




# THE BRUIN BULLETIN

Summer Edition 2025






## Editor's Note



The Bruin Bulletin would like to acknowledge and honour that our club operates on the unceded and ancestral lands that rightfully belong to the x<sup>w</sup>məθk<sup>w</sup>əyəm (Musqueam), Sk̓wxwú7mesh Úxwumixw (Squamish Nation) & səlilwətał (Tsleil-Waututh Nation). As a newspaper we hold an important commitment to decolonization through journalism and uplifting Indigenous experiences and voices. Our goal for this issue was to continue to provide students with a platform to express their interests and discuss meaningful topics that are yet to be shared with the school and broader community. As this is Jenny and my final year with the club, this edition is especially important to us. We are committed to preserving The Bruin Bulletin and hope its legacy serves as a lasting reminder to students of the power of journalism, as well as the hard work, creativity, and care that exist within themselves and their peers.

- *Elsie Iwankow, editor-in-chief*



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# Contents



4	Violating the Constitution on Which You Stand - How Trump is Defying American Law	Haley Wickenheiser	5
6	Who is Chase Atlantic?		
	MMIW Day - Injustice and Legality in Canada		7
9	Words of Wisdom from the Wise Wizards of Britannia Elementary		
	How to Cope With Stress Through Hobbies		11
13	How the Internet Has Made Us More Divided		
	Forever Is A Feeling (8/10)		15
16	Student Art		



# Violating the Constitution on Which You Stand - How Trump is Defying American Law

By: Lara Torbica (11)

***“Injustice anywhere is a threat to injustice everywhere” - Martin Luther King Jr.***

Unmistakably, the world has been rocked by the second inauguration of president Donald Trump. Since the 20th of January, 2025, the American aim has morphed to sabotage the establishment of political and legal structures within the state.

The current president of the United States campaigned on a platform of “reform” and “common-sense” ideology in the past. However, the current state of administration has noticeably deviated in the statement they wish the world to perceive. From The New York Times to Fox News and the insurmountable public postings on social media like X, TikTok and Instagram, the public has expressed shock in the actions of their current government. In an unabashed disregard of civil democracy and abiding by law and order, Trump and his cabinet have officially crossed a sacred boundary set forth by the very people he is meant to represent.

On April 9th, federal judge James Boasberg issued probable cause to hold Trump’s administration in contempt due to the illegal deportations of American ‘immigrants’ to El Salvador. In many such cases as with Kilmar Abrego Garcia, these deportations

were enacted through an unconstitutional process and have led to the unlawful ejection of innocent US citizens to a foreign country. Trump’s office has been ushering in new policies and tearing down old ones on a spree. It is in the supreme court’s interest to ensure this power is utilized within the legal confines of their constitution. However, the processing of these deportations are not currently abiding legality as a whole. For this reason, the Supreme Court held a trial attempting to halt furtherance of the operation and to turn back any planes until a ruling was processed.

Openly, representatives from Trump’s staff seemingly agreed to act on said terms. As we know now, no such action to suppress the deportation operations have been. Still, the administration was given a chance to purge their contempt and comply with the Judge’s order. Yet, the project remains underway.

## **What Does This Aberration Inform About Democracy, Law and Order, and our Neighbours to the South?**

It is certain that American politics affect Canada and the global political landscape. As Canada nears our national election, many worry about our government ceding to the current American legislature as we grow

increasingly influenced by the rise in extremism.

“The court does not reach such conclusions lightly or hastily” Judge Boasberg stated. “Indeed, it has given defendants ample opportunity to explain their actions. None of their responses has been satisfactory.”

Already, supportive right-wing sentiment has been shared throughout the media landscape toting figures like Abraham Lincoln as a president who defied the confines of law to exact his principles on slave emancipation. Although, America’s situation is unique and has never actually been breached before. Previous presidents have certainly fought against court rulings yet, none have ever committed contempt and continued on with the process being arbitrated by the courts.

This shift marks an uncharted territory for the United States that Canada and the globe should recognize and condemn. Involving oneself in political matters such as keeping informed, voting or applying to work/volunteer during elections is a great way to ensure the strength of our political system. It is vital that the representatives of nations follow their own code of conduct. Unfortunately, we remain in the genesis of a massive international effort and can only anticipate the inevitable consequences in our impending future.

# Haley Wickenheiser

By: Ona Docherty Beggs (8)

Born and raised in Shaunovaun Saskatchewan, Haley Wickenheiser is widely considered one of the best female hockey players in the world. Wickenheiser grew up playing hockey in her backyard on an outdoor rink her dad built himself. Until she was 13, She would play on a boys hockey team to which, eventually, she joined an all girls team playing for Alberta in the 1991 Winter Games. Despite being the youngest and shortest in her

league, Wickenheiser scored winning goals leading her team to victory. At the young age of 15 she played in the Women's World Hockey Championships helping Canada win gold. Just 3 years later at 18, Wickenheiser led Canada to a 2 time gold medal win at the World Championships, proving she was a powerhouse in the world of women's hockey. In the Nagano 1998 Olympic games, Wickenheiser played for team Canada, representing

her country again on the world stage. Since then she has won 10 Olympic medals, 7 gold, and 2 silver. Nearing the end of her career, she started Wickfest, a tournament for young girls around the world to come together and play hockey. To this day, Haley Wickenheiser serves as an inspiration for young female hockey players everywhere.





# Who is Chase Atlantic?

By: Janelle Mendaz

Chase Atlantic is a 3-member band that debuted in 2014. They started to gain popularity over the years due to their unique take on an alternative sound. As a self-producing band, their instrumental, lyrics, and editing are entirely self-created. The members of the band include Mitchel Cave, Christian Anthony, and Clinton Cave. Mitchel takes the place of lead singer, Christian as a backup singer and occasional guitarist, and Clinton performs lead guitar, tenor saxophone, and the occasional backing vocals. Previously, they have stated the origin of their group name "Chase Atlantic", had no particular meaning – it was just a combination of words that they liked. The band's first Extended Play was named Dalliance. Although it was popular, the band truly peaked in 2017 after releasing their most successful

song, Swim. Particularly, the chorus has grown to a wide-spread popularity, being used in various TikTok trends. Chase Atlantic have a



Credit: Spotify

catalogue of songs that have fought for high ranking positions on streaming charts but, they have yet to make it on the Billboard Hot 100. Interviewers have prodded the members regarding this struggle to truly break out. The band's singer, Mitchel, explained that manufacturing songs for the sake of a popular reception did not feel authentic. He said even though the band had

written songs with success in mind, going forward Chase Atlantic strives to personalize each record and ignore the draw to marketize their music. In doing so, the band has cemented their loyalty to their style and quality for their audience. Despite having over 21 million monthly listeners and an enticing, fresh discography, Chase Atlantic remains fairly underground in the music industry. Overall, Chase Atlantic's one-of-a-kind genre creates an encouraging example for smaller artists, especially for those who want to break the boundaries of contemporary music. Their success is definitely deserved, and provides an inspiration to like-minded creatives everywhere.





Logo: Sarah Whalen



# MMIW Day - Injustice and Legality in Canada

By: Lara Torbica (11)

May 5th has incurred a long-standing tradition of honouring the lives, calling attention to, and seeking justice for the disproportionate amount of Missing and Murdered Indigenous Women and Girls.

Across North America, the Red Hand and Red Dress pose as symbols for the invocation of support towards the victims. Several cases of missing or murdered Indigenous individuals, most notably affecting women, girls and 2SLGBTQ+ members of the community have remained unsolved or undocumented. As of 2014, a reported 1,181 victims between 1980 and 2012 were documented by the RCMP. However, it is important to note this number may be closer to 4,000. This estimated rate of disappearances accounts for the prolific underreporting and poor documentation proven to have skewed important numbers throughout the years of the occurrence.

Projects such as the Highway of Tears, a march calling attention to the prejudice within the Canadian legal and police system, as well as the general demonstrations and protests made on May 5th, as well as February 14th, to promote action to the cause of solving, and preventing the discrepancies and violence towards the Indigenous communities of North America.

Within the known victim pool, it is not uncommon to notice a surplus of 2SLGBTQ+ members and sex workers. Many call attention to the longstanding violence and oppression of these groups throughout all of society. This oppression is heavily amplified when looking through the pool of Indige-

nous communities. A brutal combination of racism, misogyny, homophobia, transphobia, and anti-sex worker sentiments are often perpetuated and exacerbated against Indigenous people within Canada. Our Indigenous citizens have faced a tumultuous conflict in the face of their very land and the government that presides over it.

The amount of past crimes, systematic oppression, withheld responsibility and information and the furtherance of discrimination has prompted the creation of MMIW day.

Without attention and action brought to this cause, the victims, friends and families, and fellow Indigenous people cannot know peace.

The reality of the situation is, this is not an impossible case. With the right measures and the systematic dismantling of Indigenous oppression, the Canadian government could enact a great counter-measure to the decades-long cause. This article is not meant to dwell on the suffering of the Indigenous community, the purpose is to relentlessly educate and call viewers to action.

Without applying pressure to the cause, it can easily go ignored. For the safety and justice of the Indigenous people of Canada, MMIW should stand as representation of a victorious battle, not an endless conflict.

Canadian law is meant to behave as the foundation of which we can uphold our rights. If the law is enforced upon unequal grounds, the entire system falls apart. The Rule of Law by Thomas Bingham is a book that has enabled me to deepen my perception on the legal system within Canada.

The book dismantles the structure of the Common Law system, which is practiced in Canada. "The Rule of Law" is a concept we have all heard referenced. It is said that we all abide by this Rule and it is what enables our system to work. Bingham's novel attempts to define exactly what this rule actually means.

Initially, I read this book with a heavy bias against our legal system. I knew of the capacity for such crimes to be committed against discriminated-against communities and could not reckon with the idea that a system that totes equality could be so unbalanced. In a way, I was right. The current application of law and order within Canada is deeply flawed and often leads to over-patrolling, underreporting and the ongoing violence towards minorities.

Bingham's novel states that the law is not abstract, something to apply and withhold to your whim. The law is the foundation on which we govern ourselves to achieve equality and justice. If it cannot accomplish this, it is not truly legal.

This assertion opened my cynicism away from giving up, and towards the reconstruction of equal rights in our country. We may be limited by what our system upholds, but we are not limited by what we can do with it. I encourage everyone to participate meaningfully in demonstrations, supporting changemaking policy and spreading the word about MMIW day and its history. It is vital for the betterment of our future to protect each other and the system we all live under.

# Words of Wisdom from the Wizards of Britannia Elementary

A compilation of advice from kindergarteners at Britannia elementary

By: Tiki Wilkinson (12)

Do you ever feel stuck, or like you know so little? I've discovered that some of the youngest members of our community might be able to help us out. The following is a compilation of advice from our young neighbours. In the hopes to help you out in times of struggle or at the very least make you smile.

First, a mystery we all wonder from time to time, we asked about aliens. For the most part, the kindergarteners agreed that aliens do not exist. When asked why, many replied, "because aliens are green," or, "my mom said they don't exist". They also informed us that aliens can have up to twelve antennae and purple eyes!

## SOCIAL

Next, we moved on to questions a little more relevant to life on earth. According to the kindergarteners, when a person has a crush on someone they should give them a high five, a cool handshake, or talk to them. We had to help them out a little for some of the questions.

*What's the best thing to do when you're embarrassed?*

The kindergarteners were split on this one. Some denied embarrassment saying, "I never get embarrassed," and, "It never happens." Others suggested getting a hug or snuggling their stuffies. A few said hiding under your blankets helps, or covering your face. As the kindergarteners were finishing answering, one promptly tooted. This led us to our next, very important question...

*What should you do if you fart in public?*

As I explained this question, some of the kids released audible gasps or shifted uncomfortably. "Ummm... I don't know," and "My mom never told me," were common responses. Apparently, as the kindergarteners say, farts can give you pink-eye. They advised closing your eyes or waving the air around in front of your face so that it doesn't enter your eyes. Just to clarify: farting is normal and healthy and does not, in

fact, give people pink-eye. However, it may still be advised to waft the air away or allow ventilation in the space to avoid the odor.

*What should someone do if they're really annoyed or angry at their best friend?*

The first answer we got was, "Scream into a pillow." "Get a really big hug from your mom, or dad, or brother, or sister." One kid replied in a matter-of-fact tone: "Maybe you should walk into another room... take a break." Other kindergarteners recommended hanging out with a different friend that's nicer and then going back to the one you're annoyed with later" or "just staying with them".

We got distracted at times discussing video games and favourite foods, but managed to continue the interview.

## SELF-CARE

We then chose to ask questions that might render answers of advice on improving well-being.



*How do you take care of yourself?*

The most common answers were, “Eat lots of food (including veggies)... and drink lots of water;” “Brush your teeth;” and “Make sure you have rest.” Their answers to many of the questions were very basic, but reminded me how important these things are. As highschoolers, we often get distracted and can neglect our needs. It was surprisingly reassuring to hear these responses.

On the topic of rest, we asked why sleep is important. “It helps you think, and it makes you less angry and mad.” “For energy,” “so you’re not tired, and you don’t keep falling over.” They agreed that it’s important “to rest your brain” to help focus, and “so you can keep listening.” After establishing the importance of rest, we decided to explore good sleep hygiene:

*Is it good to go to bed while looking at a phone or device?*

They all answered in unison: “NOOOOO.” One claimed “it’s not

good because you have screens right at your bed and it hurts your eyes.”

Another said, “It can hurt your ears if it’s really loud.”

“You can also have trouble sleeping if you are looking at it so long and you’re so distracted.” The kindergarteners warned, “You might get screen addicted, and you might not go to sleep, and then you might not get any energy for tomorrow”

*What do you do instead?*

Some suggested watching TV and then going to bed after. Another idea was reading a book or listening to an audiobook.

*What do you do when you feel like giving up?*

Many of them were positive here, even though feelings of giving up can be quite negative. They said they “Keep trying,” sometimes “Take a break,” or “I just give up.” They also found it valuable to “encourage others if they feel this way.”

Finally, we asked them if they had any advice for teenagers.

Some of them didn’t know what to say, but we did get one answer: “always take care of littler people”. They weren’t being biased with this one, they genuinely meant it - even for people younger than themselves.

# How to Cope With Stress Through Hobbies

By: Sojchana Swatton (11)

The seemingly never ending weight of getting good grades, missing assignments, and the nail-biting looming dread of tests seems to always be in the foreground of our young impressionable minds. Not even taking into account the external burdens that everyone is battling on their own, being a teenager is extremely stressful. Unfortunately for us, excess stress can lead to the deterioration of not just your mental but physical health. According to the Mayo Clinic, some examples of ways that stress can negatively impact your well-being are: insomnia, eating disorders, digestive issues, memory problems, and so many more. Unfortunately, in most cases, school is unavoidable, so in order to counteract its negative effects, it is important to indulge in a hobby that lowers stress levels. Since summer is just around the corner, here are some hobbies to try. Who knows, you might even learn a useful skill or two!

## Jigsaw Puzzles

Jigsaw puzzles, whether you believe it or not, are an excellent way of reducing stress levels. All you have to do is get a puzzle that you like, pick your preferred amount of pieces (usually 500-1000) and start the everlasting journey of completing the pretty picture. The state your mind is in whilst doing a puzzle is so peaceful it can be described as almost meditative. In a world where we need our brains to be constantly stimulated, thanks to apps like Tik Tok, setting some time aside to focus on a puzzle can improve our attention span and overall sense of calm. Our brains seem to have a liking for patterns and sequences



therefore puzzles can play a huge role in boosting your mood. Not to mention the accomplishment that's felt once you're finished is unmatched. Almost any bookshop you go to will have a puzzle selection with beautifully made puzzles. The Book Warehouse on Broadway has an incredible selection of puzzles to choose from. Puzzles can be pricey, with prices ranging from \$12-\$40, so if you're looking for an option that won't break the bank, thrift stores are a great option. Most thrift stores will have some puzzles, and while you may be risking a missing piece, you can get the same high quality puzzles for way cheaper.

## Sewing

Why not become a fashion icon over the summer? If you've been at Britannia since grade 8 you've taken at least one textiles class. Don't you remember the excitement of setting up the machine, having to take out the wrong stitches, and maybe even breaking the presser foot? Hey, maybe you really enjoyed sewing, maybe you didn't but you're willing to give it another go. Whatever the case, sewing is a perfect way to escape from your worries and concentrate on the repetitive rhythm and thrum of the machine. You'll also become an expert problem

solver with all the things that could go wrong. Don't let the truth sway your decision, the output will definitely be worth it! Have you ever looked at someone and admired how unique and cool their shirt was, or wished your pants fit you as perfectly as theirs, you won't have to wish any longer! You can buy reasonably priced sewing machines at Walmart, you can buy cheap ones second hand, or you can join textiles club with Ms Rivera! Thrift stores are a great place to find cute clothes with exciting potential to creatively turn into the fit of the summer!

## Journaling/scrapbooking

You may have tried to start a journal in your younger years, or let your creative side take the wheel and attempt your hand at scrapbooking, though maybe you never fully saw it through. You might want to pick it up again though because not only does it exercise your creative muscle but it is effective in relieving stress. Journaling specifically is really beneficial for having a healthy outlet to let out all your pent up teenage angst and regulating your emotions through gaining perspective and laying everything out. Scrapbooking is also a great pastime because not only does it encourage self-reflection but it also



engages you through enticing visuals and text. To start you can get some inspo from pinterest or maybe just pull some ideas from your good old brain. Journals can be found at most bookstores, or if you're feeling extra creative, look up a tutorial on how to make one yourself. If you're more so leaning toward scrapbooking, I suggest checking out a store called Urban Source on main street. It's a bulk crafts store that's relatively cheap and all the materials are second hand. So not only are you doing your wallet a favour, but you're also being eco-friendly! Go you!

### Playing a musical instrument

Now I know this may seem intimidating, but trust me, it'll be worth it in the long run. Any musical instrument will do, you just have to be willing to put in a little bit more effort for this one. Playing music and having a creative outlet will definitely boost your mood as well as provide a healthy distraction from every-day worries. On top of that, it'll also aid in preventing dementia and overall enhance cognitive function. Playing an instrument is definitely a great skill to have and will make you 10x more interesting. The only slight dissuading factor is the price of some instruments. If you're really invested you can try to source out a relatively cheap instrument of some kind, or alternatively you could just join a band at Britannia. If you're interested in playing guitar, you could mosey down to the band room to see if Ms. NT will allow you to borrow a guitar during fit. If you learn to play an instrument you'll be exponentially cooler, trust me.

### Sports/physical activities

I know this is very broad but

seriously anything works. From basketball to swimming to yoga, any type of physical activity is an outstanding way to relieve stress. Team sports such as volleyball, ultimate or badminton can create unity and positive social interaction as well as having a perfect way of letting out built up stress/anger with some healthy competition. Solo physical activities such as kickboxing, running or going to the gym, reduces levels of cortisol and can boost self-esteem. All physical activity releases endorphins and can temporarily ease our minds from whatever worries are prevalent. You can start anytime, depending on what you're planning on pursuing. For home workouts you can look up some videos on youtube with the difficulty level that's right for you. If you're more interested in joining a team sport, maybe look into clubs that run over the summer, practise with some friends or get ready for the next sports season at Brit!

### Cooking/baking

They say that baking is a science and cooking is an art, and I say that it's an amazing way to relieve your stress. Whether you enjoy baking an entire tray of cookies for a midnight snack or surprising your family with a 3 course meal, cooking/baking is a creative outlet that can distract you from daily stressors. Forcing yourself to focus on the step-by-step instructions and the actions of mixing, chopping or measuring aids you in becoming more mindful and less worried about every-day affairs. You'll most likely already have every tool you need to cook/bake, and if you don't usually there's always a substitute. You don't need to be Gordon Ramsey, you just have to be open minded to trying new things. Hey, you might even become a master chef by the time you graduate.

### Volunteering

Volunteering is beneficial not just for you, but for whatever cause you're helping. Depending on your interest there are multiple volunteer opportunities such as, community clean ups, dog walking, working in hospitals, or with youth. Volunteering allows us to occupy our minds while doing an activity that is enjoyable to you. It gives you that feel-good feeling due to helping your community. If you're volunteering for a cause you care about, it won't feel like unpaid work. There are many different places around Vancouver that are looking for volunteers. If you're looking to work with youth, maybe take a gander at the programs the Vancouver Public Library have to offer. If your schtick is moreso to do with healthcare, take a peek at what the children's hospital has to offer. Point is, whatever you enjoy, you can find something to volunteer for (plus it looks really good on post-secondary applications).

### Conclusion

The end of school is near (huzzah!), and whether this is your last year, or you have many more to come, I think hobbying is a great way to relieve some of the stress the summer is bound to bring. Whether it's learning how to bake multi-tiered cakes, becoming a professional harp player, or starting your own clothing brand with just a needle and a thread, this summer should be one full of fun activities that actually make us happy and fill us with joy. Let's give our minds a chance to breathe, to enjoy the summer while it lasts, and to learn something new, that has nothing to do with algebra. Here's to making the most of summer 2025!

# How the Internet Has Made Us More Divided

By: Elsie Iwankow (12)

A seemingly typical young boy is accused of the murder of a young girl by stabbing her several times. This is not a breaking news headline; it is the premise of the Netflix mini-series *Adolescence*. Over the past few years, an influx of right-wing extremist ideology and machismo, defined as strong aggressive masculine pride, has flooded the internet. Influencers like Andrew Tate are gaining traction since 2020 and the “Manosphere”, a varying collection of content that promotes masculinity in direct opposition to the feminist movement, is on the rise. These spaces provide an escape for young men. As violence against women and femicide grow more and more common, there is an ever prevalent need to examine how the radicalization of young men has played into the hostility that women, along with minority communities, are experiencing. Although *Adolescence* does not explicitly examine the content that young men are exposed to, it poses a vital question: Why is this happening? Why is the world noticing a flood of young boys identifying with the far right while blaming their shortcomings on women or minority groups in general? The answer is not black and white. There are many factors to consider when tackling this issue, however, to examine the motivation behind the message is how we could begin moving forward.

The traditional role of men in Western society is based on dominance. The patriarchy has placed an ideal on men that pushes them in control above all else. This, obviously, comes at the cost of women and their right to autonomy.

The fight for a progressive understanding of manhood has become increasingly widespread throughout mainstream media. This notion accepts that control does not equate to masculinity affirming that identifying as a man should be as simple as feeling that you are a man. Yet, this is a controversial idea on niche online forums falling under the “Manosphere”. These spaces reiterate how men must prove their masculinity to become real men in our society. The “Manosphere” demands the overt dominance of men in order to lure women into reciprocating their attraction. According to them, if men do not comply, they are not “real” men. Devastatingly, this rhetoric pervades internet rabbit-holes like “Red Pill” and “Manosphere” content.

Nowadays, social media platforms involve advanced algorithms that aim to draw viewers in and share content customized to their audience. Consequently, this leads to people falling down internet Echo Chambers, a content loop made to affirm the very ideology consumers reveal to their algorithms. Examining the presence of social media in the lives of young people and the state of the algorithms in which they are exposed to every day, it becomes apparent how targeted groups in our society are able to fall into these ideological rabbit holes and stay in them despite the misinformation and dangerous ideas they might spread — one of the driving factors dividing our world right now. Consumers are being pushed into corners of the internet that refuse to challenge their thinking. Instead, they

reinforce narrowmindedness. This is not exclusive to right-wing politics, it envelops the entire internet landscape. Unfortunately, the rise in the alt-right seemingly impacts the rates violence and hostility towards minorities both, online and offline.

In 2024, Kyle Clifford committed a triple murder on his ex-girlfriend, Louise Hunt, her sister, Hannah Hunt, and her mother, Carol Hunt. The courts discovered that Clifford adamantly followed the words of a famous Pick-Up-Artist, known throughout the “Manosphere”, Andrew Tate. There is no firm evidence of the two factors correlating. However, there is no denying that in the past decade, violence against women being perpetrated by men who claim to be a part of and interact with these “Manosphere” forums, collide now more than ever. In 2018, a 25-year-old self-proclaimed Involuntary Celibate or, Incel, drove a van through Young Street in Toronto, intentionally running over civilians. He killed 10 and injured 16 others, many of whom were women. Prior to the attack, he posted “the Incel rebellion has begun!”, on his Facebook. After the attack, the driver was hailed on various Incel platforms as a hero. One poster on incel.com claimed him, “our next new saint.”

These two cases are among countless others, all involving the brutal violence against women and minorities in the name of extremism, grown in groups and communities that thrive on the internet.





Credit: Adolescence

Feelings of loneliness and depression have been disproportionately rising for men of all ages for years now. Plenty of the content that influencers like Andrew Tate share is most vulnerable to these demographics as they hide behind a facade, providing simple solutions for complex issues. In reality, these spaces worsen the issue at hand. The ideas that circulate on these online platforms reinforce patriarchal societal expectations around masculinity. These expectations disrupt young boys' ability to properly deal with natural emotional experiences in a healthy way. Often, this leads to a misunderstanding of masculinity rooted in men externalizing their feelings through aggression or blaming their shortcomings on minorities.

To try and understand the weight of the issue, a study was conducted on the participants of an infamous Incel forum by Journal of Strategic Strategy. The article, "Involuntary Celibates' Experiences of and Grievance over Sexual Exclusion and the Potential Threat of Violence Among Those Active in an Online Incel Forum", drew from a pool

of 1,000 daily users, analyzing 272 of them. They found 74.6% of those analyzed felt that taking part in these Incel forums made them feel understood and 69.9% stated that it gave them a sense of belonging. Although this only entails a small fraction of the community in the "Manosphere", it highlights what people are searching for on these platforms. Within the "Manosphere" community there is a strong rejection of so-called "woke culture." Men, predominantly White men, tend to express a sense of isolationism and resentment towards progressivism. Through blaming the left-wing, participants of these forums use hatred and bigotry as a scapegoat from the true problems they face.

What remains unrecognized is that the responsibility does not lie on left-wing or progressive politics. The isolation and loneliness men feel is rooted in the oppressive systems that equality activists are adamantly working to dismantle. The combination of mental health issues, the expectations of the

patriarchy, and the superficial, misleading information spread across the internet, collapses into the negativity young people are exposed to. Cumulatively, they play a role in the vulnerability of young boys and men falling into radicalization.

The internet can be a beautiful place where people find community, create long-term connections, and access educational information with ease. However, as we continue to grow and evolve alongside social media, there is a sense that we are growing more divided. The work of algorithms on social media platforms that push people into echo chambers play a huge role in our socio political polarity. In a world where the youth literacy rates have declined whilst rates of young people's social media presence are at an incline, now, more than ever, it is crucial we remain critical of the content we allow ourselves to consume.

# Forever Is A Feeling (8/10)

By: Chiya Amin (11)

After a new album, EP, and a tour with her fellow members of Boygenius, Lucy Dacus returns to produce the 2025 album *Forever Is A Feeling*. Lucy Dacus is a singer/songwriter who created previous albums such as *No Burden*, *Historian*, and *Home Video*. She has also worked with artists such as Phoebe Bridgers and her recent girlfriend Julien Baker, who make up the band Boygenius. The new album was first announced on January 15th, 2025, and was soon followed up with physical media releases as well as announcements for an upcoming tour where she will be arriving in Vancouver this summer. Shortly before the album release, Dacus announced that she would be holding release parties at participating record stores for fans to get a chance for an early listen and to receive exclusive goodies before the album hit music streaming services. The album was officially released on March 28th, 2025 and has since then gathered mixed reviews from critics who praise the album for its great songwriting, but dislike its simple production, especially when compared to her previous albums.

In my opinion, this album is one of Lucy Dacus's more interesting albums because of the different approach. For this album, she decided to take a step back from the rock/indie production style she's best known for and focuses more on making a calmer production style. In my opinion, this style choice works well for the album, and it's able to capture both the themes she expresses throughout the album as well as create a unique sound that fits her and her discography.

On songs such as "Talk" and



"Forever Is A Feeling", she goes back to her earlier style while combining it with this new, calmer production. In my opinion, the last few songs tend to be repetitive though, Dacus' sound is definitely curated and specific. Overall, the repetition does not drag the album's quality and it remains an enjoyable experience.

Dacus's lyricism is striking in her ability to express her emotions with clarity. Her intense struggles and feelings permeate throughout the album, allowing audiences to appreciate each direction Lucy Dacus takes us through. In terms of the lyrics and themes, the finiteness of love and the meaning of 'forever' identifies the album. In songs like 'Ankles', Dacus expresses desire to commit to a relationship beyond that casual-ty. However,

in songs like "Forever Is A Feeling", Dacus describes certain memories. She views her memories as precious because of how limited time is, it allows her to appreciate their fleeting lifespans. The themes of love in terms of time is shown throughout Lucy's songwriting, which complements the upbeat instrumental and production nicely.

In Conclusion, Dacus' *Forever is a Feeling* adds another lovely addition to a discography of soothing, emotional and unique, personal songwriting. The album can easily be enjoyed by fans and listeners who are drawn to resonate, deep, alternative indie. I believe there album has yet to reach its peak popularity, with more appreciation growing as time goes on, indicating a strong example of the 2025 sound in popular music.



## Student Art



By: Tikki Wilkinson (12)

# Student Art



By: Jenny Chi (12)

By: An Pham (12)



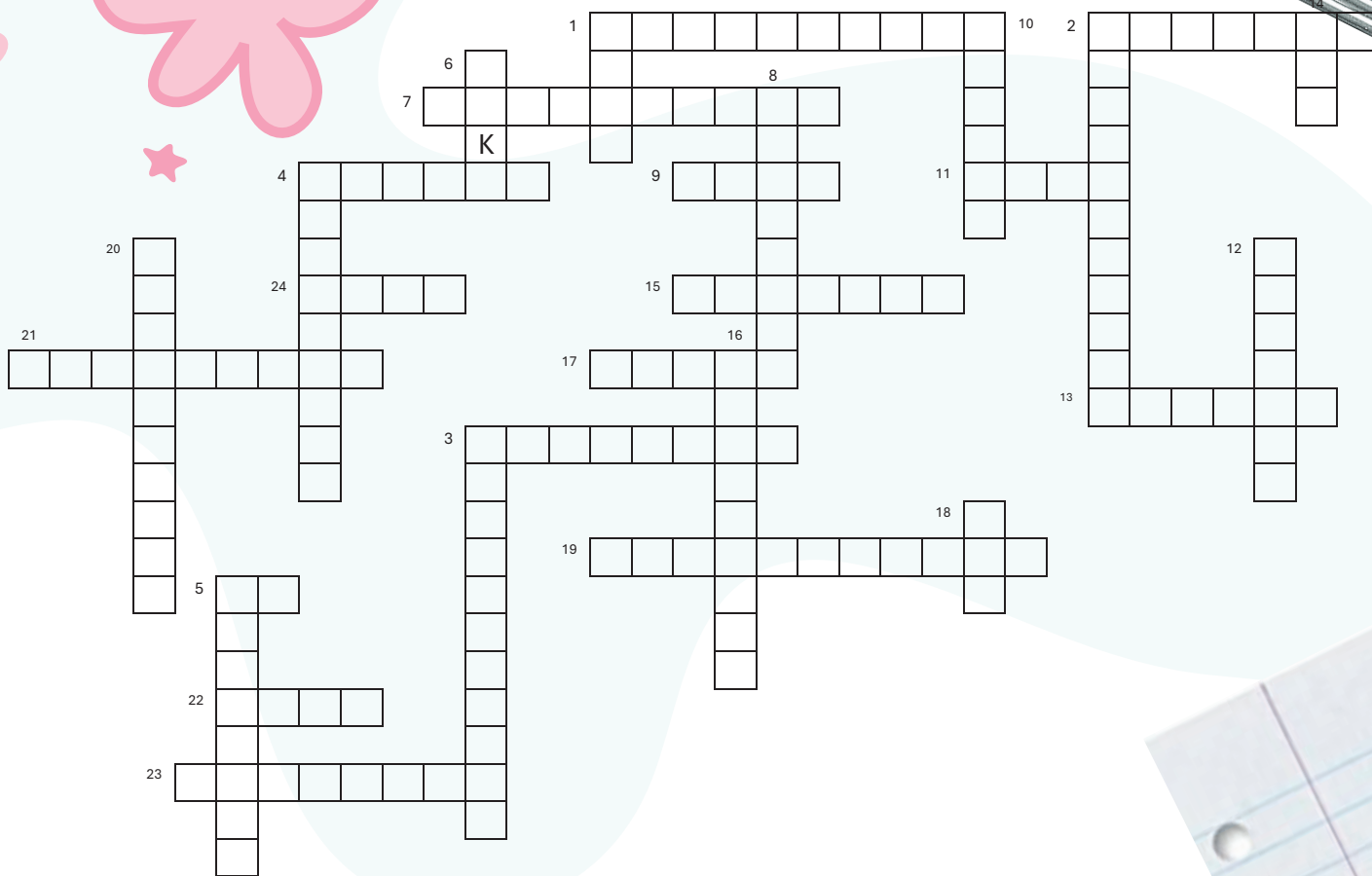




By: Tikki Wilkinson (12)

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### ACROSS HINTS

1. where you could find a swing set
2. picnic \_\_\_\_\_
3. when this comes out, you put 3-down on
4. food carrier
5. \_\_\_ index
7. thirst quenching fruit
9. keep your food away from these little fellas
11. what one might fly
13. lots of legs
15. cherry \_\_\_\_\_
17. what a soccer field is made of
19. a snack board
21. ACHOO!
22. see 5-across
23. popular 7/11 treat
24. earth friendly exercise

### DOWN CLUES

1. Where you go to picnic
2. Seen throughout the magazine
3. put this on when 3-across comes out
4. Buzz buzz!
5. A way to block the sun
6. It's a piece of \_\_\_\_!
8. Best place to be in the summer
10. refresher
12. Often used in baking???
14. A response to 13 across
16. Burn blocker
18. Easy as \_\_\_\_
19. \_\_\_\_\_ bracelet