

# Reset & Refresh

## RESOLVE TO HAVE A BETTER 2021

### The C + K Corner

By: Chelsea Alberastine (Grade 12) and Kelsey Geotina (Grade 10)

2020 has been a long and stressful year. With things ranging from rumours of WW3 to riots about racial equality, 2020 was full of many different problems, especially because of the pandemic. However, it has finally come to a close and we are now in 2021! Now that it is the new year, we need to set some new goals to help us build ourselves and our relationship with God. Here are some potential goals you may take upon your life:

#### - Make daily prayer a habit.

Just a simple prayer for a few minutes each day. You can do it every morning when you wake up or go to bed. It will develop into a habit over time. A prayer can be done anywhere and at any time, just little ones throughout the day can make a big difference.

#### - Give back.

Doing charity should not only be limited to Christmas and Thanksgiving. Giving back is to be done all year round. Every single day, try to be a blessing to others. You can start by volunteering in the soup kitchen or donating your old clothes to the poor.

#### -Read encouraging books.

Aside from the bible, inspirational books are a great way to attain spiritual fulfillment.

#### -Ask for guidance.

Setting your goals for a year can be confusing. Sometimes, there's just so much you want to do that you don't know where to get started.

If you're stuck in a rut, don't be afraid to ask for guidance. Pray that you will be enlightened by his plans for you.

#### -Don't be too hard on yourself.

If you can't achieve a goal, don't be disheartened. More importantly, don't punish yourself for things you haven't been able to do. Just keep trying. God is seeing your struggles and your pains. He's never going to forsake you. Pray for strength and strength to keep moving forward.

*"For I know the plans I have for you," declares the Lord, "plans to prosper you and not to harm you, plans to give you hope and a future." Jeremiah 29:11*

### Science with Dafydd

By: Dafydd Ellis (Grade 10)

How do fireworks, work? Well, let me first go over how the fireworks explode. Fireworks have something on them called a fuse. When you light the fuse, the gun powder in the firework explodes, causing the firework to sky-rocket upwards. Once the firework is in the air, some other gunpowder explodes, causing the entire firework to explode in a beautiful fashion. Now, you may be wondering; how do fireworks get their colour? In the firework there are many metal salts. Whatever element the metal salt is made of would represent a colour. Let's say that you want a blue colour in your firework. Then you would want to put some copper salts. The copper salts could range from copper oxide, copper carbonate and others. Let's say that you want a green colour. All you would have to do is put some barium salts.

Sources: <https://earthsky.org/human-world/how-do-fireworks-get-their-vibrant-colors>  
<http://www.planet-science.com/categories/over-11s/technology/2011/11/how-do-fireworks-work.aspx#:~:text=Gunpowder%20is%20what%20makes%20gunpowder%20explode.&text=A%20fuse%20is%20used%20to,to%20explode%20with%20a%20BANG>

### New Year, New Goals

By: Avreen Brar (Grade 11)

2021 is finally here. The New Year is a great time to reflect on the changes we want and need to make. New Year New You. Here are some questions you should consider and ask yourself:

A skill I want to learn is:

A bad habit I want to break is:

A new habit I want to adopt is:

Steps I will take to know I have reached these goals:

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## The Heist of The U.S. Capitol

By: Ansh Dhaliwal (Grade 9)

On January 6, 2021, we all saw Trump supporters trying to destroy democracy. Thousands of Washingtonians (A.K.A citizens of Washington) broke into the capitol to block Congress from verifying Joe Biden’s win. Trump supporters broke glass, stole historic monuments, and even stole Nansi Pelosi’s (Speaker of the House of Representatives) paperwork from her office. This all happened only a few hours after we found out that the Democrats would flip the Senate and take majority by securing the two tight wins in Georgia. The U.S. Capitol and Washington police were not able to block the protesters for an hour or two, and they even needed to call in the National Guard. The Mayor of Washington set a curfew from 6:00 pm until perhaps Sunday, if the mobs didn’t stop their protests. Then all social media platforms such as Twitter, Facebook, Instagram, and more took action by blaming the mobs on Donald Trump and blocking him from uploading any posts, as they suspect that they are the reason why protesters marched into the Capitol in the first place. Four protesters were pronounced dead from law enforcement. Yet, later in the evening, Congress decided to continue on the voting only hours after the protests.

Now, protesters could be expecting around 10 years of federal jail. However, one thing that came to my mind was that when there were BLM (Black Lives Matter) protests, the police threw tear gas and exploded water cannons onto the peaceful protesters. Yet, at the protests in the Capitol, they had basically let protesters storm into the capitol, and some even allowed the protesters to take selfies with them. Either way, this event was horrible, as protesters had tried to break the democracy that America has been building for several decades.

## @thebookofbenjamin

By: Tehzeeb Beniwal (Grade 10)

Interview with Pastor Ben

### What are your goals for 2021?

Well..... ( laughs) I want to create a clothing line and release the first issue of my comic book. 2021 will be my last year on earth... Jkjk. Basically, I just want to be able to create something every week.

### What’s a habit you have that you want to change for 2021?

Thats a hard question. My habit of not drinking enough water in a day. I want to start drinking more water. Also stop being lazy.

### What was your favourite memory from 2020 despite everything that happened?

Getting married was definitely my most favourite memory.

### Describe 2020 in 3 words?

Opportunity, upsets, and rest because I enjoyed how much we slowed down.

### What has 2020 taught you?

Be intentional about your relationships, you never know how fast things can change. You never know. That’s the biggest thing I learned.

### What do you hope will be different this year, taking everything into consideration?

Um, one of the things I hope is different this year is that people have an open mind and can think outside of their narrative. For way too long people have been getting away with their own selfish thinking, and I think that needs to change.

### Since 2020 was a year of reconnecting, did you yourself reconnect with anyone?

Yeah. I reconnected with a bunch of friends from Ottawa, and I spent a lot of time reconnecting with people around the world because of my podcast.

### How are you feeling about 2021 so far?

I think there have been major upsets already. What’s happening in Washington DC shows that we have a lot of progress to make as a society. Personally however, I think I have been pretty motivated with the opportunity of the whole year ahead of me. In my personal life, I am getting good vibes. In the world bad vibes....YKYK.

## 2021 Upcoming Events

By: Ansh Dhaliwal (Grade 9)

2021. A new year with lots of big events in store. First up, On January 20, Joe Biden will officially become the 46th president of the United States when he takes an oath of office on inauguration day. Yet, if he plans to complete all of his plans, he will need to make sure the Democrats flip the senate and majority. The Senate’s power relies on the two big races in Georgia. Meanwhile, sports have a big fight coming up with Floyd Mayweather Jr. returning to the boxing ring at age 43 against 25-year-old youtuber, Logan Paul, on February 20th. Floyd Mayweather Jr. has an undefeated record of 50 wins with no losses or ties. Meanwhile, Logan Paul has only fought once professionally against youtuber KSI, which he lost by majority decision. However, one thing we can all agree on is that it definitely will be interesting to watch.



Talking about sports, the 2021 Olympics will be held in Tokyo. The two-week event will occur from July 23, 2021 to August 8, 2021. So get set, grab your popcorn and wear a MASK!

## Letter from the Editor

By: Emma Mowat (Grade 11)

This year is a chance to be optimistic and hopeful. With COVID likely coming to a close sometime this year, 2021 could be a chance to make up for lost time and opportunities. However, 2021 is not going to be sunshine and rainbows, and it's important to be realistic about your expectations for this year. It's understandable to wish for this year to be filled with good memories, and I share those feelings, but resilience is needed if something goes wrong. Disappointment is one of the worst feelings, and if 2020 taught us anything, it taught us to prepare ourselves for things to not go as planned. The vast majority of people decided that 2020 was going to be a terrible year, and that we couldn't do anything to change that. We can't control what will happen this year, but we can change the way we look at things.

## New? Year?

By: Khushi Gill (Grade 12)

New Year 2021. Yet, does this feel like a new year? It feels the same as 2020. Covid-19 is still here, it didn't disappear. Some people thought that because of the new year, December 31, 2020 was going to be the last day for Covid. In the new year, there would be no Covid. How could Covid have gone away so fast? For new year's, people usually have a big celebration, have parties and feasts, and all of the families get together. New York has a big celebration. Times Square is always blocked and packed with people. You wait for the time to hit 12am. See that countdown. Go 3,2, and 1. This year no big celebration happened. Covid has changed everything. Because of the restrictions, nothing like that could have happened. This doesn't feel like a new year. It feels the same as last year. Still wear a mask to school, put sanitizer on, and

wash your hands. Be aware of this infectious disease. The number of cases rapidly start going up and then they fall. This year, now because of the vaccines, Covid could go away. Hope you enjoy this 2021 more than 2020.

## Why New Year's Resolutions Don't Work

By: Caleab Onyango (Grade 9)

New Year's resolutions; you probably have a few somewhere. There's something about the start of a new year that gives us this newfound motivation to do something new, learn something new, achieve a goal and/or start a new hobby. Everyone usually gets off to a good start. Gym memberships skyrocket, but after a few weeks, the hobby, habit, or goal gets abandoned. People stop going to the gym or learning what they want to learn and settle back into their usual life. The question is why? Why do New Year's resolutions fail? I'll be answering that in this article.

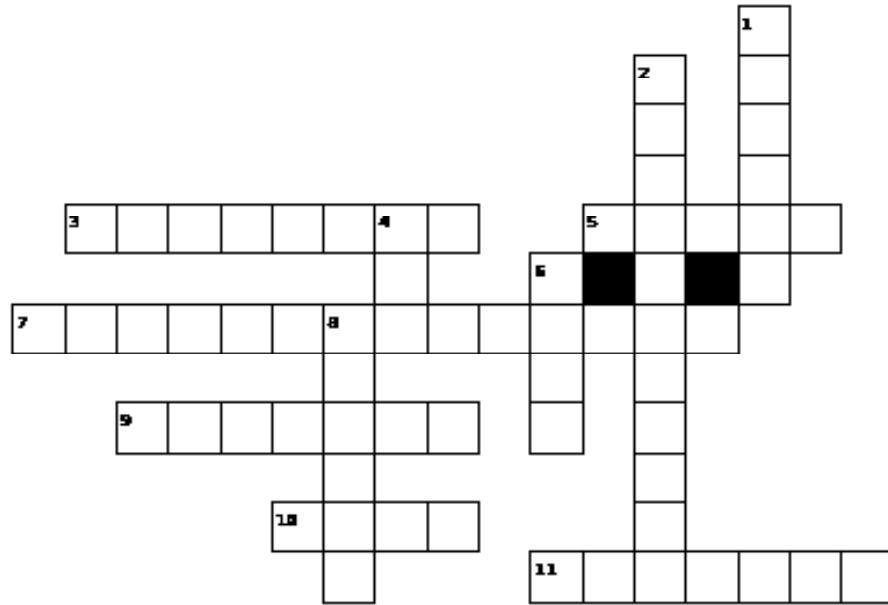
Firstly, having a goal that is too big. Sometimes, the reason that you don't accomplish your New Year's Resolutions is simply because your goals are just too big. You can't just make huge goals that require a lot of commitment and expect to stick to them. For example, if you chose to put "learn five languages" as your New Year's resolution, you will most likely fail. You might be able to pull that off if you put in an immense amount of work into it, but you will probably fail. When making a goal, think about your limits and the amount of time and energy you're willing to put into something in the long term. Create goals that you think you'll be able to accomplish and that don't overwhelm you.

Secondly, having a goal that is too vague. Having goals but not having a plan of how to accomplish them is another pitfall that most people fall into. A goal like "I want to get stronger" or "I want to get smarter" is a good goal, but will usually not work since you don't know how to get stronger or smarter. Instead of just making vague, half-hearted goals, when making goals, you should also write down what you're going to do to

accomplish that goal. For example, if you have a goal like "getting stronger" or "getting smarter", you should also list what you're going to do to get stronger or smarter, such as reading more or doing a couple pushups a day. Before making goals, research what it takes to accomplish your goal, see if it's worth your time, and write down what you're going to do to achieve your goal.

Lastly, not doing anything to accomplish your goals. Sometimes we think about all the goals we want to accomplish, but don't actually do anything to accomplish them. Making a big list of all the things you want to accomplish is useless if you aren't going to do anything to get closer to accomplishing them. Don't try to do everything at once, and quit on your goals just because the thought of the amount of work you're going to have to put into it is too scary. My advice is: just do it. Start small like doing five or ten pushups or reading a little bit a day and slowly build up. You might not get far, but doing something is always better than doing nothing.

# Royal Review Newspaper #6

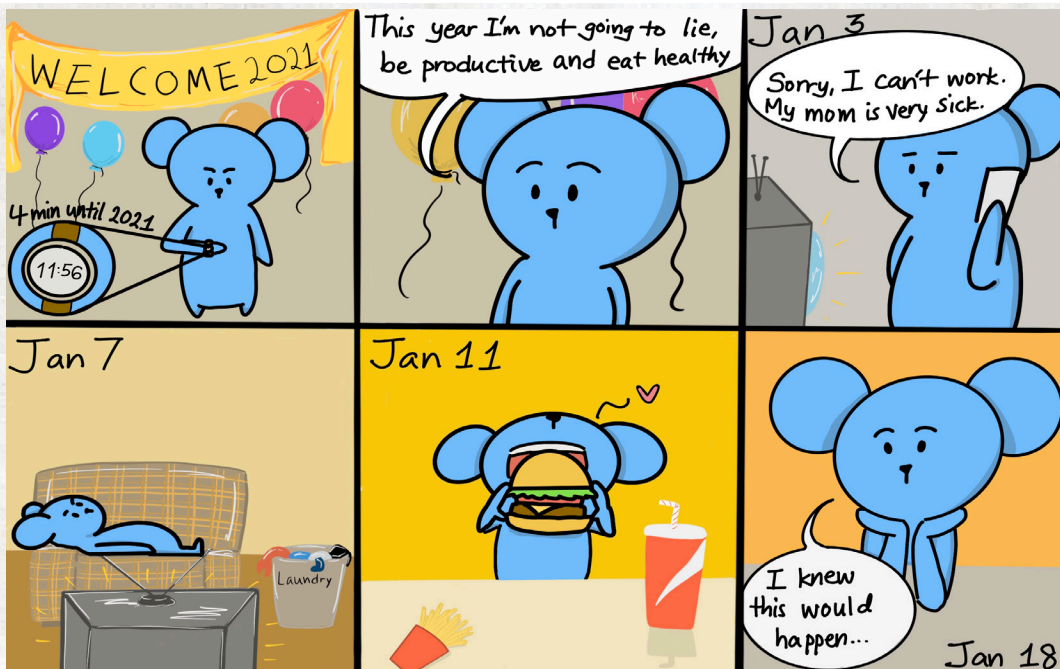


**Down:**

- 1. the smallest bone in the human body
- 2. new goals for the new year of 2021
- 4. membership sky rockets in January
- 6. a change of food intake
- 8. this year's calendar day on January 31

**Across:**

- 3. what you do to batteries to give them power again
- 5. the part of the eye that sees colors
- 7. the biggest muscle in the human body
- 9. a notebook to write your feelings in
- 10. the face covering we STILL need to wear
- 11. a new beginning



Comic drawn by Gracie Park