
THE RUFF TIMES

I am Happy Rant

Roslin Chen

Hey, I may be one of the clumsiest people in the world, but I'm never really angry about it.

I don't always get the best grades in mathematics, hit the bull's-eye spot-on with a dart, or walk across a balance beam without falling face-first onto the ground.

And I may not be able to drive a car until I am thirty, but you know what? As long as I try, it's all good.

I'm not perfect and I make a lot mistakes. I've hit the soccer ball into my team's goal countless times, and later got yelled at for that. But honestly, who really, really cares? I know I don't.

A person who may fail is one thing, but who also has a bad attitude? Come on. It's just one science test.

But don't tell me I can't get mad when I make a mistake. Oh, I CAN GET MAD! But it never really gets to me, ya know?

I can tell my friends 'no problem', 'don't worry', and 'go with the flow'. You never know where you might end up, but that's the journey in life—it's all about making mistakes. The mistakes come, then you're feeling down and thinking 'why did I do that?!' You fix them if they come again, then later you're thinking 'oh. Why was I so worried again?'

Your life isn't determined on what you do. It is determined by your attitude. If you decide you wanna stay grumpy and have a miserable life, by all means! But if you decide on a happy attitude, you'll see the bright side of things and, by all means, live a happy life!

Life is but a dream, and you'd better enjoy it before you wake up.

Don't worry! Be happy!

Kindness

Kaiah Ing

"If we all threw our problems in a pile we'd grab ours back."

You never know what the person beside you is going through so why is it so difficult for people to be kind to others? Kindness is a worldwide moral, encouraged by every major religion and is identified as a value in most cultures. Although being kind may be difficult sometimes, what goes around comes around. Researchers have proven that being kind to others increases our own levels of happiness as well as theirs. Whether or not you admit it, everyone puts up walls in their personalities so that others perceive them as something they're not but as Plato once said, "be kind, for everyone you meet is fighting a hard battle." Rationally speaking, the worst of people come from horrible pasts or traumatic experiences. We understand that horrible people do horrible things because of their pain and suffering, it goes for simply being rude as well. Other times a person is not capable of recognizing how unkind they are because it is how they cope with their own issues.



Source: <http://www.collective-evolution.com/2015/03/22/heres-why-you-should-be-kind-to-everyone-always/>

Homelessness

Kaiah Ing



Eight individual men, own as much wealth as half of the world's population. That statement and unfortunate fact is unimaginably repulsive on account of rightful income. Middle to low income families work extremely hard to keep what they have and the possessions they love. The less fortunate ones such as homeless people and others in developing nations are even less fortunate. Our world is made up of power and having the least amount of people possible on the top.

Imagine a world where everyone had enough. Not communism where every element of every citizen's lives were the same but a sense of fairness and order to the world on a moral level. The most affected by this drastic money difference are developing countries and homeless people.

Homelessness dramatically elevates one's risk of illness, injury and death. For each age group, homeless persons are at least three times more likely to die than the general population. The two most at-risk persons are middle-aged homeless men and young homeless women. The average age of death in homeless persons is roughly fifty years, this is the same age at which Americans commonly died in 1900. Modernly, non-homeless Americans can expect to live to age seventy eight.

Homeless people commonly suffer from illnesses such as HIV/AIDS, tuberculosis, and influenza, as well as cancer, heart disease, diabetes and hypertension. The difference however is that the homeless experience these diseases four times worse than regular people do. Homeless persons die from illnesses that can be treated or prevented. The spread of communicable diseases is commonly due to crowded, poorly-ventilated living conditions, which are found in many shelters. It has been proven that the risk of death on the streets is very minimally affected by substance abuse or mental illness, which also includes other health issues. The difficulty getting and maintaining rest, medications, healthy eating, cleanliness and warmth prolong and exacerbate illnesses, too often to the point where they become life threatening.

Maybe it's time to go back to kindergarten; let's go back to helping anyone when they need it.

EDUCATION

Claire Buxton and Athena Liu



Nous nous appelons Athena Liu et Claire Buxton et nous sommes étudiantes à Sir Winston Churchill Secondary School, à Saint Catharines, Ontario. Nous sommes en 10^e année. Nous suivons présentement le cours de Citoyenneté en français intensif, et nous travaillons sur un projet au sujet de la sensibilisation des droits à l'éducation primaire. Nous avons soutenu l'organisation Me to We parce qu'une partie de leurs fonds recueillis va envers l'éducation des jeunes mondialement.

Envers cette fin, nous avons acheté des bracelets de rafikis, qui soutiennent chacun l'éducation d'un enfant au Kenya. Ces bracelets sont fabriqués par certaines femmes Kenyanes, et l'argent obtenu par la vente du bracelet est remis comme don directement aux enfants du Kenya.

Aujourd'hui il y a 58 million enfants qui ne vont pas à l'école et environ 25 million enfants qui ne vont jamais aller à l'école pour des raisons injustes. L'éducation primaire est un droit essentiel qui devrait être respecté davantage à travers le monde, et que nous avons la capacité de soutenir. Si on aide, non seulement les enfants de tous les pays recevront une meilleure éducation, mais aussi le taux de survivance augmentera globalement. Par exemple, un enfant avec une mère qui a eu une éducation et sait lire est 50% plus probable à survivre au-delà de l'âge de cinq ans.

Maintenant, nous vous demandons si vous pouvez nous aider à réaliser un changement dans l'état de l'éducation primaire à travers le monde. Afin de générer de la sensibilisation autour de ce problème, nous vous prions de faire un don monétaire sur le site-web <https://www.we.org/donate/> ou même de parler de ce problème avec vos amis. 25\$ fourni des provisions scolaires pour un enfant, 50\$ pour l'éducation d'un étudiant primaire, 2 500\$ pour une bourse d'étude et 10 000\$ pour faire la construction d'une nouvelle école.

Merci d'avoir pris le temps de lire notre cause, on l'apprécie beaucoup! Nous espérons que vous prendrez tout ceci en considération.

Discrimination in Sports: An Opinion Piece

Kaiah Ing



Hockey has always been a sport that takes a great deal of physical and emotional stamina that not everyone is capable of performing which is why it is so greatly admired. For these reasons, individuals who play the sport tend to be more of the anthropological male nature. Aggression and dominance both physically as well as mentally are two highly regarded traits in common with hockey players. Due to these features, homosexuality is even less tolerated in hockey leagues as opposed to other sports. Hockey is a time for players to use their strategic and physical abilities to their benefit and channel them into a healthy activity.

"There are gay men in professional hockey. We would be fools to think otherwise. And it's sad that they feel the need to conceal this. I understand why they do so, however." Says Brendan Burke, son of Toronto Maple Leafs general manager Brian Burke. Players do hide their true selves because of the stigma that surrounds professional sports.

"It is truly a vicious cycle: Athletes who are never exposed to gay culture hold onto antiquated (and often harmful) stereotypes about homosexuality, which makes gay athletes afraid to come out, which means the athletes never confront the ignorance of their beliefs. The cycle has been repeating itself for generations in pro sports. Brendan Burke also said, "It will take men of courage, gay and straight, to break this cycle. The hockey establishment must do a better job of establishing a safe haven for gay athletes."

Although the signs of acceptance coming from national leagues such as the NHL is speaking out, this issue is far from limited to hockey and the anti-gay culture affects all levels of many sports. The amount of people who care about who is gay and who isn't is far less than the people who do not care. All that is important in the hockey world is a player's ability on the ice and that should be the goal of everyone involved with hockey, regardless of their level: "We need to make it clear to every hockey player – gay, straight, black, white, religious, atheist, tall, short, whatever – if you can play, we welcome you" (Brendan Burke).

The NHL has the incredible honour of making positive impacts on the lives of many young men and women in their sport, an impact that can resonate in both the entire sporting world and society entirely.

Countless individuals struggle with hiding their identity, everyday is a battle and they are alone for no justifiable reasons, being attracted to people of the same sex should not be part of them.

Who you are and what you do doesn't matter, a professional athlete or a house league player, no one deserves to live isolated in the world because of who they would like to date. We are not alone, we as human beings share many qualities that make us able to connect to one and other, the love of hockey and other sports is one of them. We are all connected through our love for sports, passion for our teams to succeed and mutual interests in working towards a goal.

Discrimination is derived by mankind, it stems from our differences, the same differences that make us unique and beautiful. These differences however have driven the the NHL and others leagues to have a modernly intolerable attitude towards homosexuals. Now that we have identified the problem and brought it publicity it is time now to resolve the issue and eradicate anyone in disagreement with our game.

Sources:

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