrorist attack.

The bombing of Air India Flight 182 still remains a controversial issue in Canadian politics. Recently, the leader of the NDP, Jagmeet Singh, was in hot water after denouncing only the bombing, but not Parmar himself, since for many Sikhs, Talwinder Singh Parmar is a martyr rather than a terrorist. However, Singh is not new to the issue of Sikh separatism. While an MPP in the Ontario legislature, Singh advocated for the government of Ontario to recognize the anti-Sikh riots of 1984 as a genocide. For his activism, the Indian government banned Singh from entry into India and accused Singh of advocating for a separate Sikh state in India, something that he has neither denounced nor endorsed. The events of 1984 were finally recognized as a genocide in April of 2017 after a motion was brought forward by the Liberal MPP Harinder Malhi. The Indian government tried to discredit the motion and labelled it as “misguided.” [2]

The motion that recognized the anti-Sikh riots as a genocide has strained the relationship between India and Canada. Shortly after the motion was passed, Chief Minister of Punjab Amarinder Singh refused to meet with defense minister Harjit Sajjan, accusing him along with three other members of Trudeau’s cabinet of being “Khalistani sympathizers.” Sajjan, in an effort to ease the rising tensions, commented that the Ontario Liberal Party is separate from the Liberal Party of Canada, but the issue once again came up during Trudeau’s visit to India. Trudeau, in an effort to mend relations between India and Canada, made it very clear to Amarinder Singh that he believes in a “united” India. The meeting between Trudeau and Amarinder Singh ended on a high note as he also met with Harjit Sajjan. However, the trip was thrown into chaos when a former Sikh extremist, Jaspal Atwal, was invited to a reception with Trudeau. A former member of the International Sikh Youth Foundation, a group banned in Canada in 2003, he was one of four men that shot and wounded Indian Cabinet Minister Malkiat Singh Sidhu on Vancouver Island in 1986. He was also charged with a 1985 attack on former BC premier Ujjal Dosanjh, but was later acquitted. The Indian media ridiculed Trudeau on his efforts to advocate for a united India while a Sikh extremist was present at his reception. One reporter even went as far as asking Trudeau why he invited a “Khalistani terrorist” to his reception.

While it is understandable for the Indian government to be frustrated with Trudeau, especially given the tensions between Sikhs and Hindus in India, the Canadian government should not give in to the Indian government’s attempts to discredit the Khalistan movement. Sikhs who support the Khalistan movement should not be labelled as “extremists” as every person has a right for self determination, a right supported by the United Nations. Sikh communities around the world and in India should have every right to question the Indian government about the events of 1984, in hopes of reconciliation. Canada must take a clear stance and ensure that there is a fine line between extremism and the right to free speech that every Canadian has. And the Indian government, for its part, must take proper steps in ensuring the events of 1984 do not occur again. ■

Works Cited

[1] <https://www.thestar.com/news/world/2018/02/21/trudeau-reiterates-denial-of-sikh-separatists-in-cabinet-to-indian-politician.html>

[2] <https://www.hindustantimes.com/world-news/ontario-passes-motion-describing-1984-anti-sikh-riots-as-genocide/story-1YPs2tiMkvW2Tp7UDyydK.html>

Time’s Up Ain’t Remembering the Times

by CHARMAINE CHANG and GRACELYN SHI

When Kobe Bryant won Best Animated Short Film for his short Dear Basketball, the crowd at the 90th Academy Awards rose to give him a standing ovation.

This was the same crowd that supported the Time’s Up movement. The same crowd that shunned the various men accused of sexual assault, such as Harvey Weinstein and James Franco.

The Time’s Up movement was founded on 1 January 2018 by celebrities in Hollywood, notably Reese Witherspoon, Ashley Judd, and Jennifer Aniston [1]. It serves to shed light on the film industry’s abundant history of sexual assault, as well as to collect funds to support victims in legal proceedings. An outstanding show of support towards the movement was seen at the Golden Globes, where the vast majority of actresses wore black in solidarity with victims of sexual assault.

Yet this crowd, in applauding Bryant, disregarded the fact that he was once accused of rape by a nineteen year-old girl.

In 2003, Bryant stayed at The Lodge and Spa at Cordillera in Colorado, where he asked the nineteen year-old desk clerk to give him a private tour. Eventually, he invited her into his room where he allegedly raped her, despite her saying “no” twice. The victim’s blood was found on Kobe’s shirt, as well as her underwear. A nurse also found tears on the victim’s vaginal wall. She reported the incident to the police, leading to a lawsuit against Bryant.

Initially, the married basketball player denied ever having sex with the accuser. However, after police told him they had retrieved bodily fluids on the girl, he told them it was “totally consensual.” [1] In another court statement, he said, “Although I truly believe this encounter was consensual, I recognize now that she did not and does not view this incident the same way I did.” [2]

The case itself was handled unprofessionally, with both sides violating the gag order. The Eagle County court made private court documents public, leaking extremely personal information. The desk clerk’s name and image were slandered by the media, where she was painted as a fame-hungry, unstable woman who

would do anything for attention. Her friends, acquaintances, and even strangers accepted money from media outlets to tell “stories”; some outright lied. Eventually, the accuser said she was unwilling to testify in court and the case was dropped. Bryant settled a civil lawsuit out of court in 2005 for an undisclosed amount (reportedly five million, but he denies paying her a cent).

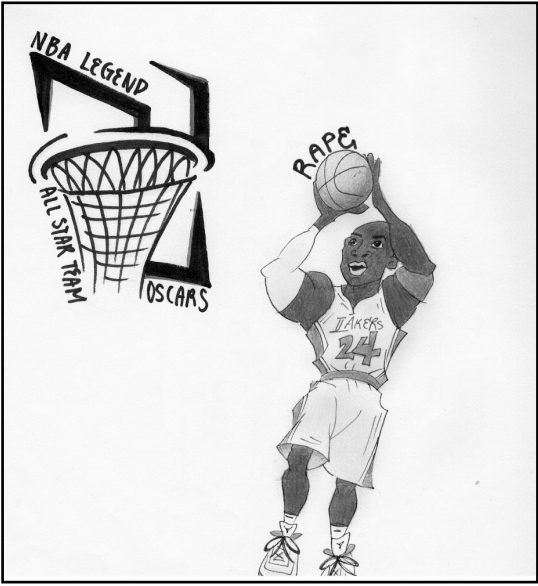


Illustration: Sophie Yang

There are many factors underlying the relative obscurity of Bryant’s sex scandal. The lack of fame of his accuser, the court leaks, and media involvement all played a huge part. But most importantly, Bryant is a megastar—a 5-time NBA Champion, 2008 MVP, and holder of a multitude of NBA records. This case happened fourteen years ago—fourteen years to forget. With a generous endorsement from Nike, and his phenomenally successful career, it should come as no surprise most people haven’t even heard of this incident.

The reaction of celebrities to those accused of sexual assault poses important questions: how should one respond to sexual accusations? Are they automatically deemed the truth? Is it right to believe everything the alleged victim says? Sexual assault allegations are notoriously difficult to prove because tangible evidence is often unavailable, reducing trials to a “he said, she said” standard. Additionally, many assaults are reported long after they occur, making convictions that much tougher. That being said, it depends on the case itself for us to decide whether to believe the injured party

or not. Generally, and particularly in the case of celebrities, the default response is to believe the accuser and immediately shun the accused. But is this really the best reaction?

The answers to all these questions are not ours to address. Each person has their own response to them. They lie in the vast grey area between black and white, especially when you never know if the truth will come out. In Hollywood, where fabrication is the way of life, distinguishing the truths from lies becomes near impossible. To say that finding answers is difficult is an understatement.

Time’s Up is a movement that prides itself on uncovering the dastardly deeds of powerful men in entertainment and shaming them for it. Though the cause is important, it is stuck in the present, focusing on the accusations that are only coming out now. What does it say about the people supporting the movement when they shun Ryan Seacrest, who had an informal assault accusation, but welcome Kobe Bryant, the focus of a full-blown court trial? Perhaps Bryant’s case was just old news; perhaps he already paid his public dues in 2003. Arguably, if Kobe Bryant’s case occurred today, he would have never won the Oscar. Nevertheless, it diminishes their entire case. After all, the accusations arising currently are coming out after years of silence. The allegations against Seacrest were over an incident that happened nearly a decade ago.

The movement seems to be confused in its beliefs and what it stands for. It needs to set the record straight—to make decisions and stick to them. To the movement we say, step up and say Time’s Up to your own hypocrisy. ■

Works Cited

[1] https://static1.squarespace.com/static/5a446e1d692e8ea061c7cd9/t/5a5283d60852298a122eb464/1515357144562/Time-sUp_Signed.pdf

[2] <http://www.nydailynews.com/entertainment/kobe-bryant-wins-oscar-rape-accusations-article-1.3855351>



Analyzing the Analytica Affair

OP-ED by EMMA WAI

The extent and nature of politically-motivated online targeting has long been a topic of discussion, but as politics becomes increasingly divisive, the line to be walked on the use of such tactics has drawn finer and finer. Now, as the investigation into Russian interference in the US election continues to build, with Britain continuing to reel two years after its decision to exit the EU, the debate has seen sudden attention thanks to a whistleblower. The information released details substantial leaks of private data in attempts—“attempts”, we are told, though in reality, they were likely far more effective than mere attempts—to influence both.

That’s where Cambridge Analytica comes into play. Concerning numbers revealed that 87 million Facebook users had their data accessed or shared with the data-based consulting firm [1]. Further controversy emerged with reports of gross misuse of this data; the data accessed was used to create psychological profiles intended to change audience perceptions and behaviours, eventually employed in support of now-President Donald Trump during the 2016 US Presidential Election and the winning ‘NO’ campaign during the Brexit referendum.

It wasn’t shocking when we found out Facebook collected our private data, nor was it surprising when we learned it was sold, leaked, or given away to third parties, and even less so when it was revealed data was largely accessed thanks to lacklustre security precautions. In cases such as these, it is our conscious choice to share our data, or at least provide it to companies like Facebook. It becomes far more troubling, and in fact severely problematic, when it affects citizens who haven’t made this choice. Look at Brexit, where the decisions made in their country were reportedly influenced by foreign entities.

Ideally, there would be laws or guidelines protecting personal data as well as preventing foreign influence in decisions of national significance. Given the severity of their offences, Cambridge Analytica should be penalized, as should Facebook for its negligence in preventing the breaches. Unfortunately, with a lack of international authority to regulate data security, we are forced to rely on the morals of private companies to protect confidential information.

But Cambridge Analytica is just one company, and as wrong as their actions were, they are evidence of a larger problem. Even if users take necessary steps to protect their data from third parties, Facebook still has access to it—and with it, the privilege to provide it to the highest bidder. The nature of online data collection and selling ensures that companies cannot be trusted with our data, and yet, for those that wish to use online services such as Facebook, they are left with no other option but to continue without legal protection.

However hopeless the overall situation may seem, there are solutions to smaller-scale issues that need to be addressed. Of the many problems uncovered in recently-released data, one of the more concerning was the revelation that several agreements asked for permission to access friends’ data, and that no regulations were in place to prevent them [2]. Circumstances where one waives the privacy and rights of another should not exist. Though such circumstances were created through user negligence, the law should serve to protect the average person.

In an ideal world, games and applications would provide specific explanations as to why they need certain permissions, Facebook would limit the permissions that apps can demand, and users would actually read the agreements they sign. In reality, the average user is unlikely to examine permission agreements letter by letter, at least partly because they are unnecessarily lengthy. There needs to be laws ensuring such text is simple and understandable.

Such actions have precedent in the forms of food labels—in Canada, severe allergens must be declared in a manner that is easily understandable to the everyday shopper [2]. This means that if a food contains eggs, the package must say the word “eggs”, rather than alternatives such as albumin, livetin, or ovo [3].

Needless to say, food labelling and online agreements aren’t identical: whereas food labels are physical, with a clear point of transaction, the internet’s global nature prevents agreements from being overseen as local issues. This again falls into the issue of jurisdiction when it comes to online interactions, and at the current moment, there is no clear solution.

So what is there to do? Little, except being more careful with your personal data. But who knows? It might not even matter. For all you know, someone might have already signed your privacy away. ■

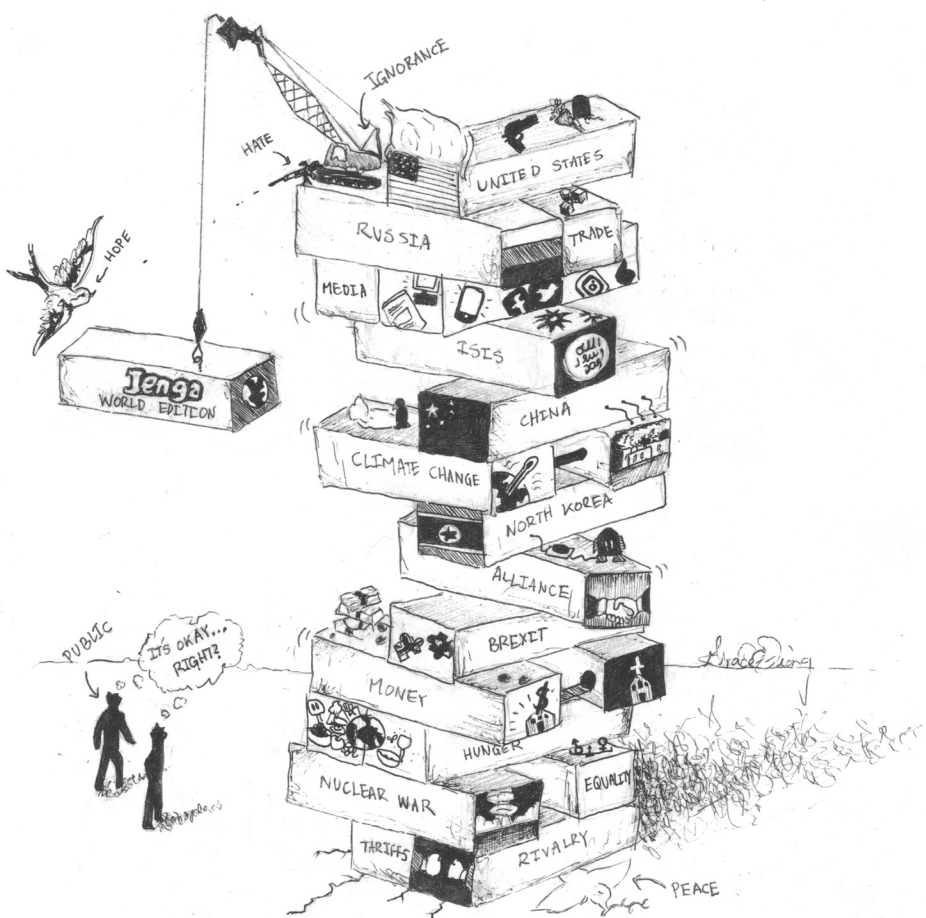
Works Cited

- [1] <https://www.reuters.com/article/us-facebook-privacy/facebook-says-data-leak-hits-87-million-users-widening-privacy-scandal-idUSKCN1HB2CM>
- [2] <https://www.wired.com/story/facebook-privacy-apps-ads-friends-delete-account/>
- [3] <http://foodallergycanada.ca/allergy-safety/food-labelling/>
- [4] <https://www.canada.ca/en/health-canada/services/food-nutrition/reports-publications/food-safety/eggs-priority-food-allergen.html>

Op-eds are opinion articles that reflect the views of the author, but not necessarily those of the Editorial Board or of The Reckoner as a whole. Please note this important distinction when reading this article.

A Fragile Balance

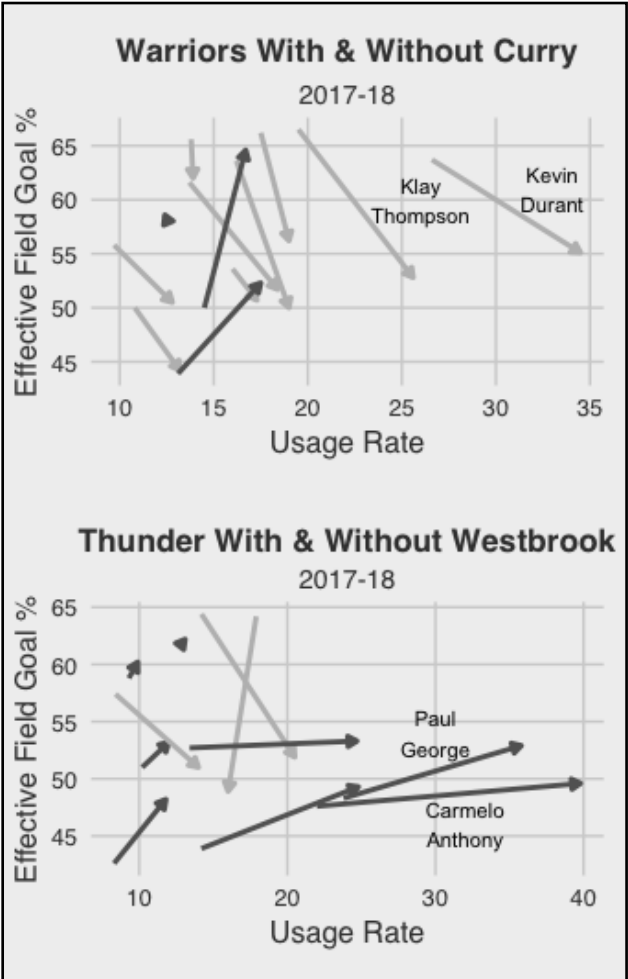
by GRACE XIONG



The Curry Effect

GRAVITY

Continued from P1



The graphs above highlight the performance of Curry and Westbrook’s teammates when each point guard is on or off the court. The usage rate conveys how often the play ends with a specific player, while the effective field goal percentage (eFG%) reveals how well each player shoots.

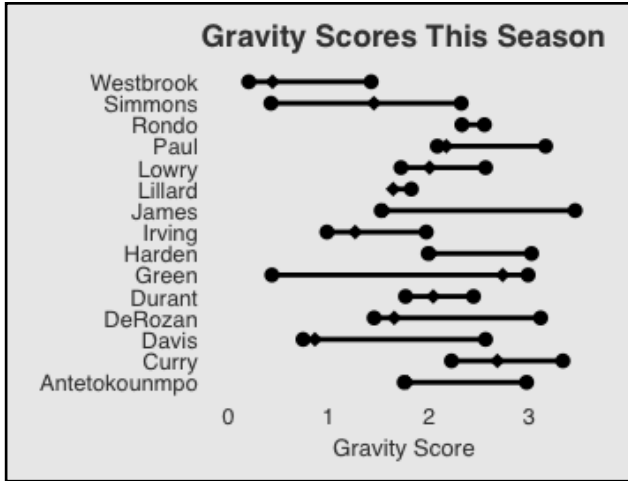
A good facilitator should naturally make his teammates better when they are on the court. For both Westbrook and Curry, we expect each of their teammates’ eFG% to decrease when the two point guards are off the court. While this is true for Curry, the opposite occurs for Westbrook. Westbrook makes his teammates better by not playing. His four assist lead over Curry is essentially a moot point.

Assists don’t tell the story of how a team is benefiting from a player’s presence. Open shots, effective field goal percentage, and close defender frequencies do.

But what happens when Curry isn’t catching fire from beyond the arc? In games where he’s only scoring ten points, does his gravity disappear with his shooting stroke? Or is the threat of his three-pointers frightening enough to warrant the same attention?

In a nutshell, it’s a bit of both. Gravity is a somewhat polarizing stat since there is so much variability in the defense’s movement. Is a defender’s movements really a product of gravity? The calculation algorithm is a bit finicky; it doesn’t accurately depict a player’s impact on his teammates, only that a defender is, say, a few centimetres closer than usual. The stat is generally riddled with uncertainty.

A simpler approach would just be to create a score based on eFG%, wide open shots, and closest defender frequency. And that’s exactly what we did. Introducing The Reckoner’s Gravity Score.



The Gravity Score relies solely on how well the team is playing when each player is on the court. A high Gravity Score essentially means that a ton of open opportunities are being created when that player plays. We decided to plot both the NBA scoring and assist leaders to find out just how much impact they have on their teammates.

It’s interesting to note that, for most players, the Gravity Score is heavily correlated with how much each player is scoring. The diamond-shaped marker, which denotes the Gravity Score for each player’s lowest scoring game, is mostly found in the lower half of the score range. This makes sense, since players on an off night will not require the same defensive attention from an opposing team.

Surprisingly, Draymond Green trends in the complete opposite direction. His lowest scoring games constitute those where he has had the most impact. Clearly, a player can do more than just score to make his teammates better. In that regard, even Draymond Green is a better facilitator than Russell Westbrook.

Notice how Westbrook lags behind most other players in terms of gravity. His presence does not make

his teammates even marginally better on the court. Even in his highest scoring games, Westbrook’s Gravity Score trails Raptors star DeMar DeRozan which, admittedly, is only true for this year. The evolution of DeRozan is highlighted here. On his best nights, he creates shots for his teammates at an equal or greater rate than Rockets duo James Harden and Chris Paul, a vast improvement over last year, where his greatest Gravity Score was a mere 1.7.

While it is true that the Gravity Score can easily be influenced by how good your teammates are, not even Westbrook can complain about having a bad team this year.

Gravity		
Player	Avg. Team Gravity	Avg. Gravity %
Stephen Curry	11.24	20.96
Anthony Davis	8.83	12.06
LeBron James	9.00	17.08
Giannis Antetokounmpo	7.97	13.59
Damian Lillard	8.27	8.76
Kevin Durant	11.24	15.49
Russell Westbrook	9.83	7.20
LaMarcus Aldridge	7.65	7.83
Kyrie Irving	9.92	10.77
DeMar DeRozan	11.03	18.62
Ben Simmons	7.60	9.24
Rajon Rondo	8.83	13.59
Draymond Green	11.24	17.22
Kyle Lowry	11.03	15.86
Jeff Teague	8.97	7.29
Chris Paul	11.20	19.79
James Harden	11.20	18.91

Within the confines of the list, Westbrook’s Oklahoma City Thunder have a collective Gravity Score of 9.8, similar to the eastern powerhouse Boston Celtics, while also leading the Cleveland Cavaliers, Minnesota Timberwolves, Philadelphia 76ers, as well as the New Orleans Pelicans, each by a significant margin. Westbrook also contributes the lowest percentage of gravity to his team’s starting five, with a mere 7.2%. His teammate, Paul George, by comparison, contributes 29.5%. If Paul George and Ben Simmons can make their teammates better, Westbrook has no excuse.

It’s simple to explain if you watch both Westbrook and Curry play. Westbrook is often reluctant to move off the ball. The Thunder’s offense revolves around a series of isolation plays for their three stars. When Paul George has the ball, for example, Westbrook often clears out of the way, opting to stand pat at the half-court line. That’s not to say the Westbrook doesn’t have gravity. He clearly does, as teams respect his scoring ability. But imagine Westbrook as a strong magnet. Now place that magnet two hundred kilometres away from the target. Will the magnet pull the target closer? No, it won’t.

Curry, on a Durant isolation play, instead takes an active role in the offense. Every second, he’s calling for a different off-ball screen. Since the defense has to track Curry’s position at all times, it takes attention away from the actual play and directs the defense’s focus onto him. This way, both the defender and his teammates are distracted, making it a true isolation play.

What also caught our eye with the Gravity Score is how we can compare scores during bad games. By utilizing an outlier-determining method, we could plot out an average gravity over the stretch of games where performance was below expectations. Note that some players (LeBron James, for example) aren’t listed simply because they are consistent enough that none of their point totals can be considered outliers.

Gravity Scores in Bad Games	
Player	Gravity
Stephen Curry	2.68
Andre Drummond	0.11
Blake Griffin	0.18
Bradley Beal	0.94
Carmelo Anthony	0.34
Kemba Walker	0.77
Kevin Love	1.52
Kristaps Porzingis	1.35
Kyle Lowry	2.06
Kyrie Irving	1.26
Russell Westbrook	0.44
DeMar DeRozan	1.65
Chris Paul	2.18
Ben Simmons	1.58
Nikola Jokic	1.36

The results shouldn’t be surprising. In games where a star scorer doesn’t score (Kemba Walker, Blake Griffin), his gravity is generally low. In comparison to a facilitator (Simmons), a skilled passing big man (Nikola Jokic), or even a sharpshooter (Kevin Love), these players provide more value even when they’re not scoring because the threat of a pass and the threat of shot space is more threatening than the threat of isolation baskets.

The only outlier, in this case, is probably DeRozan, who is making a conscious effort to draw his isolation defenders to one side while eying a pass to another. DeRozan is also benefiting from excellent teammates and his improved ability and greater tendency to pass this year has taken his impact to another level.

Clearly, not all assists are equal, at least, in terms of impact. Facilitation of an offense involves more than just mindless passing. It’s about putting your teammates in space so that they can score, so that they have the time and shot space to succeed. ■

Charts: Varun Venkataramanan



The Handbook of Laughter

by ERIC WANG

I laugh a lot, probably more than most people. This excess laughter hasn’t gone to waste. Countless hours of tear-filled convulsions have granted me years of experience on the subject. I’ve become a chortle connoisseur, a snigger specialist, a mirth maestro and a euphoria expert. So, I’ve decided to cobble together a consortium of chuckles, a list of laughs, situations for snickers, and times for tee-hees. However, like an ambiguous personality test, this is not a comprehensive catalog that documents every type of laugh that exists. It grows each day, with every joke I generate and the subsequent laughter I receive.

Different individuals have different laughs. Their auditory musks are like music to my dog nose-like ears. I’ve compiled a list of all the different laughing personalities I’ve witnessed so far:



The Volatile Venter

This person will always lose it. No matter how insignificant or side-crushingly funny the joke is, they possess the same baseline reaction. Not that it’s a good thing if the baseline is an uncontrollable state. For minutes on end, the air will be permeated with loud and ceaseless laughter coupled with random body fidgeting and head throwing. Sometimes it’s annoying, sometimes it’ll send everyone spiralling into another bout of laughter.



The Sudden Snorter

It always starts out with some normal hearty laughter. They’re one of those forgettable stock sounds that blend into the crowd and contribute to laugh tracks. No one really expects much out of them, not until an accidental gasp of air hitches in their nostrils and out comes an embarrassing piggish snort. Once they’ve devolved to such a state, there’s another round of guffaws, but this time with one less person.



The Wheezing Weasel

These are often identified from meters away by their piercing throat scratching. It’s a cross between a guttural warcy and an internal struggle with asthma. Every feeble squeak that is forced out requires a large gasp of air and scrapes together barely enough life force to continue living. When someone says, “I’m dying,” this is usually the person that comes to mind.



The Slapper and Clapper

As soon as someone utters the punchline of a joke, this person’s hands suddenly develop a mind of their own. Whether it’s through the clapping or slapping of thighs or the random smothering of a friend, their hands want to touch everything, as though they could wring out the last lumps of glee from some hidden nook or cranny. Whatever the case, this individual will be in intense discomfort unless they are able to somehow appreciate the humour through a bit of hand hysteria.



The Silent but Violent

It’s as if a tiny homunculus dwells within their vocal cords and is projecting its laughter. With a random jolt, the tiny human falls down their windpipe. Soon enough, the individual’s laughter falters and slowly begins to sink away like a stone clanging down a long metal tube. It unexpectedly pinches off when it reaches the depth of their chest. As if they have something wedged in their windpipe, the happy sufferer begins to silently convulse and pound their chest like a choking mime.



The Nervous Confused Courtesy Laugher

Maybe this person only caught the ending parts of the joke and never received any context. Maybe they heard it all but were simply too dull to understand. Maybe they were talking with someone but couldn’t hear a thing; even after a “pardon” and a nervous “sorry?” they still never got the message. Maybe a friend tried to show them a video and uttered the telltale sign that what was about to come was not going to be funny. “Trust me you’ll laugh at this,” they said. No matter what it is, this individual always has absolutely no idea what is going on. Maybe they think that if they just pretend to laugh, the imminent embarrassing social moment will pass. Sometimes it works, most times it doesn’t.



The Muffled Machine Gun

For some reason, this person’s lifestyle prevents them from laughing. It could be because they’re mad at you. It could be because the teacher is currently teaching or because they’re presenting some project. Either way, the humour begins a hidden struggle within their mind. As the ceaseless mirth hammers away at their defenses, sooner or later a shred of laughter will escape their lips. They’ll try to cough, pretending to play it off as nothing more than accidentally choking on saliva. Sensing a loss of control, they will try to rein back their emotions. This valiant effort will be clearly seen by the visible struggle on their face. But no matter how much twisting and pinching, a smile will start to spread. The stronger they try to stifle it, the stronger the glee will strike back. Soon enough, a low cackling will be heard, signifying their defeat before they give in to hilarity.



The Unentertained Exhaler

Everyone has experienced this at one point in their lives. Typically scrolling through some social media website or procrastinating in general, they stumble upon some clever pun or picture. It’s not strong enough to break the mental threshold of full-on laughter, but it’s also not weak enough to allow them to simply remain quiet and neutral. What results is a sort of nose blast, an amused push of air to quietly pay homage to the author for their time.

So which one are you? An especially terrible case of the wheezing weasel? A drop in the slapper and clapper but sharing heavy weightings in both the muffled machine gun and the volatile venter? Hopefully this article has not only helped identify your laughter, but also given you an occasion to let out that unique sound.

Illustrations: Christina Zhang

Just One More

by JESSICA ZHU

At some point our relationship became stale and colourless. Perhaps it was something I did, but you surely didn't make it seem that way. At least not to me. To me, it might just have been the passage of time that ended our relationship. The last message on my phone was the one I sent you. The last smile was the one I offered you. And the last time we talked in person, I don't remember. I don't know what you're thinking anymore. We've moved to different wavelengths. Perhaps you moved up one, or I moved down one, but I wish I was on yours. Just to have you message me again, to smile at me again, or to talk to me. I think I'd be satisfied with just that. Perhaps it's my fault for presenting an "I'm fine" image every time you asked. Did you want to feel needed? Well, perhaps it's too late now, but I do need you, even if I've spent the past few days telling myself it'd be fine if I let you go. It's just losing another friend. Just one more. One more is my limit, though. At least that was the conclusion I reached. It seemed impossible that our paths would not cross, impossible that you wouldn't talk to me. Since we'd known each other's schedules so well. Was it too well? Is that why you avoid me now?

Maybe it's all in my head. I hope so. Perhaps you've been waiting for me to reach out to you. To send you the same message you sent me. I'm sorry I've been busy. There's just so much going on. But I'm still here for you. I hope you can talk to me if you have any problems. You've been looking down lately. If you can't talk to me, make sure you talk to someone about it. It sounds fake even in my head. You should know I don't have the capacity or courage to say something like that. I don't even have the courage to type it out without wanting to delete it immediately. You should have known. But I don't know anymore. It seems like you, too, are capable of treating me as an enemy when you want to protect someone else. Your new friends, people who are better than me. Even though you know I'm harmless. Even though you should've known. Even that message has become stale and colourless, unwritten, unread. Because I've told myself I'm fine without you. I'll be fine with losing one more friend. Just one more.

Capsize

by MADHUMITA NATHANI

I’ve never felt the wind blow like this before. Perhaps I did when I was younger, when I was innocent enough to love flying kites. They would be given life by the wind, set alight by it, as they fierily danced in the open sky. There was nothing they had to hide from, nothing they were afraid of. I wanted to be like them. I remember the day I met my first friend. We took opposite sides of the same see-saw, and from there, slowly worked our way through the playground. The wind was our best friend on the merry-go-round as it lifted us up and took our hands, guiding us until we became giddy with delight. I wished it would never let go. The wind followed me wherever I went, gusting around me as if saying “hello”. It was a greeting

from a good friend that I never tired of. I ran out of time to do many mundane things but I never ran out of time to play with the wind. I hoped I never would. After all, it was the one thing that never ceased its calling. Maybe it was because I was young and clueless and had nothing to lose, but I would let the wind take me, spinning around and around and around as it set me free. I could trust the wind. It gave me a voice as it made something out of nothing. It brought out parts deep inside of me that I didn’t know existed. I hoped it would continue to do so. But now, it deafens me. It sounds its mighty roar, making me shake. It whips my hair and toys with me, as if I’m a mere plaything, as if I’m nothing in this world. I guess it knows my weak-

nesses now. I guess it knows that I second-guess myself at any opportunity, that I’m not happy with myself, that I’m shutting my true self off and slowly turning into the mundane thing I despised as a child. I wish it didn’t. I used to love it when the wind howled “hello”, but now, I would rather it bid “goodbye”. Even as I protest and try to fight against it, it’s relentless, never ceasing. While that once made me feel strong, it now makes me feel weaker than ever before. I’ve never felt the wind blow like this before. Maybe I haven't been paying enough attention to it. Maybe I just haven't cared. Maybe I’m too old. But I don’t think I like it. I wish it would stop.

Google

by KATHERINE MA

There are some things I don’t know
And I don’t want to ask other people
Because they might see me differently
Because they might think I’m stupid
Because they might think I’m trying too hard
Because they might think I’m not trying enough
Because they might worry about me
Because they might question who I am
Because they might not know the answer
Because they might feel bad for not knowing the answer
Because they might go out of their way to find the answer
Because they might not care
Because they might wonder why I care
Because they might tell me not to care
So I ask you instead
And you don’t always know the answer
But you have something to offer
You try your best

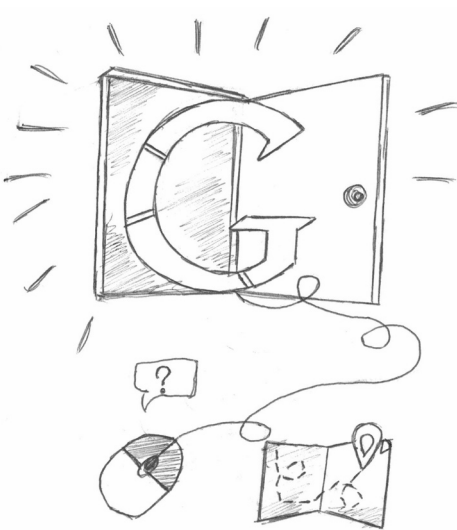


Illustration: Madhumita Nathani

The Reckoner

of Marc Garneau C.I.

EDITOR IN CHIEF
VARUN VENKATARAMANAN

DEPUTY EDITOR IN CHIEF &
EDITORIAL MANAGER
JULIEN LIN

LIFE MANAGER
AREEBA ASGHAR

NEWS MANAGER
JULIE XIAO

ILLUSTRATIONS
MANAGER
SHERI KIM

OUTREACH MANAGER
FRANK CHEN

PHOTOGRAPHY
MANAGER
MATTHEW TSE

DIRECTOR OF
PRINT DEVELOPMENT
ANTHONY CHANG

DIRECTOR OF
WEB DEVELOPMENT
ADAM YU

100% Original Content Policy



CHARACTER WARS

Most Iconic

by CARYN QIAN and RAHIM DHALLA

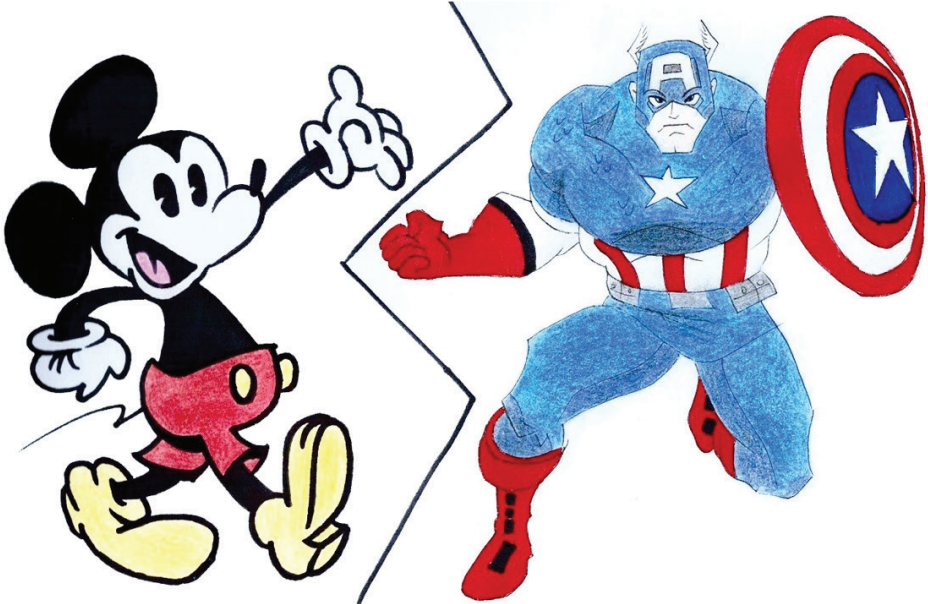


Illustration: Sophie Yang

MICKEY MOUSE

Mickey Mouse.

There, he’s already won this debate. Sorry Captain America, it’s nothing against you personally, but Mickey Mouse is such a household name that there’s not much of a competition here.

To have been iconic for so long is a feat in itself. Mickey was born in 1928, and is still a classic today, close to a century later. In this time, he’s graced one hundred and thirty films, been nominated for ten Academy Awards, and was the first animated character to have his own star on Hollywood’s Walk of Fame. Not to mention, he was the first Walt Disney character, and is definitely the most iconic one. Just walk into Disneyland (or the Disney store if you’re broke) and you’ll be swarmed by people sporting Mickey Mouse ears.

And if you aren’t into the Mickey ears, don’t worry; there’s much more merch you can get your hands on. In an era of customized apparel, gadgets, and devices, you can land some pretty wacky Mickey swag. I’m talking Mickey Mouse tighty-whities, Pandora charms, and waffle makers. Yes, you can whip up a batch of Mickey Mouse-shaped waffles for your breakfast—be sure to serve it with the other clubhouse members for the full experience!

Let’s also take a moment to appreciate how Mickey is almost ninety years old, but hasn’t aged a day. He looks identical to how he did in 1928, so evidently he’s found some fountain of youth to which he owes his ever-fresh-faced glow. In his charming youth, Mickey’s still flaunting his classic red dad shorts, white magician gloves, and those golden kicks. Some fashion trends just never die.

To be honest, this competition was over the moment Mickey joined it. Looks like Walt Disney was wrong about one thing: “I only hope that we never lose sight of one thing—that it was all started by a mouse.”

Because, really, this debate was ended by a mouse.

CAPTAIN AMERICA

A short, scrawny kid from Brooklyn defeats a powerful and ambitious Nazi leader, and wins the war for his country through a sequence of victorious battles. It’s the American Dream—arrive with nothing and achieve your most ambitious goals. Not only does Captain America embody this dream, he’s a powerful icon that serves as an inspiration and a beacon of hope.

Icons arise from the most treasured characters, and we love everything about Captain America. He is quite literally the poster child for patriotism. His whole outfit, from his shirt to his shield, is covered with the stars and stripes, representing his loyalty and devotion to America.

And it’s not just the costume—he is selfless beyond the capabilities of even the most morally driven among us. Captain America made the ultimate hero’s sacrifice, giving up his life for his country and to end the tyranny of the Nazi regime. He’s also hard-working and resilient; even without his powers, he never backs down from injustice. “I don’t want to kill anyone. I don’t like bullies; I don’t care where they’re from,” he says.

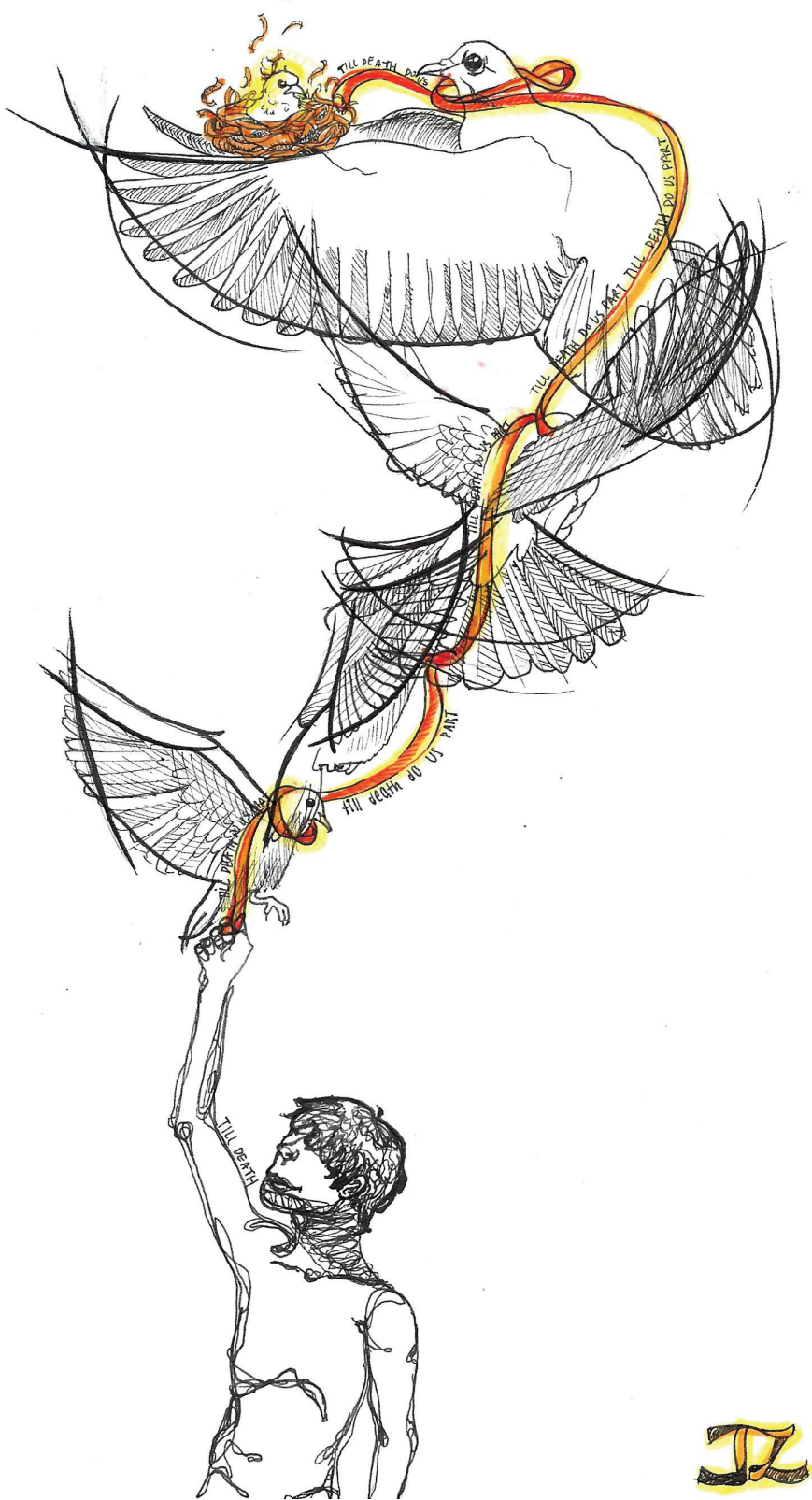
If you’re still not convinced that he’s the more beloved and iconic character, just think about his universally recognized symbol: a gleaming shield, painted in the colours of his country, used to defend liberty and eliminate cruelty. On the other hand, Mickey Mouse is merely known for his gigantic ears. The winner seems clear to me.

We love Captain America. He embodies all of the traits that we wish we had. The sight of his shield itself assures us that any alien ship that falls from the sky won’t stand a chance against Captain America’s courage.

Plus, his biceps are #goals.

TILL DEATH

by JASMINE ZHU



Home in the Stars

by ROGER LI



FEAR

by EMILY LAI

The dauntless child left her home behind
A daring creature, confident and wise
Yet in the dark a beast ensnared her mind
It struck and blew and left her traumatized

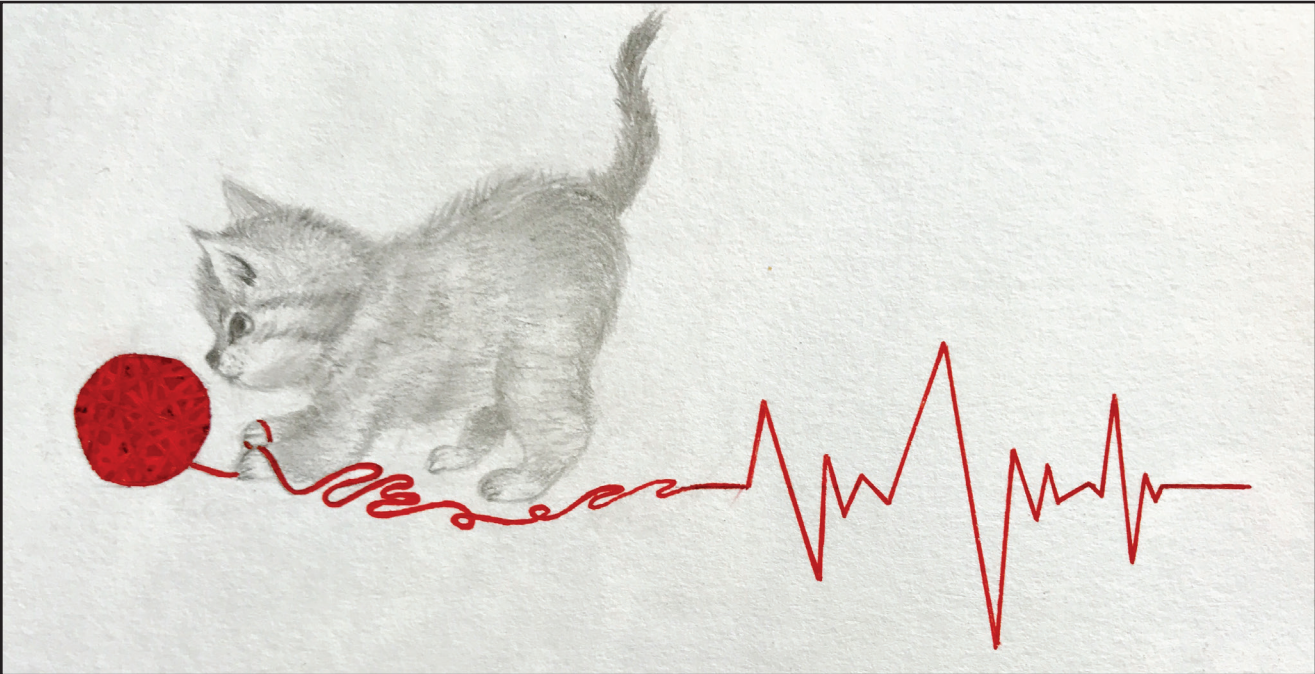
She shivered, quivered, no more strength to fight
But knew the vicious beast could take her life
She struggled, flailing blindly through the night
For still she couldn’t find a trusty knife

The beast peered down, its victim lying still
And with a mighty swipe unmasked at last
The beast’s true image finally revealed
Her face, reflected there as clear as glass

She knew there was just one way to survive
And without thought, released it from her mind

LIFELINE

by CARYN QIAN



A BANK OF PRANKS

BY LIFE BOARD

Not a world bank or even a state bank and definitely not a soil bank but a bank derived from a think tank so that you don't draw a blank. We promise it won't take too much out of your coin bank and it might just increase your social rank because these are ranked the best dank senior pranks of all time. You don't need to thank.

Fidgety Fingers

- ▣ The Classic
- ▣ Girl or Boy?

Worst comes to worst, cover the school in toilet paper. Your favourite classroom, or least favourite classroom for that matter, could do with a little bit of a make-over. You can't go wrong with a couple of rolls—well, maybe more than a couple—and some senior spirit. As the saying goes, it's an oldie, but a goodie. Besides, Marc Garneau could use some quality toilet paper. Charmin Ultra Soft, anyone?

“School is for babies” just got real. Might as well renovate the entire school catered to its inhabitants: the itty bitty fetuses. That's right, now that we've graduated and moved onto the terrible twos, we can “babysit” our baby little siblings, and what better way to show that we care than by building a nursery? And don't forget about the teachers, they'll need cribs too!

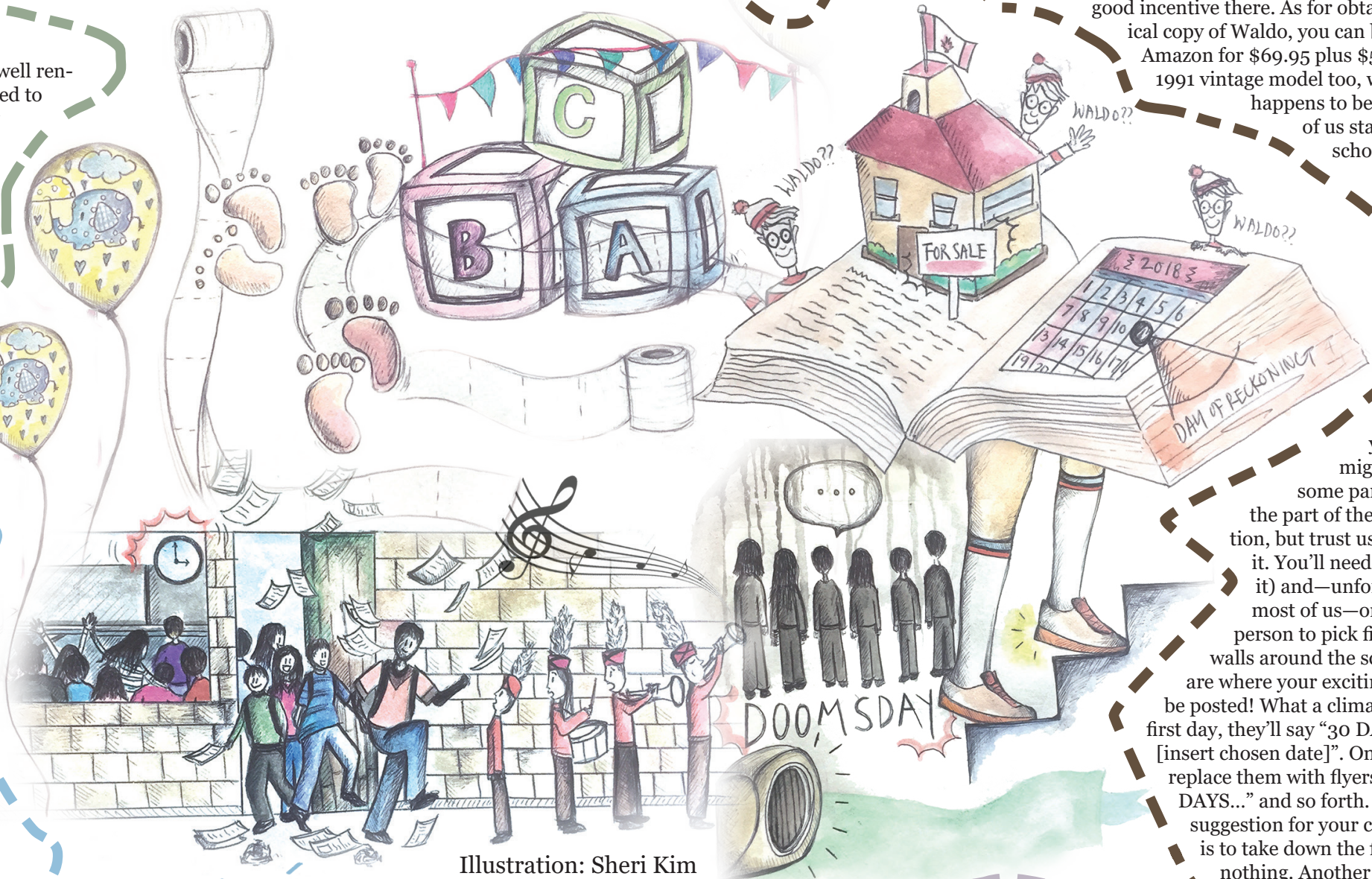
For the final minute at the end of every class, chant “Summer! Summer! Summer!” until the bell goes, at which time the whole class can break out in song and dance all over the classroom and through the halls (to the next class). Everyone needs a good flash mob to a summer song. Never mind that it's April.

SILENT! & SNARKERS

As far as we're concerned, putting up FOR SALE signs outside the school is basically putting it on the market. Two birds with one stone! No more school (if you sell it, it goes away, right?) and the alleviation of the inevitable future debt thrust upon us by satanic forces. Well, maybe not so much the latter. It's more about the glorious liberation of both students and teachers from the oppression of bureaucracy. Can you tell we don't know how real estate works?

Google's April Fool's joke was weak. Why should Waldo be stuck in the pages when he could live among us (cue mischievous grins)? Have fun trying to navigate your way through totem poles, rubber ducky floaties, and ancient dino fossils, suckers! Whoever finds Waldo (we recommend digging a hole in the sinking back field and burying him there) gets a free “get out of school pass”! That's some pretty good incentive there. As for obtaining a physical copy of Waldo, you can buy him on Amazon for \$69.95 plus \$5.49 tax. It's a 1991 vintage model too, which just so happens to be the year some of us started high school.

Pick any day of in the school year. This might require some participation on the part of the administration, but trust us. It's worth it. You'll need paper (lots of it) and—unfortunately for most of us—one organized person to pick five easily seen walls around the school. These are where your exciting flyers will be posted! What a climax. On the first day, they'll say “30 DAYS UNTIL [insert chosen date]”. On the second, replace them with flyers that say “29 DAYS...” and so forth. Our personal suggestion for your chosen date is to take down the flyers and do nothing. Another great climax.



Social Butterflies

- ▣ Marching Band
- ▣ High School Musical

Because why the hell!@#%&^&* not. We all know we want to wear them (you know you do)—let us embrace our secret weird desires. And the crowds climbing up the stairs would be a lot more interesting if everyone's feet flashed every time anyone took a step.

- Everyone Wears Those Running Shoes That Roll And Light Up When You Take A Step
- With Knee Socks
- Always Knee Socks

It'll be music to everyone's ears. Literally. Decide on a song and get everyone to bring either an instrument or their voice. Proceed to perform aforementioned song relentlessly or at 5-minute intervals throughout the day. For an extra touch, follow your unsuspecting teachers or younger students around school and burst into song when they least expect it. When done, walk away as if nothing happened.

SERIOUS SENIORITIS

- ▣ DOOMSDAY
- ▣ SENIOR MORNING ANNOUNCEMENTS
- ▣ KNEE SOCKS

From MGCI Seniors: “Hey Garneau, it has been officially announced that the Class of 2018 is the best class Garneau has ever had.”

While these morning announcements might only be heard through sleep-deprived ears, they can be a great way to communicate the parting words you don't have room for in your valedictorian speech. Maybe even try announcing that underclassmen must follow the seniors' orders for the day. Who knows? You might start a tradition at MGCI! I certainly wouldn't be surprised. However, remember to keep them rated G, since you might need a teacher to sign them.

After teaching in the same dreary prison-esque enclosure for years and years, students might be the one hope teachers have to spice up their school lives. Or are they? Get the entire grade to dress in all black and assume a “moment” of silence—for the entire day. Be ready to receive a lot of concerned looks and silent stares from teachers and students alike. They'll have many questions to ask, but they won't get any answers—they might not inquire to be polite, but even if they do, all they'll get in return is silence.