

THE RUFF TIMES

It's September!



WELCOME BACK, BULLDOGS!!

As September comes to an end and October is just around the corner, the month has already brought us Grade 9 day, Project Spirit, some great wins for our football, basketball, volleyball, and cross-country teams. *The Ruff Times* vows to keep you updated on all matters that are (hopefully) important to you.

Our talented team of writers is always welcoming new members, and we encourage you to come out and get involved with your school newspaper. Whether you are fresh out of middle school or en route to graduation, we would love to hear from you! Stay tuned for announcements or see Ms. Cox in Room 225.

From the Editor *Mack Cobolan*

Greetings from your editor! My name is Mack Cobolan, and for this school year, I'll be the editor of your *The Ruff Times* newspaper. I've known I was going to have the job of editor since last June, before second semester exams had started, and admittedly I find myself stumped on what I should be doing with this -- with this column, with this paper, with this everything, really.

I've been writing for *The Ruff Times* on and off since I came to Sir Winston Churchill back in 2013. Back then, I was a lot less confident in my writing, and I would have no idea that I'd be going on to be the editor of the whole thing! As editor, and being with the paper for this long, I have some ideas for what I want us to accomplish this year.

I want to hear what people have to say on a variety of topics. Politics, sports, entertainment, and other topics of interest. One of my earlier (and greatest) struggles as a writer has been expressing my ideas and interests without being afraid of what other people would think of it. Here's a tip: write without fear. Like anything else you're passionate about, do it like nobody's watching, and just let your pen (or keyboard) flow. I'm trying to be as open as I possibly can be with this, so get creative!

I hope by opening up more opportunities for writing topics, we have more writers coming in. I would love to have a bunch of people who would write columns or research or report on school event; as they say, the more the merrier. All I would ask for from new writers is to give it your best, and write about what interests you. I want as many passionate writers as I can get, but I also want them to be exactly that: passionate. I'm glad, as editor, I also get the chance to write here. I started this pretty stumped, and honestly, I'm left pretty stumped as well. I'm not sure what *The Ruff Times* will be like in the coming months, but I hope it's something unique. I know this school is plentiful with artists of all kinds, and to those debating whether they should publish their works, I implore you to do so.

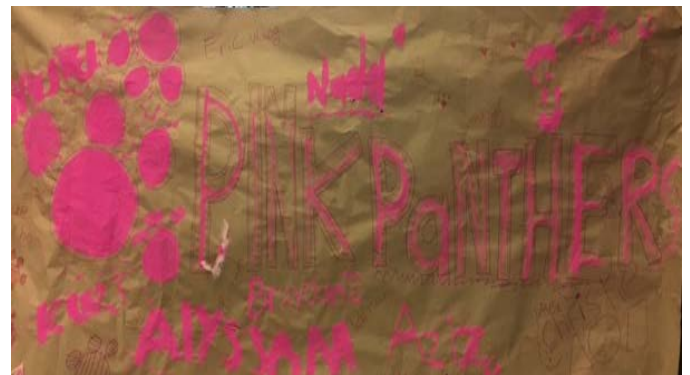
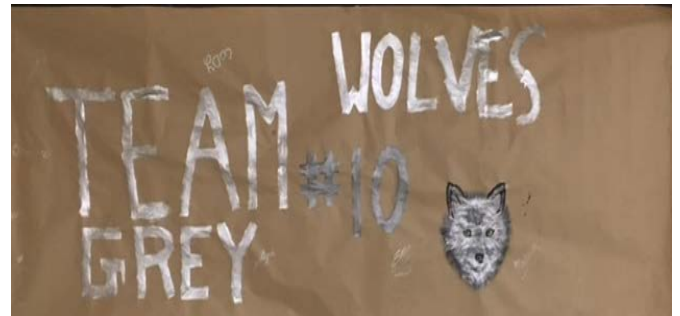
If anyone has read to this point, thanks. It's weird to be in a leadership position as a writer, so I hope everything else I say comes out more coherently. As for the future, maybe I'll talk more about this newspaper, or maybe I'll have something else to rant about. I really don't know yet. At least I know that if I'm running out of things to say, I'll have plenty of other talents who can fill up *The Ruff Times*. Thank you all. This paper wouldn't exist without any of you, reading, writing, or otherwise. Let's make this a great year!

Grade Nine Day: Fun in the Sun

Elsa McKnight

On September 22, at Sir Winston Churchill Secondary School, the Grade 9s participated in a special event known as “Grade 9 Day” to get to know and meet some new people, including our Grade 12 ambassadors. The day started in the morning as the students arrived at school. They were sent down to the lower cafeteria shortly after attendance, and watched some amazing presentations around the school, created by student council, on various topics: recycling, the school letter, and student council. Upon returning back to the cafeteria, the Grade 9s were divided into ten colour teams and were asked to design a poster and write a cheer. These incredible cheers were presented in front of student council, but not before a delicious lunch of pizza and cookies that was provided by the Sir Winston ambassadors.

The top three teams – green, grey, and white – were awarded prizes, while the rest of the teams destroyed beautiful piñatas created by various art classes. After every team had earned some candy, they were able to participate in some exciting, team-building games set up by some ambassadors. These games encouraged cooperation, inclusiveness, friendship, and school spirit. “It was funny to watch all the leaders get soaked in drip-drip-drop,” said one Grade 9. At the end of the day, the Grade 9 students went home with some with new friends, a sunburn, and, above all, Bulldog spirit! The fun doesn’t have to stop with Grade 9 Day, though! There are so many clubs and sports and activities to get involved in. Stay tuned to the announcements, and ask your teachers and friends about the extra-curriculars available!



Project Spirit: A Grade Nine Perspective

Jordan Crowther

Project spirit: a fun-filled four days spent at Camp Medeba, which is about three and a half hours northwest of Toronto, and is the only place where less than a hundred hours manages to seem like a lifetime. Not only was it an excellent opportunity to have fun, and test yourself on the many things the camp has to offer, such as zip lining, high ropes courses, a giant swing, a waterside trampoline, a shooting and archery range, survival courses, kayaking, lessons on GPS navigating, etc., but it was a brilliant chance to bond with your classmates. This year's Grade 9 class is uncommonly diverse, consisting of students from a very wide variety of schools in the Niagara Region.

Project Spirit was exactly what we needed. Even though I wasn't originally acquainted with a number of the people in my cabin or my colour group before school started, I can now call them my friends. Throughout our time at this wildlife oasis, we were split into ten groups; red, orange, yellow, green, blue, purple, pink, grey, black, and white. It was within these groups that we participated in a variety of challenges and embarked on various adventures -- and certainly not without school spirit. We were decked out with paint, rhinestones, hats, bows, bracelets, stickers -- really anything we could find in our assigned colour. We screamed and chanted at the top of our lungs, usually resulting in some pretty jocular voice cracks. All in all, it was a stress-free environment that I would return to in a heartbeat. Here's to a great time and to extending our friendships that we have made and the lessons that we have learned at Project Spirit to the rest of our Bulldog time at Sir Winston!



ONTARIO'S COLLEGES AND UNIVERSITIES: A SNEAK
PEAK AT WHAT'S OUT THERE, Part I
Roslin Chen
Queen's University
BRIEF TIMELINE HISTORY

1841: October 16 – Royal Charter of Queen Victoria established Queen's University
 1842: March 7 – Classes began when in a small wood-frame house on the edge of the Kingston. There was only two professors and 13 students.
 1854: The Faculty of Medicine is formed
 1867- 1868: Queen's starting financial support came from the Presbyterian Church in Scotland, the Canadian government, and private citizens. But this support was insufficient and barely kept the university running. In this year, when the government withdrew funding, the disaster cost the university two-thirds of its endowment.
 1869: Queen's became the first university to the west of the Maritime provinces to permit women to attend classes.
 Mid-1870s: Queen's grew from 15 students to over 100 students.
 Mid-1880s: Robert Sutherland, the first graduate of colour at Queen's University and British North America's first black lawyer, left his entire estate to Queen's when he died in 1878, and rescued the university.

TODAY: Queen's celebrates 175 years of academic excellence.

LOCATION AND CAMPUS: Located in Kingston, Ontario, Canada, Queen's university is a mid-sized university with several faculties, colleges and professional schools, including the Bader International Study Centre located in Herstmonceux, East Sussex, United Kingdom. Queen's University. Queen's and Kingston are very closely intertwined, the campus being in the center of the city only a 10-minutes walk away from downtown.

Approximately 2191 students attend Queen's from over 100 countries, 95% coming from outside of Kingston, and 8.3% of the full-time student population being international/visa students.

Maclean's University Rankings 2016 for Medical Doctoral Category:
 Queen's University: 4th overall

Canadian University Rankings 2016: Queen's University: 15th overall

SOURCES:

http://www.webometrics.info/en/North_america/Canada
http://www.queensu.ca/calendars/artsci/History_of_the_University.html
<http://www.queensu.ca/>
<http://www.macleans.ca/education/best-of-the-best-introducing-the-2016-macleans-university-rankings/>
http://www.webometrics.info/en/North_america/Canada

St. Lawrence College
BRIEF TIMELINE HISTORY

Before the formation of Ontario's college system in 1967, some trade schools existed in the province. Many were established primarily to aid veterans reintegrate into civilian life.

Late 1950s: technology wings were added to Ontario high schools to help young people.

1960s (a decade later): Premier William Davis created colleges of applied arts and technology to train individuals for jobs as a response to a high demand for technical education.

1967: St. Lawrence College was founded.

1969: September: students were attending classes at the St. Lawrence's campus in Kingston in a white, steel building (now the Leeds Building), comprised of a gymnasium, cafeteria, an administrative office and student lounges.

TODAY: St. Lawrence College celebrates almost 50 years of existence.

CAMPUSES: St. Lawrence College has three campuses in Ontario: Brockville, Kingston and Cornwall.

TOP 50 RESEARCH COLLEGES IN CANADA 2014:
 St. Lawrence College: 43rd overall

CANADIAN UNIVERSITY RANKINGS 2016:
 St. Lawrence College-Brockville: 113th overall

SOURCES:

<https://www.stlawrencecollege.ca/news/2014/research/>
<https://www.stlawrencecollege.ca/>
http://www.webometrics.info/en/North_america/Canada

A Project Spirit: From the Eyes of Leaders

For the both of us, Project Spirit was definitely the most memorable moment of our high school career thus far. Project Spirit is a great way to get out of your comfort zone while meeting new friends. Being in Grade 11 this year, we had the opportunity to be a leader in training. Having this responsibility, we showed many important life skills including leadership, time management, and social skills. "My favourite part about Project Spirit was how the leaders had a different theme for every meal which allowed us to sit with different people each night, and also having life chats at night in our cabins getting to know each other" (Lauren Stevenson). The good thing about the L.I.T.s this year is that we are all very different and weren't as close but after the four days we spent together, we can now say we are a lot closer than before and consider each other really good friends. "What I liked most was all the activities especially the Immunity Challenge, and Man Hunt! It definitely gave us the opportunity to work together as a team!" (Natalie Weber). We'd like to thank all the teachers, the leaders, the super leaders, all the campers, and our fellow L.I.T.s for making this experience one that we will never forget!!

By: Lauren Stevenson and Natalie Weber



"Describe Project Spirit" -- Those three words form a question that is impossible to answer.

How do we describe an experience that's changed our lives? There is no way we can combine all that Project Spirit is into simple black letters on page. As Grade Twelve leaders, we can't explain the feeling when we see campers laughing so hard that they have tears in their eyes. We can't possibly portray the amount of pride that fills our hearts when we see people overcome their fears by getting up on the high ropes or the swing. We can't adequately convey to someone else about all the times when we felt so happy because we witnessed people being accepted as exactly who they are. Most importantly, its difficult to recreate the feeling we all got when we had to blow out our candle and say goodbye at campfire.

Project Spirit can only be described as indescribable.

Thank you to all the Grade Nines for participating and for giving it "their all", thank you to our L.I.T.s for being so great, and thank you to everyone who had a part of making incredible this year; we couldn't have done it without you. Here's to many more to come in the future!

By: The Grade Twelve Super Leaders, Alana, Harrison, and Madison

Maryam's Unadulterated Advice

Maryam Mojabid

Warning: This is advice from a 16-year-old girl who has yet to experience all that life has to offer.

Take a breather.

When things get too hard -- the homework starts piling, the drama is hair-pull worthy, and you just don't want to be around any kind of people. Step back and breathe. Don't let this one moment get to your head because it will pass and you will feel ten times better afterwards.

Everyone believes that this one problem can't be solved and that s/he will never recover. I recommend the following: instead of worrying about the project due in two days and the test you have in three, do what relaxes you. If it's knitting scarves, kicking soccer balls across fields, or even licking ketchup off your fingers, just do it.

If you absolutely cannot stop writing that essay about Canada's part in World War II because you think this mark will make or break everything. I understand; I thought that too. But then I realized that life is too short to worry about this one project that I promise will have no effect on my future. It takes a while to learn that not everything is as big of a deal as you think it is.

Take your time to complete something. Just because your friend is already done, or the teacher thinks that everyone should understand the solution to that Math problem the first time s/he explains it, doesn't mean you have to rush. You are your own priority; you should be able to say that you are proud and happy with your work.

But honestly stress comes in all shapes and sizes; sometimes you can prepare for it but sometimes it gets hurdled at you with no time to breathe. You can power through it or you can step back and find a way around it. Either way, you have to come out of that black hole that your mind created out of worry and anxiety and realize that it isn't going to hurt you. So take a breather.



Poetry Corner

Maryam Mojabid

Shut Up

The sound coming out of you

Makes me so angry

Turn off your voice right now It is

hurting me

You lie with your eyes

Hurt with goodbyes

So please shut up

I hear it again

When will you learn?

That with you

All I do is hurt

Close your lips

We've had enough

Never talk again

Please shut up

You start to whisper

In painful tones

To lower your voice

Is all we hope

Listen instead

I am done

This time for sure

SHUT UP

More Poetry & Thoughts

Story of My Life

Athena Liu

There was once a little girl who believed in true love, lies,
murder and crimes she was clueless of

playing joyfully with her best friend,
she wished that their days would never end

little did she know, she would soon move away,
away from where all her friends stay

arriving at a new school, she was sad,
but meeting new friends she soon became glad.

One year later, her best friend was gone,
the little girl cried and cried until dawn

soon enough she made new friends,
new friends who would make her happiness end

the new friends began to bully,
fat, ugly, stupid, she felt she was surely

miserable with her so-called friends,
she wanted her sorrow to come to an end

making friends with a juvenile delinquent,
she felt that love wasn't so distant

not long after she discovered that life could be as sweet as a
sugar cane, the little girl had to move again

new city, new life,
she thought that she could be relieved from strife,

meeting new friends,
her sorrow soon began to end

but once again,
leaving her friends, the little girl had to move again

same city, different life, her heart felt torn with a
knife

this time, she was determined to stay,
and surely enough her parents didn't move away

new friends soon made her sorrow end
she soon was surrounded with new friends

new friends soon made her sorrow end
she soon was surrounded with new friends

she became a top student and a good musician.
acting and singing it was her passion

years later, she wasn't so sure,
Math and science were also lures

no matter what happens,
she is determined to find a passion

Math, or Music,
Chemistry or Physics

As long as she enjoys her days,
everything will be okay.

Look Up, Stand Up: The Stigma Behind Mental Illness

Kaiah Ing

Across the world people have been dealing with the issue of mental illness. Respectfully, we have come a long way from insane asylums and inhumane experiments, but still the horrible stigma of mental illnesses has driven millions to resort to self-inflicted violence and/or suicide. Imagine being ashamed of having surgery or catching a cold! One in five adult Canadians will suffer a mental disorder in their lives.

The way we view the world would be weak and judgmental if we didn't help those who suffer from mental illness. Furthermore, mental illness is that much more difficult to deal with, due to the fact that it affects the most crucial part of the human body -- your brain -- the part of you that contains the codes for simple necessary tasks, your specific mannerisms, your ideas, your thoughts and your emotions. Everything that makes you who you are is attacked by a sickness that is frowned upon in society. Remember, the best of us fought for our freedom and came home from war with an illness called PTSD. If we don't shame them, then why should we shame the innocents among us? Everyone struggles throughout his/her lifetime; we need to stop making it worse for others from naivety and arrogance. Help and support the people around you. There truly is no issue large enough in this world that deserves our ridicule and blind judgement.

Pop Culture: In Case You Missed It...

Brangelina is No More!

On September 19th, actress Angelina Jolie filed for divorce from her husband of two years, actor Brad Pitt, citing irreconcilable differences between the two. The couple first met in 2004, on the set of their movie *Mr. & Mrs. Smith*, which was about a married pair of skilled killers who have been assigned to kill each other. The movie is known for creating the power couple formerly known as Brangelina. Following Pitt's divorce to Jennifer Aniston, the couple's relationship began to blossom, in addition to creating media scrutiny as it was rumoured that Jolie had caused the divorce. Nevertheless, they went on to have six children (three of whom were adopted), and after nine years together, they finally wed. Fast forward to the present day: Jolie has requested sole custody of all six children, as it is been reported that Pitt allegedly abused one of their children on a flight on September 14th, one day before the listed separation date on Jolie's divorce papers. Pitt is currently under investigation, and is vehemently denying any abuse. It has also been reported that Pitt had an affair with co-star Marion Cotillard, who stars with him in the upcoming film, *Allied* (in theatres November 23rd). Cotillard (who is dating French actor Guillaume Canet) has denied the affair, calling media rumours "Rubish!"

http://www.nytimes.com/2016/09/21/fashion/angelina-jolie-brad-pitt-divorce.html?_r=0; <http://www.t TMZ.com/2016/09/22/brad-pitt-child-abuse-investigation/>

Congratulations RuPaul!

On September 11th, Drag queen RuPaul Charles (known by his mononym RuPaul) won his first Emmy for outstanding host of a reality series at the 68th Creative Emmy Awards. RuPaul currently hosts the hit Logo/VH1 series *RuPaul's Drag Race*, where aspiring drag queens from around the world compete for \$100,000 and title of "America's Next Drag Superstar." RuPaul claimed that he was completely surprised by the win. Earlier this year, in an interview with ABC News' Dan Harris, he explained his surprise that his show went mainstream, believing that, "drag is the antithesis of the matrix."

<http://www.hollywoodreporter.com/news/emmys-2016-rupaul-wins-best-927404>; <https://en.wikipedia.org/wiki/RuPaul>



Gigi Hadid Attacked in Milan

On September 22nd, model Gigi Hadid was leaving a fashion show in Milan with her sister Bella when, a man (later identified as Vitalli Sediuk) attempted to pick Hadid up, but she wriggled her way out screaming, "let go of me," followed by several expletives. After being freed from Sediuk, Hadid attempted to go after him, before returning to her car and ordering a member of her team to, "go find that guy." Sediuk is no stranger to ambushing celebrities. In 2011, he gave Madonna a bouquet of Hydrangeas, a flower that she loathes; he kissed Will Smith on the red carpet in 2012; he stormed the stage at the Grammys in 2013; and he crawled under America Ferrera's dress in 2014. Sediuk later released a statement describing his action as a "manifest and protest" against models such as Gigi Hadid and Kendall Jenner, also claiming "that they have nothing to do with high fashion."

<http://www.t TMZ.com/2016/09/22/gigi-hadid-assaulted-milan-prankster/http://www.dailymail.co.uk/tvshowbiz/article-2630720/America-Ferrera-ambushed-serial-red-carpet-pest-attempts-climb-dress-Cannes-Film-Festival.html>

<http://www.dailymail.co.uk/tvshowbiz/article-2148990/Will-Smith-speaks-slapping-TV-prankster-trying-kiss-red-carpet-reporter-apologises.htm>

https://en.wikipedia.org/wiki/Vitalii_Sediuk

<http://en.yibada.com/articles/162124/20160923/gigi-hadid-milan-fashion-week-vitalii-sediuk.htm>

Sports Highlights and SWC Reads!

Bulldog Sports Highlights

Football: SWC trounced Stamford 36-0 at our season-opener home game last Friday, September 23rd. Today the team plays Ridgeway-Crystal Beach. Go Bulldogs!

Girls Basketball: Junior Girls SWC beat Laura Secord Wednesday, September 29th, 37-12. *The Standard* Tourne is coming up next weekend as well. Good luck, all you roundballers!

Boys Basketball: Both Senior and Junior boys are on a winning streak, beating both Thorold and Laura Secord. This Friday, the Seniors are at Conestoga College in Kitchener and the Juniors play against E.L. Crossley.

Cross Country: This weekend, the cross country team will be running this weekend at Genesee Valley Park in Rochester, New York, on October 1st.



The Leaving Book Review

Jana Bataineh

The Leaving is a book by Tara Altebrando that is filled with mystery, emotions, and life. When six children are mysteriously taken away from a park that they used to play in, the community goes into mourning and never forgets the horrific incident; no evidence is ever found and the case never closes. Twelve years later, five of the six kids return. Their memories are gone, and they have no idea about anything except their names. They don't even know what happened to Max (the boy who didn't return), but his sister Avery plans to find out and put an end to the cloud of misery that has hung over her family for much too long. Lucas wants to find out what happened in his past, and why he was taken so he joins Avery on her quest. As they delve deeper and deeper, they discover darker and darker secrets, all for one thing -- to discover the truth.

This book delves into the struggles of life, its pain and sorrow, and shows the importance of our memories and how they dictate who we are as people. Definitely check this book out!

