
THE HEARTBEAT

The Latest News | Creative Writing | Advice | Reviews



Photo Credit: Isabelle Riche



Voter Apathy: Should I Vote?

Written By: **Matthew Babb**

What is voter apathy? Voter apathy is defined as a perceived apathy (lack of caring) among voters in an election. Therefore voter apathy or lack of interest is often cited as a cause of low turnout among eligible voters.

Voter turnout in Canada since 1870 has been as high as 79% to as low as 58.8%. What does this say about the state of Canadian democracy and why should I vote? Let's find out.

A low voter turnout is bad for the Canadian democracy; it is a problem that affects most democracy enjoying countries. Let's take the 58.8% of voter turnout as an example, at the time of the federal election in 2008 there were 31,612,897 people living in Canada. 23,677,639 of those people were eligible to vote, 13,929,093 actually voted, and now we are back at 58.8%. With the numbers in front of you it looks more alarming doesn't it? The fundamental problem is simple, 9,748,546 eligible voters simply did not vote. Now, the number of people who didn't vote is irrelevant because this is simply an example and the numbers change every federal election; what is relevant however is the need for us as a country to come together and realize there is a problem. Our generation can change that however, we can set a precedent: let us break the chains of obliviousness that our genera-

tion is characterized as and make real change and difference starting in our own country, provinces and cities.

Now why should I vote? It is a question that people ask themselves at least once in their lifetime. Well for starters it is an honour and privilege to simply have a say in what happens in your country. Many people around the world do not have this honour and privilege; it is a shame that some people waste it. However I do acknowledge that it is also your right to not vote, but unless you have absolutely no complaints or concerns then I don't see why you wouldn't vote, the political spectrum is well represented in Canada, there is definitely a party or candidate for you.

The Canadian democracy will survive; it is simply disheartening that people do not take advantage of the opportunity put before them. I hope to see voter apathy become a marginal issue with our generation starting the precedent when it comes to voting. I hope that you will take what I said into consideration when you decide if you will vote or not, but remember, if you are going to vote make sure to be well informed on all parties and candidates.

If you have any questions please feel free to email me at matthewbabb13@gmail.com.



You.

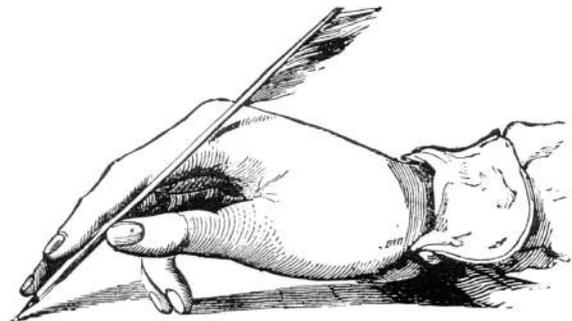
Poem By: Anonymous

Reading your writing made me fall
 Deeper in love with you.
 Did I say love?
 Do I even know the definition, of love?
 You, you and your light eyes
 Fleeting ever so quickly
 No wonder I can't hold your attention
 Did I even have it in the first place?
 Your hair, as wild as the stars in distant
 Refuses to be tamed [galaxies
 Refuses to stay in place
 Wander like your mind
 Unwavering like you, in my eyes
 Your face is rough
 As if you've seen too much
 But looks can be deceiving
 As I know for sure
 Underneath you are soft
 But why do you keep hiding
 Your voice from me
 As if I did something wrong
 I miss you

Whispers

Poem By: Guadalupe Koen-Alonso

She whispered
 words
 that cut the earth
 with their potent desire.
 Her breath
 it painted clouds
 on the clear glass
 of the windows.
 But her strength
 was weak
 she faltered
 in her steps.
 He whispered
 words
 that cut her wrists
 and her blood it stained the earth.



Cinderella

Review By: Laura Baggs

Holy Heart's production of Cinderella was riveting, magical, imaginative, — straight out of a fairytale. I got goosebumps when Emily McKim changed from rags into a beautiful blue dress. Smoke machines blasted the stage and transformed objects into a coach and horses. It was so quick, I almost forgot it wasn't real. Emily McKim had such a great connection with the cast, she showed so much maturity and depth, I'm surprised she's only sixteen!

Cinderella is a classic bedtime story that parents have been telling their kids for generations. It's the fairy tale that every little girl dreams about having — meeting their Prince Charming, going to a fancy ball, falling in love for the first time — all the elements of a fairy tale that were shown throughout the show.

When all of the dancers came through the aisles, they were so close to me that I felt like I was part of the show. I could literally reach out my hand and touch them!

The dancing was so graceful and the costumes were so elegant, I felt like I was at a real ball. It looked like they had months to prepare for this instead of just six weeks. The matinee hit a bulls-eye when it comes to the plot of Cinderella and didn't stray too far away from the original Cinderella that we all know and love. Unfortunately there were parts of the musical that weren't up to the same standards as the rest of the show. When Emily McKim and Ben Newhook were having their romantic scenes, I didn't see a lot of

emotional connection between them. It felt awkward. In my opinion they were a bad pairing and didn't look right together on the stage. I know that it was the first show and they were probably nervous but that's no excuse. When you're acting you have to become something else. You have to transform into a character, mentally, physically and emotionally. You have to forget about who you really are and deliver a believable love story and instead it looked awkward.

I loved the songs and the orchestra was amazing. It sounded like a professional orchestra, but it was mainly just high school students! My favourite relationship in the show was the one between Cinderella and her evil step sisters. The way the step sisters treated Cinderella, treating her like their maid and making her get them tea, clean the house, and do their chores. It felt so realistic because they actually seemed like self-absorbed, bossy, selfish sisters who are used to getting everything they want. To me, that relationship was so much stronger and believable than the relationship between Cinderella and the Prince.

The amount of talent that the students of Holy Heart have is mind blowing. Clearly a lot of work was put into it to make it the best show that it could be. The show took you on a great ride through what it's like to be young and in love. No matter who you are, whether you're rich or poor there is a Prince Charming out there for everyone. You just have to be brave and take a chance at finding it like Cinderella did. If Cinderella can find true love, anybody can.

Bravo to the cast and crew of Cinderella on a wonderful show!



A Muggle's Adventures In Diagon Alley

Review By: JinJi Dawson

Hello, my fellow Muggles! I have just returned from Florida, where I visited Harry Potter World in Universal Studios, Orlando. For all Harry Potter fans who plan to visit the park it is definitely worth your time and money! The park is incredibly detailed, realistic and unique... It is an experience you will never forget!

To get to Diagon Alley a muggle must walk straight through Universal Studios and all the way down. Upon arrival you will notice a telephone booth, if you dial 62442 you will be directed to the Ministry of Magic. Next, head on over to the Knight Bus where you can take a picture with the driver, you may even hear Dre Head! If you look closely at the window of 12 Grimmauld Place you will see Kreacher the House Elf every minute or so.

After viewing the outside, it is time to enter Diagon Alley! You must walk through a "secret" entrance at the big white building in front — exactly like wizards and witches must do! When I first stepped inside I was in shock. It was exactly like how Diagon Alley is described in the books and movies! You can see all of the shops you'd expect such as the Magical Menagerie, Wiseacre's Wizarding Equipment, Weasley's Wizard Wheezes, Borgin & Burkes and of course, Ollivander's. When you walk into any of these stores you will be so pleased with all of the details and really feel like you're in a whole different

time and place.

After doing some shopping — for a wand and some wizarding gear — I recommend standing in line for Harry Potter and the Escape from Gringotts, even though it is usually long. It is a 3-D, thriller rollercoaster ride through the vaults with Harry, Ron and Hermione. You may even come face to face with some of the most dangerous characters in Harry Potter! Also, the interior of the bank alone is worth the wait. It is identical to the bank from the movie, and you can even ask the goblin at the Money Exchange a question and get an answer. Keep a look out for the dragon on top of Gringotts—it breathes fire every few minutes. After you have exited the ride, you might be feeling a little hungry. Why not stop at Florean Fortescue's ice cream parlour or the Leaky Cauldron? Save room for some butterbeer though — it is delicious when frozen!

I highly recommend taking the Hogwarts Express to Hogsmeade or vice versa as well. It is truly an unforgettable experience. The engineers who have designed Diagon Alley, and the rides have done a fantastic job. The park makes me proud to be a Harry Potter fan. It is magical, enchanting and thrilling and is *not* to be missed.



Why the New England Vampire Scare is Still Relevant

Article By: Katie Oldford

Throughout the 1800's New England experienced a series of scares which are now commonly known as "The New England Vampire Panic". These panics usually happened in small towns or villages, when one member of a family would die of tuberculosis (a highly contagious disease), and then when other family members began to show symptoms like fatigue and weight loss, citizens came to the conclusion that the deceased family member was a vampire, and was now draining the "spirit" of their living relatives. As a result, many bodies were exhumed and re-buried, with either their bones rearranged or their hearts removed and burned.

Although numerous doctors diagnosed these cases as simply being tuberculosis, many people in these towns didn't believe them, because at this point in time (the last scare being in 1894) tuberculosis — and how it was spread — was not understood well. Furthermore, many of the rural townspeople of New England were not well educated at the time and it was easier to fall back on old superstition than to try to understand this new and complicated concept.

This case sounds absurd. Multiple, incredible doctors say that something works one way, and that there is no real basis for people to believe that it can work another way, yet uneducated people continue to ig-

nore these experts in favour of superstition and fear of the unknown.

Frustratingly, we're still seeing this type of thinking today, particularly when it comes to the anti-vaccination movement.

The modern anti-vaccination movement mostly grew from two different studies that found a correlation between childhood vaccinations and the diagnosis of autism in children. The first study, published in 1998 by Andrew Wakefield was proven to be fraudulent multiple times, and Andrew Wakefield lost his medical license in 2010. After this study was published the Centres for Disease Control and Prevention (CDC), the American Academy of Paediatrics, the UK National Health Service, and several other organizations conducted large-scale studies to review the findings of the initial study, and all of them found no link between childhood vaccines and the diagnosis of autism.

The second study was conducted by a professor of ophthalmology and visual sciences at the University of British Columbia in 2011. The professor, Christopher Shaw, is chair of the Children's Medical Safety Research Institute (CMSRI)'s scientific advisory board. The CMSRI is an organization which promotes messages about the dangers of vaccines, and has frequently used the results of Shaw's study to spread their message. Furthermore, Shaw's study has been discredited by the World Health Organization (WHO), which has called the study "seriously flawed". David Juurlink, the head of the division of clinical pharmacology and toxicology at Toronto's Sunnybrook Health Sciences Centre has said "The lines of reasoning used to support their various assertions are



exceedingly thin, and in several instances, they draw inferences from their data that no objective reader could possibly draw.”

Both of these studies have been discredited multiple times, by credible organizations, yet they are still sighted by “anti-vaxxers” as important evidence as to why children should not be vaccinated.

Given the evidence that childhood vaccines are not in fact related to the development of autism in children, and the irresponsibility of leaving your child vulnerable to diseases that could be prevented, one could conclude that not vaccinating your child would be morally wrong. Moreover, immunocompromised children cannot be vaccinated leaving them vulnerable to infections that could cause death. Parents who refuse to vaccinate their children are exposing immunocompromised children and adults who may not have vaccinated to unnecessary and possibly fatal risks, since childhood illnesses like measles and chicken pox are not innocuous; they cause illness which can be prolonged and can have serious complications such as meningitis, encephalitis and even death. In addition, the idea that some parents would rather have a child who is vulnerable to a deadly disease than one who is autistic is deeply disturbing, and is a sad commentary on how we as a society view developmental disorders.

Look, nobody is saying that parents shouldn't have the right to choose whether or not to vaccinate their children; I'm just saying that they shouldn't make a stupid decision.

The DUFF

Review By: Pallas Loreda

The DUFF is a teen comedy about an awkward high school senior, Bianca, who discovers that she has been labelled as the DUFF (Designated Ugly Fat Friend) of her friend group.

The DUFF is not necessarily ugly or fat, but merely the approachable one, the un-dateable one, etc. With the help of childhood friend turned frenemy, Wes, and his high school street smarts, Bianca learns that you are only as awesome as you think you are, but not without getting into some crazy antics and making a complete fool of herself along the way.

The movie has been called the Mean Girls of this generation, and though (let's be real,) nothing can live up to Mean Girls, The DUFF cannot be completely dismissed for being just another teenager movie. It accurately depicts high school as it is today, not to mention that Bianca is both insanely funny and relatable.

There are some laugh out loud moments, and its storyline has the perfect level of predictability that keeps things interesting because it's still a teen comedy after all. The DUFF was surprisingly good and will resonate with the DUFF in all of us.



Guide to Awesome Hotels

Written By: Selina Zhao

To those travelling, a good place to stay is a must. Below are five places around the world which probably beat the Holiday Inn—price-wise as well.

I) <http://www.jumbostay.se/> (Hostel)

For those few people whose favourite part of a trip is the plane ride. Now you can live in a plane (specifically the Boeing 747-200). Located in Sweden, right by the airport. Rooms cost around \$50 per night



II) <http://www.labaladedesgnomes.be/> (B&B)
Located in Durby, Belgium. This fairytale / wood Trojan horse themed inn is very cool. Prices start at 150 pounds per night.



III) <http://dogbarkparkinn.com/> (Inn)

For all you dog lovers out there this inn is dog

shaped and filled with dog memorabilia. If you're ever planning a trip to Cottonwood, Idaho (I hear it's the Paris of Idaho), check this giant dog inn out. Rates are \$98 per night.



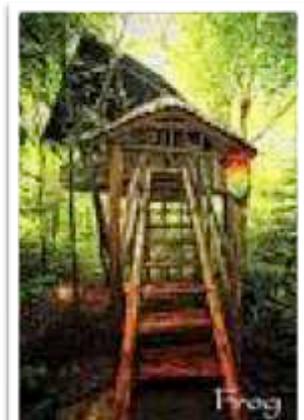
IV) <http://www.kakslauttanen.fi/> (Individual Cabins/Hotel)

You can live in a glass igloo starting at \$639 per night. Located in a place that starts with a K and looks impossible to pronounce, somewhere in Finland.



V) <http://treehouseshotelcostarica.com/>

Starting at \$99 you can stay in a tree house. Surrounding the hotel is 70km of forest filled with wildlife. Located in Santa Clara, San Carlos, Costa Rica.



Humans of Holy Heart



On moving to Canada from Rwanda

“I moved here when I was 8, so 2006. My mom just told me we might be moving to Canada. At the time I didn’t know what Canada was, or is. I knew what the US was — everyone knows that! She told me we might be moving to Canada and she told me to tell nobody, I went and told my friends and bragged I was moving to Canada of course! I remember hanging out with my friends the last night I was there, when I came here I found out it’s a different world. I was excited to be here but at the same time it’s not the same.”



Humans of Holy Heart



What is the best thing about your group?

“Probably acceptance. We don't care who joins our group as long as we like you! We have pretty much every kind of person in this group and we are all good friends. We're kind of like the Breakfast Club of the school.”



Tell us about yourself. What's your favourite thing about Holy Heart?

"I'm from Pakistan and I moved here when I was in Grade 4."

"Okay. My favourite thing about Holy Heart is the diversity we have — a lot of different cultures and everyone's friendly. There's so many opportunities!"



Mental Health Matters

Written By: Laura Snow

On Friday, April 24, over 400 high school and junior high students gathered in the Holy Heart auditorium, all with the common purpose of creating change. Holy Heart hosted Mental Health Matters, the first ever provincial youth mental wellness conference this past weekend.

Throughout the two-day conference, attendees heard from keynote speakers such as Mark Gruchy, Seamus O'Reagan, Amelia Curran, Donovan Taplin, and Justin Dearing about their personal experiences with mental illness and activism. Similarly to the Wholly Heart day we had here in November, participants viewed community booths and attended self-selected workshops or "Breakout Sessions". Later, attendees got together in their various school and regional groups to discuss and plan further action and activism in their areas. On Saturday evening the conference was wrapped up with a concert consisting of performances from local bands Shanneyganock, Sherman Downey, Waterfront Fire and The Dark Planet Collective.

This monumental conference saw Holy Heart students as well as teachers involved with the steering committee, chairing sub-committees, and volunteering to facilitate sessions and make sure the conference ran smoothly. Attendees will hopefully take the knowledge and skills learned at Mental Health Matters back to their own communities all across the province and beyond (shout out to the guy who flew all the way from Ontario) and raise the discussion around mental wellness from a whisper to a scream.

Dear Mary,

You ask, she answers.

Q No. 1: What is the best way to spend your time during Easter break?

Relaxing and catching up on work that you've missed.

Take the time to do something that you've been wanting to do, but have been too busy for.

Don't fully ignore school though, or you'll be in for a rude awakening when you go back.

-Mary

Q No. 2: Hi Mary, I really like this person but I'm really awkward and terrible at making conversation. What do I do?

Get a friend to help make conversation, or try to get paired up with them for a project.

One step at a time. Remember that they're just a normal person, despite how AWESOME they may seem.

Maybe try complimenting them on a shirt or something and see if you can keep up the conversation.

Don't sweat it too much. Life goes on.

And if, come September, you're both still in Heart and you still want to chat them up, try sitting next to them if you share any classes.

-Mary



Six-Word Story Contest

As the school year draws to a close The Heartbeat would like to offer students one last chance to contribute to their school newspaper. While the newspaper will continue next year, this year’s team will mostly be graduating. A famous author by the name of Ernest Hemingway once wrote a short story that only consisted of six words. The story goes “For sale; baby shoes, never worn.” In this fashion The Heartbeat is opening up a six word short story contest! We only have one more edition of The Heartbeat left for this year, to be published in early June where all submissions will be displayed and the winner will be announced. In true contest fashion there will be multiple prizes to win! Prizes range from gift cards to whatever Erica and Shane can access from their jobs at PetSmart and Tim Hortons. To submit your six word story email your submission to hbmheartbeat@hotmail.com with the subject line “Six Word Story” and your submission in the body of the email along with your phone number so we can contact winners! The contest closes on May 22nd so get your submissions in soon!

CREDITS

Editors	Creative Writing	Design and Formatting
Shane Gladney	Erica Pittman	Jacob House
Laura Snow	Guadalupe Koen-Alonso	
Copyediting	Visuals	Reporting & Opinion
Katie Oldford	Flora Chubbs	Stephen Browne
Katherine Peacock	Isabelle Riche	Matthew Babb
Rebekah Lee	Jessica Monilla	Katie Oldford
Collette Plowman	Hailey Whittle	Leah Paranavitana
Emma Mikhailyuk	Madison Bessette	Selina Zhao
Other	Other (cont’d)	Reviews
Caroline Pike	Bailey Pike	Kali Heale
Elizabeth Glenn	Chandra Dodd	Laura Baggs
Lydon Thorpe	Saadia Azam	Pallas Loreda
Jessica Gibbons	Kaitlyn Little	JinJi Dawson

