

NorthStar Chronicle

Written by students, for students



ADVICE COLUMN

By Naomi Kitchen

Healthy relationships have their privileges and boundaries.

This statement does apply to intimate relationships one would have with a significant other but it also can extend to family relations, friendships, colleagues, and even strangers etc. With every encounter one has in his/her life time there will be privileges and boundaries, and with a good mind set those privileges and boundaries can have a positive impact on how one treats others resulting in healthy relationships.

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THIS OR THAT

RANDOM
PREFERENCES

Advice Column Continued

One of the greatest challenges with this idea of obtaining healthy relationships and a good mindset is to conquer the unhealthy stigma surrounding relationship boundaries and privileges in today's society. Often society will encourage one "not to be a people pleaser" while at the same time being some-what silent over the issue with stepping across boundaries in relationships to gain privileges that are not healthy in the current state of those relationships. In all relationships there has to be balance, not an equal balance but a stable balance when there is a certain amount of privileges and boundaries that are unique to each relationship one has.

SWEET	SAVORY
ROSES	PEONIES
NIGHT OUT	STAY IN
VANILLA	STRAWBERRY
LONG WALKS	BICYCLE RIDES
SCARY MOVIE	COMEDY
TALK	LISTEN
BE SURPRISED	GO AS PLANNED
SUNRISE	SUNSETS

In life you will have friends you can share sensitive topics with and others that you should not share too much with, some friends will be closer to you than you are to them and some more dear to you than you are to them. You may have more respect for your guardian's opinion than the other adults around you or vice versa, it does not mean you disrespect the other seniors in your life it just means you hold a certain amount of respect for each person depending on how you view them or how much you care about them. It is healthy to give people different privileges and boundaries in your relationships and general life as all people are different and should be treated with consideration to those differences they have. Just as it is harmful to hardly open up to those around you, it is unhealthy to give yourself to other people too much. So, this coming Valentine's Day and family day let us all learn to break down some boundaries and hold back certain privileges to obtain healthy relationships with those around us. You may find that you will become closer to your family and more respected by your friends in doing these things.

Naomi Kitchen



Music Recommendations

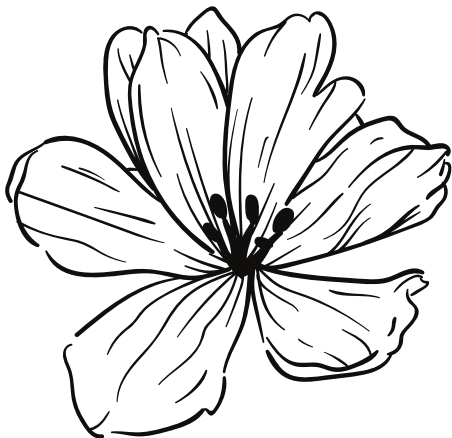
By AVA SMITH

Put a Little Love on Me
Niall Horan
Released 2020
Genre: Pop

My Funny Valentine
Frank Sinatra
Released 2007
Genre: Jazz

Love Like This
Lauren Daigle
Released 2018
Genre: Christian Contemporary
(Personal Favorite)

You are the Reason
Calum Scott
Released 2018
Genre: Pop



"Come let us sing
for joy to the
Lord; let us shout
aloud to the Rock
of salvation."
Psalm 95:1



Change is on the Horizon: A New Era for the Canadian People

BY BETHANY URQUHART

Change is seizing hold of Canada. The nation has erupted into protests, COVID-19 mandates are being fast-tracked to their end, and our economy continues on its steep slope into the ground. The next several months will be a rollercoaster, as our fractured and diluted government will either collapse entirely or fasten itself together.

On January 29th, 2022, over 50 000 trucks descended on the nation's capital. The convoy has come to be known as The Freedom Convoy, gathering from every corner of the country to protest the widespread COVID-19 mandates.

Before the existence of the convoy, the largest convoy recorded was 7.5 km in length, taking place in Egypt in 2020. Over 70 km, The Freedom Convoy is now the largest convoy in history and nearly ten times the length of the former record. In an attempt to disperse the frenzy of trucks, the government has downplayed the protesters as far-right extremists. Our own prime minister, Justin Trudeau, stated, "The small fringe minority of people who are on their way to Ottawa, who are holding unacceptable views that they are expressing, do not represent the views of Canadians." Canada has a population of 38 million, with 50 000 trucks in Ottawa and several thousand protesters on foot, the convoy is hardly a "small fringe minority". That is excluding the protesters along the highways and protesters in their hometowns and excluding the convoy blockades in four major points of entry into the United States. Many public figures from around the world have come out in full support of the convoy, figures include Joe Rogan, Elon Musk, Russel Brand, Jordan Peterson, and even the former duly-elected president of the United States, Donald Trump. The convoy has inspired change, rippling throughout Canada and now worldwide. Convoys now exist in multiple countries including Brazil, Australia, and Italy, protesting their own government's overreaching mandates. Within our own border, a difference is being made and change is on the horizon.

Provincial COVID-19 mandates have been lifted in a desperate attempt to snuff out the flames of the freedom protests. Saskatchewan was the first to announce the opening of the province, with Alberta and Ontario following suit. Notwithstanding, citizens continue to protest until all government mandates - federal, provincial, and municipal - dissipate or are repealed.

Change is on the Horizon: A New Era for the Canadian People Continued

Further issues have been catalyzed by protests, such as the forcible resignation of Erin O'Toole as the leader of the Conservative party of Canada. Candice Bergen, now serving as the interim leader of the party while an upcoming election is in the works. A new hope emerges for Conservatives as an augment popular figure has announced his campaign, Pierre Poilievre. Poilievre intends to become the leader of the Conservatives, furthermore, the Prime Minister of Canada. He, like many Canadians, is now calling for the resignation of Justin Trudeau, which has resulted from Canadian's fragmented trust in the Liberal leader. Politics in Canada is shifting, we can only hope that the state of our economy can shift with it.

It does not take an economist to point out that our economy is failing. With massive amounts of inflation and low amounts of quantitative easing, prices are skyrocketing. CBC reports that nearly \$220 has been added to the monthly grocery bills of a typical Albertan family in 2021 alone. Perhaps if your family has been looking at moving, or a member of your family is in the real estate market, you've seen how outrageous housing prices have become. In Canada, almost a third of 18 to 34 year-olds still live with their parents because they don't have enough money for housing. We are sliding down a steep slope. If our economy doesn't change soon, we will find ourselves amidst the next Great Depression.

New hope has arisen for the Canadian people as change dawns on the horizon, but there is still much work to be done. After COVID-19, there is no returning to normal. It has torn into our daily lives and changed the way by which we live, but perhaps we can build back Canada better than it once was. I encourage you to stand up and fight for your beliefs, use your voice and be heard, and build a nation to be proud of.

References are available upon request, email bethany.urquhart@saschool.ca.



Which Frozen Character are you?

By Olivia McLean

1. You find it easy to introduce yourself to other people.
 - a) Very Accurate
 - b) Somewhat Accurate
 - c) Very Inaccurate

Continued on next page

2. You prefer the colour...

- a) bright blue
- b) light purple
- c) emerald green

3. You prefer the TV show...

- a) Julie and the Phantoms
- b) Full House
- c) Anne of Green Gables

4. Your dream house would be...

- a) a homey cabin high in the mountains
- b) a large, elaborate seashell at the bottom of the ocean
- c) a quaint little cottage in the rural, forest region



5. Valentine's Day is here! What do you give your brother?

- a) a homemade bookmark
- b) some leftover peppermint balls
- c) a glittery pink Valentine

6. You prefer the sport...

- a) Field Hockey
- b) Badminton
- c) Table Tennis

7. Someone gives you a huge jar of cinnamon candy hearts for Valentine's Day. Gross! What do you do?

- a) Thank them heartily, and throw them all out later
- b) Make a face, and say a forced thank you
- c) Regift them to your dad

*"For whoever calls
on the name of the Lord shall be
saved."*

Romans 10:13

Mostly A's:

Anna:

You are energetic and fearless! You love a good challenge, and are always looking for adventure. Your sweet, courageous spirit is full of surprises.

Mostly B's:

Elsa: You are kind of quiet but have a huge personality! You are an amazing friend and a model team player. Your curious, kind nature enchants everyone.

Mostly C's:

Kristoff: You are definitely a practical joker! Though you might be shy sometimes, your great sense of humour and natural charm make you an awesome person to hang out with!

Book Reviews

Eight Cousins



Louisa May Alcott

***EIGHT COUSINS, BY
LOUISA MAY ALCOTT***

Genres: Coming of age, Family

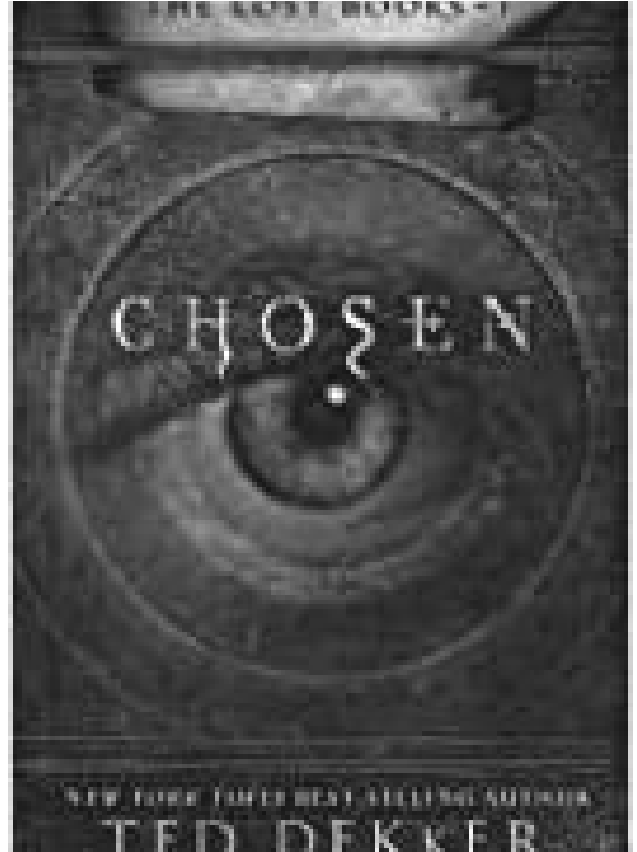
Interest Level: Grades 7-10

Rating: 9/10

Similar to: Little Women, Anne of Green Gables

Author: Louisa May Alcott

Year Published: 1875



Chosen, By Ted Dekker

Genres: Fantasy, Parable

Interest Level: Grades: 4-9

Rating: 7/10

Similar to: The Chronicles of Narnia, The Lord of the Rings

Author: Ted Dekker

Year Published: 2007

February Activities

February 7 - Becoming Player X (Grade 10-12)

February 8 - One Stroke at a Time Cluster

February 9 - Kerry Wood Nature Centre

February 10 - Limitless-Another Look at Paul

February 10 - Waterfall Cards

February 12 - Limitless-Tubing

February 14 - Climb Park

February 18 - Edmonton Valley Zoo

February 19-27 - Family Day Week - No School

February 28 - Rock Climbing Cluster

WWW.NSASCHOOL.CA

10 Cool Valentines Day Facts

- Passing out Valentines is a 600 year old tradition.
- Teachers are the number one recipients of Valentines.
- Alexander Graham Bell applied for a telephone patent on Valentines day.
- The Cupid has its roots in Greek Mythology.
- The first Valentine was sent in the 15th century.
- Americans send 145 million Valentines a year.
- The first heart shaped box of chocolates was introduced in 1861.
- Nearly 6 million couples get engaged on Valentines day.
- Lovebirds are actual birds.
- The first Valentine was written from prison.

February Events

Black History Month

Join the Black History month activities to learn more about the obstacles black people have been up against in both the past and present. More details in the Learning Commons!

The Valentine Bakery

Let's work together to make our own Valentine Bakery! Post your dessert recipe in the Padlet on the Learning Commons.

What are you waiting for?



Food Kids Can Make!

By Lina Biniyam



TODAY'S RECIPE: STOVETOP PIZZA

Its that esay!

Have you ever been in the mood for this ooey gooey goodness but your parents just won't cooperate. Well, fear no more! This is a super simple recipe that you can cook! When using a stove have an older sibling or parent with you.

Ingredients: 1 Totilla, Grated Cheese, Marinaia Sauce, A Flat medium sized pan, Pizza toppings of choice

Steps: Turn stove on to medium heat and place tortilla in pan, flip 1 or 2 times, add desired amount of marinara, let it heat for 30 seconds then add toppings, when toppings are melted remove from heat, let cool and Enjoy!

Current News



Written by Naomi Kitchen

Current news, which for some of you is the later news, this month's topic "State, Nation, & International Affairs".

Albertan News: As of February ninth, of 2022 many of the covid restrictions including the exemptions program (also known as the vaccine passport system) have been dropped. Youth under thirteen will no longer have to wear masks as of February 14 2022 in any setting, and all students between kindergarten to grade 12 will not be required to wear masks at school. Though the biggest change will come on March first of this year when all restrictions excluding isolation and social distancing are no longer required. With hospitalizations decreasing it is looking like a hopeful spring, these release on restrictions will be pursued as long as cases and hospitalization decrease in Alberta.



Canadian News: Mostly everyone knows about the trucker's protest at this point, though there is much hype and controversy surrounding this topic there is a few other things happening for Canada. This past winter has shown heavy snow fall all across Canada and it looks like there is now some heavy snow over in P.E.I as well as Nova Scotia, so much snow that school is cancelled for students in grade school and university! As of February 14, Canada has won 1 gold medal, 6 silver medals, and 9 bronze medals in the 2022 Beijing winter Olympics. Not the best year for Canada in the winter Olympics, but the Women's Hockey team for Canada has a chance at winning another gold medal in the final game this Wednesday February 16.

Global News: Tension increases at the Russian-Ukraine boarder, causing tension to rise on an international scale especially in Europe and countries involved with both Russia and Ukraine. Despite the threats and pleads for peace it seems that Russia is not backing down on possibly invading Ukraine, leading to countries like Japan, Australia, Canada etc. urging and requiring their embassies to leave the country as soon as possible. On February 14, Prime Minister Trudeau announced that he is sending 7.8 million dollars worth of lethal supplies to support Ukraine, it seems that the pressure is reaching its breaking point and a hot war is likely to break out in Europe very soon. That's all for the February edition.

-Naomi kitchen



Happy February!



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FOR MORE VISIT:

<https://sites.google.com/nsaschool.ca/northstarchronicle/photo-gallery>