

2025

THE WIRE

M A G A Z I N E

VOLUME
I

OPINION | LIFESTYLE | SCHOOL NEWS

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On the transition
from Deputy Head to
Head of School

Celebrating **13** years
of leadership at LCC

We recently sat down with Mr. Salkeld to
discuss his vision for LCC's future and
his journey as an educator.

Interview with

**MARK
SALKELD**

By: Anja Martin-Prashad & Noray Martes

Current LCC Deputy Head, Mr. Mark Salkeld, will soon transition to being the Head of School in the upcoming 2025-2026 school year. With a Postgraduate Certificate in Education from the University of London and a Bachelor of Arts from Cambridge University, he has 25 years of experience as an educator (in schools abroad and in Quebec), and has assumed leadership roles in LCC since 2002, including being the Deputy Head for the last seven years.



Q: What is one thing you're excited about as you step into the role of Headmaster?

"First of all, I think we should call it Head of School—it's a bit more inclusive. I've been here since 2002, so that's 23 years, and I've served as Deputy Head for about seven of those. So, it's both exciting and a little nerve-wracking to be taking the next step. I've been responsible for many things over my time here, but now, everything stops with me. I feel prepared, but it's still a big transition. It's exciting to set the direction for the school, working alongside talented people to keep building on what we've accomplished."

Q: What's your favourite event at the school, and why?

"If you'd asked me for my favourite event ever, I'd say hosting the 2008 Round Square conference was something special. We had students from all over the world, and the whole community was involved in hosting and organizing. But on an annual basis, I'd probably have to say graduation. It's a moment that brings everyone together, and you can feel the pride and accomplishment. Watching students cross the stage—especially those who may have faced challenges along the way—is incredibly rewarding."

Q: "What about Shourawe?"

"It's funny that you put that on there. I'm not suggesting that my first act will be to ban Shourawe. But it doesn't make my list. I'm not running around and putting paint all over myself."

Q: What's one thing you'd change about education?

On a global scale, Mr. Salkeld would focus on access: "There are so many places in the world where even basic education is difficult to access or is of such poor quality. It's a travesty."

Locally, he pointed to challenges in Quebec: "The dropout rate here in Quebec is one of the highest in Canada, especially among young men in rural areas. It's incredibly high. And if you think about it, the impact that has on the individual, on their community, and on the economy is massive."

Nationally, he discussed reducing stress: "As high school ends, everything becomes mark-driven, and there's too much pressure on students about what's next and getting into the best university. I'd use a magic wand to make people enjoy learning, rather than stressing about whether they got a 16/20 or whatever. It would be about the love of learning and interaction, rather than a focus on marks."



Q: If you were to write a book, what would it be about?

"I guess if I was going to write something, it would probably be something historical. I like history, particularly the 20th century. Or maybe behavioural economics – I find that really interesting. You know, why people act the way they do and the changes you can make to influence that. For example, you can increase the number of people who sign up to be organ donors just by changing the default option so that they have to opt-out rather than opt-in. People are inherently lazy, so if you change the choice structure, you can change their behaviour without them even realizing it."

Q: What's a surprising lesson you've learned from students that has influenced your approach to education?

"I actually think I learn from students all the time. Whether it's watching students who struggle initially but succeed through hard work, or just seeing the different perspectives that students from all backgrounds bring. If you're teaching and not learning, then you're not doing a good job. Students are smart and bring fresh ways of thinking. I can't pinpoint one lesson because it's continual. You also learn that where students are now isn't necessarily where they'll be in five or ten years. I've seen former students do amazing things, and it's a reminder not to underestimate anyone."



Reflections on his time at LCC

Mark Salkeld has dedicated 23 years to LCC and has a positive outlook for the future in his upcoming role as Head of School. Though his role will bring new responsibilities, he remains committed to staying connected with the students. His perspective on the school, likening it to "different characters in the same script", reveals a deep understanding that although times change, the LCC community is ready to embrace and adapt to whatever lies ahead. As Mr. Salkeld steps into his new role, there is a promising future for LCC under his leadership.

LCC GAMES

NORAY MARTES '25

8 HOUSES

SHOURAWE

RACE FOR THE CUP!

RELAY RACE, TUG OF WAR
AND MORE!



What is Shourawe?

Shourawe is LCC's most competitive event, where the eight houses face off in a series of challenges to earn house points. These games are based mostly on teamwork and sportsmanship, and have transformed into a slightly intense, but friendly tradition. Originally named 'House Wars,' the event was rebranded as 'Shourawe', a clever anagram that offered a more family-friendly alternative. The Anderson-Mitchell House Cup was presented by the class of 2003 as a gift and has since served as the official trophy.



RECENT WINNERS:

- **2024** — RUSSEL (CAPTAINED BY AVA LASNER)
- **2023** — WOODS (CAPTAINED BY ANDIE BERBRIER)
- **2022** — CLAXTON (CAPTAINED BY ELLA SHLEIN)



Get ready for the games!

Shourawe has become more than a competition; it is a cultural phenomenon that is now shaping LCC students' experience. As the tradition continues to grow and change, one thing stays the same: the enthusiastic and persistent school spirit. So whether you're a seasoned Shourawe veteran or a new student, be prepared for the upcoming event in May and embrace competition, win points for your house, and create memories that will last a lifetime.



Shourawe's Evolution

Initially introduced in 2002 under Mr. Carlyle's leadership, Shourawe has become an iconic school tradition. The event, which began as a small-scale fair for younger Junior School students, has since grown into a school-wide event.

Memorable Shourawe Moments

Ask any student or staff member, and they'll recall individual, unforgettable Shourawe experiences. One particularly memorable moment for Mr. P was the COVID-19 edition, where, despite restrictions, students and staff were able to provide the Class of 2021 with a proper final year for their Shourawe experience. Mr. Carlyle on the other hand recounts fond memories of the yearly school relay race, famous for its "massive cheating" and chaotic (but fun!) execution.

Over 100 years in the making: Selwyn-LCC Rivalry

Anya Figlarz Grassino '25

HISTORY

Lower Canada College (LCC) and Selwyn House School have a longstanding friendly rivalry. The conditions for the rivalry were perfect; both schools were formed within a year of each other, with Selwyn opening in 1908 and LCC in 1909. Both all-boys English private schools were, and still are, within a few kilometres of each other. Furthermore, when LCC opened its doors, many Selwyn House students switched schools, further setting up the narrative that they were truly competing with each other, even among the very students that populated both schools.

In later years, when LCC went co-ed, the rivalry lost momentum, although the schools remained evenly matched competitors, considering they both stayed similar in size and support for over a century. With the presence of girls, the sports rivalry became less intense, but other aspects of the rivalry like debate are still going very strong. This friendly competition is so notable that people even made a movie about it!



IN THE MEDIA

Prom Wars, a 2008 indie coming-of-age film, was a wild ride. It was very niche, and stayed that way (which is probably for the best). The film follows the boys from Selby School (i.e. Selwyn) and rival school Lancaster College (i.e. LCC) as they fight for the right to take the ACS girls to prom, the resemblance is clear just from names alone. Throughout, they play on stereotypes of students from both schools, leading to a pretty unflattering (although very entertaining) portrayal of what the schools looked like circa the early aughts. Even the uniforms look similar, with ties and blazers similar to those of their respective schools. Interestingly, to the best of what I could find, no one who worked on the movie had any affiliation with any of the schools involved. While it was a little wonky and insulting for every party referenced, it was a lot of fun to watch something directly based on the community I'm a part of.



IN SPORTS

Because of their status as two schools with a lot more boys and a lot more training resources per capita than the average schools in Montréal, Selwyn and LCC were always competing for the top spot in sports. A huge part of both school's culture to this day, the prestige of winning was always contingent on beating the other. Even now, it's not uncommon to hear a little extra banter between people on opposing teams, and a little extra pride when they win. If people are so into it now, I can only imagine what it was like 50 years ago!



IN DEBATE

Personally, I have participated in this rivalry through debate. I've been involved with it for years, although not as a member of either rival school until a few months ago. I had the opportunity to witness firsthand the tightness of the competition and the absolute domination both sides had over basically everyone else. Additionally, it's not divided based on gender lines, so the race was never made less stiff by LCC going co-ed. With both schools having coaches in charge of major provincial and national debate organizations and teams and individuals possessing a lot of talent and determination, it was through debate that I was able to experience the intensity of the competition for the first time. When asked about their thoughts on the rivalry, Mr. George, the LCC debate coach said "Sometimes they win, sometimes we win. We win more, we're all friends." Mr. Bracewell, the Selwyn debate coach, was quick to note that, even though we may win more, the point is that it's nearly always one of us that wins. When you have a duopoly on success, of course, both sides are going to vie for the title just that much harder.

IN CONCLUSION

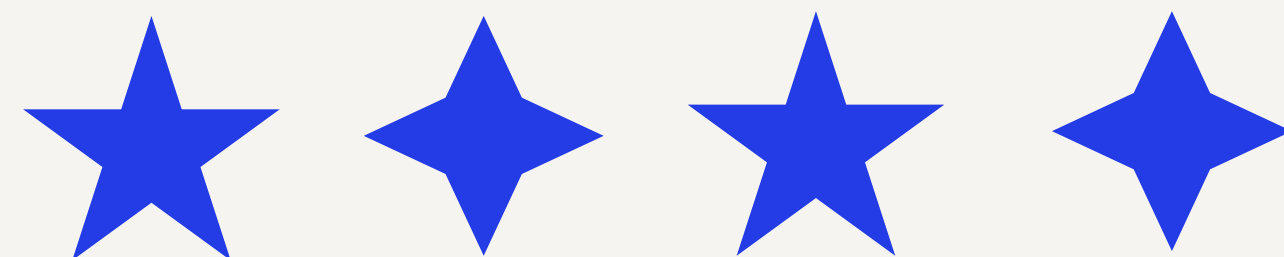
Ultimately, this rivalry was never about winners and losers. For the last century, Selwyn House and LCC have made each other better through friendly competition and stiff rivalry. It's posed as an incentive for people to perform at their best, and created an environment where there's another school full of people with a mirroring experience to your own. At the end of the day, sometimes they win, sometimes we win (we win more), and we're all friends.



BEYOND THE BELL: EXTRACURRICULAR OFFERINGS AT LCC

MAYA NAIK '25

At a young age, it can be hard to decide what you might like to do later in life solely based on the classes you are enrolled in. School clubs allow students to explore interests outside of an academic setting. It is for this reason that participation in co-curricular activities is a crucial part of the high school experience. You might discover a new hobby that you never would have thought about before while allowing for opportunities to gain new experiences. Whether in the arts, languages, or sciences, joining clubs demonstrates initiative to pursue your interests and improve through the skills gained by participating. Participation in clubs can also be included on university and job applications, giving your resume an edge over students who solely focus on academic success.

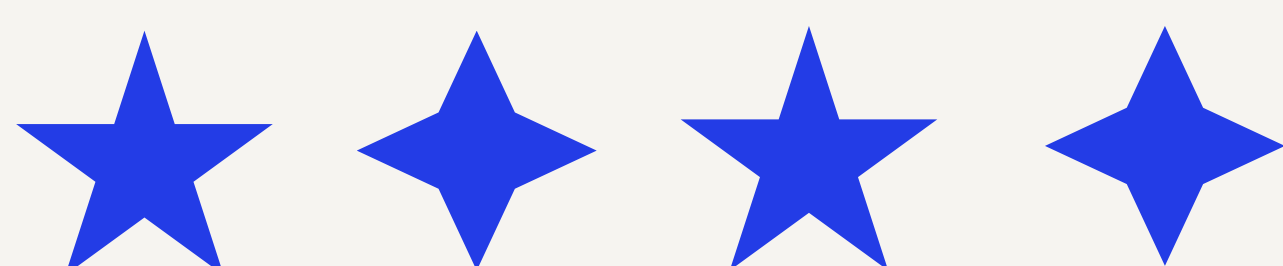
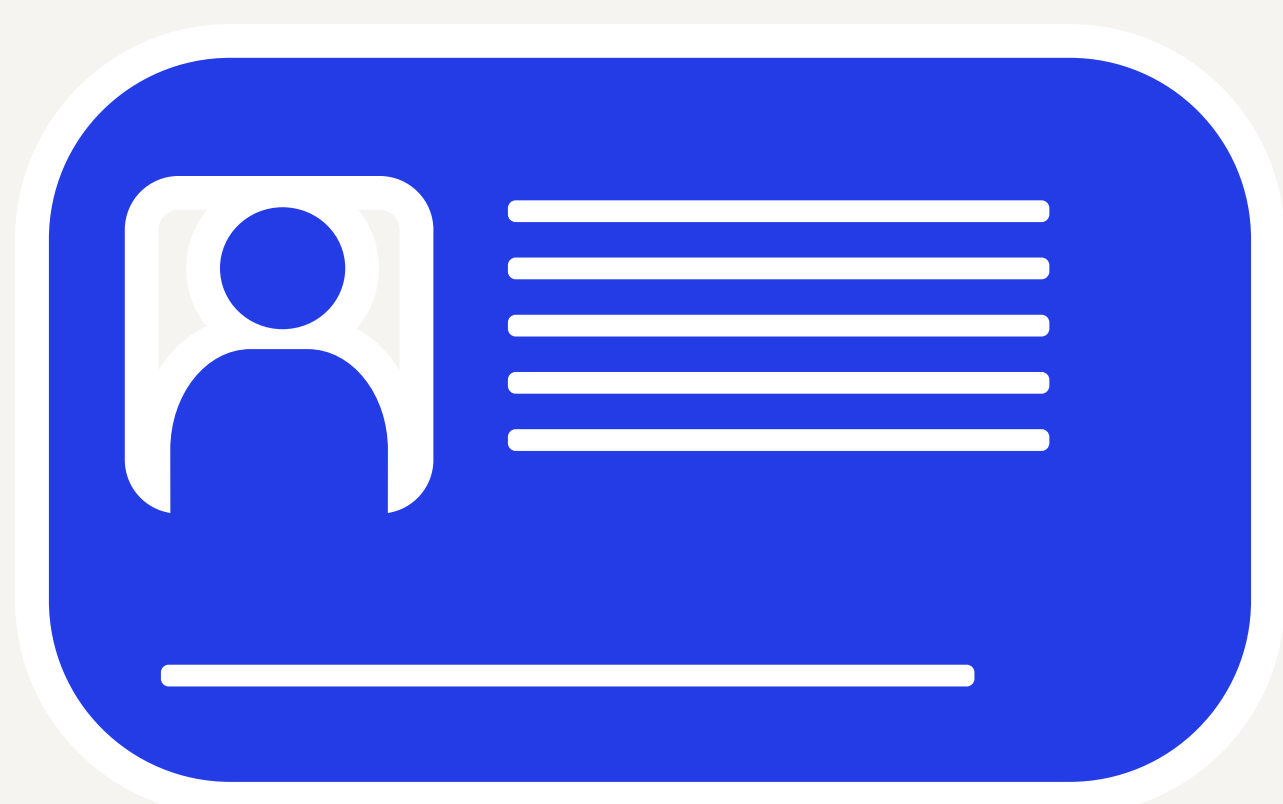


In a world of increasing rates of mental health struggles and loneliness, it can be very difficult to maintain your well-being. At Lower Canada College (LCC), co-curricular activities are a perfect way to explore your interests, gain experiences in different fields of study and boost your applications, while balancing your academic and social life, by making new friends.



In addition, by discovering your personal interests, you can increase your sense of self-identity. This can lead to an increase in self-confidence, creating better overall mental health for you as you get involved. Moreover, participating in co-curricular activities is a prime opportunity to socialize and create lasting friendships with those who share your common interests, creating a balance between your social and academic life.

Luckily, LCC offers a wide range of clubs, with over 40 extracurriculars for Senior School alone. Here are 20 of these amazing clubs and their descriptions.



THE ARTS

IMPROV CLUB

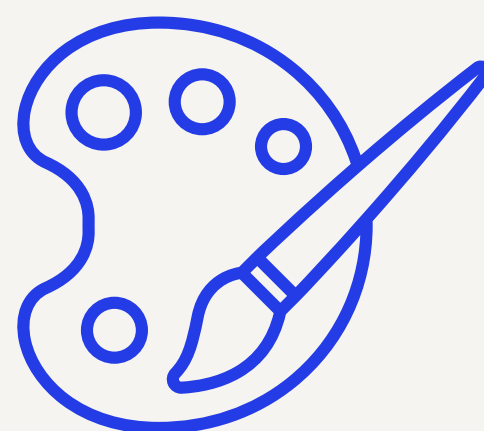
For students who are overflowing with creativity or that can think quickly, Improv Club is a perfect environment that allows them to leverage their skills. Students in this club are given a random prompt and forced to act in these different scenarios. This creative activity takes place in the Black Box every Monday during lunch and every Wednesday from 4 pm to 5 pm.

JAZZ BAND

If you love playing an instrument, can read sheet music and want to learn more about the jazz genre, then come visit the Band Room every Wednesday 1, Thursday 2 and Friday 1 during lunch for Jazz Band.

DIGITAL ART CLUB

With technology becoming increasingly relevant, the Digital Art club teaches students computerized art mediums, like animation, digital drawing, music production and interactive art, every Tuesday 1 and Wednesday 2 from 4 pm to 5 pm in L208.



COMMUNITY SERVICE

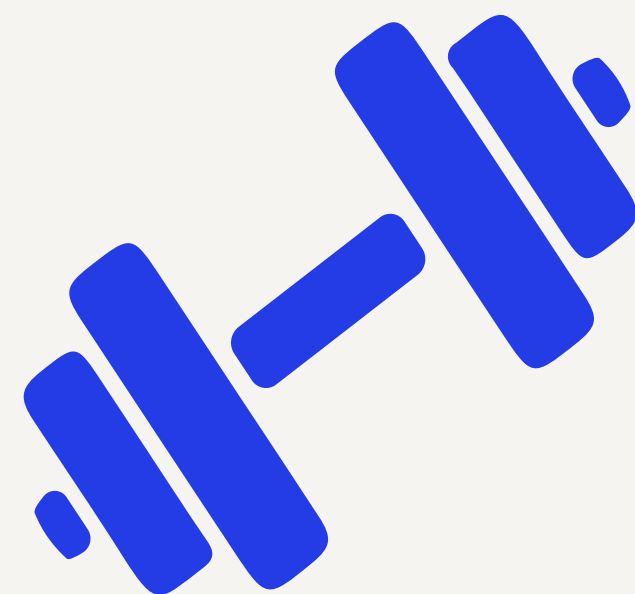
SERVICE CLUB

Every Tuesday 1 during lunch in The Chamandy, the Service Club is focused on giving back to the Montreal community, by working with grassroots organizations and teaching students about the Round Square ethos, through creating the opportunity for student-led initiatives.

HEALTH & FITNESS

GIRL'S FITNESS CLUB & WORKOUT CLUB

Learn about different workout techniques and boost your physical health as well as your confidence in the Girl's Fitness Club and the Workout Club, which meet in the FC, every Tuesday 2 from 4 pm to 5 pm and every Monday morning.



DESTINY QUEBEC

Destiny Quebec is about using your voice, learning other perspectives and finding solutions to societal problems that the youth face, complete with an annual conference, organized and hosted by you and your peers, every Friday 1 during lunch in M234.

SOCRATIC FORUM

The Socratic Forum is simply a space to discuss current problems and historical events to learn more about them, every Tuesday 1 during lunch in M232.

MODEL UN

For any interested in the fields of international relations and political science, Model UN is the perfect club, it is a United Nations simulation where students get the opportunity to be ambassadors of countries, debate their peers on global problems, draft resolutions and participate in conferences outside the school, all beginning with a simple visit to M230 every Wednesday during lunch.

CURRENT AFFAIRS



LCC TV

Every Tuesday from 4 pm to 5 pm, visit L207 for the chance to contribute to the monthly LCC TV episodes shown at assembly, by interviewing peers, filming school events and editing footage.

CLUB DE THEATRE

For anyone looking to refine their French skills in a fun and exciting way, the Club de Theatre, meeting every Monday 1 during lunch in M336, offers students the opportunity to go on outings to 3 different French plays throughout the year.

LCC READS

The LCC Reads Club is the perfect chance for students to contribute to the school community by creating a list of books read for the preceding summer during their lunch meetings in the Library, every Monday.

PHILOSOPHY CLUB

Have a philosophical discussion with your peers in the Social Sciences Wing every Monday 2 during lunch, to develop critical thinking, debate and analytical skills.

STEM

GREEN TEAM

Contribute to various projects, developed to make LCC more sustainable by joining the Green Team, meeting every Tuesday during lunch in M243.

DESIGN ACADEMY

Learn about the different methods, materials and tools involved in making things like electronics, digital fabrication, coding, sewing, textiles and much more in the Design Academy, meeting every Thursday from 4 pm to pm in L208.

FAB LAB

Earn a certificate by creating sustainable designs and learning different modules, in L208 every Thursday during lunch, in Fab Lab Barcelona.

ROBOTICS

Participate in robotics tournaments against various high schools and CEGEPs by helping the robotics team by building, filming, creating a website and making props and backgrounds every Tuesday and Wednesday from 4 pm to 5 pm in M140.



CORE

CORE offers a safe space for students to discuss racial inequality, along with the many societal issues that respectfully tie into this matter, taking place every Wednesday morning in the Chamandy Auditorium at 8:15 am.

SAGA

In M240, every Thursday during lunch, SAGA offers students the opportunity to raise awareness about the LGBTQ+ community, sexuality and gender through meeting with guest speakers, fundraising for various organizations and leading school events.

SOCIAL JUSTICE



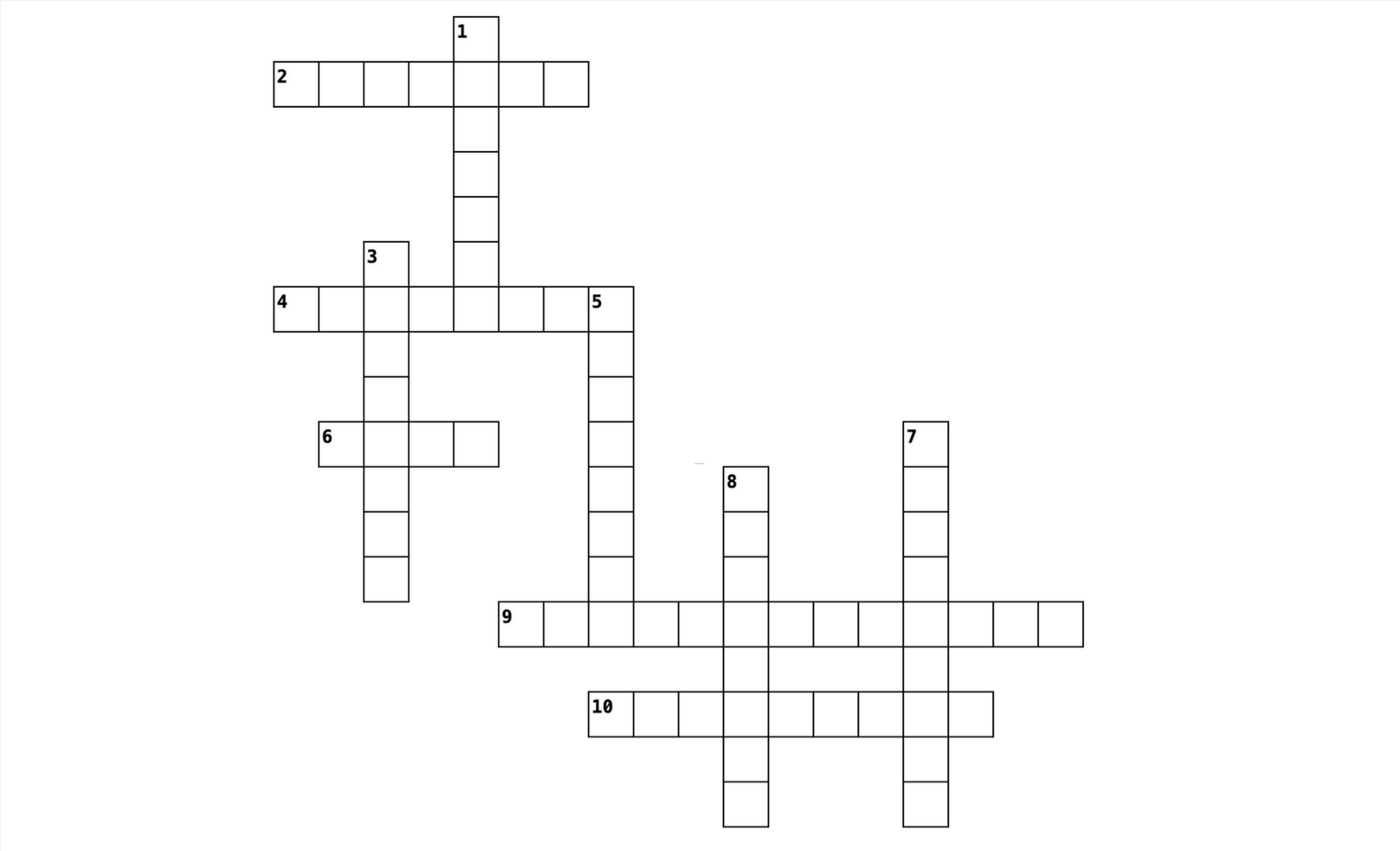
SAGE

SAGE is a feminist club that focuses on gender equality in the school by organizing workshops, leading events to spread awareness, and creating opportunities for discussion with meetings every Friday during lunch in the Art Room.

HUMANITIES & MEDIA



LCC Clubs Mini Crossword



1. Where future diplomats hone their skills.
2. Where does SAGE meet?
3. ____ forum.
4. Mr. ____ is the faculty advisor for Service Club.
5. Committee that votes on a novel to be read by all high school students over the summer.
6. Promoting gender equality.
7. CORE meets weekly on ____ mornings.
8. Business club.
9. Youth-led conference on societal issues.
10. Club consisting of only grade 11 student leaders.

ANSWERS
1. modelun 2. sage 3. socratic 4. oconnell 5. wednesday 6. gradpride 7. artroom 8. destinyquebec 9. lionsden 10. lccreads

VOLUNTEERING: FROM OBLIGATION TO INSPIRATION

BY: OLIVIER NASSIRY, '25

Two years ago, I started volunteering. I helped out at multiple organizations, and did some community service at social gatherings raising money for good causes. At first, my main motivation to volunteer was the mandatory community service hours that were imposed on me as a student. I quickly emailed different organizations, scrambling to complete these volunteer hours as fast as possible, and after just a few months, I was closing in on the last few hours I had yet to complete.

This was great for me, as I soon wouldn't have to worry about these hours anymore; I had ticked a box. The problem was, I didn't feel like I had actually done much, and I felt guilty for focusing so much on myself and my goal, rather than concentrating on having a meaningful impact.

This changed one weekend, as I was completing the six remaining hours that I had left. As I was doing service in the Laurentians, a woman and her son who I had just given food to came up to me to thank me, saying that they had been very hungry and were grateful for my help.

The son, who was about my age, looked very thin and unhappy, but I could tell through his expression that the food he had just received had made his day a little bit better. Seeing this boy who could have been my friend or classmate challenged my previously casual approach to volunteering.



Because of this small interaction, the concept of social responsibility became quite personal for me. It compelled me to view community service as not an obligation, but rather an opportunity to make a tangible difference.

This experience opened my eyes to what I was missing out on because of my sense of obligation to volunteer. I started to ask myself: would I have ever started doing community service if it weren't for these mandatory hours enforced on me? My original hours-driven motivation to volunteer was stopping me from seeing the bigger picture.

Only once I separated myself from this way of thinking, I was able to provide better service for those in need, and also felt inspired thanks to my newly found motivation.

Many might argue that mandatory hours imposed by schools are a great thing, as they urge students to get involved in the community. This point does have some merit to it, as it is true that without these hours, it is likely that much less students would actually take part in volunteering, which is very important in society. In my experience, I most likely would have not gotten involved if it weren't for the hours that pressured me to do so. So although I wasn't inspired at first, it did ultimately lead me to where I am today.

According to volunteer.ca "It is now recognized that mandatory programs may compel into community service many people and many populations who probably would not have found their way into community work on their own. And some would argue that that is precisely the point of some of the programs."

COMMUNITY SERVICE

I believe this to be true, however, these mandatory hours can often also have a negative impact, particularly regarding how students perceive the act of volunteering. In fact, according to volunteer.ca, "Remove the choice, the desire to do the work and the individual's freedom to come back time and time again of their own volition, and the equation that constitutes the essential miracle of volunteering – that people will keep giving in extraordinary ways without pay – has mutated at its most elemental level...the thing that makes volunteering "volunteering" – has been removed." This shows us how forcing students to volunteer, rather than letting them discover for themselves the importance of doing so, has turned volunteering into something impersonal.

Many young people who do community service lack intrinsic motivation, as they take part in a good cause simply because they hope to get rid of the many hours of community service that they are required to complete for school. This demonstrates the disconnect between intention and action, as these external factors overshadow individuals' intrinsic motivation. If it wasn't for these mandatory hours of service, would students like me have ever even done this volunteer work in the first place? If the population has to be forced to do community service, what does that say about the values that we are instilling in individuals?



I strongly believe that intrinsic motivation to volunteer is of great importance as it allows for better quality service as well as being more beneficial for those taking part in it.

In fact, studies show that volunteers who are genuinely dedicated to helping are often much more positive, hard-working, and empathetic, allowing them to have a greater impact on the community. Volunteers who are passionate about what they do are also much more likely to feel true fulfillment after doing service, as they find joy by giving back.

According to scholar works, “The dedication of volunteers to help society...has also been found to provide individuals with a means to cope emotionally...as well as enhance overall satisfaction they have with life, psychological well-being, and optimism.”

Furthermore, Western Connecticut State University states that, “Volunteering can provide a healthy boost to your self-confidence, self-esteem, and life satisfaction.” Happiness.com says that volunteering is important for “stress reduction, combating depression and providing a sense of purpose.” These all show the many benefits of doing community service, many of which I experienced only once I had distanced myself from the pressure of the mandatory hours, allowing me to actually appreciate the meaningful activity I was taking part in.



At Lower Canada College, we have tons of volunteer opportunities. Whether it be making sandwiches for the homeless, scorekeeping a game, or helping out at organizations, it is important to get involved. Personally, my volunteering journey has been filled with ups and downs, but I have come to realize that what matters is the impact that I have had on others, as well as how much I have changed my perspectives. I strongly believe that doing volunteer work with the right mindset completely changes the experience, but it all starts with getting involved.

Bread & Beyond



**Students take part
in the Bread and
Beyond initiative
at Lower Canada
College**

Community service is quickly becoming more and more impersonal. The goal of this article isn't to say that we should abolish these mandatory hours and rely purely on the good of the people. In fact, these hours are great to give students the boost they need to get involved. What isn't great is if they make us lose the sense of pride and meaning that we give and get as we give back to our community. If we focus on quantity over quality, we are not allowing ourselves to appreciate the art of volunteering. It is important to remember why we do community service: it isn't just for a number on a paper, it is for real human interaction and giving back to the community. I urge you all to think about your relationship with volunteer work, and what motivates you to give back. Only then can we ensure that community service remains impactful and meaningful for individuals, leading to personal and societal growth.

Moving: A Sustainable Challenge

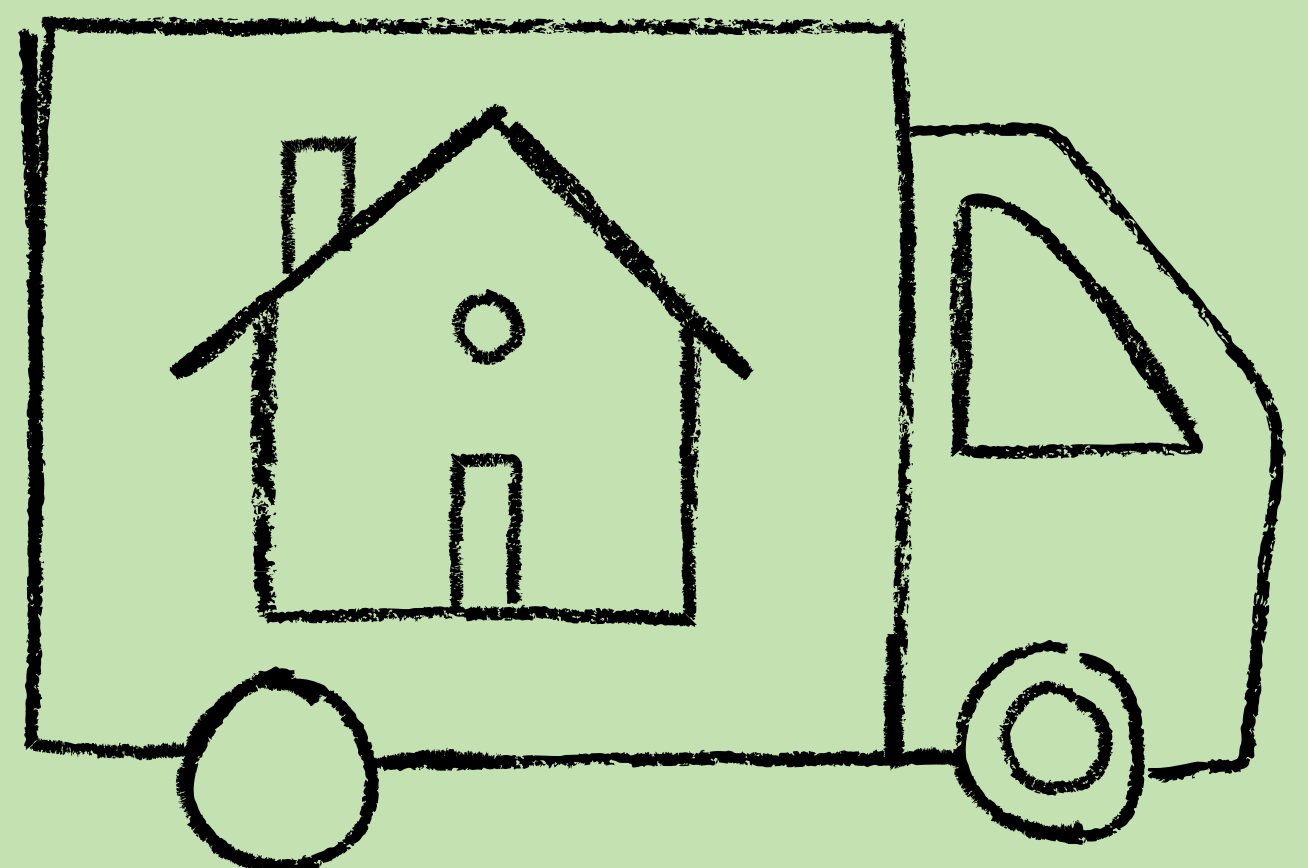
By: Olivier Nassiry, '25

As a society, we face multiple challenges on a daily basis. For many, one of these challenges is being sustainable, especially in the world marked by climate change which we live in today. Decisions we make in life, such as moving houses, can have a significant impact on our carbon footprint. From deciding what materials we use to pack our precious belongings, to what we choose to donate or give away, each decision contributes to our environmental responsibility. In 2024, the choices we make matter more than ever; it's time that we reevaluate our approach to moving, and find solutions to ensure that we relocate in a sustainable way.

Moving, as most people know, isn't the easiest of tasks. In fact, it may just be one of the most daunting. Not only are you given a strict deadline, but emptying a house, followed by filling a new house, requires an immense amount of organization skills, methodology and mental strength.

One of the most surprising aspects of moving is realizing just how much stuff you have. Moving forces you to empty all those areas you rarely come across, which uncovers things you may have completely forgotten you had. This was especially the case in my experience moving this summer. As we opened boxes and cleared storage areas, we discovered many items that my family had no recollection of ever using, such as childhood items from decades ago my dad had kept, or the astonishing collection of 83 tightly compressed suitcases kept hidden in my basement.

Some of these items that we owned, many of them covered in dust, had been kept for emotional reasons. Childhood objects for example, or a gift received from someone important, were all items we wanted to hang onto, despite their lack of practical utility. Other objects, like duplicates or old non-functional household items, had no sentimental value to us. Therefore, we chose to donate them or simply throw them away rather than carry them with us into the new house, where they would serve as nothing else but a burden.



Getting rid of items allowed us to keep peace of mind, save time, and ultimately require less work and energy to move. Overall, my experience moving made me realize how much stuff my family and I had, most of which we had not used in years, or had kept rather than putting in the effort of sorting through.

It got me to start thinking about all the other families out there experiencing the same thing, going through hundreds of old items, packing boxes, and ultimately starting a new chapter in their lives. It made me realize the impact of having all these things on the environment, especially if some choose not to get rid of their stuff before relocating. All those people go through the same or very similar steps and emotional rollercoasters involved in moving, except for one exception. Some people let go of the past, while others cling to it tightly.

The sheer volume of the things that we keep is painfully obvious. Here's an example. According to The Telegraph, the average 10-year-old in the United States has 238 toys, but uses only 12 daily. It's obvious that 10-year-olds don't need 238 toys, yet parents still keep on buying more and more toys for their kids. 238 toys may seem too much for children, but what about adults? Well, "there are 300,000 items in the average American home", as stated by the LA Times. And how many do adults use daily?

Just above 100, on average. So what happens to those 299,900 other items? Well, the answer is quite simple: they become lost and forgotten, timelessly collecting dust until finally uncovered when the time comes to move.

The problem with this is, accumulating these things not only makes the process of moving more difficult and time-consuming, but it also has a devastating impact on the environment.



According to Vice, "The average house move generates CO2 emissions of about 17 kilos (about the same as leaving a light bulb on for almost eight weeks) – this is when you take into account the energy required to pack and transport your stuff."

Considering that a staggering 15 million American families move each year, the detrimental impact that moving has on the environment is incredibly high. According to MoveBuddha, “An estimated 8.4 million tons, that’s 16.8 billion pounds, of junk get thrown away every year in the name of moving. That’s an absolutely epic amount of trash.” Yes, yes it is. Clearly, moving heavily impacts our environment, showing the incredible amount of CO2 emissions that it can create when added all up which demonstrates how important it is to take action to try to limit the amount of pollution we create when moving, by getting rid of our stuff we don’t need.



Furthermore, taking the time before moving to sort through our things can also make space in our brains. Not only can keeping items we don’t need double, or even triple, the amount of time, packaging material, and energy required to move, but according to the Time Magazine, “a home with too much stuff can actually lead to higher levels of anxiety.” Overall, it is of crucial importance that we as a society take the time to sort through our things, for the good of our health and that of our planet.

So how do we choose what to keep, and what to let go of? Well, it all depends on the person, but here are some basic guidelines. On one hand, objects that haven't been used in over a year, or objects that no longer serve a purpose, should be given away or thrown out before moving. Objects that have very little chance of being utilized in the future, and that will most likely be stored somewhere just for the sake of keeping them, should have the same fate. On the other hand, objects that represent a strong sentimental value to us, such as childhood memories or family-related items, are appropriate to keep. Overall, it is important that when moving, we are able to differentiate what should be kept, and what should be let go of, to limit our environmental footprint.



At LCC, we are constantly hearing about new initiatives that our school is bringing to the forefront, to lessen the school's environmental footprint. The green team, for example, have been making regular visits to Dawson College, to learn more about their sustainable methods. The buildings and classrooms in which we study and learn were all built in eco-friendly ways.

Additionally, each year, we have multiple initiatives, such as the food drive, toy drive, and clothing drive, which instill the importance of reusing in students. As we, as LCC students, grow up in an environment where protecting our planet is constantly being discussed, it is important that we take what we have learned and apply it to our own lives. That is why I highly encourage each and every one of you to take the time, whenever you can, to sort through your things. If all of you do this, and do it consistently, it can make a large difference, especially when the time comes for you to make a more sustainable move.

To conclude, it is clear that in today's society, people keep too many things that they don't need. My experience moving helped me discover the crazy amount of things that I had, what it meant for the environment, and how I could help reduce my environmental footprint. I hope that reading this has brought you to the same realization. As simple as it may sound, getting rid of unnecessary stuff and carrying less with us as we enter new homes can have a significant impact, for the planet and for our health. As LCC students, we need to put more importance on protecting the planet, not only in school but also in our own lives. I urge you all to take the time, whenever it may be, to sort through your things. Remember: More is less, less is more.

Battle of the Trends:

The Fast Fashion vs Slow Fashion Movement

Once subject to the backs of thrift stores and the bins of by-the-pound clothing, vintage has quietly made a reappearance in mainstream media and modern fashion. Every item in a vintage store holds its own distinct value; each stain, rip, and imperfection, in memory of its previous owner. Stories sewn up into the seams, memories held between the layers of fabric lined meticulously over one another, all adding to the unfading charm of second-hand clothing. There's something inexplicably wondrous about searching through the endless racks of various fabrics and prints, without ever finding two identical pieces and, without any idea of the hidden gems about to be uncovered, housed between one another.

During childhood, it was once customary to wear hand-me-downs, either from older siblings, or cousins, or sewn to size by our mothers. However, as we've grown and as online fashion has become a more significant influence on the general public, buying new clothes to match online trends has also gained prominence.

The ongoing rise of social media in our everyday lives has brought forth the movement of fast fashion, a trend-based business model that aims to replicate style trends on the catwalk and online, by means of mass-production and low costs. In short, it is the epitome of consumerism. With the fast cycle in which these clothes are produced, sold, and discarded, fast fashion presents itself as one of the world's most ecologically unfriendly sectors. As well, the low wages paid to factory workers contribute to lower production costs, enabling these fashion giants to allocate a



large portion of funds to aggressive promotional campaigns. By capitalizing on the influence of social media personalities on the new generation, SHEIN and Temu are among the most recognizable companies that use this tactic to reach their target audience efficiently. These influencers often showcase large quantities of trendy clothing from these companies on their platforms, promoting the consumerist lifestyle in exchange for commissions.

As contradicting as it may sound, the role of the media has had an equally significant role in spurring a retro fashion revival. Highlighted by the release of the Elvis movie, and the renewed popularity of style icons like Jane Birkin and Audrey Hepburn. This phenomenon is part of something known as the slow fashion movement. Social media has played a key role in the revival of animal prints, particularly cheetah and leopard patterns. The uprise in retro and vintage fashion has led to increased second-hand and vintage shopping. In recent years, more and

more curated vintage showrooms and shops have opened. Also, online second-hand shopping, from websites like Vinted, Depop, eBay has further contributed to vintage shopping on a global scale.

Moreover, social media has gradually become more and more open to cultivating a sense of individuality and self-expression. As a result, trends that date back to the twentieth century have been making frequent comebacks. Take leopard print, for example. Throughout the decades, leopard print has become iconic in various styles, from the prim and polished look à la Jackie Kennedy in the 60s to multiple appearances on the runway, multiple times during Dior's Galliano era. More recently, on 2024 runways, leopard print designs have been seen at Celine, Oscar de la Renta, and Zimmerman, to name a few. This runway trend has also found its way into street style, with social media influencers popularizing leopard print shorts and skirts from more accessible companies like Edikted and Danielle Guizio.

As old styles come back, fast fashion companies have jumped on these trends, stripping “vintage” completely of its meaning. Fast fashion may offer convenience, but often at the expense of quality, originality, and ethics. In contrast, slow fashion, particularly the revival of vintage second-hand shopping, brings a sense of individuality, as well as sustainability to the fashion scene. However, the adaptation of vintage styles to suit mainstream media that strips it of its authenticity, through mass-production for quicker consumption, raises questions. Are these trends truly embracing vintage fashion, or merely appropriating it for monetary gain? Ultimately, the question to be answered is: Where do we stand? Is it with the convenience of fast fashion and

trend cycles, or with the slow fashion movement's conscious consumption focus and its curation of our sense of individuality? While both have their respective places in the progressive world of fashion, it seems that the increasing



recognition of slow fashion is reclaiming what fast fashion has never truly been able to replicate: authenticity, renewability, and meaning behind every article of clothing. Finally, the thrill of vintage shopping lies in the patience required to sift through racks of clothes for extended periods of time, the stories behind each and every garment, and the joy of finding something completely unique. It's a reminder of back when fashion was about curating personal style, and less about an Instagram post. In the end, while fast fashion may offer instant gratification and fleeting trends, vintage fashion offers a timeless allure that lies in its ability to connect us to the past, foster individuality, and promote sustainability.

Connections-Theme: Sustainability

*check answers at the bottom

BIKE

TOTE BAG

EXTREME WEATHER

EARTH DAY

ROOFTOP GARDEN

BAMBOO UTENSILS

GREEN TEAM

MELTING ICE CAPS

BUS

SILICON STRAWS

REUSABLE WATER BOTTLE

LOSS OF BIODIVERSITY

RISING SEA LEVELS

CARPPOOL

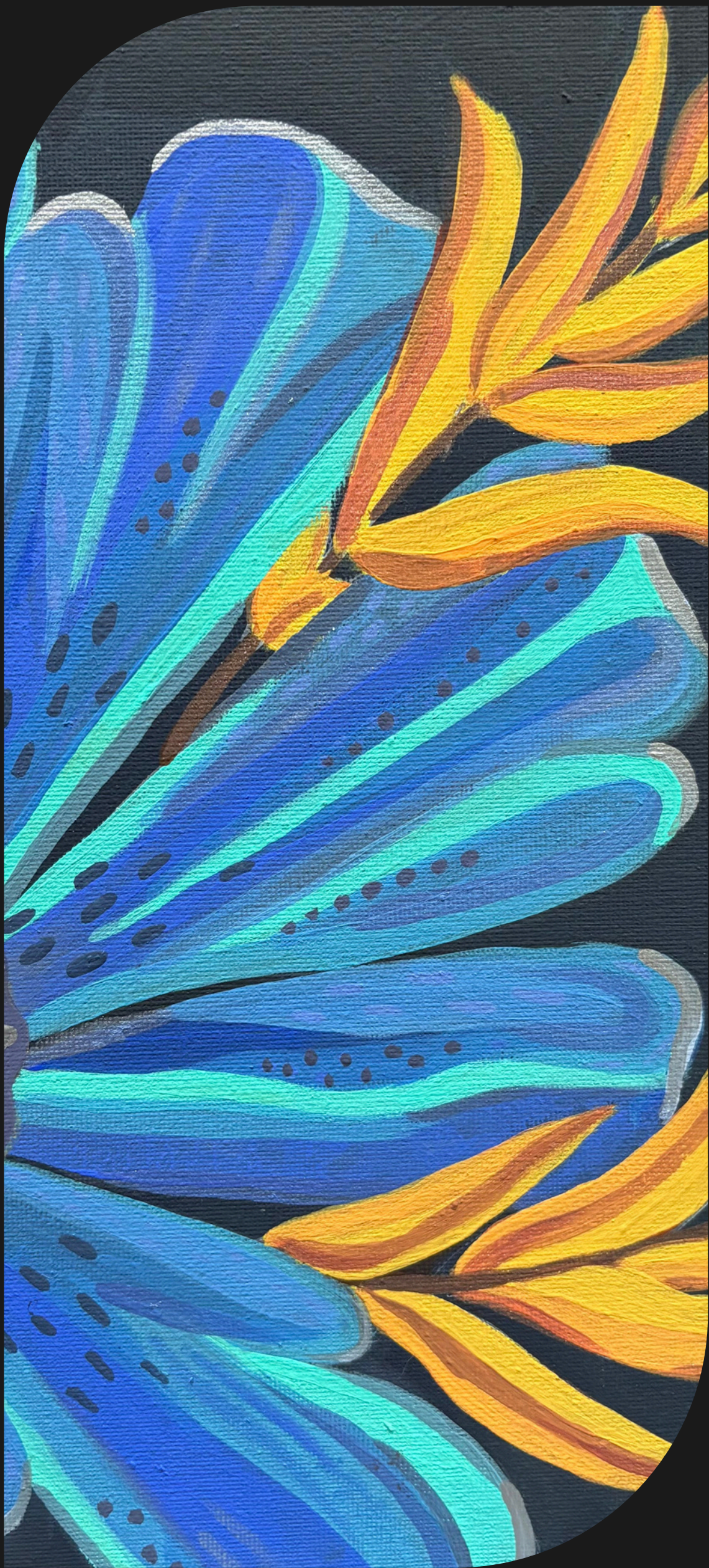
WALK

CLOTHING DRIVE



ANSWERS:
YELLOW: environmentally friendly ways to commute (BIKE, BUS, CARPOOL, WALK)
GREEN: reusable alternative to single use plastics (BAMBOO UTENSILS, REUSABLE WATER BOTTLE, SILICON STRAWS, TOTE BAG)
BLUE: impacts of climate change (EXTREME WEATHER, MELTING ICE CAPS, LOSS OF BIODIVERSITY, RISING SEA LEVELS)
PURPLE: LCC sustainability initiatives (CLOTHING DRIVE, EARTH DAY, GREEN TEAM, ROOFTOP GARDEN)

STUDENT ART



Olivia Hughes '25



Daphne Loane-Billings '26



Olivia Hughes '25

The Long Road to Sustainability: Canadian Tariffs on Chinese Electric Vehicles

By: Anya Figlarz-Grassino '25

In an increasingly interdependent world, differences in countries' values can often lead to economic suffering. Right now, China and the Western world are at odds, heavily affecting their trade.

In early 2024, the US decided to ramp up tariffs on Chinese electric vehicles (EVs). This includes cars, tractors, and other forms of EV transportation that may gain relevance in the future, like trains or buses. Canada is following in their footsteps, and imposed a 100 percent tariff on EVs in October of 2024, effectively doubling their price on the Canadian market. This will impact our economy, our automotive industry, and the climate we all have to live in, politically, economically, and environmentally. Here, I will attempt to tackle some of the biggest questions about this policy, why Canada is doing this, how it will affect Canadian markets, the environmental implications, and finally, what you can do to ensure a more sustainable world.

WHY IS CANADA DOING THIS?

As of late, China has been setting a precedent of gaining a large market share abroad through its aggressive exports and cheaper products due to lax labour laws, mass production, and abundance of natural resources. Canada and other Western countries believe that China is subsidizing its EVs, paying companies to produce them more and lowering the costs of production for companies so that they can sell their products for prices that are much lower than would be possible for anyone producing with regular costs. This is believed to give China an unfair advantage, as Chinese companies are slowly starting to offload a lot of products into foreign markets at a price that is significantly lower than the domestic market prices, resulting in consumers buying cheaper alternatives despite the products' origins, which ultimately harms the domestic market. This is called "dumping," and the countries who are being affected by the influx of cheap Chinese EVs are not taking kindly to it.

As of October 2024, Chinese EV companies like BYD (Build Your Dreams) are ramping up production and entering Canadian markets. Before the tariffs were set in place, they had a relatively small market share in Canada, but were on the rise, as subsidies increased and production ramped up. Canadian car manufacturing is one of its biggest sectors, directly employing over 100,000 people.

If the country wants 60 percent of all new cars sold in 2030 to be electric, and 100 percent by 2035, then its EV industry has to step up and take the place of the fossil fuel-powered cars that make up the bulk of the industry now. If Canada is incapable of switching from gas to electric before China gains too much market share, then it will either have to suffer the loss of a major employer, or not switch to EVs and maintain its fossil fuel driven vehicles while sacrificing the climate in the process.

Canada also produces a lot more cars than its population alone can consume. Most vehicles produced here go to our neighbours in the US, who were the first to initiate the tariffs on Chinese electric vehicles. Not following in their footsteps could jeopardize Canadian market access, which would also hurt the automotive industry.

The only way for Canada to stay relevant in the car game is to heavily lean into the development of domestic EV industries. They are doing this through subsidies of their own, with hope that most manufacturing workers will keep their jobs despite changing the type of cars being produced. Canada placed the tariffs on China to ensure that they had time to do this, and keep the prices of Canadian EVs competitive enough that people still afford to buy them over Chinese ones.

HOW WILL THIS AFFECT CANADIAN MARKETS?

These tariffs were put in place by Western governments to ensure that the prices of foreign EVs fall much slower than they would have otherwise. While the ultimate goal of electric cars being more affordable and purchased than gas vehicles will be pushed further away in the short term due to the tariffs, the government pledged \$46 billion in investments to continue supporting the domestic EV industry. The domestic automotive industry is predicted to stay strong, albeit less green. The competition will remain mostly domestic, and companies that produce in China, like Tesla, may need to relocate to other countries. Even if they are countries with equally bad conditions and cheaper labour costs, which are the likeliest alternatives (no one is tripling their labour costs because they got a tariff if there are easy moves with the same costs), they will not have access to the same subsidies, so their costs will go up enough that Canadian manufacturers can still stay competitive.

Canada's actions will, however, not be ignored by China. They had clear intentions for expanding their own exports and automotive industry, and having roadblocks put up by Western countries is not being taken kindly. China is attempting to retaliate by starting a World Trade Organisation investigation into Canadian canola oil, retaliating with dumping accusations of their own. This happened shortly after China lifted a previous ban on importing the good two years ago, and the results were immediate: in 2023, $\frac{1}{3}$ of canola oil went to China, and was predicted to reach 70 percent in 2024. If China were to impose tariffs or reinstate the ban, Canada would lose out on billions of dollars.

Ultimately, this is an ongoing situation, and it is impossible to know for certain what will happen next.



WHAT ARE THE ENVIRONMENTAL IMPACTS?

The road to EV domination of new car purchases has just gotten longer. As China's incredibly cheap vehicles are no longer as affordable, and Canadian EVs are also not competitive yet people looking to save money over eco-friendliness will still go for non-electric vehicles. These tariffs are a setback to achieving the goals of EV sales set by the country, but may just mean a greener automotive industry in the long run.

If Canadian industries can keep flourishing, then its stricter environmental regulations when it comes to production will lead to less emissions in the production of vehicles, electric or otherwise. Just because a car is electric does not mean it has no footprint, and shipping it across the ocean after making it in a coal-powered sweatshop is not exactly the ideal green future we hope for. Canada can most likely make the eventual switch to EVs, but I doubt China will increase environmental regulation. One day, hopefully, we can reach that goal of having 100 percent of new vehicles sold be electric, and hopefully, when that day comes, they are genuinely better for the climate, and not just perceived as good because of the type of engine they run off of. Canada's tariffs are putting a heavier burden on itself to fulfill its goals, and hopefully it can step up to the plate.

‘A Blessing or a Curse?’

What’s in the cards for the world’s fastest-growing economy

By: Anja Martin-Prashad '25



It has been almost a full decade since a miracle struck this small country of Guyana back in 2015. The oil company ExxonMobil made the massive finding of billions of barrels worth of oil lying just off the shore of this South American country. With this astounding discovery came a promise to drastically redefine Guyana’s largely underdeveloped economy. Just a few years after the oil discovery, the revenue generated from this resource resulted in significant economic growth, instilling hope across the country. At the same time, it has raised concerns about invasion and the potential threat of the “resource curse,” which refers to when a

country underperforms economically despite benefiting from an abundance of natural resources because of a dependency on finite resources with little to no economic diversification. Some critics believe that Guyana will be the next victim of this paradox. However, nearly a decade after the initial discovery, the country’s fate is still largely unknown. The country’s fate lies with the government, which is just beginning to create a plan to benefit from the income generated from oil production. These next few years will be decisive in determining Guyana’s fate as either an emerging economy or a nation cursed with stunted growth.

Guyana is a small country in South America that borders Venezuela, Brazil, Suriname and the Atlantic Ocean to the north. The South American country formally gained its independence from the British in 1966 and held what is considered to be its first fair and free election in 1992. It is still a relatively young country, and, as such, is only in the early stages of its development economically and politically. Before the discovery of oil, the Guyanese economy was heavily reliant on agriculture, specifically sugar and rice. Its GDP (Gross Domestic Product) was 4.28 billion USD in 2015.

The discovery of oil positively impacted Guyana's economy, which increased exponentially in the past several years, reaching an all-time high of 16.79 billion USD in 2023 with projected annual growth of 33.00 percent making it one of the world's fastest-growing economies. The revenue accumulated from selling oil has increased the government's earnings through profit-sharing agreements with large oil companies as well as a two percent royalty they pay on the value of oil produced and sold. This increased government revenue will allow the South American nation to invest heavily in its infrastructure, particularly in their education system, which will be crucial to providing individuals with ample resources and opportunities to join Guyana's expanding workforce.

However, with all this oil money comes the challenge of avoiding the dreaded paradox of plenty that has stagnated the growth of so many countries in the past, like Guyana's neighbour, Venezuela, which became even more impoverished and unstable after hitting its oil jackpot back in 1937. With an increase in revenue from oil, there is a risk that the value of the Guyanese dollar will also rise, creating inflation and causing the cost of living to skyrocket.

The only country that has successfully navigated its way through the resource curse is Norway. After Norway discovered oil just off of its shore,

the government created a sovereign wealth fund that is worth 1.744 trillion dollars as of November 2024, where they invested all the money gained from oil abroad in real estate, equity and renewable energy sources.

These investments prevented money from flowing directly into the Norwegian economy and stopped their currency from gaining more value, fueling inflation.

The question then becomes if the nation will be able to employ the same strategy in order to avoid the resource curse and instead transform its economy. Some critics believe that Guyana won't be able to employ the same strategy partly because when Norway created their sovereign wealth fund, they were already a developed nation with a strong infrastructure, whereas Guyana is still developing and needs to invest heavily in its infrastructure before investing abroad.

The right path for this small South American country to take remains hazy. The country needs to balance investing in infrastructure from the money created from oil revenue with diversifying its economy to avoid being too reliant on natural resources. Therefore, the next few years will be pivotal in the transformation of Guyana into either the next big emerging world economy or a cursed nation.



Sweet Struggles

--An Article on Sugars and Sugar Substitutes

By: Jiayu (April) Bi '25

“Sugar”, “honey”, and “sweetheart”... There are many positive nicknames or pet names based on the taste of sweetness. This gustatory feeling usually comes from the ingestion of sugar. Indeed, there is scientific research that supports the claim that sugar is a symbol of joy (Barclay). Nonetheless, many people nowadays also have a sense of fear and hatred towards it. According to the Bosma and Cleveland Clinic, people first discovered that sugar is related to the condition of obesity, which may increase the risk of certain diseases, in the early twentieth century. As time progressed and starvation became more scarce, obesity became a prominent health issue (United States Department of Health and Human Services). In response, sugar manufacturers paid scientists to focus on the harms of fat, a separate type of nutrient (Domonoske). However, as people decreased the amount of fat in their diets, the obesity problem wasn't solved. Finally, in the 1970s, scientists revealed the dangers of sugar (Leslie and Gamlen). This led to a fear of sugar and for better or for worse, this led to the increased popularity of sugar substitutes. However, are these substances really life-savers, or are they just as evil as sugar? In order for an individual to make informed food decisions, it's important to examine the benefits and harms of both sugar and sugar substitutes.





Sugar is a simple type of carbohydrate that tastes sweet. Common sugars include glucose, fructose, galactose, lactose, maltose, and fructose-glucose syrup or high fructose syrup, also referred to as HFCs. In fact, most of our energy comes from starch, which breaks down into glucose, showing the necessity of sugars. Inversely, food doesn't have to be sweet to provide a lot of energy. Many health experts encourage people to consume foods that naturally contain sugar, most notably, fruits. These foods also come with other nutrients, like fibre. Although this natural form of sugar can be considered healthy, it is not recommended to eat a lot of added sugar. People should also be aware of the different types of sugar. For example, some people are lactose intolerant. They should avoid eating food containing lactose. Different types of sugars provide different amounts of energy with the volume. HCFs are used because of their low price, but with the decrease in cost, the health risks increase. HCFs are linked to heart diseases, diabetes, fatty liver disease, dyslipidemia and other health issues (Balfour). In conclusion, even though tasting sugar brings joy, it also comes with the increased risk of certain diseases, and people created sugar substitutes to counter them.



To avoid consuming an excess amount of sugar, people use sugar substitutes, which provide zero or low-calorie alternatives. They activate our sweet taste receptors like sugar, which would then send signals to our brains to make us taste sweetness. Sugar substitutes can be further divided into three categories: Artificial sweeteners, sugar alcohols, and novel sweeteners. Artificial sweeteners contain no calories, in fact, they don't contain any nutrients at all (Editors of John Hopkins Medicine). What's more, continuous consumption of artificial sweeteners also comes with side effects, like the increased risk of cancer (National Cancer Institute). In 2023, The World Health Organization (WHO) even argued against the use of artificial sweeteners to control weight. Some common artificial sweeteners include: saccharin, sucralose, Ace-K, Advantame, Aspartame, and Neotame which are commonly used because they are cheap. A second alternative, sugar alcohols, are more nutritious and contain few calories. They don't contain any ethanol, or the alcohol that people drink. The downside of sugar alcohols is that they might bring gastrointestinal problems (Solan and LeWine). Their names generally end with -ol, like Erythritol, Isomalt, Lactitol, Maltitol, Sorbitol, and Xylitol. Thirdly, we have novel sweeteners, which contain little to no calories. They come from natural sources, and the FDA states that they are, "generally safe". In fact, they contain many benefits of the natural sweeteners. Lastly, there is a special plant in South Africa that can be a great sugar substitute too (Kurihara and Beidler). It contains a protein called miraculin that makes sour food sweet (Kurihara and Beidler). This can be an innovative sugar substitute.



Nutrition Facts

5 servings per container
Serving size 1 pouch (24g)

Amount per serving

Calories 100

	% Daily Value*
Total Fat 3g	4%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 5mg	0%
Total Carbohydrate 17g	6%
Dietary Fiber 2g	7%
Total Sugars 6g	
Includes 4g Added Sugars	8%
Protein 2g	
Vitamin D 4.2mcg	20%
Calcium 10mg	0%
Iron 0.5mg	2%
Potassium 60mg	2%
Vitamin A 190mcg	20%
Vitamin C 19mg	20%
Vitamin E 3.1mg	20%
Thiamin 0.3mg	25%
Vitamin B ₆ 0.4mg	20%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Contains nutrients from vegetable extracts. Good source of Vitamin C & D.

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INGREDIENTS: PURE GLUTEN FREE OATS*, STRAWBERRY FLAVORED PIECES* (APPLE JUICE CONCENTRATE*, APPLE PUREE CONCENTRATE*, RICE FLOUR*, STRAWBERRY PUREE*, COCOA BUTTER*, PECTIN, CHERRY JUICE CONCENTRATE*, NATURAL FLAVOR), CANE SUGAR*, DRIED APPLE PIECES*, SUNFLOWER OIL*, INVERT CANE SYRUP*, AGAVE SYRUP*, BROWN RICE CRISPS*, INULIN*, TAPIOCA STARCH*, VEGETABLE EXTRACTS (SPINACH, BROCCOLI, CARROTS, TOMATOES, BEETS, SHIITAKE MUSHROOMS), NATURAL FLAVOR*, BROWN RICE SYRUP*, SALT.

*ORGANIC.

Riverside
Natural Foods Inc.
VAUGHAN, ON L4K 4N5, CANADA
WWW.MADEGOODFOODS.COM
CERTIFIED ORGANIC BY PRO-CERT
PRODUCT OF CANADA

Certified
B
Corporation

how2recycle.info
PAPER BOX MULTI-LAYER WRAPPER

Made Good
Organic Strawberry
Granola Minis 120g



Now that we understand the types of sugar and sugar substitutes, how do we determine the amount of sugar in any given packaged food? I suggest people watch a video on YouTube by Stanford Health Care called “Nutrition Facts Label & Carbs - Explained in 10 Minutes”. To exemplify, I bought a snack from the school cafeteria. The “Nutrition Facts” table indicates the amount of every nutrition contained in the food. On the top, in bold, there is the total energy provided by the food. For this snack, it is 100 calories. On the right side, it shows the percent daily value. This compares the nutrition provided by this snack to the total amount of nutrition that an adult should consume per day. It is important to check this nutrition facts label is written according to what amount of food. For instance, this snack’s nutrition facts label is written according to “one serving”, which is only 1/5 of the whole bag. Thus, the entire bag of food provides 8 percent multiplied by 5 = 40 percent of the healthy amount of added sugar that can be consumed per day. This is more than 15 percent, which is a high amount. There should also be a list of ingredients, which can showcase, if any, the type(s) of sweeteners contained. For this snack, cane sugar, invert cane syrup, agave syrup, and brown rice syrup are directly added to the snack. Other ingredients like apple juice concentrate may also contain sugar.





In conclusion, sugars and sugar substitutes satisfy our sweet cravings. It is important to recognize both the positive and negative aspects of each. Thus, one can learn to respect others’ “sweet choices”. Moreover, it is not just the type of sweetener that matters, the amount of sweeteners consumed also matters. Lastly, do not forget to keep track of the newest scientific progress and insights on sugars and sugar substitutes. In short, there is no right choice, there is only the suitable choice. In order to do so, one can always ask for help from scientific publications.



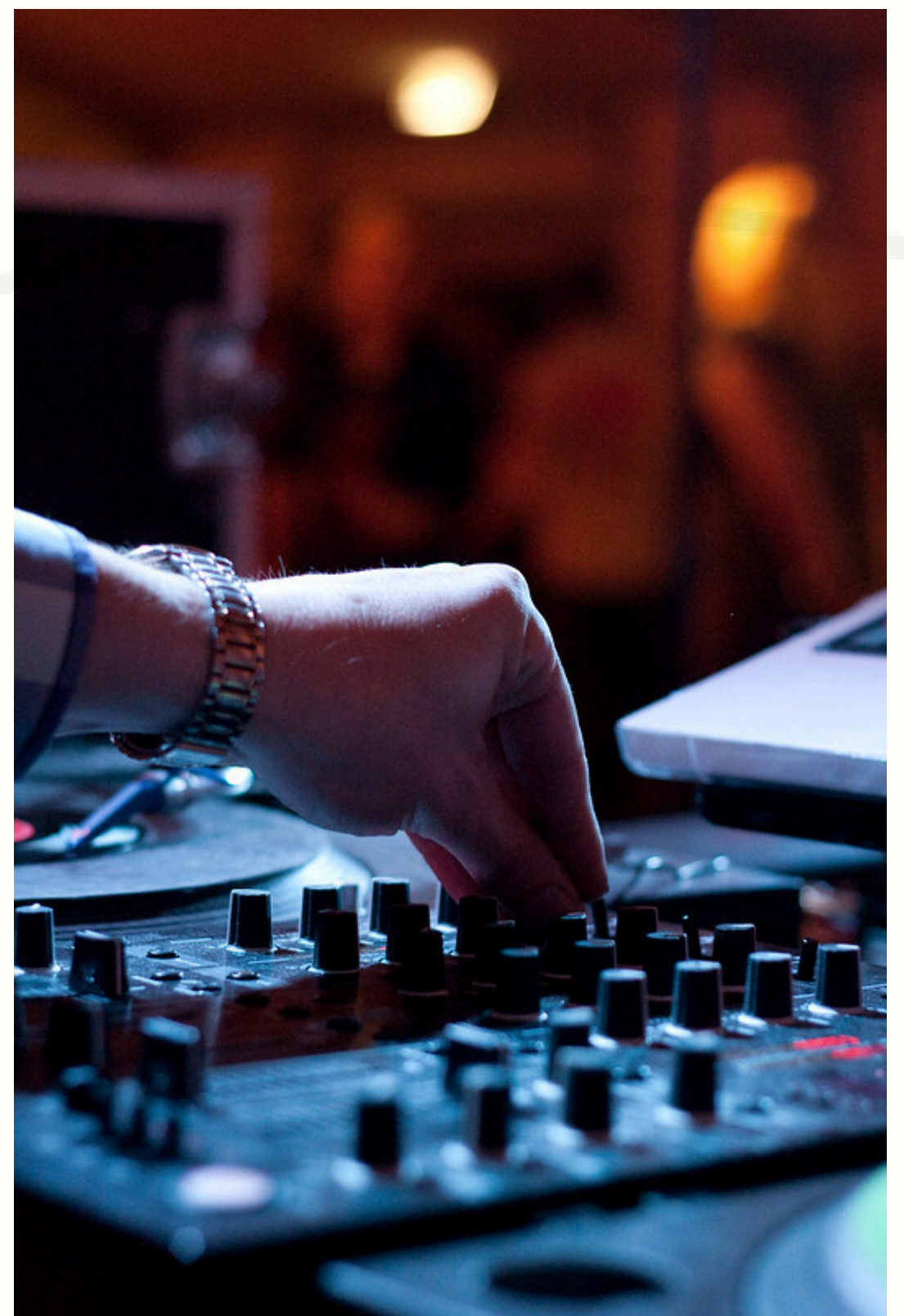
Tuning In: How Music Impacts Mental Health

By Gia Yu, '25

Music has always been an integral part of societal culture. Whether it be simply listening to playlists made up of the songs that appeal to us, or producing our own music vocally or with instruments, it can significantly influence our overall well-being. Music can play a role in influencing our emotions as well; in moments of celebration, as well as in difficult times. Additionally, it has been given the title of a universal language, connecting people across cultures and generations, and acting as much more than solely for entertainment purposes. It is a limitless form of self-expression that brings together people from all walks of life. These simple strands of sounds that come together to form pleasant melodies have the ability to influence moods, thoughts, and our overall well-being in significant ways, both as a creative outlet, and a comfort source.

The positive impact that music has on mental health has been well documented. According to research from the American Music Therapy Association, music has a direct influence on our brain activity, affecting multiple regions in the brain. These include the regions of our brain responsible for emotion, memory, and motor control. When activated, they can lead to the release of dopamine, a "feel-good" chemical crucial for mood regulation, which is especially beneficial for people dealing with mental health issues.

As well, further research has shown that listening to music can aid with relaxation by lowering cortisol levels, a hormone that regulates our body's stress response. Lasting stress can negatively mixing mixer party dance impact our ability to concentrate and focus on tasks, leading music creative commons to a decreased level of performance at work, school, or in our social interactions. Music, however, has the ability to counteract this phenomenon by acting as a stress-reliever. Numerous case studies have shown that simply listening to music for half an hour, anxiety, stress, and pain levels can be significantly reduced.



mixing mixer party dance music creative commons

The positive effects of music on mental health can depend on several factors, such as the genre, tempo, and volume of the music being played. Different genres of music can vary in terms of their effects on brain activity and mental health, and knowing which type works best for a certain situation can make all the difference. For instance, classical music is often recommended for its soothing qualities and calmness, as its harmonious rhythms and patterns have been known to lower heart rates, reduce blood pressure, and help with relaxation. This is particularly advantageous for those struggling with anxiety or insomnia. Studies have demonstrated that classical music can create a sense of tranquillity, which can, in turn, help with easing tension in the brain and promote better sleep quality. On the other



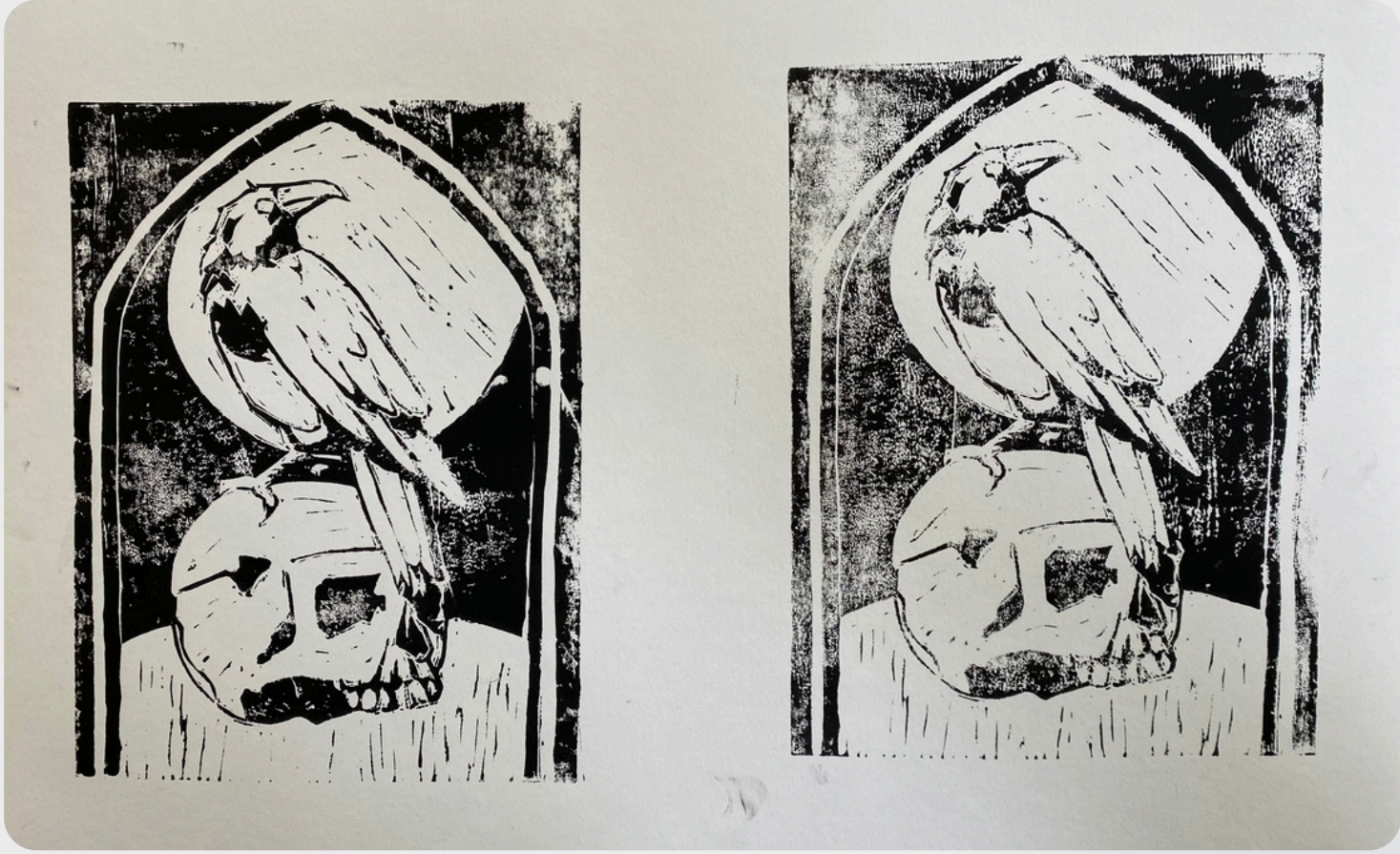
Learning to play music (21/365)

hand, more upbeat music, like pop or jazz, can elevate moods and increase energy levels. This in particular is helpful for individuals experiencing feelings of sadness or low energy, as upbeat music can help the brain with the release of dopamine, thus promoting positive emotions. It may also encourage an urge to do physical activity, such as dancing or walking, which further contributes to a sense of well-being. For example, a lively pop song can uplift spirits, and provide an emotional release, counteracting any negative emotions that may be lingering.

Although there is research to support the effects of different genres of music, these results often vary from person to person. While one person may find calmness in the soothingness of classical music, another may prefer the intensity of rock music, and find solace in its chaos. Thus, the relationship between music and mental health can be subjective. For instance, while upbeat and intense music may boost the energy levels of one person, another may feel overwhelmed or stressed out by the loud sounds. This emphasizes the significance of understanding our personal preferences when selecting music to address specific emotions. While music indisputably has a positive influence on our mental health, it is advantageous to understand how we can choose the music we listen to at a specific time and have it tailored to our individual needs.

In conclusion, music has been proven to be a significant tool for improving mental health. Whether through relaxation, elevating moods, or providing an emotional release, it has numerous benefits that can enhance our overall well-being. However, the positive effects of music are not one-size-fits-all, as personal preferences, and individual needs play big roles in how music influences us mentally. By choosing appropriately, we can harness the therapeutic properties of music to manage stress, improve focus, and boost mood. In a world where mental health challenges are increasingly common, music provides a universal way to support emotional and psychological well-being.

STUDENT
ART ✨ ✨



Levi D'Isep '24, Pre U '25

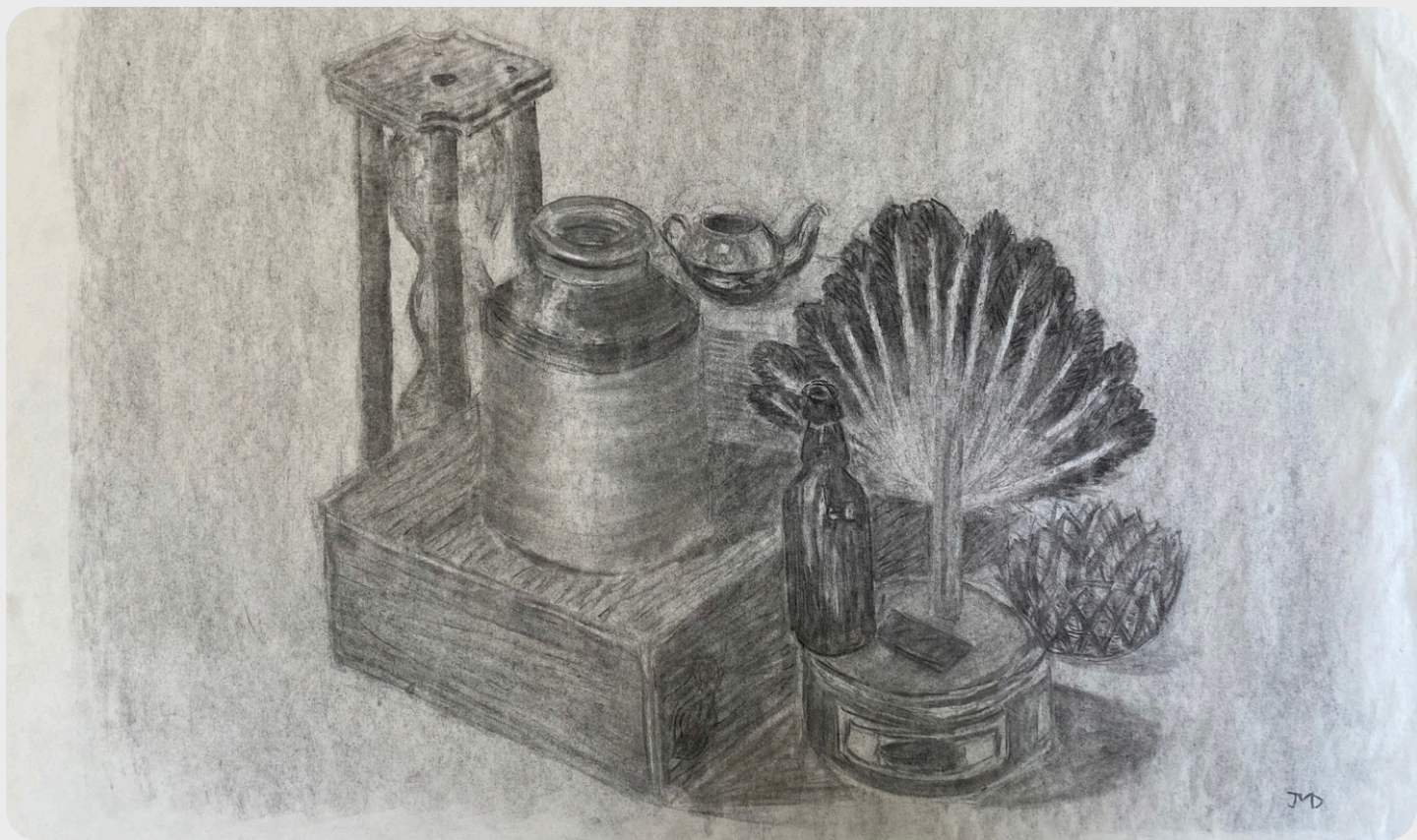


Xander Yacoubian '25



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✨ JANUARY
✨ 2025



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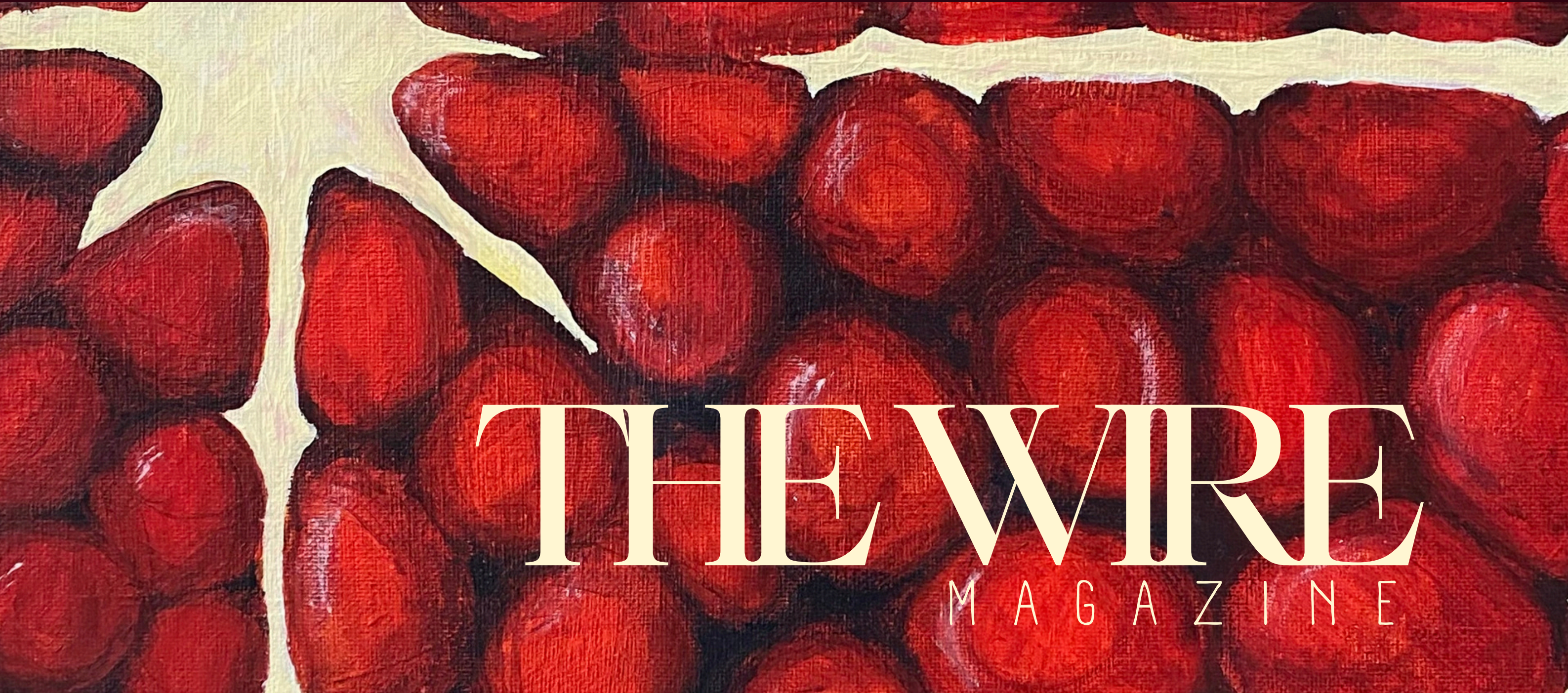
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LOWER CANADA COLLEGE

Gia Yu, '25
Maya Naik, '25
Noray Martes, '25
Olivier Nassiry, '25
Jiayu (April) Bi, '25
Anja Martin-Prashad, '25
Anyia Figlarz Grassino, '25



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