

Jasmine Roberts & Julian Stickland

## Editors Welcome

Our first edition!

Welcome to our newspaper we hope that you enjoy all our different articles and content that the 2022 Intermediate VCAL class has created and if not we would love your feedback or suggestions if you have anything to say let Julian or one of us know! I think this newspaper has been a really good thing for our class and has showed us how to all work together as a team and has bought us closer together.

In this edition of our newspaper you will find all things sports, food and animal related for example (where it is) you will find the sports section including things about AFL, Wimbledon you will find an article about our animals' program at TC and what has been happening down there. Now time to relax and enjoy the read 😊

P.S. On behalf of the Intermediate VCAL class, we hope that this newspaper might inspire a future student group to create an ongoing student newspaper, so that the TC community always has a vehicle for direct student voice.



Image: Lawrence & Ryan reenact Jack & Rose in Titanic during their Cert II Public Safety course.

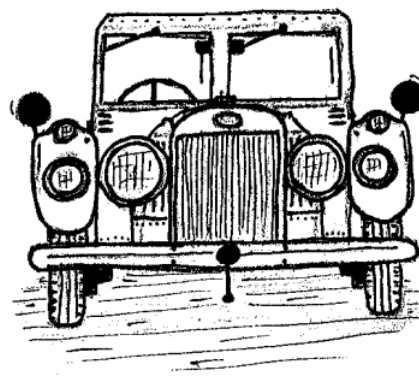
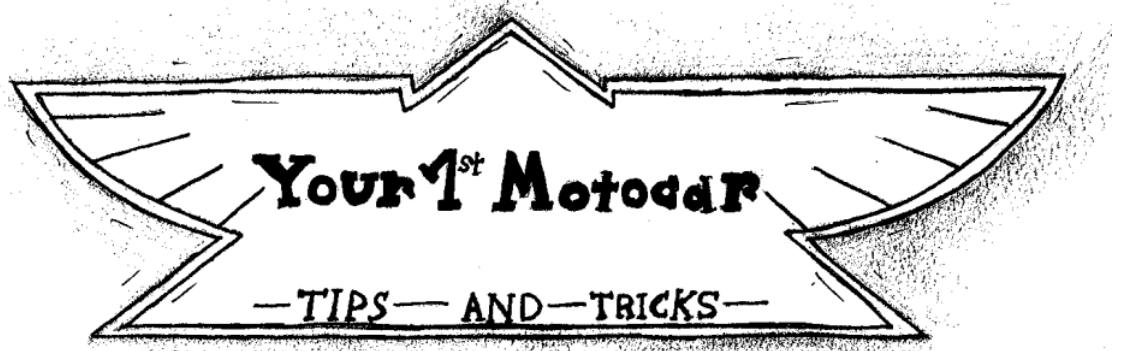


Image: Ruben Evans

Luke Frost

## Buying your first motorcar

### Tips & Tricks

For the average first car buyer it can be quite difficult buying your first car, knowing what car to buy, whether it will have problems or if it's in good condition, and what might need to be done to the car to get a roadworthy certificate. In this article I'm going to be telling you some useful things to know before buying your first car. Here is a list of the things to look out for.

One of the most important things to check for is how many kilometres the car has driven. The amount of kms that the vehicle has gone is a good sign of the rough condition of the car. Because the farther the car has gone the more wear and tear on the engine, suspension, brakes, tires, etc. So, it's always best if you can get a car that has gone less kms. It's also a good idea to check things like the steering wheel, pedal rubbers, floor mats, seats, and things like that to see if the wear on them matches the amount of kms the car has driven.

Another important thing to check is tyre wear because if the car needs new tyres that can cost around \$100-\$300 per tyre depending on what tyres you buy. You can check the wear on the tyres by having a look at the grooves, you should be able to see little raised bits of rubber, these are the tyre wear indicators. There should be an absolute minimum of a 1.5mm gap between the top of the tyre wear indicators and the surface of the tyre. If there is less than this then the tyre needs to be replaced. It is also a good idea to look for cracks on the tyre, if there are any cracks then they also need to be replaced.



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### Local News

#### What's new in Animals

Sami Ceravolo & Jessie Macrae

Last term Jessie and I went down to the animal's program to get some insight on what it's like down there. We talked to Claire, one of the animal...

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### Sport

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Ryan Sciola

Reading is easier, too, in the new Reading view. You can collapse parts of the document and focus on the text you want.

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### Opinion

#### The Phone Ban

Caleb Evans

To make your document look professionally produced, Word provides header, footer, cover page, and text box designs that complement each other.

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Luke Frost

## Cont. Buying your first motorcar

### Tips & Tricks

You should check the condition of the brakes on the car. On lots of cars you can do this by having a look through the wheel at the brake rotor. Check if there are any large grooves or excessive rust on the rotors, although a small amount of light surface rust is normal. If there are large grooves in the rotors then they will most likely need to be machined or replaced depending on their thickness.

Once you have done this you should get under the car and look at the brake pads to see how much wear is left on them. There should be at least 3mm of pad material left on them, if there is less than this they should be replaced. You should also check the thickness of the brake rotors; they should have their minimum thickness marked on them which is usually around 2-3mm less than the new rotor thickness. If they are below their minimum thickness, then they need to be replaced, which can cost around \$300-\$700 for one pair of new rotors. It must be noted that you may need to take off the wheel to see the marking for the minimum thickness on the rotor.

If you can't do this, you can look up the minimum thickness of the rotors for the car you're looking at ahead of time. Then you wouldn't need to take the wheel off to see the minimum thickness and instead just measure the rotor thickness. Once you have done this, press the brake pedal and check that it feels firm to press and not spongy, if it feels spongy, then the brakes should be bled. When you test drive the car, check the brakes are firm and don't require excessive force to stop the car. Also listen to see if the brakes squeak, if they do, it could be because the calipers are loose or there's rust or contamination on the pads / rotors.



One of the most important things to look at is the engine. There are lots of things that could potentially be wrong with the engine. It's a good idea to ask the owner for proof of when and where the car was last serviced and whether it was serviced regularly, and during any of the services if there was anything that needed attention or was replaced. I would also check that the oil level isn't too low as that would indicate the engine is either leaking oil or burning oil.

Also check the oil colour and texture. It's alright if the oil is black as that's normal for used oil, you want to make sure it's not brown as that would mean that the engine has most likely blown a head gasket and coolant has gotten in the oil, which is very bad. You also want to see if the oil has any small chunks or metal particles in it. Chunks in the oil can be from fuel leaking into the oil and or other contaminations in the oil. Metal particles in the oil indicate that there has been excessive engine wear, both are not good at all.

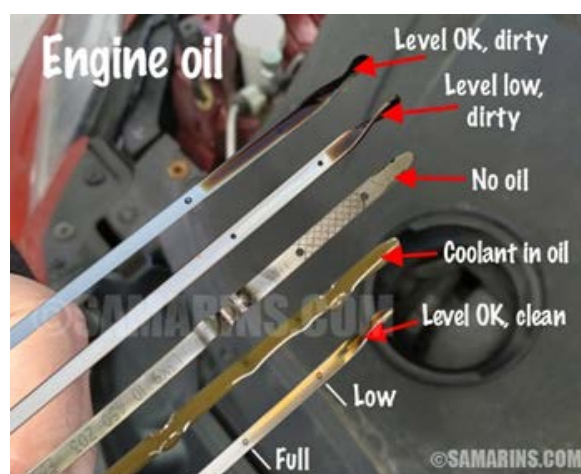
Note that you may not be able to see chunks and or metal particles in the oil or on the dip stick as it may have settled in the bottom of the oil pan. I would also have a good look at the engine for oil leaks, particularly underneath the engine.

You should also check the belts don't have any cracks or excessive wear and aren't too loose. Then you can start the car. Have the bonnet open and listen to the engine, listen for any kind of knocking, ticking, rattling, or any abnormal sounds coming from the engine. If there's a ticking sound and the engine has a timing chain instead of a belt, then there's a good chance that the timing chain is loose and stretched, suggesting that it needs to be replaced.

A ticking sound could also be from the valves being out of spec and needing adjustment. If there's a squeaking sound, there's a good chance that it's from a belt. The squeaking is most likely caused from improper belt tension, oil / contamination on the belt, or the belt could just be worn out, causing it to slip.

If there's a knocking sound there are quite a few things that could cause this, such as, the engine running on lower octane fuel than it is designed for, or carbon build up which can create heat retention, causing hot spots that can ignite the fuel prematurely. Knocking can also be caused from rod knock which is when one or more of the con rods come in contact with the crankshaft as it changes direction, causing a knocking sound.

If the engine is misfiring it is usually caused from lack of spark (only in petrol engines). This will most likely be from a faulty spark plug, malfunctioning ignition coils, or faulty spark plug wires. Also check for smoke coming from the exhaust pipe. If there is smoke, then the engine is most likely burning oil which is not good. You can also check to see if the car is burning oil by



looking at the back of the car for a build-up of oil from the exhaust.

Another thing that you should check is the windscreen. If the car has a crack or even the smallest chip, then it won't get a roadworthy certificate. Windscreens can also be very expensive, ranging from between \$300 - \$1000 to replace.

One of the most important things to check for is rust. Rust spreads and slowly breaks down metal which can be very hard and expensive to remove. I would have a good look over the whole car for rust including under the car. Make sure you look out for bubbly paint. Rust can form under the paint causing it to bubble. I would also look for any body repair work and check that all the panels on the car have even gaps as these things can indicate that the car has been in a crash.

It's a good idea to check the wheel bearings. You can check if wheel bearings are worn out by jacking up the car one wheel at a time. Once the wheel is in the air you can grab it and try to wobble it up and down, side to side, and in and out to feel for play. The wheel should not wobble in any direction at all, if it does that means the wheel bearings need replacing.



You can also rotate the wheel and listen for a rattling sound, if you hear rattling then the wheel bearing needs replacing. Also, when you drive the car you can listen for grinding, roaring, and buzzing sounds from the wheels, see if the sound increases as you increase your speed, this would indicate that a wheel bearing, or bearings need replacing. Also feel if the steering wheel is vibrating and if the car feels loose and wanders a bit as you drive. These things can indicate that the wheel bearings need replacing.



You should also check the rubber bushes to see if they are cracked, the bushes are found on the suspension, if they are cracked then they will need replacing.

You can also check any rubber hoses in the engine bay to see if they're cracked, if they are cracked, then they will also need replacing. I would recommend checking the universal joints and CV joints, if the car you are looking at is rear wheel drive, 4x4 or all-wheel drive then you can check the universals joints on the rear drive shaft.

You can check by getting under the car and holding the universal joints and try to move them around to feel for play. If they have 5mm or more of play, then they will need replacing. If the car you are looking at has CV joints, then you should check the rubber boots are not leaking or torn.



If a CV boot/boots are damaged, then listen for noise from them when you drive the car. If you can hear any noises coming from a CV or CVs, then the whole CV axle/axles will need replacing which can cost around \$250 - \$750 depending on the car.

That's about all I'm going to talk about for this article, there is more that I could say, and I could explain more about the things that I've talked about in more detail, but this article is already too long. I hope some of this information was helpful. Thanks for reading!

Luke Frost

AFL ladder 2022								
Position		P	W	L	D	%	PTS	Streak
1		18	14	4	0	135	56	W W W W W
2		18	13	5	0	129	52	W W L W L
3		18	13	5	0	125	52	L W L W W
4		18	13	5	0	106	52	W W W W W
5		18	12	5	1	120	50	L W W L D
6		18	12	6	0	122	48	W L W W W
7		18	12	6	0	115	48	W L W L W
8		18	10	8	0	112	40	W L L W W
9		18	10	8	0	104	40	L W L L W
10		18	9	8	1	114	38	L W L L D
11		18	8	10	0	105	32	W L W L L
12		18	8	10	0	103	32	L L W L L
13		18	7	11	0	93	28	L L W W W
14		18	6	12	0	87	24	L W W W L
15		18	5	13	0	86	20	L W L L L
16		18	5	13	0	83	20	W L L L L
17		18	2	16	0	58	8	W L L L L
18		18	2	16	0	55	8	L L L W L

Image: AFL Ladder

Jake Wignell

## Analysis: Carlton's playing well so far

The best and worst of 2022

Carlton is off to a decent start currently on 11 wins and 6 losses 113.4% just after round 18

- Round 1 **Carlton** Vs Richmond, Carlton by 25
- Round 2 **Carlton** Vs Western Bulldogs, Carlton by 12
- Round 3 **Carlton** Vs Hawthorn, Carlton by 1
- Round 4 Carlton Vs **Gold Coast**, Gold Coast By 30
- Round 5 **Carlton** Vs Port Adelaide, Carlton by 3
- Round 6 Carlton Vs **Fremantle**, Fremantle by 35
- Round 7 **Carlton** Vs North Melbourne, Carlton by 50

- Round 8 **Carlton** Vs Adelaide, Carlton by 48
- Round 9 **Carlton** Vs Greater Western Sydney, Carlton by 30
- Round 10 **Carlton** Vs Sydney, Carlton by 15
- Round 11 Carlton Vs **Collingwood**, Collingwood by 4
- Round 12 Carlton Bye
- Round 13 **Carlton** Vs Essendon, Carlton by 26
- Round 14 Carlton Vs **Richmond**, Richmond by 15
- Round 15 **Carlton** Vs Fremantle, Carlton by 31
- Round 16 Carlton Vs **St Kilda**, St Kilda by 15
- Round 17 **Carlton** Vs West Coast, Carlton by 63
- Round 18 Carlton Vs **Geelong**, Geelong by 30
- Round 19 **Carlton** Vs Greater Western Sydney
- Round 20 Carlton Vs Adelaide
- Round 21 Carlton Vs Brisbane
- Round 22 Carlton Vs Melbourne
- Round 23 Carlton Vs Collingwood

Now we are going to speak about the worst teams in the AFL West Coast Eagles and the North Melbourne, they are really struggling to play well although they just knocked off Richmond. These teams just suck but they have good glimpses of play. Apart from that they just can't kick goals and workout how to win with their team. West coast eagles and North Melbourne are both competing for the wooden spoon this year which Carlton have owned for many of the last 10 years but now they have come to play getting good draft picks and players.

A couple teams that have surprised me this year are Fremantle and Gold Coast, although they are 12th on the ladder they are knocking off good teams like Fremantle, Sydney, and Carlton but on the other hand Fremantle have a good young list, I feel like they could win the Premiership with this list in the next 5 years. Melbourne are currently 2nd and will go all the way to win the premiership in my opinion.

Now let's talk about The Brownlow favourite Patrick Cripps he is outstanding player for the Carlton blues with a great midfield with the names of Sam Walsh, George Hewett, Adam Cerra, Tom De Koning with these players it takes the pressure of Cripps, and he plays his own game and dominates it.



From Top Left: Claire's Dog Bastian, New Coastal Python, Pogo the Flemish Giant, A cute mudskipper, new rats! And New Karakiri Parrot & New Zealand Parrot.

Sami Ceravolo & Jessie Macrae

## What's new down in animals

### Update on the TC Animals Program

Last term Jessie and I went down to the animal's program to get some insight on what it's like down there. We talked to Claire, one of the animal technicians who's been working here since August 2018. Before working at TC, she worked in real estate, and she gave us some news on what happened over the past months.

If you haven't already met him, this is Bastian Claire's koolie cross border collie. He is 3 ½ years old and knows his way around Templestowe College very well, especially E wing.

We found out that the animal program has been around for 8 years! Established in 2015, many animals have come and gone over the past 8 years.

Some news down there is that sadly 4 animals died over the months. One of the most loved rabbits Penelope sadly died of old age and she will forever be missed. Another 3 lives were lost in the animal's program, sadly one of sheep got put down and Keyi the snake died sadly of a tumour. Recently one of our students was doing a check on our paddock animals and sadly found that another one of our sheep had passed away that night.

The good news is that there are some new additions to the program. 2 new types of birds have recently arrived at the FAF program. A kakariki parrot and New Zealand parrot, all these birds will be up in the Avery to live their best lives.

A new snake has arrived down in reptile's room, a Coastal Carpet Python which they got from a rescue shelter. In the fish room we have got a new addition, mud skippers, this is a type of fish what can come out of the water and walk on sand, the program got it at a few months old and it came from a queen's land supplier.

We also have 6 new female rats in the FAF room, we used to have rats and mice, but mice don't live very long, so when those mice passed away, we got more rats so they will live longer. All our new rats were 6 weeks old when we got them. We also have a new Flemish giant rabbit called Pogo who will be out of quarantine and be in with Cotton Tail soon, we have also heard he likes to bite.

If you walk past the paddock and see a new structure in it that's because a new chicken coop had been built. The funds that were raised in the Animal trivia went to building this new coop to make sure the chickens are safe at night.

We talked to Claire about where the animals program gets all their new animals from, she said that they get their mammals and reptiles from rescue shelters and breeders. And they normally get their fish from wholesales.

What happens to the animals over the holidays?

During the holidays most of the animals go to student's homes over the break. These animals are rabbits, guinea pigs, rats and a new bird called Spook. All our bigger animals stay here at school and get looked after every day by students, these animals include the sheep, pigs, alpacas, and goats.

The reptiles get fed less because their metabolism slows down from the cold. We add supplements to the stock animals feed so they stay fat and warm, (sheep, alpacas, goats) they might get some hay because the grass doesn't grow as fast and there is less to eat.

**EXCITING NEWS** congratulations to Shelly Ericson she is a new animal's technician who will be joining our team very soon.





Nick Kyrgios at Wimbledon 2022.

## Nick Kyrgios’ Wimbledon Journey

From round 1 to the final



Ryan Sciola

The Wimbledon Championships, commonly known simply as Wimbledon, is the oldest tennis tournament in the world and is widely regarded as the most prestigious. And in this summery of the Wimbledon, I will be following the most ridiculous Aussie tennis player Nick Kyrgios. He is a 27-year-old best known for his emotion outbreaks which greatly impacts his extremely gifted ability to play tennis

In the first round Nick played a 22-year-old named Paul Jubb who is from the UK. Nick was only just able to beat him as he looked out of form but was able to hand Paul a first-round exit in 5 sets, winning the last set 7 to 5.

In the second round Nick played Filip Krajinović who is a 30-year-old Serbian tennis player. Nick looked more controlled than his usual self and beat Filip in straight sets quickly moving onto round 3.

In this game Kyrgios went head-to-head with world number 4 Stefanos Tsitsipas who is a Greek professional tennis player. He has been ranked as high as world No. 3 by the Association of Tennis Professionals at only 23 years old. Nick again kept his cool and was able to agitate Tsitsipas which is quite rare. Tsitsipas only just took the first set, but Nick closed the game from there and beat him in the next 3 sets winning the final set in a tie break 7(9) to 6(7).

Nick kept his run going and next he played Brandon Nakashima who is only 20 years old and from America and fought hard, but nick was able to close the game in a long 5 sets winning the last set 6-2 in the round of 16, moving into the quarter finals.

In the quarter finals he played Cristian Garín who is a Chilean professional tennis player who is 26 years old. Nick closed the game quite quickly winning in straight sets again winning the final set with another tie break 7(7) - 6(5)

In the semi-final Nick was supposed to play world number 3, the legendary Rafael Nadal who unfortunately forfeit because he suffered an abdominal tear in the quarter finals against Americas and world number 13 Taylor Fritz which was a long game where Nadal won in the 5th set with a tie break. Due to his injury the game was called a walkover and Nick advanced.

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“Nick again kept his cool and was able to agitate Tsitsipas which is quite rare.”

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In the final he played Nadal's long-time rival, the world number 7 and the record holder for the most consecutive weeks as world number 1, Novak Djokovic. Nick came out guns blazing and won the first set 6-4. But from there Novak's form was too good winning the next 3 sets 6-3, 6-4 and finished it off with a tie break winning 7(7) 6(3) claiming the Wimbledon and raking in \$2.5 million whereas Nick raked in \$1.3 million.

In summary, Nick played much better as he found form from his normally aggressive state and put together a very decent Wimbledon. I hope to see more of this Kyrgios as he is a remarkably high calibre player, when he doesn't let his anger and frustration get the better of him.



Will Ramak

## Melbourne Gig Guide

What's on in your area.

The Grogans and special guests  
 Saturday 2nd of July 1PM-4:30PM (all ages) 8PM onward 18+  
 @ the corner hotel, 57 swan street,  
 Richmond  
 \$35 entry fee

The Grogans are a trio of best mates from Melbourne who've been craftily avoiding pigeon-holes and singular definitions of their sound since first banding together in 2016. comprised of long term friends Quin Grunden, Angus Vasic and Jordan Lewis, the Grogans explore nuanced maneuvers in surf, punk, blues, garage, psych, rockabilly and reggae whilst maintaining a quintessential sonic integrity across their dynamic catalogue.

Through their exponential malleability, the Grogans have quickly earned their stripes as one of Australia's most intriguing acts of recent times.

The band will be hitting the road again through June - august 2022, heading around AUS as well as their first international dates in NZ following their next single 'inside my mind' (released on May 4th). This is the third single the band have released, since their 2020 album 'day / to/ day'. Unlike focusing on the bands garage/punk roots as we heard in 'just a kid' & 'be your man,' 'inside my mind' veers down a new - psychedelic/soulful - avenue to what we have come to expect from this next album. This track is to the likes of tracks 'unnecessary', 'nobodys' & 'conflicting'

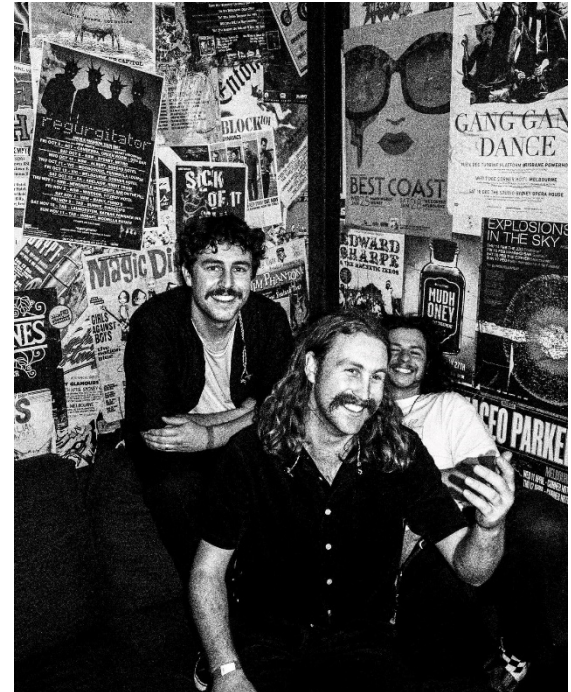


Image: The Grogans



Image: Christ Hemsworth & Natalie Portman return for the fourth installment of the MCU's Thor films.

Ayrton Davison

## Film Review

### *Thor: Love & Thunder*

*Thor love and thunder* has been flooded with mixed reviews demonstrated by its below average B+ Cinema Score and 68% on Rotten Tomatoes. Fans have several reasons to justify their distaste for the film some were hoping for more MCU connections others didn't like the handling of certain characters and many found the extreme humour a bit too much. After reinventing the character of Thor in a more comedic way with *Thor: Ragnarök* director Taika Waititi returned for *Love and Thunder* and brought much of that same energy with him.

However, this time around fans haven't fallen quite as much in love with the director's style as many were hoping for a more serious Thor in the wake of his dark depression in *Avengers Endgame*.

Now, as fans await the next appearance of Chris Hemsworth's God of Thunder, Waititi has reacted to one particular set of criticism. *Thor Love and Thunder* director Taika Waititi reacted to one fan's intense criticism of the movie and its interpretation of Thor compared to the comics.

Twitter user [@cubichy](#) criticized the director for "**making Thor into a moron**" and wasting Gorr the God Butcher, Jane Foster, and Valkyrie, going as far as calling the film "**d\*\*\*\*\*t**:"

*"I am sad, #ThorLoveAndThunder is dogshit, and @TaikaWaititi made Thor into a moron, a buffoon, and wasted a great villain, Jane, and Valkyrie. So yep, I won't accept trash and the movie will fall off a cliff this weekend. #MarvelStudios #firetaika"*

@HwjwhJeh who previously defended the movie then noted one particularly hilarious moment of Thor's comic history in which he had a dance-off with Luke Cage

*"Dawg he had a dance-off with Luke Cage. Stop acting like Thor can only be one thing."*



Image: Waititi retweeted this hilarious comic panel of Thor and Cage dancing, simply saying "Lol YES."





Giles De Simone

## 5 pop songs to wrap your ears around And a playlist to boot

Music chart hits can be found anywhere these days through Spotify, YouTube and basically anywhere music is streamed or sold. Each chart will have a different "Top" list. This is because the charts are based on different criteria - sales for that site, return custom or even personal opinion, this is ok. Music is an art form thus it should be subjective because it should be based on how the music makes you feel. The following is a list of personal favourites in which I believe is worth a listen:

### 5. Blinding lights by The Weekend

The moment that intro starts playing you're instantly shot with 80's nostalgia. It is an extremely catchy and memorable song which'll make you want to jump up and start singing along to that sweet, sweet melody. There is no doubt that this #1 track will be one to remember.

### 4. Levitating by Dua Lipa

From smooth, sexy, honey like vocals to funky beats that'll make your hips wanna start shaking and your hands start clapping along to the infectious chorus. It is no doubt that this song blew up as big as it did, with the fresh revamped disco inspired charm the tune brings to the table.

### 3. Need Ur Love by Charli XCX

Need Ur Love is a song a lot of us can relate to about wanting to be in a relationship despite all the pain that comes with it. Although this song wasn't a single off her hit record Sucker, it is a must hear. The theme of the song has a somber feel but those repeated lines in the hook can wipe a smile on even the saddest of faces.

### 1. Touch-Tone Telephone by Lemon Demon



Finally, our list comes to an end with an out of this world, mind blowing experience through the song Touch-Tone Telephone. It is the lead single off Spirit Phone a 2016 album by the modern indie artist Lemon Demon. The song starts with an acapella that leads straight into a string ensemble that is completely computer generated, however, without this fact in mind you would believe they were recorded live. When Neil Cicierega is singing this song, his raw emotions shine making you feel every word that has been sung. The repetitive chorus and its simple lyrics will get imbedded in your head leaving you repeating the lines well after the tune is over.

[Link to a playlist featuring all songs mentioned on this list](#)



Mireya Pincheira

## A history of protest movements in pictures

This article contains images that may be distressing to some readers

**Police dogs attack civil rights demonstrators in Birmingham, Alabama, 1963**



Photographer: Charles Moore.

Charles Moore's images of a dog attacking a young man on 3 May 1963, drew national attention to the Birmingham movement. Birmingham was described as "probably the most thoroughly segregated city in the United States". Martin Luther King Jr. and other civil rights leaders organised nonviolent protests placing students at the centre of the movement. Eugene "Bull" Connor, the city's commissioner of public safety and a segregationist, directed the use of fire hoses and police dogs to put an end to the demonstrations this soon led to Connor's expulsion from office.

**Rosa Parks takes her seat on the bus, 1956**



Photographer: United Press International/Bettmann Archive

This photo was taken on the 21 December 1956, the day of the desegregation of the public transportation system in Montgomery, Alabama. More than 12 months before, Rosa Parks had been arrested for refusing to give up her seat for a white man, sparking the 382-day Montgomery bus boycott, the first large-scale demonstration against segregation in the US. This shot was staged by an uncredited photographer to show this important victory. The white man in this photo was not a random passenger but veteran UPI reporter Nicholas Chriss.

**1989 Tiananmen Square, a young boy ...**



Photographer: Dario Mitidieri

Mitidieri's photo of a young boy sitting on the shoulders of a relative, above a sea of helmets, was shot on the 3 June 1989, only a couple of hours before the massacre began. The image would become a potent symbol of the innocence of the protesters who were violently oppressed when the troops were sent in that night. "This was the only moment in my career when I instinctively knew it was going to be just fine – that I had a great shot,"

**... and Tank Man**



Photographer: Stuart Franklin/Magnum. Stuart Franklin, a British photographer took this photo on 5 June 1989, the day after the Tiananmen Square massacre, in which it's believed as many as 10,000 protesters in Beijing were killed by troops sent in. A lone protester, dubbed "Tank Man", stood blocking the path of tanks leaving the square. Footage of the incident was smuggled out of China, with the still-unidentified man instantly becoming an icon in the western world. As Franklin put it: "Here was a modern-day version of David and Goliath."



*The woman with the handbag, 1985*



Photographer: Hans Runesson

A small neo-Nazi rally in the Swedish city of Växjö made worldwide news when this image of a woman striking a rally member with her handbag began to circulate. Danuta Danielsson, a 38-year-old Jewish woman whose mother had survived the Holocaust, hijacked the demonstration by the Nordic Realm party on 13 April 1985, in an impulsive counterprotest that has now become an iconic photo.

*The young woman who stared down the authorities.*



Photographer: Stringer / Reuters

During protests commemorating the anniversary of the 1973 coup in Chile this young woman stared down the authorities, this photo quickly became symbol of strength among young women around the world.

*‘The rapist is you!’ the Chilean protest chant is being sung around the world*



Photographer: Martin Bernetti/AFP

Devised by a little-known South American feminist collective, the song, “Un Violador en Tu Camino”, has been performed by women from Washington to Istanbul. Why has it captured people’s imagination?, The Protesters singing the song outside Chile’s national stadium, where some of Pinochet’s victims were held and assaulted.

*Colombians’ vogue for change, 2021*



Photographer: Karen Montañó

Mass protests broke out in Colombia on 28 April last year in response to proposed government reforms, Lasting six weeks, the protests were met with violent crackdowns resulting in dozens of deaths and hundreds of injuries. But amid the repression, one image of joyful resilience stood out: the moment when three activists ascended the steps of the National Capitol in Bogotá and starting vogueing.

“We decided to protest because, as LGBTQI+ people, all the government reforms affect us much more, there is very little representation at these marches, so I wanted to open this dialogue.”

*City Hall rally for gay rights*



Photographer: Diana Davies.

This photo was taken in 1973 of the city rally for gay rights, on the left we see Marsha P Johnson and Sylvia Rivera, two of the most iconic gay right activists of their time.

*The woman who laughed in the face of an English fascist, 2017.*



Photographer: not found

Saffiyah Khan, the Birmingham girl who laughed defiantly in the face of an English Defence League fascist, as she came to the defence of Zaira Zafar, a young Muslim woman who was cornered by 25 ultras for wearing a hijab. This photo was soon spread around the world.



### *Resistance at the Gaza border, 2018*



*Photographer: Mustafa Hassona/Anadolu Agency/Getty Images*

Abu Amro was among tens of thousands of Palestinians taking part in weekly protests at the Gaza border from 2018-2019. They wanted an end to the blockade and right of return for Palestinian refugees. This image of the young man with the flag of Palestine and a slingshot was seen around the world, drawing comparisons to Eugène Delacroix's 1830 painting *Liberty Leading the People*. Abu Amro was later shot and injured by Israeli troops at another protest.

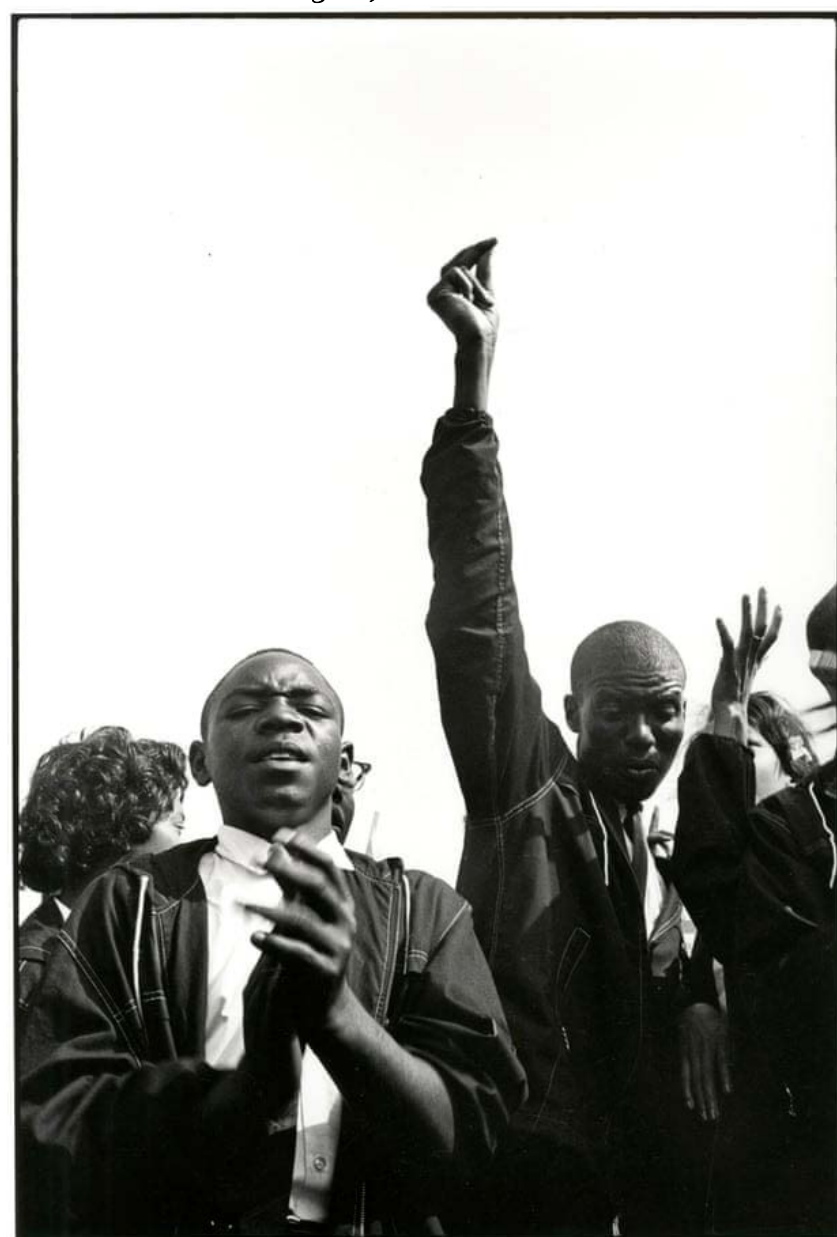
### *Emma Sulkowicz "carry that weight", 2014*



*Photographer: Andrew Burton/Getty Images*

Emma Sulkowicz's art project for her final-year thesis at Columbia University in New York, "Carry that Weight". Sulkowicz vowed to carry a mattress wherever they went on campus until the school agreed to expel a fellow student who had been accused of rape. This performance continued until their graduation it soon became a potent symbol of protest against rape culture in universities. Hillary Clinton said in 2015 "That image, should haunt all of us."

### *The March on Washington, 1963*



*Photographer: Danny Lyon/Magnum Photos*

On 28 August 1963, a quarter of a million people marched in the US capital to protest for civil rights; this was also the day Martin Luther King Jr made his famous "I Have a Dream" speech. Lyon was a photographer for the Student Nonviolent Coordinating Committee. This image of a group of high-school students singing at the march, became a symbol of the civil rights struggle, and was used as a poster throughout the 60s. Lyon said, "I fell to my knees to shoot, and shot up to the sky."

### **Black power on the Olympic podium, 1968**



*Photographer: AP*

"You could have heard a frog piss on cotton," John Carlos said, the moment he and Tommie Smith raised their fists in a black power salute at the 1968 Mexico City Olympics, during their 200m medal ceremony. "There's something awful about hearing 50,000 people go silent." The silence was followed by plenty of racial abuse and though their protest made them famous around the world, it had grave repercussions for both men, whose careers suffered. However, Carlos had no regrets "I had a moral obligation to step up. Morality was a far greater force than the rules and regulations they had."



Caleb Evans

## Opinion: End the ban

The Victorian Schools phone ban should end.

I believe that the phone ban should be removed, and students should be allowed on their phones during school hours. The rule was introduced in term 1 of 2020 and worked for only a couple weeks as students found ways around it. The Victorian government's reasoning behind the phone ban was to reduce distractions and cyber bullying during school hours. This did nothing as students started using the social media applications on their school laptops that they were using on their phones. If they can access these applications anyway, why should there still be a phone ban?

The government wasted thousands of dollars spending money on lockers made to safely store students' phones during school hours. Students were using these lockers for the first 2 days then realised that it's more convenient to keep their phones in their pockets or bags as teachers wouldn't be able to notice. They would then just go to the bathroom when they wanted to check their phone as teachers can't monitor phone use inside bathrooms. Personally, I haven't seen someone use one of these phone lockers since 2020 and believe that it's just a waste of money and space.

The phone ban stops students from having the right to contact their parents or guardians when they have personal problems during school hours. Teachers and schools stated that if a student needs to contact a parent during school hours they would need to go to the office and use the school phone. Students obviously aren't going to want to do this as their reasoning may be personal or they may even find it embarrassing. Even some teachers don't support the phone ban for this very reasoning.

Therefore, I think the Phone ban should be removed and students should be allowed on their phones during school hours

Owen Terrill

## Early Snow Season

Christmas comes early in the alps

Good news for readers who like to get out to the winter wonderland. The snow season has started early this year, snow levels reached the desirable height for winter sports earlier this season, two weeks earlier from the start of last year's season. Mount Buller is getting hit hard with this change of weather with 71cm of snow at a crisp -0.7\*, this should get boarders, skiers and other snow lovers to be making the trip up in the next few weeks.

Mount Buller's snow racer series will be kicking off at the start of this month through to early September, featuring other events such as Buller Slopestyle, ABOM Mogul challenge and many other events that can be spectated and participated in over the 2022 snow season.



Jasmine Roberts

## Beauty & Wellbeing

How to keep your skin hydrated in the winter months.

As you may know your skin usually gets dryer in the cooler months, this is caused by the weather being colder and the air is dryer, these changes can make it harder for the skin to lock in moisture. When it is cold outside we often spend our time inside near the heater however, the heater makes the air dry. It can sometimes be hard knowing what products to use to keep your skin nice and hydrated. I am going to share with you a few of my favourite products I like to use that helps my skin stay nice and hydrated.

I hope this has helped and you find that these products work for your skin but keep in mind everyone's skin is different and it may not work for you personally.

### Skincare

The next thing I like to use is the clarity peptides serum by Medik8 it is so hydrating and smooth on the skin this really help to let all the other products soak into your skin.

Then just for an extra bit of hydration I use this Josie Maran pure argan milk treatment.

The first thing you need is a good cleanser the one I like to use is by aspect the purastat 5 cleanser. This helps get rid of all the oils and dirt on your skin.

After using the serum, I like to use this probiotic mask which can be used as a moisturizer.

And then a little lip mask to keep my lips nice and glossy I use this one by Tatcha.

Here are a few links to where you can get these products from.

<https://www.amorebeautyandlaser.com/shop>

<https://www.mecca.com.au/skin-care/>

If you are unsure and want a professional opinion on what skin type you have and what products would work for you skin go speak to your local skin and beauty specialist, they will be able to help you understand what is going on with your skin and how to take care of it.



Ella van der Lans

## Your body, your rights!

### Everything you need to know about abortions in Victoria

As we all know, access to abortion has recently been compromised in most states in America due to the recent election stating that it is killing potential citizens. Protests are taking place against these rules to shine light of the stupidity of the new law. However, in Australia it is still legal in some states up to a certain time. Although it is legal there are still rules and boundaries that have been set. And these rules will vary depending on what state your looking at.

An abortion is the termination of pregnancy, this happens by removing the embryos or fetus. It is a safe procedure conducted by medical professionals. There are two types of abortions. The first being removing the embryo or fetus with a vacuum type tool, and the second is commonly known as a miscarriage although miscarriages are not commonly planed or certain.

In Victoria abortions are legal if the fetus is not older than 24 weeks old, beyond that a medical professional can still provide it if a second party agrees that it is an appropriate measure to take in some circumstances. If you are under 9 weeks, then you are most likely to take medication form instead of operating. In the case of your GP has anything against your request, they must provide access to another medical professional or GP that doesn't have anything against the request. If they do not do this you are intitled to make a complaint to <http://www.ahpra.gov.au/Notifications.aspx> or <https://hcc.vic.gov.au/>.



Looking for a suitable abortion centre can be difficult in some circumstances so you can contact:

- your GP
- local community health service
- call 1800 My Options
- School wellbeing
- School nurse

If you are not sure this is the right option for you please contact any of the people above.

Aidan de Fazio

## Science: Sleep

It's too important to get it wrong



Sleep is a vital function that allows your body and mind to recharge, leaving you refreshed and alert when you wake up. Enough sleep helps the body remain healthy and fight off diseases. Without enough sleep, the brain cannot function properly. This can impair your abilities to concentrate, think clearly, and process memories.

Sleep experts recommend that teenagers (14-17) should get 8-10 hours of sleep each night and young adults (18-25) should get 7-9 hours. When you get the right amount of sleep each night, your immune system will be healthier for it. When the body gets the sleep it needs, your immune cells and proteins get the rest they need to fight off whatever comes their way, like diseases and viruses. Sleep can also strengthen your heart. Not getting enough sleep can lead to heart health problems like high blood pressure or heart attacks. That's because lack of sleep can cause your body to release cortisol, a stress hormone that triggers your heart to work harder.

Just like your immune system, your heart needs rest in order to function powerfully and properly.

Poor sleep is linked to mental health problems such as anxiety, depression, bipolar disorder, and other conditions. It is estimated that over 300 million people worldwide have depression, a type of mood disorder marked by feelings of sadness or hopelessness. Around 75% of depressed people show signs of insomnia, and many people with depression also suffer from excessive daytime sleepiness and hypersomnia, which is sleeping too much. Every year, anxiety disorders in America affect an estimated 20% of adults and 25% of teenagers. These disorders create excess fear or worry that can affect everyday life and create risks for health problems including heart disease and diabetes. Good sleep can put you in a better mood and reduce stress.

I have shown you some reasons on why you should try to get better and more consistent sleep. If you get enough sleep your immune system will be more able to fight off diseases and viruses and you will be less at risk of developing health problems like heart disease and diabetes. Not only will your physical wellbeing be better but so will your mental wellbeing. You will be less likely to develop anxiety and depression. So, what are you waiting for, get more sleep.



Andrew Argyrew

## Losing weight safely

### The right caloric intake for your body

Let's start with the basics. To build muscle, you need to be in a caloric surplus since it takes 3 things to build muscle, sleep, doing the training and 300 calories/ per pound of muscle. You can sub out the 300 calories for protein. The amount of protein you should be consuming after a workout is 1gram/ pound of your weight. So, if you weight 180 lbs the amount of protein you need is 180g.

General foods that include protein.

- Chicken Breast.
- Potatoes
- Meat
- Kidney Beans (bad taste)

(You can also have protein powder)

#### How to create a caloric deficit to lose weight and keep it off. (Explanation)

If you're struggling to lose weight usually it's due to the diet, you have.

Most people think to lose weight you gotta go from eating "5 meals a day" to 2 meals a day. In truth all this does in crash your metabolism and lower your baseline calories.

Which If you don't know what that mean. You eat 2000 calories, and you maintain your weight for the day. Now that number is 1700, so if you eat 2000 like normal you gain weight.

There are a couple ways to lose weight.

**First:** Cardio



**Second:** Caloric deficit

**Third:** Both

**Foods to eat with the intention to lose weight and remain full.**

**Low carb:** Sour Dough Bread/ Wholemeal, vegetables. Not potatoes, brown rice, meat etc...

**High fibre:** (keeps you full): Vegetables, meat, popcorn, nuts etc...

Also, if you stop having sugar, you'll see an immediate improvement in only 2-4 weeks.

#### Why we eat high fibre low carb diets?

Because fibre keeps you full and low carb means less sugar and lower calories.

Another reason is that people do MASSIVE cuts and end up binging on anything at the end of the day.

Tips for losing weight.

1. If you're going to have a big meal, have breakfast. Since it lowers your hunger hormone for the day.
2. If you don't get results for dieting. Add cardio.
3. If you are a bigger person don't do massive amounts of cardio. There is a chance lose skin where the size used to be. (It's an operation if you want it gone)
4. Gluten free foods AREN'T lower calorie. Gluten free means no gluten. End of story.
5. If something says it has 0 calories, it's a common marketing tactic. Usually it has 5 calories/per tablespoon of it. Say its tomato sauce, it equals out to a lot more calories than you'd think.

Thanks for reading, VCAL Intermediate 2022

