

THE RUFF TIMES

The Life of a Canadian Soldier during WWI

Athena Liu and Steeley Ellis



Have you ever wondered how a Canadian soldier in the First World War might have spent his day?

Well, the average soldier's day began with a "stand-to" immediately at dawn, before breakfast. This involved the soldiers lining up and guarding their front-line trenches, in case of an assault. If they lucked out that morning, they would gather for inspections, eat breakfast eat breakfast and down their daily rum ration. Chores included emptying latrines or

filling sandbags; and you thought taking out the trash was hard!

The time in between chores was spent for leisure activities including reading, writing letters, or gambling. During the day, they did all their work underground so as to avoid the snipers' rifles.

Night was the busiest and the most dangerous time in the trenches. In the inky blackness of night, the men left the relative safety of the trenches to enter "No Man's Land," the expanse of earth separating the two armies.

Here, the soldiers set to work repairing barbed wires or digging new trenches. Other risky operations included patrolling for any kind of enemy activity, conducting raids to kill, capturing enemy troops or gathering intelligence.

-See 'Soldier' on page 4

Spread the Kindness!

Athena Liu

Arguments, bad grades, and bullying are the foundation of

student life, the source? A lack of kindness.

-See 'Kindness' on page 3

Fun FacTECH

Athena Liu

Did you know?

On average, kids spend 2.5 hours listening to music, 5 hours watching TV or movies, 3 hours on the Internet and games, and 38 minutes reading each day. In total, that is 75 hours of media every week.

Over 6 000 computer viruses are released every month - beware of what is out there.

The first computer mouse was made of wood.

Over 1 million internet domains are registered every month.

When using a computer, the average person only blinks about 7 times/minute.

Those who study using digital devices study 40 more minutes than those who don't.

The first cell phone was invented in the year 1924.

38% of students say they can't survive more than 10 minutes without their electronics.

<http://abcnews.go.com/WN/kids-electronics-study-shows-kids-spend-hours-daily/story?id=9616699>

<http://geekofreak.com/2013/01/12-interesting-computer-facts.html>

<http://www.educatorstechnology.com/2014/03/amazing-facts-about-how-technology-is.html>



Should youth really look up to athletes as heroes?

Kaiah Ing



John Cena, Professional Wrestler

All athletes hold a certain level of respect due to their determination and perseverance, and demonstrate what it looks like to chase one's dreams. They inspire us to go faster, slide lower and hit harder.

Many people, however, also believe that athletes receive more money than deserved, that they are imperious, spoiled and should not have the fame and fortune that comes with the title of a pro athlete.

Perhaps it is not justified that athletes, who simply play sports, earn millions for the sole goal of entertainment. Society could use that money for things such as donations, medical research, or social services.

The common misconception is that athletes are unable to be heroes because they are under no obligation to directly help anyone. In their job description, they have no obligation to save someone or stop a criminal.

However, they also have no obligation to visit sick children in hospitals or to donate to camps and programs. It is not in their job description to donate equipment and spend time with kids and show them that dreams can come true. Very few are able to do this the way pro athletes can.

Saku Koivu was the captain for the Montreal Canadiens. He was diagnosed with cancer but after many months of radiation therapy, coupled with his determination and courage, he beat it and continued playing. He has been an inspiration to so many, not only by beating his disease but also by raising millions of dollars for hospitals across Montreal. This action was in no way part of any contract, instead it was derived from using his publicity to benefit others, becoming one of the countless athletes who use their name to help others.

Having said that, there are athletes perceived as heroes who disappoint their fans. These players corrupt athletics by doing things like letting down their team, taking steroids or even committing crimes. These people are not heroes; they are cheats.

These examples reminds us that athletes should not always be celebrated and adored simply because of their athletic accomplishments.

Additionally, there are people like Lance Armstrong, whose organization has saved and helped countless people fight cancer. What he's done outside of competing is heroic, but as an athlete, he is a disappointment who cheated to get ahead. His example demonstrates that perhaps athletes shouldn't be idolized just for their athletic accomplishments alone, but rather the respect and admiration of others is something to be earned through one's actions both in and out of the athletic setting.

No one can tell anyone who can and cannot be one's hero; everyone identifies with someone different. One can admire musicians, singers, inventors and many more, but if athletes want us to respect them, they should have to prove themselves worthy of that respect.

<http://www.forbes.com/sites/leighsteinberg/2013/01/20/why-do-we-make-athletes-role-models/>
<http://webasliterature.org/fascinating-topics-for-a-research-paper-on-sports.cfm>





Who Is Melanie Martinez?

Parween Taheri

A few weeks ago, I had the pleasure of seeing Melanie Martinez in concert, which I can undoubtedly say was one of the best nights of my life. Who is she you might ask? A twenty year old alternative pop singer and songwriter who, in my opinion, is exceptionally talented at what she does.

Born in Baldwin, NY, Melanie's journey first started with her audition on the third season of *The Voice*. After her eventual loss, she mentioned that she was glad to be able to express who she was as an artist and touch people's hearts. After the show, she began to work on original material and in 2014, she released her first single, entitled "Dollhouse," with a thought-provoking music video. Shortly after, she announced that she signed to Atlantic Records and had scheduled a tour for her debut.



-'Kindness' from front page

I believe that people don't show common courtesy because not everyone is aware of its importance and benefits. It is essential for a positive environment. A simple thank you or warm greeting can brighten our spirit and give us hope that empowers us to live with a bright and positive attitude.

Kindness can bring about unbelievable changes with personalities, lifestyles, habits, and attitudes. This sort of habit developed during high school can benefit us at university, at work, and at home by developing more secure relationships..

Julianna Breines from The Greater Good Science Centre said that kindness can bring "greater life satisfaction, stronger relationships, and better mental and physical health." David R. Hamilton wrote for the *Huffington Post* that kind people live longer and have healthier hearts.

Melanie's latest concept album, *Cry Baby*, revolves around a child-like character named Cry Baby, who she describes is much like herself. *Cry Baby* tells a number of engaging stories throughout the album, some being of Melanie's personal experiences and some imagined. My personal favorites include: "Soap," "Tag, You're It," "Pacify Her" and "Mrs. Potato Head."

The album was release on August 14th, 2015 and debuted at number 6 on Billboard 200, selling over 40,000 units in its first week alone.

At the end of her Cry Baby Tour, she played a magnificent performance in Toronto, which I was lucky enough to attend. The crowd was full of energy, and I was amazed by her voice and humbleness. All in all, I believe that Melanie Martinez is an outstanding artist and getting the chance to see her live was incredible.

[https://en.wikipedia.org/wiki/Melanie_Martinez_\(singer\)](https://en.wikipedia.org/wiki/Melanie_Martinez_(singer))

[https://en.wikipedia.org/wiki/Cry_Baby_\(album\)](https://en.wikipedia.org/wiki/Cry_Baby_(album))



Furthermore, K.J Mullins, an award-winning journalist, says that "studies show that those who are altruistic tend to have less probability of contracting Alzheimer's disease."

Kindness makes people feel loved, helps everyone see life in a positive light, and gives society inspiration. Simple acts of kindness can create a "ripple" effect, so everyone feels the effects.

Given the importance and benefits of kindness, let's work together to create a more positive environment and spread the kindness – it's contagious!

http://greatergood.berkeley.edu/article/item/three_strategies_for_bringing_more_kindness_into_your_life

http://www.huffingtonpost.com/david-r-hamilton-phd/kindness-benefits_b_869537.html

<http://www.digitaljournal.com/article/247960>





-'Soldier' from front page

Even in the "quiet" moments, trench life took a heavy death toll. Snipers, shells, and enemy soldiers regularly killed many Canadian soldiers; This cost created the need for constant reinforcements, creating a vicious cycle.

Trench life also involved long periods of boredom, lack of sleep, and poor living conditions. For instance, massive rats and numerous lice constantly tormented the soldiers; both animals helped the spread of disease. In 1918 doctors found trench fever to be caused by lice, which pestered the troops with fevers, headaches and muscle pain.

On top of these afflictions, troops were also contracting trench-foot, a frost-bite-like infection that was caused by the cold and persistent dampness. In extreme cases, it also led to amputation.

Random shelling and sniping were a given in these soldiers' lifestyles. The enemy was often hidden from view and Canadian troops recalled the feeling of powerlessness against arbitrary and sudden deaths. A quotation from the Canadian War Museum's website states, "The inability to defend oneself against shelling or snipers, and the constant hardships of trench life, contributed to extreme stress and exhaustion".

Dozens upon dozens of Canadian soldiers were killed and wounded everyday along the Western Front. The same museum's website also says, "The infantry and machine-gunners, which took the majority of casualties during the war, planned to lose 10 percent of the total strength each month to death, wounding, and illness. The killing never stopped on the Western Front."

Soldiers dealt constant anxiety about returning home, unhygienic living conditions and lack of sleep; health and stamina also deteriorated little by little everyday.

Learning more about life in the trenches adds a newfound respect to the soldiers who lost their lives and futures those many years ago.

Remember Me

by Harry Riley

*Duty called and I went to war
Though I'd never fired a gun before
I paid the price for your new day
As all my dreams were blown away*

Remember me

*We all stood true as whistles blew
And faced the shell and stench of Hell
Now battle's done, there is no sound
Our bones decay beneath the ground
We cannot see, or smell, or hear
There is no death, or hope or fear*

Remember me

*Once we, like you, would laugh and talk
And run and walk and do the things that you all do
But now we lie in rows so neat
Beneath the soil, beneath your feet*

Remember me

*In mud and gore and the blood of war
We fought and fell and move no more
Remember me, I am not dead
I'm just a voice within your head.*

<https://fourtomorrows.wordpress.com/2014/03/28/remember-me-by-harry-riley/>

<http://www.warmuseum.ca/firstworldwar/history/life-at-the-front/trench-conditions/trench-routine/>

