

# VERITAS



Fall 2016 - Issue 1

Skincare Routines

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THE 10 STEP KOREAN SKINCARE ROUTINE

*Cover Page Artwork By: Sofia Vitro*

Hello Readers!

My name is Guinevere Santaguida and I will be this year's editor of Veritas. Welcome to our first issue of 2016-2017. I'm excited to collaborate with the rest of the Veritas team to make this year's issues the best yet!

I am excited to announce some changes to the school newspaper this year! These will include layout changes and two new exciting sections: Student Life and Canadian Content. The front cover of the Veritas will feature artwork from the Upper School Student Body. So please feel free to submit your artwork for consideration.

Veritas really wants you, the reader, to have some say! If you ever want to respond to an article, discuss something that is going in our Hawthorn community or write about any other things of interest, please consider writing a letter to the editor. For more information see myself or Mrs. McGroarty, or send us an email at [hsg.veritas@gmail.com](mailto:hsg.veritas@gmail.com)

I cannot wait to see how this year rolls out. I hope you enjoy this first issue of the Veritas!

- Guin



# Current

## The American Election

Donald Trump or Hillary Clinton? It is anyone's game in the American Election. After three Presidential Debates, everyone is anxious to see who the next president of United States will be. It is not just Americans, however, who are intrigued by this election but people everywhere around the world. It is because the United States is a powerhouse country so people want to see it in good hands as much as possible. Stay tuned for Tuesday November 8th to see who be the next leader of our southern neighbours.



## Blue Jays Defeated in the Playoffs

As Torontonians sadly witnessed, the Blue Jays are now out of the Playoffs. They squeaked in with a Wild Card and started the playoffs with a bang. Unfortunately though it just wasn't their year. They lost the final series to the Cleveland Indian with a final break of four games to one. Perhaps next year will the Jay's will advance even further.

# Events

## Toronto Maple Leafs Start their Season

For the die-hard Leaf fans their favourite hockey team is off to a great start! In the early season games they are demonstrating a lot of improvement. The games are getting increasingly exciting. For instance, take Auston Matthews. He is the first player in NHL history to score four goals in his first career game. If that is not exciting, I don't know what is. The Leafs are also the youngest team in the NHL this year. The team members' average age is 26 years old, and watching these fresh players is adding a spark to these games. Be sure to tune in for the Toronto Maple as they are on the road to a great comeback!



## The Royal Family Visits

It has been five years since the Royal Family has visited Canada. So it was not a surprise when everyone gathered around to catch a glimpse of Prince William and Kate along with their children, George and Charlotte when they came for eight days last month. Despite George's unwillingness to hug our prime minister, the children captured the hearts of Canadians. The family travelled through different regions of Canada, including British Columbia and the Yukon. They spent their time focusing on environmental issues, support for young families and mental health initiatives. It was an extraordinary opportunity for Canadians to greet the Royal Family and showcase beautiful places that Canada has to offer. They wrapped up their tour on October 1st leaving from their point of arrival Victoria B.C.



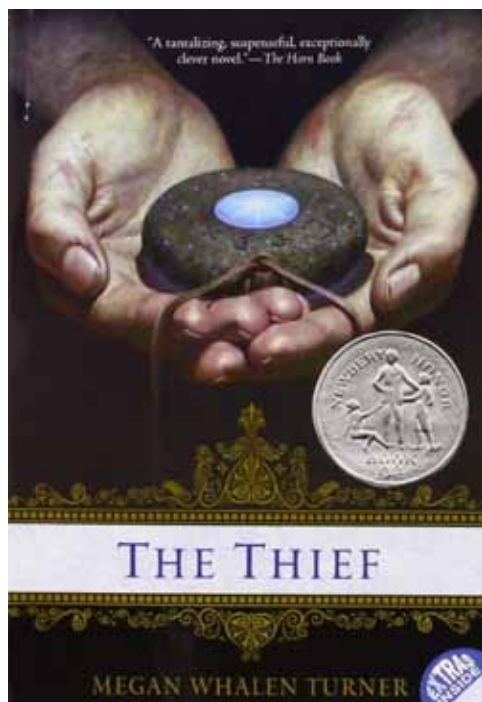
*By: Isabel Padolina*

# Reviews

## Book Review:

### *The Thief* by Megan Whalen

*The Thief* is a fast read that will keep the reader on the edge of his or her seat throughout. It begins with Gen, the thief, languishing in prison, only to be called upon by the King's advisor to embark on a hectic, cross-country adventure, in search of a mystical artifact that most are not convinced even exists. Throughout the story the reader learns more and more about Gen's dynamic character, and quickly discovers that he has his own agenda, and that there is more to him than meets the eye. He is hilariously disrespectful, and doesn't care one whit about what the other characters think about him, which makes him realistic and surprisingly relatable.

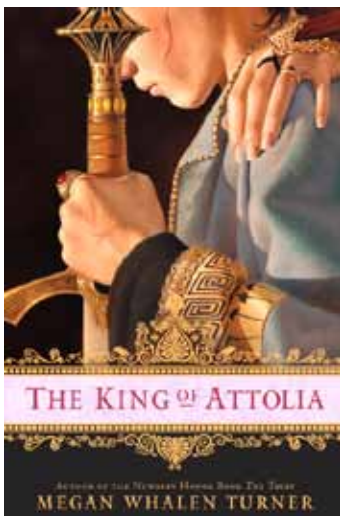


The author chooses a very interesting method for revealing her protagonist to the reader. There are many things about his character that are concealed from the reader, only becoming apparent when it is relevant to the plot. Gen does not keep the reader in the loop any more than he does the other people in his party, and although the story is told from his point of view, the reader often finds himself or herself discovering mind-blowing plot twists at the same time as the supporting characters. It is an interesting method of storytelling that is very compelling; anyone reading this book will have a hard time putting it down.

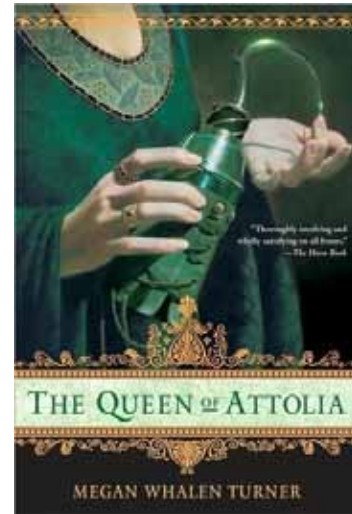
The supporting characters are also interesting. The overbearing Magus (the King's advisor) is easy to dislike, while his pupils (whom Gen quickly labels Useless the Elder and Useless the Younger) become likable or detestable depending on Gen's mood and the respective pupil's actions. Pol, the soldier, is inscrutable, and even Gen, who is quick, clever, and insightful, occasionally has a hard time reading him. This haphazard group of characters make an interesting party that blunder their way through many interesting situations that test their patience and try their loyalties.



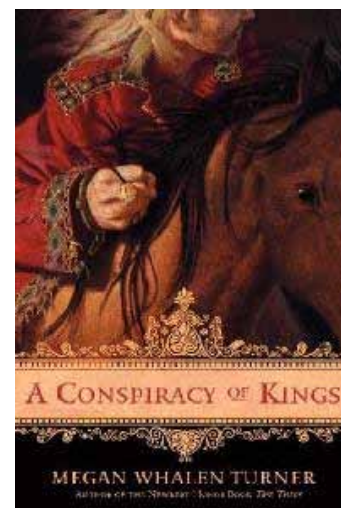
The author's genre is fantasy, but it is loosely based on the society of ancient Greece, and anyone familiar with Greek mythology will recognize some of the references. She reveals this society gradually, without laying it out for the reader, instead choosing to allow the reader to glean its nature from the many conversations and stories told by the characters.



The story takes many twists and turns, and the author masterfully incorporates clues into the plot that the reader does not even realize they are receiving until they all fall into place at the end of the novel. They are easy to miss, unless one is looking for them. They make the reader wish to instantly begin the book over from the beginning, simply to catch every clue they missed the first time around.



This book is a spectacularly written page turner, and one that will constantly catch the reader by surprise. It is recommended for ages ten and up. Although it can be read as a standalone book if the reader so chooses, it is the first in a series of four books, followed by *The Queen of Attolia*, *The King of Attolia*, *Conspiracy of Kings*.



By: Jessica Taylor



# MOVIE



## Miss Peregrine's Home for Peculiar Children

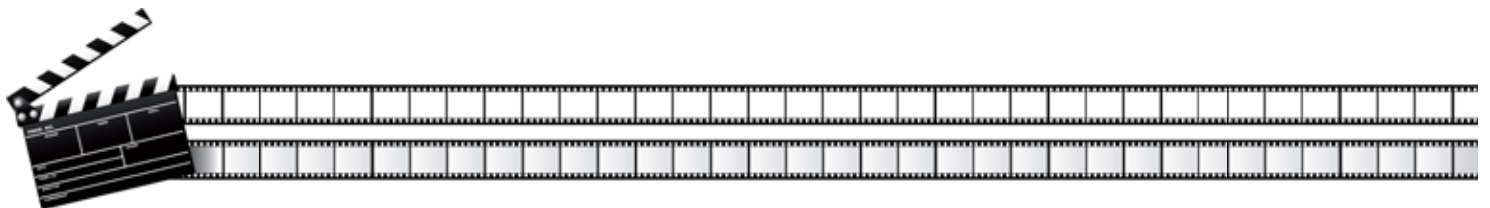
*Rated PG-13 for "intense sequences of fantasy action/violence and peril."*

What it's about: This movie is based on the novel *Miss Peregrine's Home for Peculiar Children* written by Ransom Riggs. When his beloved grandfather dies, Jake, played by Asa Butterfield, clues into a mystery that spans different worlds and times. He discovers a magical place known as Miss Peregrine's School for Peculiar Children. But the mystery and danger deepen as he gets to know the residents, and learns about their special powers - and their terrifying enemies. Ultimately, Jake discovers that only his own special peculiarity can save his new friends.

This movie is directed by the one and only Tim Burton. And if you don't know who Tim Burton is, where have you been? He has directed a number of highly acclaimed famous movies such as *The Nightmare Before Christmas*. So did this movie live up to its expectations? Yes and no. As a movie in itself, it is very well-directed, the script is amazing and the acting is quite good. It is a really fun movie but scary movie, that you could sit down and enjoy with your friends.

However this movie was initially a book and as a book to movie adaptation this is where it falls short for me and a lot of other people. The book itself is absolutely amazing, and I think the first half of the movie does justice to the book. But the second half was so different from the book that I felt rather rather disappointed.

If you go to the movie with an open mind it's really just a fun movie that can be kind of creepy at times, but definitely worth checking out.



# REVIEW

## Doctor Strange

*Rated: PG-13 for "psychotropic violence."*

What it's about: Dr. Stephen Strange, played by Benedict Cumberbatch, undergoes a life-altering event, after a car accident robs him of the use of his hands. When traditional medicine fails him, he seeks healing, and hope in a mysterious enclave. He quickly learns that the enclave is at the front line of a battle against unseen dark forces bent on destroying reality. Before long, Strange is forced to choose between his life of fortune and status or leave it all behind to defend the world as the most powerful sorcerer in existence.

This is a new concept for world of Marvel whose hero's usually embrace super powers and not magical talents. Since this magical aspect is introduced in this film, there are theories that magic could potentially destroy the whole Marvel universe. But let's not get too ahead of ourselves. I guess we're going to have to watch the movie to see what happens....

The critics are raving about the film. They are saying: "It's unlike anything Marvel has ever done...the action scenes are so ferociously loopy, and frantic; it's an amazing experience."



## Fantastic Beasts and Where to Find Them

*Rated: PG-13 for "some fantasy action violence."*

What it's about: The year is 1926, and Newt Scamander, played by Eddie Redmayne, has just completed a global excursion to find and document an extraordinary array of magical creatures. Arriving in New York for a brief stopover, where he might have come and gone without incident if it were not for a No-Maj named Jacob, a misplaced magical case, and the escape of some of Newt's fantastic beasts. This could spell trouble for both the wizarding and No-Maj worlds.

It's one of the most highly anticipated films and definitely worth going to go see. For those who have been fortunate enough to see an advance screening, the reviews are glowing, as people are saying they love the effects and the look and feel of the movie. The last wizarding film was released in 2010 and this movie is being eagerly and excitedly awaited. This movie has been confirmed to be the first in a series which is something to get really excited about. There are a lot of famous actors starring in this movie,

so expect some amazing acting. J.K. Rowling wrote the screenplay, and is involved in the production so that will add to its authenticity.



*By: Vanessa Marku*



## Gender Pronouns and Professor Peterson

University of Toronto professor, Jordan Peterson, has refused to submit to the use of gender neutral pronouns. After much commotion at the University, Peterson was called to apologize and retract his statement. He had declared that he would not refer to someone by their pronoun of choice, whether it be a professor or a student. He also refused to retract this statement, even under pressure. During an interview with CBC Radio he said that people cannot force him to alter his use of the English language to suit their ideological motivations, as he felt he would become their puppets. He carried on saying that it is not someone else's right to decide the way he chooses to utilize the English language. This stems from his denial to acknowledge Bill C-16 as legitimate\*. He feels this bill is very "loosely written" and that its creation was rushed, allowing for one to consider another's speech to be hateful or offensive.

This bill permits anyone to take a section of someone else's speech and call it offensive. If an individual does not apologize for or recognize his or her use of the incorrect pronoun, then this person can be punished under court law. In this respect, Peterson says that the bill is quite dangerous. Peterson also wants to make clear that by refusing to use gender neutral pronouns, he does not disregard the existence of other individuals, but rather denies the fact that biological sexuality and gender identity are dependant constructs.

I agree with Jordan Peterson's viewpoint. No one can deny that it is an individual's right to speak in a way that reflects one's own principles and preferences. As Peterson has said, Bill C-16 was created so that those along the gender spectrum could be acknowledged, but it is accomplishing the opposite. This bill allows for people to demand to be called by their preferred pronoun, and if not, then the one denying this is punishable by law. Not only is this unfair, but it is also undemocratic. Simply because one believes in an idea, that does not make it the truth. The supporters of bill C-16 are hyperbolic in their methods of promoting their agenda. Despite society's claim to be a relativistic western world, we are pressured to embrace one ideology far more than the other. It is time to step in our beliefs and convictions, support truth and combat complacent acceptance as an excuse to push the ideals of those who agree with the use of gender neutral pronouns.

\* Bill C-16 states that each person's internal and individual experience of gender is their sense of being a woman, a man, both, neither, or anywhere along the gender spectrum." It defines expression of gender as "how a person publicly presents their gender." This includes behavior and appearances such as hair, clothing, makeup, voice and body language, as well as one's name and the pronouns they use to recognize themselves as.



*By: Jane Zuchelkowski*



# Canadian Youth & Sustainable Fashion

Canadian youth are privileged to shop in malls with big name store brands such as Forever 21, H&M, and Old Navy. These brands keep their production costs low which allow them to sell their clothes inexpensively. Canadians can afford to buy clothes often, due to these low prices. This cycle of low production costs, low prices, and shopping in excess is known as “fast fashion”.

Picture this, a young Canadian enters any mall and purchases three outfits for under \$50, for three specific occasions. He or she then wear these outfits for its intended purposes and then the youth returns to the mall to buy three new outfits. Shopping trips are made weekly, and even bi-weekly. The wardrobes of the youth grow, while the prices of the clothes shrink lower and lower.

There are several questions to answer after reading the above. Where do the clothes go after they have been worn? What happens to the clothes in the retail store when they are not sold? What happens to a piece of clothing when it's life cycle is complete?

The life of a piece of clothing can be up to 500 years. It's life begins at the actual fabrication of the article. Manufacturer in their fabrication process will often produce significant amounts of solid waste. Globally, 400 billion square meters of textiles are produced annually, 60 billion of which are left on the cutting room floor. Where does this waste go?

The next phase in the life cycle of a piece of clothing is the purchase and use of the clothing by the consumer. In today's “fast fashion” industry this phase is very short. A piece of clothing is worn once and then put in the closet until next year's spring cleaning where it, more often than not, gets thrown out. Shockingly, an estimate of only 15% of all clothing and textile waste is recycled.

This leads to the last phase of any article of clothing; the disposal. This stage is often looked over by consumers. Once they have finished with their clothes, they do not think of the effects that the disposal of their clothing may have. They do not realize that buying into these “fast fashion” trends is actually making the fashion industry the second largest polluter in Canada, after the crude oil industry.

Another sad occurrence due to the unsustainable disposal of clothing is irresponsible donations. In many cases, developing countries no longer have tailoring or clothing industries because of donations from developed countries.





These clothing donations are made of course, with the best of intentions, but are often the reason why small businesses are not flourishing in these countries.

In short, the overconsumption of youth in Canada leads to the unsustainable manufacturing and disposal of clothing. Despite this reality, the average Canadian youth has no idea that their shopping is affecting the Earth in such a dramatic way. Twenty year-old Andrew Principe says, “I almost never think about [where my clothes go when I’m done with them]”. “I have never considered where my clothes go after I throw them out, and I don’t think it is a thought that would ever come to mind,” says Emily Fu from Toronto.

When questioning a group of young people about the importance of this issue, many had quite a different attitude. There was an overwhelmingly positive response from these youths saying they felt very strongly about finding a solution. “When we buy our clothes we don’t think about where [they] come from and what did the world have to suffer to get it... the companies that are in the malls next to my house, they’re the ones responsible for this, and I could easily make an effort to put a stop to it,” says Maria Kambitakis, a Montreal local.

Not only are there youth in Canada who are motivated to make a difference, but there are youth in Canada, right now, who are actively working towards a solution. There are several youth-led initiatives that are contributing towards making the fashion industry more sustainable. A prime example of this is the organization Fashion Takes Action. This Canadian organization takes a different approach than most organizations seeking sustainability in fashion. As opposed to simply encouraging the youth to make more sustainable purchases, they attend social media and PR, public speaking engagements, conferences, working with students and teachers, hosting fashion shows, and participating in trade shows to share their message to resize the fashion industry’s footprint. Fashion Takes Action combat the above mentioned Fast Fashion trends by encouraging Canadian youth to live a lifestyle that is more conducive to sustainable disposal of clothes, and a more sustainable production chain overall.

A Canadian youth walks into the local shopping mall, and opposed to walking into the “big name” stores, he or she walks into boutiques and buy a good, long lasting piece of clothing. As opposed to going to the mall and buying an outfit for the next occasion, he or she would walk into their local thrift store. Another simple way to take action is to share clothes with friends and family, informally or through organized events such as a second-hand clothing exchange or sale. Finally, as opposed to donating clothes to charities without thinking twice about where they end up, a youth can choose to donate locally.

The youth in Canada have the power to change the fashion and textile industries unsustainable production trends, through their everyday habits. They have the power to change the production chain so that the disposal of clothing is a practice that is sustainable and will benefit our country from generations to come.

*By: Guinevere Santaguida*



# Fall Hacks

It is finally fall! The perfect time of year to curl up by a fire and drink some apple cider. The air is now crisp and the leaves are changing, which leads to this article: Fall Life Hacks (and DIYs.) In autumn, the weather always drops quite a few degrees, and if you don't want to wear stockings or an unending amount of layers of pants, you can make leg warmers just out of an old sweater. What you will need is: a knit sweater and scissors. That's it! First, take an old knit sweater and cut the sleeves off of the sweater and slip them onto your legs. Then, simply roll the tops of the socks down, put on some knee boots, and now you have some cozy leg warmers.



Another essential for fall that you can create from an old sweater as well, is a beanie. What you will need is: a sweater, some fabric glue or hot glue, a pair of scissors, and a paper tape measure. First, take your tape measure and find the circumference of your head. Then, cut two halves of an oval/circle in which the straight edge is slightly longer than half of the circumference of your head. (The height will depend on how floppy you would like your hat to be.) Afterwards, take the two ovals and use the glue of your choice to adhere the curved edges together. You can also sew these together if you would like. Finally, flip inside out and you have a beanie that is super cheap and fashionable.



When you think of fall, what comes to mind? Often, you think of candles. But what happens when you have a wick that is too small to burn and not enough wax? How can we reuse the wax that is still perfectly usable, and not mention, still smells heavenly?



As a matter of fact, you can make another candle out of it. All you need is your leftover candle wax, a piece of cotton string, two small microwavable containers, a popsicle stick, and a microwave. First, break the left over wax into pieces and remove from the jar. Secondly, place it in a microwavable lipped plate and put it into the microwave. Heat until the wax has melted. Pour it into vessel (glass.) This will be your candle container. While the wax is still warm, wrap the cotton string around the tooth pick and have a string dangling off enough to reach the bottom of the container through your melted wax. Place on the popsicle stick across the rim of the candle and let the wax cool and harden. Trim off any excess string. Your candle is done; now light with a match and enjoy!



What do you do with the leftover containers that the candles were in? Clean it out and use as décor for your room. Either use to hold pencils, make up brushes, or fill with decorative rocks, candy (candy corn looks especially nice at this time of year), or really anything you would like. Feel free to decorate with some glitter, paint, or washi tape. Those are my fall life hacks/DIYs. These are all super fun, easy, and really affordable as well. I hope that you found them useful and that you will try some out.

By: Annika Fu

# Fall Fashion

In this article, I am going to put together an outfit that I think incorporates all the fall trends of 2016. I hope you find this inspiring and helpful.



## Jeans:

I picked light washed denim jeans rather than darker jeans because it keeps the outfit from becoming too black. The wash of the jeans also brings out the colour of the jacket and even the choker. Using these jeans keeps the choker from standing out too much.

## Shirt:

I think that long shirts are perfect for the fall because they can be paired with a coat or jacket to keep you warm. I chose a black shirt because it blends in with the black bag and the black sneakers. By doing this, I am giving more emphasis on the other elements of the outfit. Since there are a lot of things going on in this outfit, adding a coloured shirt would make it a little too much. Therefore, black is a safe choice.



## Jacket:

This is my favourite piece from this outfit. This year, suede has become more and more popular. I love this jacket because it has the same cut as a leather jacketer but it is made out of a different material. Also, I think this colour is perfect for the fall because it resembles the fall leaves.

## Choker:

One of the major fashion trends of this year is a choker. What I love about chokers is that they can be worn in any season, but I think they look especially good in the autumn. The choker in this outfit is the center piece. By pairing a formal piece of jewellery with a casual outfit, it really helps bring the whole outfit together and makes it more interesting. It also gives the outfit a little pop while still keeping it casual.



## Shoes:

I'm a big fan of sneakers. Unlike many other teenage girls, I'd much rather wear them than boots. I chose to pair these sneakers with the outfit because I think that having suede on both the sneakers and the jacket really help balance out the whole look.



## Bag:

I think that shoulder bags are the most practical and stylish of all purses. They allow you to be more active without having to worry about losing your bag. I thought that this purse would go great with the outfit because it is very simple yet very chic. Since the bag is solid black, it doesn't take attention away from the rest of the outfit. It blends into the outfit very well, yet is accented by the metals on it.

*By: Dorin Saadat*

# Culture

## The 10 Step Korean Skincare Routine

Asian beauty has always been well known for its simplistic makeup and intensive skin care routine. Whether one is male or female, caring for physical appearance – especially their skin, has always been an important part of their daily routine and culture. Koreans, in particular, are quite known for their multiple step skin care regimens, as the culture emphasizes skincare over makeup. Not everyone follows this intensive routine, but many try to incorporate most of the steps into their routine. These steps start from the simplest and lightest products to the heaviest ones.



### Step 1: *Makeup Removers and Oil Cleansers*

The first step in this routine is to remove any obstacles and impurities on your face, such as makeup and dirt. This step begins with removing makeup with a makeup remover. This can be a wipe or a liquid, followed by an oil-based cleanser. Oil-based cleansers breakdown any leftover makeup, removing most of the impurities left on one's face.



### Step 2: *Water-Based Cleaners*

The second step to this routine is to use a water-based cleanser. Those following Korean beauty often call this step “double cleansing” because they use both oil-based and water-based cleansers, one after the other. Water-based cleansers wash away any residues left from the oil-based cleanser and it ensures that any remaining impurities are removed from the face.



### Step 3: *Exfoliators*

Exfoliators are an essential part in Korean skincare routines, making the skin feel smooth and soft. They remove dead skin cells and debris which help polish one's complexion. It is important that this waste is removed because it may be mixed with other beauty products and may get into one's pores. It is also important that the exfoliators are not used daily because it may damage the skin; therefore, it is recommended that they are only used once or twice a week.



### Step 4: *Toners*

Toners help prep the skin for the next few steps by balancing the skin's pH level and hydrating the skin to help absorb the other skin care products. Toners are a liquid that are often either applied with the bare hands or a cotton pad.



### Step 5: *Essences*

Essences are used to hydrate the skin as well as assist in cell turnover and skin repair. They are known to be a hybrid between a toner and a serum.



### Step 6: Serums, Boosters and Ampoules

Serums, boosters and ampoules are all used for spot treatment but differ in concentration. Many times, these terms are used interchangeably because they all have the same purposes, which is to treat the skin. They are used for brightening, treating acne, pore-refining, wrinkles and hyperpigmentation.



### Step 7: Sheet Masks

Sheet masks are a popular Asian skin care product that is used to nourish the skin. Sheet masks can differ in purpose. Some are used to brighten, whiten, soothe and/or moisturize the skin. They are often advertised to have natural ingredients, and as they have become more popular, some are designed to be cute with animals or characters printed on it or with a lace base instead of just paper. Sheet masks are meant to be left on the face for around 15-20 minutes so the skin can absorb the nutrients and are usually advised to be used once or twice a week but they can be used daily.



### Step 8: Eye Cream

The eye area is known to be a very fragile and delicate area of the face thus requires special treatment to protect it. Eye creams are used to provide extra hydration and protection to the eye area.



### Step 9: Moisturizer

Moisturizing is a vital part of this routine, as it protects the skin and seals all the nutrients from the previous steps. Whether one chooses a cream, emulsion, gel or lotion, it is important that it suits their skin type. Moisturizer should be used daily, both in the morning and evening. One may also choose other special types of moisturizers once a week like a sleeping pack which provides more hydration and helps to revitalize the skin.



### Step 10: Sun Protector

Although many Asian base makeups (foundation, bb cream, cc cream, etc.) contain SPF, it is still essential to apply a sun cream or sunscreen to protect the skin from the damaging effects of UV rays. It is encouraged that sun creams are applied daily and repeatedly during the day to ensure that one's skin is protect.

The Korean skincare routine is quite intensive but each step is not essential to have clear, dewy skin. One's skincare is very personal, depending on what someone owns/is able to afford and what works for them. One might consider advancing their skin care routine and incorporating any of these steps to their own personal routine, but it is not necessary to have all of these steps. The main aim of Korean skincare routines is to clean, treat and moisturize the skin. Different products cater to different skin types. Some target oily skin. Some target dry skin. Some target combination skin. In order to effectively improve one's skin, it is vital to know your skin and choose products that are targeted towards your skin type.

By: Paula Lauro



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