

THE TARTAN TIMES

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 - Editing Director - Adi Gupta
- Editing Member - James Glendinning
- Social Media Director - Madeline Chen

A Message from the CEO of Regina Public Schools

By Mr. Haarmann



Happy Fall to all at Campbell!

With the school year underway, I'd like to say welcome back to all of our returning Tartans, and welcome to Campbell all who are new, especially our grade 9 students.

You all have the good fortune of attending an outstanding school, one with so very many dedicated and hard-working staff ready to support you in every way. Campbell Collegiate is a school that truly centres the student experience, and I encourage you to take advantage of all Campbell has to offer - inside the classroom and out. Explore all the possibilities and find your own way. Focus on your schoolwork, but also focus on opportunities for growth and finding things that you enjoy. High school is a special period in your lives, and I encourage you to get the most out of your time at a very special high school.

Along the way, remember to continue to be kind to each other and support each other in every way that you can. Campbell is a school with a great community and a great vibe, and I know all of you will continue to build on this as the school year continues.

On behalf of our Board of Trustees, our Senior Administrative Team, and myself, all the best for an awesome school year. Be present, be involved and be the best you can be! Go Tartans! Keep reading the Tartan Times, and I hope to see you all soon at the various events that make Campbell so very awesome.

Mr. Haarmann – CEO of Regina Public Schools



Principal's Feature

By Mr. D. Girodat

Hello Everyone,

I have been asked by your Campbell Newspaper Club to submit a monthly column offering my perspective as we move through the 2025-2026 school year. It seems fitting, for the September edition, to offer a "Welcome Back" to another school year, whether you are returning to Campbell, or coming to us from your elementary school or any other school within the city, province, country, or world. The Campbell staff wishes all of you the best and is here to support you as you navigate through the upcoming year and strive to meet your goals.

Campbell Collegiate is special to me, as this is where I began my career with Regina Public Schools. I was a Physics teacher here for eight years, then left to go into educational administration, and am now thrilled, years later, to come back as your principal. I hope that you all come to see and feel, as I have over the years, the sense of pride that comes with being a Campbell Tartan and taking advantage of all that it has to offer. Campbell is a place where every student can find their niche and get involved, both inside and outside of the classroom. I would challenge you to make the most of your years here and eventually graduate into the world ready to make it a better place for your generation and those to come.

I would also like to thank the staff, the SLC and all the other affiliated groups for your efforts in welcoming our new Campbell students this past month and for being a great example of our five C's: Commitment - Courtesy - Courage - Competence - Character.

Have a great year!

Mr. D. Girodat
Principal



A Word from our Advisor

By Mrs. Cherepuschak

Hello! My name is Mrs. Natasha Cherepuschak, and I am the Teacher Supervisor for Campbell's student-run newspaper, called *The Tartan Times*. My role is to provide guidance and oversight for the student journalists, helping them with various aspects of production, from editorial content and layout to navigating the complexities of professional journalism standards and ethical practices. I have been involved in the Campbell newspaper for the past 5 years in this role and am excited to start my 6th year, where I will continue to serve as a mentor, guiding students through the challenges of managing a student publication and fostering their growth as writers, editors, and reporters. Under the guidance of this year's club president, Angela Xue, and her executive team, *the Tartan Times* is ready for a fantastic 2025-2026 year!



A Message from Guidance

By Jolene Smith

Have you been to the Guidance Office? It is right across from the main office, and it is a great place to come to discuss your academic and post-secondary plans, or for support if you are having a hard time and need someone to talk to. There are four guidance counsellors: Mr. Leier, Ms. Lynch, Ms. Morrow, and Mrs. Smith. It is a safe space, and a good place to come if you need help or are struggling, or if you just have questions and you don't know who to ask. We can talk about a variety of topics like mental health, scholarships, schedules, class registration, university programs, etc. Pop by and meet us one day – we're usually open at lunch too!



A Word from the SLC

By Ava Starkebaum

When I ran for SLC president last year, I had one particular goal that stood at the center of my campaign, a change I truly believed in: bringing the Tartan spirit back to Campbell.

Over my years at Campbell, I had noticed a slow decline in student excitement and energy around our school events. More and more people see school spirit as “uncool” or not worth showing up for. But what most students don’t realize is that these events are more than just dances and field days, they’re opportunities to build a community and create memories that last far beyond our four years in high school. The SLC’s goal this year is to help shift that mindset and remind students that school spirit is what you make of it!

This year, Campbell put on our first official homecoming week, jam-packed with events and CT spirit almost every day. From Monday’s grade colour wars, followed by Tuesday’s club fair, Wednesday’s grade nine field riots, Thursday’s big homecoming dance, and finally Friday’s tailgate party and homecoming game; featuring an unforgettable bubble soccer halftime show.

This year at Campbell the number one goal is simply: we want every Campbell student to show up, get involved and take pride in being a Tartan. There is always a way to make something fun and exciting, my dad

used to tell me “there are no boring situations, only boring people”. That is something that has always stuck with me.

So this year, now that the CT spirit is making a comeback, what’s next? We’ve already had an incredible start to the year, but we’re just getting warmed up. There is so much in store for Campbell this year.

Stay tuned by checking out our Campbell Instagram (@campbellcolligate), TikTok (@campbellcolligateslc), listening to daily announcements during CAP, and keeping an eye out for posters in the hall!

Big things are coming at Campbell, and we want YOU to be a part of it.



A Message from the President of The Tartan Times

By Angela Xue

Hi Tartans,

My name is Angela (Runyao) Xue, and I'm honored to serve as the President of the Tartan Times Newspaper Club this year. A little about me — I play clarinet in the Saskatchewan Honour Band, and music has always been a big part of my life; I started to learn piano at the age of four. Over the past few years, I've also served as the Outreach Director of several clubs, which has helped me discover how much I enjoy building connections and creating opportunities for others. Fun fact: I've attended seven different schools across three different countries, and each experience has shaped who I am today. I'm so excited to bring all of these experiences into the Newspaper Club.

The Tartan Times is more than just articles — it's a space for every voice at Campbell to be heard. I encourage each of you to share your creativity, ideas, and perspectives. Together, we can make this year's newspaper something truly special!



Meet the Executive:

Editing Director - Adi Gupta

Hi, I'm Adi, and I am honoured to be your Editing Director this year. My favourite subjects are Science and Social Studies. I love playing piano, practicing swimming, and reading. Some things I am involved in here at Campbell are being on the executive for both the Campbell Business Club and History Club, as well as being on the Cross Country team. I am excited to be your Editing Director this year, and rest assured, there are many amazing things soon to come in the Newspaper Club!

Which fictional character would you most like to interview?

If I had to interview a fictional character, I would probably choose Iron Man, also known as Tony Stark. He's one of those superheroes who is somewhat realistic. A rich, smart billionaire who utilized his intellect to reach new heights (literally). Not only would it be an interesting conversation, but his snappy remarks would also make it quite enjoyable.



Meet the Executive:

Social Media Director - Madeline Chen

Hi! My name is Madeline (but you can call me Maddie). I will be your official 2025-26 Social Media director of the Tartan Times! Though I am super excited to share my work and passion with you all, that's not why I am your social media director. I plan on using my skills to create a fun and approachable atmosphere for the newspaper club! Which is anything from skits to short reels!

A little bit about myself: I enjoy listening to rock and heavy metal music, and I'm a huge dog person! I chose to join the Tartan Times because every type of art is welcome. For me, art is a universal way for people to express themselves. I'm always open to new ideas and looking for people to include in my videos. I look forward to meeting new people who are just as passionate!



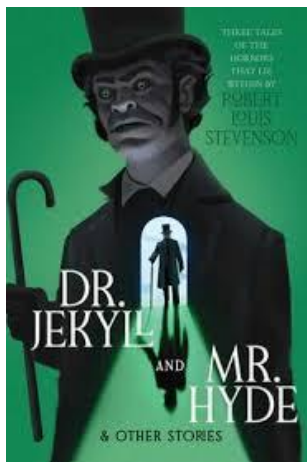
Meet the Executive:

Outreach Director - Jade Rosca

Hi, my name is Jade Rosca, my favourite subject is English, and my favourite colour is pink.

Which fictional character would you most like to interview?

If I had to interview a fictional character, I would like to interview Mr. Hyde from “Dr Jekyll and Mr Hyde”. The reason why is because what is the psychology meaning behind duality and control? He has an embodiment of repression meaning he represents all of the distinct aggressions that Dr Jekyll had to hide back in the old times and in the end my moral question is does Hyde know he is truly evil? Or does he see himself as free?



Meet the Executive:

Secretary - Preet Bhatt

Hi! My name's Preet, and I'm the secretary of the Newspaper Club! I'm very interested in psychology, astronomy, and neuroscience, and I enjoy playing the piano. In my free time, I like to read, and I am passionate about helping others as well as learning new things. I'm always looking for ways to grow both academically and personally. In the future, I'm considering a career path in psychology or neuroscience.

I'm really looking forward to working with the wonderful team in the Newspaper Club!

Which fictional character would you most like to interview?

I would definitely say Kaz Brekker from the book “Six of Crows”. The way he thinks is incredibly fascinating, and I can think of a lot of questions I'd want to ask him. His backstory consists of growing up in poverty and making his way up in a corrupt city. Though his ways weren't exactly moral, I believe I could learn a lot. His mind is constantly moving toward next plans, and he's able to step foot in a variety of other characters in the book. As someone who's planning to pursue psychology, his character is one I would be honored to interview



The Baroque Era - Vivaldi and *The Four Seasons*

By Angela Xue

The Baroque Era is full of flourishes, particularly in literature and music.

In 1600, the first surviving opera was born. Have you heard of Euridice by Jacopo Peri? Originating in Florence, Italy, it painted a picture of Orpheus's travel into the underworld to plead for his wife's return. Just one year later, the famous William Shakespeare finished the Grade 12's favorite book- Hamlet. Moving the mouse on the Baroque Era's timeline, Rembrandt van Rijn painted many of his famous portraits,



including "The Night Watch". The Europeans found Jamestown, Virginia, America, and settled down there. Being the longest king in the throne, Louis XIV reigned

France from 1643-1715, making France the leading European power of the era. In the mid to late 1600s, many major milestones were marked, Bernini creating the sculpture - the Ecstasy of Saint Teresa, Newton publishing his theory of gravity, and Paolo Mattie painting "Triumph of Immaculate". Wow, they are all breathtaking, aren't they?

Despite all that, Vivaldi is one of the greatest musicians and composers in my heart.

"Vivaldi played a solo accompaniment excellently, and at the conclusion he added a free fantasy which absolutely astounded me, for it is hardly possible that anyone has ever played, or ever will play in such a fashion". This quote is from Friedrich Armand Von Uffenbach, whose comments echoed inside me. Looking through history, most of the great musicians and composers come from a musical background. Tracing back to their great-grandfathers, they were all into music. As for Vivaldi, his father was an excellent violinist, making him a virtuoso violinist, conductor, and prolific composer. However, Vivaldi's father was a barber before becoming a professional violinist. No doubt that Antonio Lucio Vivaldi inherited the gene from his father.

Antonio Lucio Vivaldi was born in Venice, Italy, in 1678. He died in 1714, at the age of 63. In Vivaldi's early life, he was educated and expected to become a priest. During his priestly duties, he continued to develop his musical talent. Vivaldi started



working at the orphanage "Pio Ospedale della Pietà" when he was twenty-four. During his time at the orphanage, Vivaldi had access to an orchestra and composed his major works there.

Did you know that Vivaldi composed over 40 operas? Today, Vivaldi is known for his more than 500 concertos, written mostly for orchestra. But back in his day, he was renowned for his

operas. People in Venice, a city with a high population density, would fight to go to the opera houses just for a listen of Vivaldi's new releases. "Griselda" (Agitata da due venti) was the classic, more or so, the most famous among Vivaldi's operas.

Vivaldi did not just fulfill his fans' desires; he also brought out the best out of the old luthiers. Vivaldi himself was an exceptionally skilled violinist. Perhaps the fine craftsmanship of new instruments inspired Vivaldi to write music that pushed both instruments and performers to their limits. There are two notable families of luthiers, the Amatis and the Guarners, both founded in the town of Cremona. Vivaldi composed hundreds of concertos to showcase their instruments and highlighted their special musical capabilities. Among the



dazzling ones, "Concerto in G, for two Madoline, RV 532" was the most

remarkable one. It depicted virtuosity playing of the instruments and the performers.

The reason why Vivaldi became one of the most iconic figures of the Baroque Era is due to his masterpiece- *The Four Seasons*. This violin concerto is a vivid example of Vivaldi's idiomatic writing. *The Four Seasons* incorporated programmatic writing, sequences, and *ritornello* form. Vivaldi developed those kinds of techniques

in music writing, making himself the flag of those musical styles. *The Four Seasons* has four different moments, as its name describes, "Spring", "Summer", "Autumn", and "Winter". When I was listening to *The Four Seasons*, I could see the picturesque scenes the music expressed vividly. I felt as if I were wearing an Apple Vision Pro and the poetic images were unfolding in front of me. I can see and hear the changing seasons, feeling the breeze of hot, warm, chilly, and freezing winds touching my skin.

To conclude, Vivaldi's life is legendary. He made a difference in music, and his contribution will of course, be ever acknowledged.

▶ Four Seasons ~ Vivaldi



Alice Munro - The Writer of Ordinary Lives

By Madeline Chen

Alice Munro is one of the most famous short story writers in the world. She is often called the "Master of the short story" because of the way she makes everyday life seem deep and meaningful. In 2013, she won the Nobel prize in literature,

which is a reflection of how much her work has influenced readers everywhere.



Munro was born on July 10, 1931, in Wingham, Ontario, a small town in Canada. Her father raised foxes and her mother was a teacher. Surrounding her with a simple life as she grew up.

The atmosphere of her childhood is often referenced in her stories. She went on to study English at Western Ontario university. Munro's original plan was to become a novelist, however she found that writing short stories better fit her busy motherhood. She went on to publish her first book "Dance of the Happy Shades" (1968), which made a big impact on readers leading to the winning of "Canada's Governor General's Award". Continuing with works such as "The Lives of Girls and Women" (1971) and "The Moons of Jupiter" (1982). What's unique about Munro's work is that she stayed consistent, only writing short stories. Though being much shorter than full novels, her readers describe her short stories as being ironically even more detailed than novels.

Munro's style of writing is popular for being both realistic and thoughtful. Popular topics she writes about include family, love, and most importantly memories. Many of her stories include bits from her own childhood. What's most unique about her short stories is the mixing of past and present, often jumping around time to enhance the effect of the memories.

Readers feel like they themselves are reliving the memories in her story, as a result of the way they can change perception. When receiving the Nobel prize judges praised her for being able to turn short stories into something powerful and important, not just a piece of writing.

Munro has been retired since 2013, living a quiet life in Ontario. Her stories continue to be read and studied all over the world. Alice Munro didn't need big dramatic plots to make her stories unforgettable, she wrote about the struggles and dreams of ordinary people. Being able to capture anything from beauty to sadness in every experience. It's for that reason, she will be remembered as one of the greatest writers of our time.



L'Énergie Nucléaire: Soutenir Notre Avenir

Par Adi Gupta

La climat du terre change rapidement, alors on doit réagir. Bonjour, aujourd'hui, je vais expliquer pourquoi l'énergie nucléaire est la meilleure option pour illuminer notre planète et l'humanité pour les prochaines générations.

Pourquoi est-ce que je pense cela? Il y a trois raisons: C'est moins cher que les combustibles fossiles, c'est plus consistant que les renouvelables et c'est meilleur pour l'environnement.

Premièrement, avec les gros réacteurs et les matériaux radioactifs, vous pensez probablement que l'énergie nucléaire est très



chère. En fait, le coût de l'énergie nucléaire est d'environ 10% inférieur à celui de l'huile et du gaz, parce que ce n'est pas

nécessaire de raffiner ces substances radioactives de manière excessive. Beaucoup moins de générateurs sont nécessaires pour produire la même quantité de pouvoir que d'autres sources renouvelables telles que l'hydro, le solaire ou le vent, alors c'est plus économique et dense en énergie. En réalité, il y a des nations dans le monde qui dépendent presque exclusivement du nucléaire pour maintenir leur activité. Par exemple, en France, où environ 67% de l'énergie est produite par des sources nucléaires, ou en Suède, où presque 27% de la puissance électrique est produite par des sources nucléaires. Avec du temps, beaucoup plus de pays peuvent adopter l'énergie nucléaire.

Deuxièmement, on a besoin d'une source de pouvoir qui fonctionne même avec notre météo, car elle est très erratique. L'énergie nucléaire est capable. La météo extrême de la Saskatchewan, Canada, ou même les autres pays nécessitent une source de pouvoir qui puisse continuer à produire du

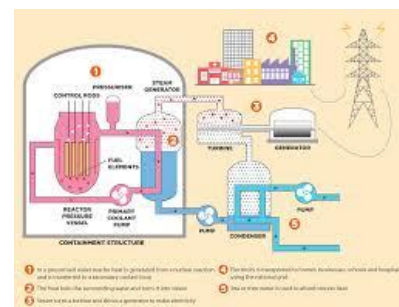
pouvoir pour tout le pays. Le gros problème avec les renouvelables est qu'ils ne sont pas fiables ou consistants. Qu'est-ce qui va arriver si l'énergie solaire ne fonctionne pas parce qu'ils sont brisés par le grêle, ou si le climat terrestre change tellement alors l'eau peut geler ou couler soudainement, alors on ne peut pas utiliser l'hydro.

Le montant de vent peut changer rapidement, alors est-ce que les turbines peuvent s'accommoder de ça? Comment peut-on continuer à vivre confortablement? Avant de résoudre ces difficultés, avec les nouvelles technologies, l'énergie nucléaire est ce qu'on peut utiliser parce que c'est beaucoup plus fiable et conséquent.

Troisièmement, vous avez probablement entendu dire qu'on doit arrêter d'utiliser les combustibles fossiles, car ils contribuent largement à l'échappement des

gazes serres, comme le charbon dioxyde.

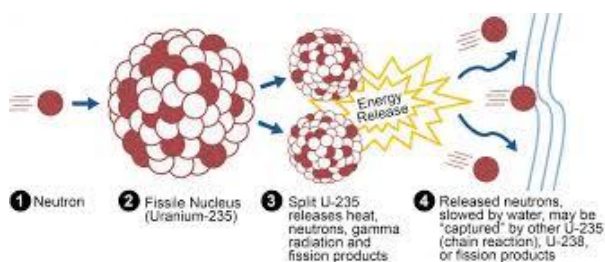
L'énergie nucléaire ne contribue pas à la création des gazes



serres, alors ça n'affecte pas le changement climatique. En réalité, cela aide l'environnement, car si beaucoup moins de gazes serres échappent, le processus naturel de la Terre va prendre contrôle. Avec le temps, le climat de la Terre va se stabiliser. De plus, la pollution extrême de l'air est liée aux risques de cancers. Comme le cancer du poumon et la susceptibilité accrue des cancers sein, foie et pancréas. Environ 6,7 millions de personnes

mourraient chaque année par la pollution de l'air, alors l'énergie nucléaire peut sauver la vie.

Mais, quand on parle d'énergie nucléaire, on ne peut pas ignorer les désastres immenses qui arrivent. Dans l'histoire, il y avait quelques désastres concernant l'énergie nucléaire comme le Tchernobyl ou le Fukushima. Vous pensez probablement que si



de plus en plus de réacteurs sont construits, plus de ces événements vont arriver. Ça, ce n'est pas le cas. Les désastres nucléaires sont très destructifs et immenses, mais ces événements sont très rares et plusieurs de ces catastrophes peuvent être évitées aujourd'hui à cause de notre avancée technologique. Car, la cause de l'échec de plante Tchernobyl n'était pas à cause des matériels radioactifs, mais à cause des parties essentielles de la plante qui étaient obsolètes et vieilles. Si on change à l'énergie nucléaire, on doit seulement remplacer les anciennes parties, et s'assurer que toute la plante est conforme au code.

Pour résumer, l'énergie nucléaire peut changer tout le monde et soutenir l'humanité pour les prochains siècles, mais seulement si on lui donne une chance. J'espère que vous avez entendu et été inspirée par mes raisons. Alors, la question finale : avons-nous besoin de l'énergie nucléaire ? À mon avis, oui. Dans un monde qui a vraiment du mal à abandonner les combustibles fossiles, pourquoi devrions-nous

rendre nos vies plus difficiles que nécessaire? Comme Albert Einstein a dit:

“La libération de l'énergie atomique n'a pas créé de nouveau problème. Cela n'a fait que nous rendre avec les outils pour résoudre un problème existant.”



How Drugs & Other Chemicals Affect Neurotransmissions

By Jade Rosca

Ever Wonder Why Drugs Can Make People Feel “High” or Slow Them Down?

So, drugs alter the way neurons send, receive, and process signals through neurotransmitters. Others, like marijuana and heroin, just happen to resemble the chemical structure of neurotransmitters, which enables them to bind to receptors and activate neurons. This essentially fools the brain and changes the way it operates, which is why various drugs have different effects: some slow things down, while others speed things up or completely alter how you perceive reality.

What Is Neurotransmission?

Neurotransmission is, in essence, how neurons talk with one another in a form of chemical signals-called neurotransmitters, coming from the end of a neuron, jumped across a teensy gap, known as a synapse, to another, allowing the brain to regulate

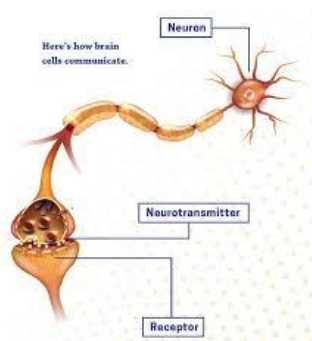


everything, from thoughts and emotions to bodily motions. Without

neurotransmission, it wouldn't be able to send its signals, which would create a mess, concerning mood, coordination, and even overall function.

How Drugs Affect Neurotransmission?

Different drugs mess with neurotransmission in various ways. For example, heroin, like many other drugs, can mimic the natural neurotransmitter, latching onto receptors, and thus affecting the brain. Other drugs like meth force the brain to



release an excessive number of neurotransmitters at once, overwhelming the system. Then there is cocaine, which blocks reuptake, meaning neurotransmitters

stay active far longer than they should.

That's why one drug has certain effects, and the other makes you feel energized, some may slow you down, and others completely change your perception.

Types Of Drugs and Their Affects

We can divide drugs into three main groups depending on the action that happens with neurotransmitters. First, stimulants, which include cocaine and meth, raise dopamine levels, which makes the person feel energetic and euphoric. Then, there are depressants like alcohol and heroin that raise GABA levels, slow down everything, and make a person relaxed. Finally, hallucinogens, such as LSD and shrooms, interfere with



serotonin, which changes perception, and produce hallucinations. Each of these drugs affects

neurotransmitters a little differently. That's why each one creates another experience and does different things.

Real-Life Impact

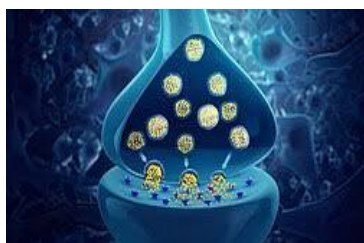
Prolonged use of drugs may actually rewire the brain, and it does this with some fairly serious consequences. There's addiction: the brain learns to lean on the drugs to release neurotransmitters, making it much harder to experience pleasure without the drugs. Then there's mental health: drugs can disrupt serotonin and dopamine levels to

help cause anxiety, depression, or paranoia. Cognitive decline is another problem, where damaged memory, learning, or decision-making is affected. And then there are physical hazards, such as heart disease and damage to organs. A good example is meth-over time, it kills dopamine neurons, and thus it becomes nearly impossible to feel happy without the drug.

Conclusion: The Future of Neurotransmission

Drugs can change neurotransmission, which can affect mood, behavior, and health in both short- and long-term ways. While they can mimic or disrupt neurotransmitters, there are also natural ways to influence brain chemistry, like exercise, therapy, and emerging brain technologies.

The big question: As science advances, could we one day control neurotransmission without drugs? Understanding this process is key to improving mental health and treating



neurological disorders.

The Mental Disorder to Plague the Minds of Teenagers

By Acaydia Horton

When people think of mental disorders, the one they're most likely to

jump to is depression or anxiety. While those are still very serious and important to raise awareness of, that is not what I am speaking of today.

There is one specific kind of disorder that is more common than you think in adolescents, and that is eating disorders. The likelihood of being affected by any type of eating disorder can be influenced by age,



gender, childhood, and a variety of other things, but everyone can suffer

from them.

There are roughly eight types of eating disorders that have been acknowledged by doctors and psychologists all across the world, although there could be many more. Those eight include; anorexia nervosa, bulimia nervosa, binge eating disorder (BED), avoidant or restrictive food intake disorder (AFRID), pica, rumination disorder, other specified feeding and eating disorder (OSFED), and orthorexia nervosa.

While some may be more recognized than others, like anorexia nervosa or bulimia nervosa, they all can affect lives in terrible ways. Certain factors can influence the likelihood of developing one of these disorders, such as the fact females of ages thirteen to nineteen are ninety percent more likely to develop anorexia nervosa, although that does not mean other people are not affected by it.

Adolescents and young adults, ages ten to early twenties, are typically more

vulnerable to eating disorders. This is because they are typically more online, being more exposed to negative and unrealistic body standards. A young person's mind is heavily influenced by the media they consume online, which is why a few videos about body image can send them spiraling into a deeper and darker hole. Social media is a ball of toxicity romanticized and unravelled for all to see.

Many beauty companies have online promotion techniques, showing off photoshopped and unrealistic body standards. Many social media sites are most supported by younger ages, and beauty companies exploit that. All of this creates a chain reaction of comparison and pressure to be “pretty,” by the social norm, causing the percentages of eating disorders of adolescents to adults scarily different.



The typical factors to cause the development of an eating disorder include; childhood

experiences, past trauma, social media, social standards, pressing beauty standards. A vast variety of factors can cause and affect a person in terms of mental disorder, and it is important to know what can be a negative factor and a positive factor.

A negative factor would be things like body shaming, emotional and/or psychological abuse, and potentially traumatic experiences. A positive factor can be a plethora of things, even something as

simple as a compliment can make someone's day and give them a boost mentally.

Someone you know could be struggling with an eating disorder right now, and you could have no idea, which is why it is so important to know some of the most common and visible symptoms. Some of those could be, rapid visible weight loss,



aversion

to food, going to the bathroom right after eating, always checking nutrition facts/calories, or even something as trivial as buying a zero sugar or diet version of a drink they would typically buy in its normal form.

Now, if you notice a friend giving off traits that you believe are signs of an eating disorder, it is important not to bombard them with questions. Give gentle support, and ask kindly if they need help. It is important you talk to them about their feelings and their needs, because this is about them, and you should respect their boundaries.

In conclusion, eating disorders of all types are scary. They affect our mind and body, and can be potentially life threatening. While adolescents and early adults are more susceptible to developing such disorders, that does not mean they are only limited to those age groups. It is important to be

educated about these topics and treat them with the severity they require, eating disorders are not a joke to be lightly thrown around. If you believe you have an eating disorder, it is so important to reach out to someone and get help before it gets too deep. Whether that be a school counselor, trusted teacher, friend, parent, or therapist, I can not put into words how urgent it is for you to get the help you need.

Creativity and the Lack of Drive

By Boidahi Deb

To paraphrase *bell hooks*, “*Love is not feeling, it is action.*”, but does the same apply to creativity?

For as long as I have been conscious, I have been the daydreamer girl, the writer girl. My entire sense of self is and always will be tied to writing. However, this article is the first thing I have written in a year. A decade of fighting to get the best grades, to



stay on top and never ever fall, have burned me out to the point that my skin crawls when I sit down to write. Even so, I always believed that I had never lost my artistic spark. How could I have lost it when I constantly had ideas racing through my brain, too fleeting to write down? How

could I have lost it when I consumed media relentlessly and had fully fledged thoughts and criticisms about everything I watched or read? The drive I had as a child had been squashed down until it fully disappeared but I had not lost myself yet.

Then suddenly, one day I woke up and had a realization that I had been building up to for the past two years. I was someone I didn't recognize, a person too busy to engage with their hobbies in any meaningful way. The kind of teenager and adult my childhood self had pinky promised not to become. A devastating blow, as you can imagine, to any creative but especially to that little girl who always wrote writing



first in the hobbies section of the “Get To Know You” sheets. I felt an immense sense of guilt and shame for calling myself a writer when the longest thing I'd

written in years was a school essay.

Burnout had turned me into a talentless hack, the words no longer flowed from my fingertips as they had before. Even so, I smiled when adults asked if I was still writing and assured them that I was working on something at the very moment. In private, I struggled heavily with my lack of motivation, I didn't have a reason to write and I found myself in a cycle of procrastination and guilt. The play that I had started to write months ago, sat on my desk, gathering dust. Piles of homework left me too exhausted to even look at my laptop and

my passion for writing was strangled by my own reluctance to fix it. However, I knew that eventually I would return to creating, I always did, after all.

It came to me at night. An idea that was unique and special enough for me to start writing immediately. The next morning, with bags under my eyes were deeper and my Notes app 300 words heavier, and I had never felt so alive. The only thing that I am certain about in life is that writing will always come back to me. Because of that, I don't think that creativity and love exist on the same side of feeling vs. action. Even if I don't create or write for a year, I know that I will eventually in the future and I think that the same is true of most creatives. Our art is not something we can hide away from, or outrun, it always haunts you no matter what. I believe that as long as the ghost of your art materializes in your life in ways you cannot chase away, that creativity still runs in your blood.



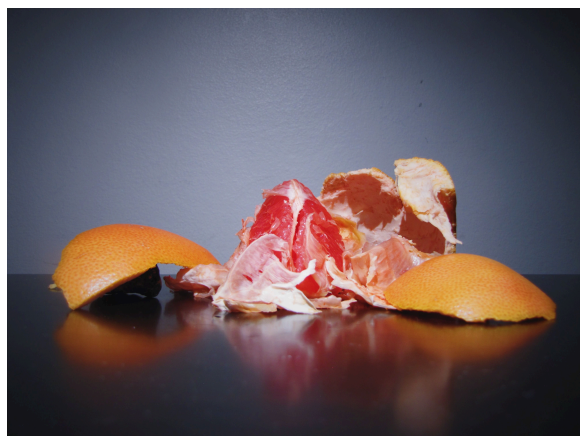
Picked and Peeled

By Gwen Modi

A half-drunk cup of coffee sits next to me on my desk; a dark ring has formed around the untouched level where coffee meets air. It stains like watercolour paint, a medium I have been unable to touch in



months. The rich, dirt colour reflects my face as I stare into its void; why does it stare back at me so harshly? In an attempt to escape the judgmentalness of the common beverage, I get up and walk over to my window. The final fleeting remnants of the day are scribbled throughout the sky, succumbing to the darkness. My gaze meets the reflection of my eyes; the sky looks at me with such rage. I shut the blinds and seek an escape from the pit of uneasiness building in my stomach alongside a growing hunger. I decide to make my way downstairs, scanning the room before grabbing a grapefruit from the dining table's fruit bowl. I grab a cutting board and a knife and I begin to make cautious incisions into the muted orange peel. I catch a glimpse of an exhausted face as I set down the knife, and it cuts me with resentment. I pick and peel away at the bitter flesh, ripping away at its body. A pile of pith sits on a plate along with the rinds, waiting to be returned to the Earth it once came from. I grab the knife and begin to chop away at the remaining appendages, cutting away the imperfections and unwanted pieces. I shave off bit by bit until all that remains is a small part of the pulp left. Scattered around me are torn



membranes, pith, and rinds; all the unwanted scraps that made it a grapefruit. The strong, messy bitterness, all picked away to meet a made-up standard of perfection, a standard created by someone who hates a bitter fruit, perhaps they made the grapefruit bitter. I walk over to the sink and wash off the knife, the water leaving a thin puddle in the bottom of the sink. I watch as it stares back at me; why does it examine me so bitterly? The cutting board sits on the counter with disgust. It's tortured by the mess I have made. I throw the carcass into the compost bin. I hope the Earth will forgive me for what I have done to her child. I feel her face follow my gaze as I whisper a low "I'm sorry," to the universe. A deafening silence fills the room before a muttered, "I'm sorry, too," breaks the wall of muted screams. The apology envelopes the room as our forgiveness intertwines, "Thank you."



Hello AI People; How are you?

By Hiya Patel

Dear AI Enthusiasts, I would like you to take a moment and imagine AI as a beast made of code and algorithms.

At first, a small curious creature; but once fed data and information, it grows larger and more threatening. Now it dwells in our mind, screaming at us to use it. Its hunger only continues to grow, opening its jaw and devouring data sets at a pace that no human mind can catch.

I won't pretend that I don't understand the urge to use AI. I have even used it and was amazed by what it can do. It's an incredible tool though and there is no doubt that the future is based on those who know how to use it *well*. But this is why I am writing to you to remind you that you can do more than what a machine can do – there is absolutely no one to stop you from using it. I know how your eyes hurt by staring at a blank screen or piece of paper. I know your struggles and tough times. After all, I am a high school student. But trust me when I say, with certainty, that the effort and time you put forth will not only shine but will radiate its pride of its own.

AI is no longer a topic of heated debate; it is a present day-tool which has emerged its way into our higher education systems. According to recent research a staggering 86% of students use AI in their academic work to eliminate human errors and to obtain high accuracy (Korhonen). A remarkable 24% of them have been putting AI into use on a daily basis (Korhonen).

Allowance of AI doesn't mean it should replace you – it's a process for you to think, revise and learn. You can definitely score higher than your peers but really ask yourself, will it prepare me to the best of my ability? Will I gain Experience or knowledge? You must not rely on it but instead make yourself irreplaceable and independent.

Before AI, we were the sole creators of our future – every innovation was born from our hands, minds and every challenge was considered to be necessary and was a step towards progress and creativity. But as AI evolved into minds, so did our role in creating masterpieces. Everything you did was molding you for success. Now with AI, just a click away, the struggle seems to be opted out. Want to write an essay? AI can



write it. The frustration that comes along with it makes you stronger and smarter and capable of carving your own way. The Pride that you feel when you say, 'I Got it!' is now gone, the thrill and excitement after you figure something out on your own hits different from what a fed fat Beast can tell you.

AI has its own set of advantages and disadvantages, with one factor sometimes holding greater significance than the other

and that decides their impact. But it depends on the individual perspective on how they exploit it. Knowing how to differentiate and calculate benefits and drawbacks of AI is essential. AI advantages include factors such as elimination of human error, level of efficiency by reduced time consumption and working without human limitation such as fatigue (Goel).



But do you actually care about the disadvantages now? The advantages of AI were once your method of improvement and learning for example: making errors helped you to improve on it to get the best out of your work. You gained experience and weeks of knowledge to progress further. But you don't have that ability anymore.

When I was a freshman at high school, I sat in a running English Lecture. While our English teacher, Mrs. Montegrey, was explaining the assignment, I found my friend typing something secretly behind his English book on his phone. I asked him what is more important than a running class, he told me to keep quiet. After class he explained to me about this 'cool thing called AI'. I was fascinated by its capabilities at first but fascination should not be blindfolded. I wanted to use AI but I knew better what to look for. On the other hand, my friend used it for mostly all the homework and assignments and of

be lit up. Do you have the hands to pick up the lighter? Even if you're afraid of the fire? That one match could light up a fireplace for you so you can stay warm. So light that fire again in your life, and let life burn in the best ways possible.



Application of Life

By Marie Beale

She wasn't just new to this world; she was *innocent*. From her date of birth, information was released to the world. An experiment that was successful.

Doubtful of the future, scientists created robots to serve under us humans, as subjects. It was good for a while, until the robots became obsolete, silent observers. Clients argued that the androids didn't care of their mental wellbeing, that it instead ignored their problems and continued with their chores. Sometimes, it was speculated that they would lie to remove themselves from the situation.

This wouldn't do. Ten years later, David Morgan, a top member of the Senate

Intelligence Committee, came up with a discovery. Something important and live-like. He went up to a crowd of 50 people, reporters and the world. Without a stutter, he suggested an idea that would change the world. Removing androids would be a bad idea, society is dependent on their abilities, plus it's far more convenient. He supposed a new android type, one that can analyze and genetically modify itself to understand its owner. A type that would only need a little bit of blood from the owner to work.

Surprisingly, the media ran away with this idea. Obviously, some denied the change, but it wasn't removable. People utilized this idea, made it whole, made it new. After production took place, people started to buy the new androids and threw out the old. It was a whole new program. A new experience. Reviews and interviews came back, all positive with interest. Some people had issues with the blood transfusion. Sharing blood with a human is scary, but with something artificial? Soon, this idea evolved. It wasn't just adult androids



any more, it was android babies. People had to wait a while for those ones to develop their owners' blood, understand

certain genes and values. However, there wasn't ever an ounce of regret.

There was an uprise in profit, so there was an uprise in budget. More merchandise, more jobs, more *connivance*.

People were comforted, so they left their children with the androids at home, stopped talking to people, and began to learn different things than reading, writing, and listening. The world was changing for good. Connivance started to replace tradition. People did build but not with bricks. News stations were filming the heroic events of androids, and the remedies of our scientists. Common folk were neutered and muted, entrained with new media. Androids grew and learned.

Eventually, David Morgan came back on television several years after the evolution of the android. He proposed another idea. Something relevant, but shameful. To get rid of the androids. He spoke about the resilience of humankind, our creativity, and our determination to create. The people paused. An uproar erupted, angry people, people who felt betrayed by him. People were distraught, so why would they give up something so precious, expensive, merciful. Negative thoughts were shared around the community, and the world. Some people protested in anger, some in spite. Some said they were family, friends, and followers. Some even said they were gods compared to them.

David Morgan never did come back into the news after that day. It was quiet. However, scientists never stopped. The community raised funds for the research of androids. The cycle repeated. Never ending. Endless. Finally, some spokesperson wrote up a paper in the newspaper. It spoke about the importance of artificial intelligence. How it works, lives, feels. But at the very end, it wrote; *"We are what we bleed, eat and see.*

So then, what's the difference between you and me? One is silver and the other pale. Explain why the other prevails."

The newspaper never made it out to the media. It was skipped over. However, some who got their robots to read to them did listen for once. And they thought, and came out of their seats, began to write, read, and listen once again.

My Name - The Diamond in Your Closet

By Taheerah Giwa

My name is the polished diamond that you keep in your closet. The shined, polished, pure and clean diamond. The purest one. The one which has been cleaned to perfection. You are probably wondering.



"What is that name anyways?". The name I bear is Taheerah. 14 years, six months and a day ago I was born to

Ruqayat and Idris. Those two amazing people believed and still believe that a child becomes their name. Another option they had was Saliha meaning Righteous and is the name of my younger sister. My name signifies purity, innocence and spiritual clarity. When researching on

www.ask-oracle.com/ and ancestry.com I found out that my name originates from the Arab word Tahir (to-hir). It is the male name for the word Taheerah. My personality is like a clear gem-you see exactly how I am. I would explain myself as an authentic person. I try my best to be genuine, honest and real. If my name was a color, it would be white. White signifies purity and chastity, but even the cleanest and the whitest of things might have some grime and black on it. So no matter how much I try I cannot be perfect like my name implies. I am a honeybee when determined, they complete their goal even if it means coming to harm for their colony. When I have interests or goals I see to it that it is completed. Honeybees are also conscientious and determined to do their work well and thoroughly just like I am. I also like to see the big picture and connect all the dots. My mum once told me "You analyze what is necessary and what is not necessary". I admire my mum a lot. We don't share the same name but I still love hers. Her name is Ruqayat which means charming and that is what she is, absolutely charming. She is always ready to help when you need it. She also tries her best to do what's right and overcomes her fears. I adore her and will always strive to be like her. I love my name a lot and I don't think I would change it for the world. Although another name I like that I use as an alias is Agatha. According to thebump.com Agatha is the female form of Agathos which means good, honourable and virtuous. My name is easy to roll off the tongue. It sounds like the dum da dum of classical music to the ears. It does not screech or make you feel bad. It makes you

feel as clean and free as a leaf swaying in the wind. All these things revolve around my name. "A child bears her name." I must try to bear my name, being authentic, determined, conscientious and analytical may not all relate, but they are what make up me. In the end, it's my mum, my sister, my dad, my friends, my name, and most importantly, my personality that make up me. My true self. Taheerah.

Sun

By Taheerah Giwa



Sun

Oh Sun?

Why do you shine?

**Why shine that light people consider
divine?**

Why bring that strong heat?

**When shadows help hide and you make the
truth fleet?**

Lovely Day

By Soleil Shabatowski

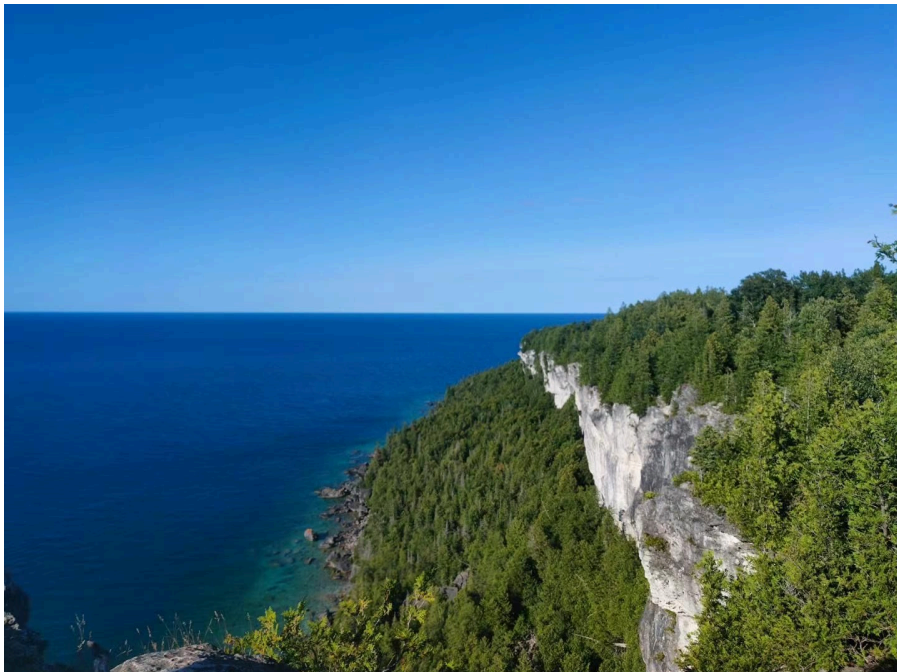
Lovely Day

*There is much to say
About such a lovely day.
Fall colours bursting on the tall trees
As fair weather pries out the birds and the bees.
The brown-orange leaves with the “crunch!” under our feet.
When the soles of our shoes and the dying leaves meet.
The blinding sun beaming, we bask in its warm glow.
Whilst not a breath of wind threatens to blow.
Across the terrain, the leaves are scattered,
And in them are groups of ladybugs gathered.
Studies are back and classes resume
Whilst the inevitable Canadian winter looms.
Harvest has begun, as farmers collect the beets,
The carrots and corn, and all other eats.
Thanksgiving is creeping on us once again,
And we are reminded of summer’s beautiful end.
Now autumn has come, and so will the cold
As the routine of awaiting snow slowly gets old.*

-Soleil Shabatowski

PHOTOGRAPHY AND ART

Yuhan Wang



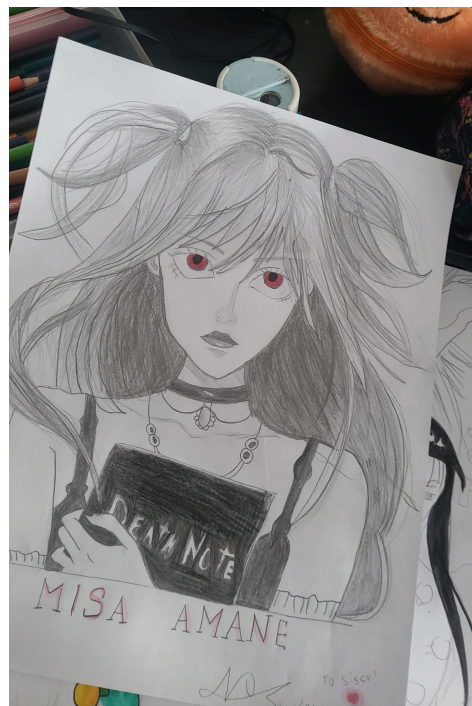
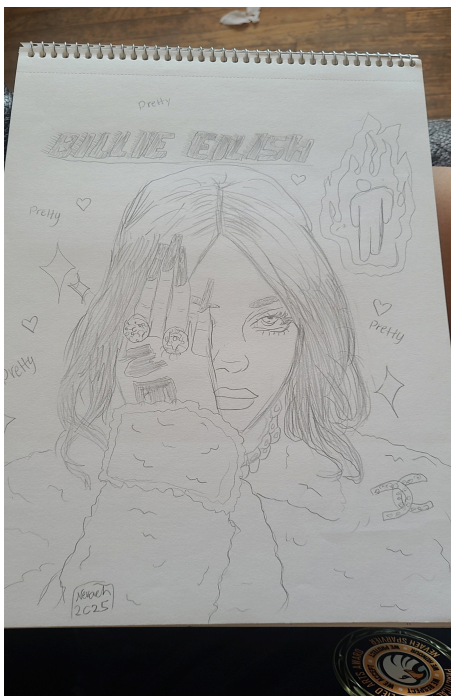
PHOTOGRAPHY AND ART

Madeline Chen



PHOTOGRAPHY AND ART

Nevaeh Sparvier



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Noemi Raizge



McTavish's Musings

Autumn Oka

Wow, September had me bouncing with school spirit! This was a month full of green and gold pride as our athletes showcased their hard work, dedication, and school spirit. The soccer teams are kicking with skill and teamwork, while volleyball is spiking their way through intense rallies that keep the crowd on edge. Football has started off strong especially with the homecoming game spotlight under the bright lights, battling with heart and determination. And speaking of homecoming, who could forget the 3v3 bubble soccer halftime showdown? Let's just say Paula's airtime might have broken school records... but hey, she bounced back (literally)! I couldn't have been prouder to cheer on our athletes!

Not to be overlooked, our cross-country runners have been tearing up the trails with stamina and speed, proving that Tartan pride stretches far beyond the field and the court. Everywhere I look, green and gold is shining through, whether it's a powerful spike, a perfectly timed pass, a hard-fought touchdown, or a runner crossing the finish line. So don't just read about it, come out, cheer loud, and support all our teams as they chase victory this season to represent Campbell. September brought unforgettable moments, and I can already feel October rumbling with more. Keep it going Tartans, you've got McTavish cheering every step of the way!



Check out our website below!
Scan the QR code or visit us on
thetartantimes.wixsite.com



HALLOWEEN

WORD SEARCH

K H A L L O W E E N P A R T Y W I
 E C L A R A M E L T U H D I P S T
 L A L J A C K O W E M O Y D N A C
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DECORATIONS

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HAUNTED HOUSE

JACK O LANTERN

MASK

MUMMY

ORANGE

PUMPKIN

SAMHAIN

SKELETON

SPIDER

TRICK OR TREAT

VAMPIRE

WITCH



