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Student Coaches at Boyd: Emily Sofikitis

BY: CELINE EPKENS

Emily Sofikitis is a grade ten student at Hugh Boyd, who is one of the student coaches of the grade eight girls basketball team. Her inspiration to volunteer her time as a coach relates back to when she was in grade eight herself



and played on the basketball team. She immensely valued the student volunteers and help, as well as the extra perspective from an older peer that the student coaches offered. This appreciation encourages her to give back to the younger grades, and have the opportunity to be the same role model to the younger students that she once looked up to. Although she has had previous experience coaching gymnastics, this is her first time coaching basketball. Even though this is a new challenge, Emily still continues to do her best to be there for her team and support them throughout the season. Emily has learned the importance of balance, and it is how she faces certain challenges that come her way through coaching. She stresses the importance of balancing the intensity and hard work alongside fun. It is important for all student athletes to be driven and dedicated, but at the same time they need to ensure that it is fun and enjoyable. She has also learned the importance of balance between the coach and team dynamic. For an athlete, coaches have major impacts, in the sense that a good coach can be the reason a student falls in love with a sport, or on the other hand a coach can also ruin the love for a sport. Emily is very mindful of the relationship she creates with her team. She strives to have a close bond with everyone, but also remains a respected leader. When asked what her favourite thing about coaching was, she responded "My favourite thing about coaching is definitely watching them succeed, and for them to be proud of themselves and happy that they are able to be successful." Emily is a passionate student athlete, who aspires to provide support, encouragement, and assistance for the grade eight basketball team. She does her best to inspire improvement and create a fun environment for her team, and leads them to success.

Grade Wars: Hot Ones

BY: AZAYDA DHANOA

On Tuesday, January 30th, Hugh Boyd's student council hosted once again, a grade wars event. Their idea was a spin-off of the popular show "Hot Ones" streamed over YouTube and TikTok. Instead of hot chilis, this grade war event was a spicy noodle challenge. One student from each grade would partake in eating spicy noodles, and whichever person finished first would win points for their grade. The challenge usually involves testing your tolerance for spicy food by eating a bowl of extremely spicy noodles within a certain time limit. There were three rounds of this challenge. In the first round Raymond Pang (Gr. 12) took the first point with a bang finishing the plate of noodles in less than a minute. The second round Jet Sun (Gr. 11) won with his incredible spice tolerance and eagerness to win. In the endurance round (3rd round) Kairavee Mulye (Gr. 11) and Owen Chen (Gr. 12) battled head to head to determine the ultimate champion. This round was a little different as it was not judged by speed, but by tolerance. The contestants were made to answer some trivia questions as they struggled with the fiery noodles' aftertaste. By the end of the round, Kairavee was victorious as she answered more trivia questions and handled her spice like a champion! Spicy noodle challenges are super popular, especially on social media. This challenge gained a lot of popularity through TikTok and Instagram as it is a funny and friendly competition for everyone to see. This grade war event brought students from all grades together. It was exciting to see if someone can handle the intense heat and finish noodles without giving up.



School Community

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Teacher Interview: Ms. Farrall

BY: CELINE EPKENS



Food Studies is a fan-favourite course among many students at Hugh Boyd. We enjoy preparing comfort meals, experimenting with creative dishes, and trying out delicious recipes. Ms. Farrall is one of the amazing teachers who runs the Foods course. Without her dedication, the educational fun wouldn't be possible. While she has been at Boyd for the past eight years, she hasn't always been a Foods teacher, initially teaching physical education. At home, she cooks often, and loves to cook steak and various pasta dishes. Although she doesn't bake as frequently, she enjoys making brownies or cupcakes when she does indulge. Surprisingly, Ms. Farrall didn't actually get into cooking and baking until her third year of university. Now, her hobbies include trying new recipes and hitting the gym. For the past 17 years, she has actively played competitive baseball and is currently a member of the Steveston Athletics team. Some may not know, but Ms. Farrall is married to her high school sweetheart and is currently expecting! Though students will undoubtedly miss her during her maternity leave, we extend our congratulations and best wishes to her. When asked about her favorite aspect of teaching, she shared, "My favorite thing is getting to know the students, and teaching you all how to cook is the highlight for me."

Teacher Interview: Mr Yong

BY: AALIYAH CONNOR

Mr Yong has been a teacher at Hugh Boyd since 2011 and has taught at several other Richmond schools. Teaching both English and Socials studies classes, let's take a look into this great teacher's perspective of school.

Besides from English, Mr Yong also teaches Asian Studies and Human Geography classes. He is very passionate about teaching global issues and "how the world works and it's political, economical, and social aspects." Another part of teaching that he enjoys is the freedom of English class. As long as he's getting to the main point in the curriculum, he can choose to cover any novel, poem or any piece of writing to discuss. He says it definitely "makes it easier to teach and engage students in when it's something I'm passionate about." It also makes it easier to connect on a personal level with each of his students. English is a great opportunity to learn and share stories with each other and Mr Yong says he loves "the diversity at Boyd, and how it creates different stories that people can share with each other."

One thing Mr Yong did say is that he'd love to see students prioritizing and putting more effort into their English and social studies classes. It's disheartening for him to see people putting less priority towards English compared to academics like maths and sciences and other courses.

Especially because English is the most important course for high school graduation and post-secondary options. After all, in Canada we will be reading, writing and speaking English throughout life.



Our Community

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Friday

The Bus Strike

BY: VALENTINA YEP



On January 22nd, buses were halted due to more than 180 transit workers that were represented by CUPE Local walked off the job in Metro Vancouver. This 48 hour strike began at 3 a.m., three weeks after the workers refused to work overtime. The big reason for the strike is due to an agreement with CMBC expiring in October of 2022, and that the employer had not offered wage parity with other employees. Additionally, the company was not recognizing their workload issues. CUPE representative Liam O'Neill previously stated that workers often worked more overtime than regular hours, and that wages that were sought by workers were less than 0.05% of CMBC's budget for wages and salaries in 2024. Services that were affected by the strike were buses, Seabuses, and Translink routes that are operated by CMBC. Services that were open during the strike however included; the 214 service, other Translink services (SkyTrain, West Coast Express, HandyDART, West Vancouver Blue bus, and the Bowen Island and Langley community shuttles). Many people were affected by the strike, not being able to head to work or get to other places that require the transportation of a bus. Even schools were affected. Major schools like UBC had announced they wouldn't be changing anything to do with classes, saying that the instructors had to make arrangements for their students to learn alternatively. Days after the strike on the 24th, the 48 hour strike came to an end. The 180 mix of transit supervisors, engineers, maintenance and communication staff came back to work for CMBC at 3 am on Wednesday. Translink said that SkyTrain, West Coast Express, and HandyDART will continue operating as per usual.

Vancouver Canucks On Top

BY: PAUL DELOS REYOS

The Vancouver Canucks' 2023-2024 season looks to be going well so far. They are currently in first place in the NHL's Pacific division with a standing of 33 wins, 11 losses, and 5 overtime losses. The Canucks have won around 67.35% of their games; much better than last season with 46.34% of games won. They have played 49 games so far, winning 71 points in total. Right Wing; Brock Boeser is leading in goals with 30 in total. Team Captain; J.T. Miller is leading in points with 67 accumulated throughout the season.

The Vancouver Canucks are currently on the top five of nearly every good statistic on ESPN's 2023-2024 statistic leaderboard. Five Canucks players have also been voted by fans to take part in the "All Star Weekend" event in Toronto on February 1-3. Fans of the Canucks are starting to have more hope for the team because of their performance this season. The team's performance exceeded many expectations. Some fans online find that the players have improved compared to last season, within only one month since the season had started.

Overall, the Canucks are doing well in terms of games and scoring. Their 33-11-5 standing seems comfortable for now. Their position in first is something for them to be definitely be proud of. Vancouver might just have a chance at winning the Stanley Cup this season.

Though as there are still many more games to come, things are bound to change. Will the Canucks keep their standing? Will they be overtaken? Only time will tell.



The Stanley Cup Revolution

BY: TIFFANY TARRANT



The TikTok famous "Stanley Quenchers" have taken the world by storm. They have blown up on social media and the world is abuzz with this new product, some with opinions good and bad. These cups can sell out in minutes after restocking. The Stanley's many features and appealing looks make it something people can't get enough of.

Also known as "the quencher" or "the cup" these steel tumblers are a social media phenomenon with their enormous size and sleek look. A few notable features about Stanleys are their temperature-keeping designs, their cool colours, their handles with comfort-grip inserts, and their large 40-ounce size. They are also made from 90% recycled stainless steel. Stanley Cup users have been posting them all over the internet with hashtags such as "WaterTok" and "StanleyTok" showing off their colourful cups and using them to post flavorful recipes. Many videos of aggressive customers have caught peoples' attention as well, as the long line-up of this product's consumers fight for a cup. These videos quickly go viral on social media.

Two Grade 8s at Boyd, Cherrie and Mia shared their opinions on Stanley cups. Cherrie explains, "It's really big. It's giant. And all nine year olds have it. Everyone is so obsessed with it. People, they line up at three in the morning for it. Why would kids need it anyways?" While Mia thinks, "They are really durable and meant for sports and camping. My dad has one! But they are not good for kids because they are super heavy, and it spills." They both also agreed that it is extremely expensive.

Whether you are a fan of these tumblers or not, I think we can all agree that these bottles are a fantastic and stylish way to stay hydrated without constant refills.

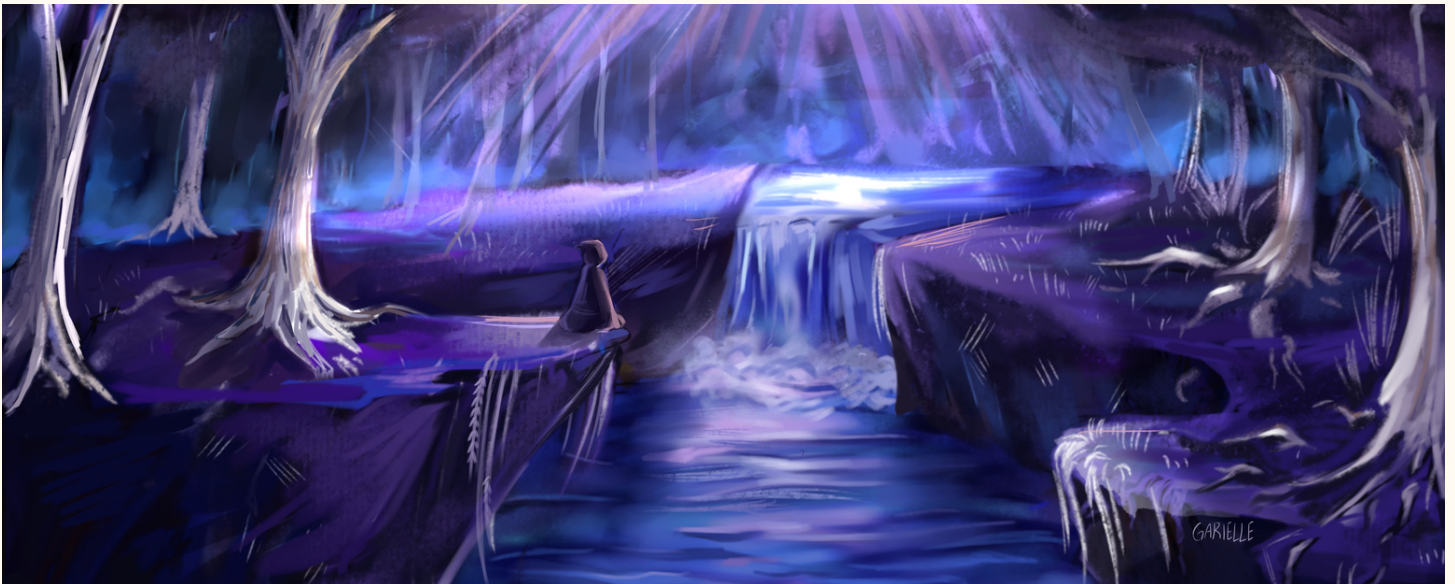
Artist of the Week

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Garielle a Gr. 10 student at Hugh Boyd, uses perspective, lighting, and compelling colour palettes for her artwork. By using both a semi-realistic and geometric style, she creates gorgeous scenery as well as people that amplifies the digital drawings.



Message from the Artist

I usually don't do full illustrations but recently (due to art class) I've been experimenting more with them and expanding my skills as an artist. I also enjoy experimenting with lighting and it's something I want to improve on. I usually do a more painterly style and I have tried to do cleaner pieces but personally, not being bounded by lines suits me and my style more which lets me express my art better. I usually don't like spending a lot of time on cleaning up and polishing my works which is why they're kinda messy.