

HAWKS HUSTLE

FLVT School Newspaper

•Many hands telling our story •

April 2024

KING CHARLES IS ON THE CANADIAN DOLLAR

By Seth B.

You may start finding loonies in your pocket with images of King Charles' face stamped on them.

After the passing of Queen Elizabeth in September 2022, her son, now King Charles, was next in line for the throne. In late 2023, it was announced that King Charles' effigy would be pressed into all Canadian coins, starting with the dollar.

While it is not mandatory for Canadian currency to display the current monarch, it is tradition. Over 350 artists and engravers submitted work to be reviewed by the Royal Canadian Mint in order for the effigy of King Charles to be selected. The winning artist, Steven Rosati, has designed several other coins. The design needed to include a left-facing side profile, contrary to the right-facing side profile of Queen Elizabeth II. The Royal Canadian Mint has used Canadian artists to design their coins since the 1990s as a way to demonstrate talent.

As confirmed by Prime Minister Justin Trudeau, King Charles III will also begin showing his face on the

\$20 bill likely beginning in mid-2024.

Despite the country moving forward with putting the King's face on Canadian currency, according to a study done by Angus Reid Institute, 62% of Canadians are against it. Some Canadians, according to the same study, even choose to oppose recognizing Charles as king, however, others see this as an important and historic event. According to Alex Reeves, a spokesperson for the Royal Canadian Mint, this is the first time that Canadians under 65 years of age will have seen such a significant change made to Canadian currency. "To be able to be part of that transformation of our currency — and to create a design that's going to be beautifully executed and will grace Canadian coins for years to come — is a really special moment," Reeves stated in a CBC interview.



Images of King Charles on Canadian currency.



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Image of Tomas Hertl joining Vegas Golden Knights.

NHL TRADE DEADLINE HIGHLIGHTS

By Alex G.

The NHL trade deadline was full of big trades like Thomas Hertl, Jake Guentzel and more.

The trade deadline is a day that only happens once in a season in the NHL. Leading up to the trade deadline, lots of trades happen during that week. On the day of the trade deadline trades can only be made prior to 12:00 pm. Trades can still be made after the trade deadline but the player can not play for that team until the start of the next NHL season.

For people that like to watch hockey, it is an exciting time to watch the trade tracker which tells them what the trade was. The biggest trades were Tomas Hertl to Vegas and Jake Guentzel to Carolina. The San Jose Sharks traded Tomas Hertl, a 3rd round pick in the 2025 draft and a 3rd round pick in 2027 draft to Vegas for David Edstrom and a 1st round pick in 2025 NHL draft. The Penguins acquired Micheal Bunting, Ville Koivunen, Vasily Ponomarev, Cruz Lucius, a 2024 1st round pick and a conditional 2024 5th round pick from The Carolina Hurricanes in exchange for Jake Guentzel and Ty Smith.



Image of people exercising

The Importance of Exercise

By C.C.

If you're reading this, it may mean that you're looking for some motivation. Like others, you may find it hard to pursue your dreams, and eventually reach your goals, but if motivation is what you're looking for, what you are actually looking for is discipline and determination. This list will be handing out specifically why you should start on a fitness journey.

- 1.It improves your brain health. It stimulates many brain chemicals that leave you in a better mood.
- 2.It boosts confidence. Once you start, you will notice changes in your physical appearance, which will improve your self-esteem.
- 3.It helps manage healthy weight. If you are unhappy with the way your weight is, and have a low metabolism, you can help fix this by turning those fats into muscle.
4. It reduces the risk of disease. If you are worried about your medical health, exercise causes change in antibodies and white blood cells, if that is enough proof for you.
5. It improves your ability to do everyday activities. Sleep, energy levels are higher, depression, mood levels, helping with addiction, sharpening memory, anxiety, weight reduction, etc.

A better approach to starting to hit the gym may be to focus on your mental health, and keep it at your own pace instead of rushing it to prove something to another person. Don't do things for revenge or to get attention, but for self-love. Love yourself, you and your body will love it even more if you start focusing on something that makes you happy.

In conclusion, exercising can improve your physical and mental health. One thing to remember is to exercise and take care of yourself for yourself, not for others or to look a certain way. Exercising for yourself will ensure that your journey is life-long and has a sustainable motive, ensuring that you will be healthy for years to come.

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Matpat's Retirement

By Jadon B.

After 13 years of in his words “Ruining your childhood since 2011,” famous influencer and Youtuber, Matpat has decided to retire. Matpat, or Matthew Robert Patrick, currently 37, but had started his career at the age of 24. His start was on a channel called “The Game Theorists”. This channel revolved around making random, but fun theories about video game characters, doing pretty well at the time. This eventually evolved into more channels by the name “Film Theory”, “Food Theory” and “Style Theory”. These channels all were very successful, making MatPat a giant influence on Youtube. Many quotes and videos made him memorable on Youtube such as “Five Nights At Freddy’s” theories and “Hello Internet, Welcome To GAME THEORY” and “That’s just a theory, A GAME THEORY”.

Over the years, he slowly recruited more and more people to his team while also teaching us about many math formulas, scientific strategies and much more. Slowly he started to make a large community called “The Game Theorists”, ironically his channel name. His success didn’t stop with just money or business. He has a great family, with a wife named Stephanie, and a child.

During his time he made well over 50 theories about “Five Nights at Freddy’s” and many more on other games. He made videos teaching many different formulas and science lessons such as, BEDMAS, physics, human anatomy, time dilation, division, multiplication, elements on the Periodic Table and more. During this time he also taught many facts about food, games, characters and clothing.

Two months ago MatPat decided to post a video that would make a lot of people very confused and sad. In this video called “Goodbye Internet”, he slowly explained how he was retiring, and the community was heartbroken. The video included 3 main parts: the original announcement, the reasoning, and the last part where he had stated he will make 10 more videos on every channel (40 videos) in the next 2 months. This video is one of the most influential videos on all of Youtube, currently obtaining 20 million views. The video had ended with Matpat meeting the creator of “Five Nights At Freddy’s”, Scott Cawthon. Not only has he not shown his face in years to the community, but he had also appeared for the man who uncovered his game’s lore. This shows that Matpat’s work was all worth it in the end.

Luckily Matpat’s legacy won’t be forgotten or in his words. “Even though I’m leaving as the host of this channel. Game Theory will never leave,” he stated. The video he had posted of him leaving mentioned that after he had retired from the channel he would pass all four channels down to 4 new hosts. In this case, the 4 new hosts would be his own crew that he hired over the years of being a creator on Youtube and the host of his channels. This reassured his community that they would be in good hands and he wouldn’t just abandon his community alone after all he’s done.

He had also left us with one last test to our “Theorist”, by ending off with creating one last A.R.G (Alternate Reality Game). This A.R.G was spread throughout his last ten videos on his main channel, Game Theory. Using the videos to slowly decode each part of 5 different links to get 5 of the different endings of the final video he had posted. The only issue was that there were 6 endings. This issue confused most people trying to think about ways to get the 6th ending until somebody had finally found it out. The way to get the final ending is hidden in the last 5 videos and putting it together will give you the final, and in this case the “True Ending”.

Though Matpat isn’t here to help theorize anymore, he gave everyone the stepping stool, and eventually the tools needed to theorize all on our own. We can now use what we’ve learned to create and solve anything, scaling from puzzles, game lore, math questions, science questions, assignments, and even finding out if what we’re buying is really healthy for us and the environment. Matpat not only has taught everyone to be able to have fun with anything that might challenge us, he has also taught us how to build and create our very own A.R.Gs for people to solve. People have already started to create their own A.R.G’s for the Game Theory community to solve. Because of Matpat influence, people have started to release and publicly share their own theories and opinions on topics spanning from games, films, food and style.

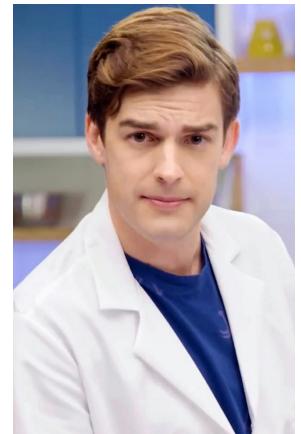


Image of Matpat

FLVT's Most Popular Water Bottle

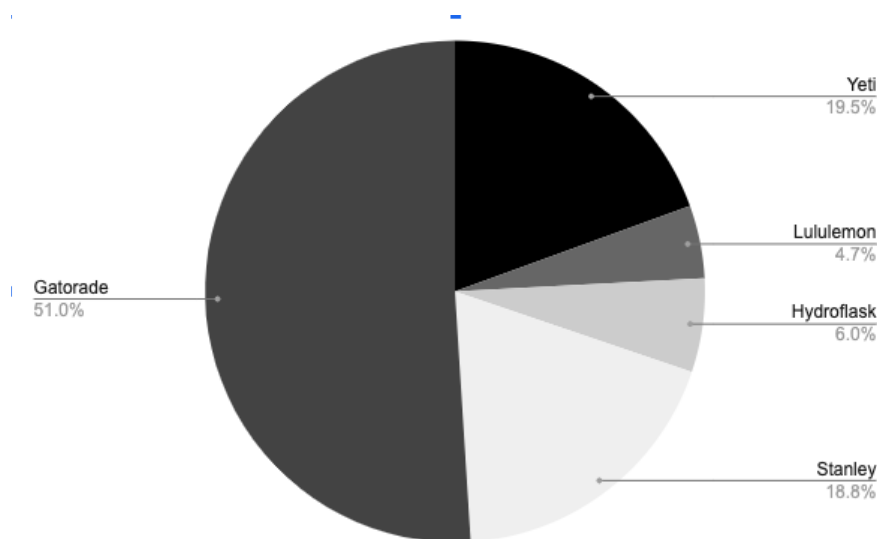
By Brooklyn S., Amaira B., Charley E., and Ellie B.

A water bottle is a container that makes it easy to transport water or any liquid. Some are made with metal or plastic, whereas others are made of glass. There are many variations with the different lids, shapes, and sizes.

A poll done at FLVT on most popular water bottle brands shows that Gatorade is the most popular water bottle brand. Yeti came in 2nd, then Stanley came in 3rd.

The students at FLVT favorite water bottle is the Gatorade bottle with 51% votes. The Gatorade water bottle was invented October 2, 1965. The Gatorade bottle is made out of Polyethylene Terephthalate. This drink was created by a group of scientists, Robert Cade, Dana Shires, Harry James Free, and Alejandro de Quesada. The company later grew and invented the water bottle that has become so popular for students at FLVT as well as athletes.

Water bottles are used in many people's everyday life. They are a good way to make sure that people stay hydrated and drink enough water.



What Type of Phone do you Have?

By Guet D.

Do you wonder what phone most people use? At FLVT most people have iPhones; over 75 percent of people have iPhones. Love it or hate it, millions of people prefer iPhones just because of their high usability and then stick with them through thick and thin. A total of 15 percent of people use Samsung. Only 2 percent of people have a Pixel. People like Pixels because the Pixel has a fantastic camera as well as photo editing capabilities.



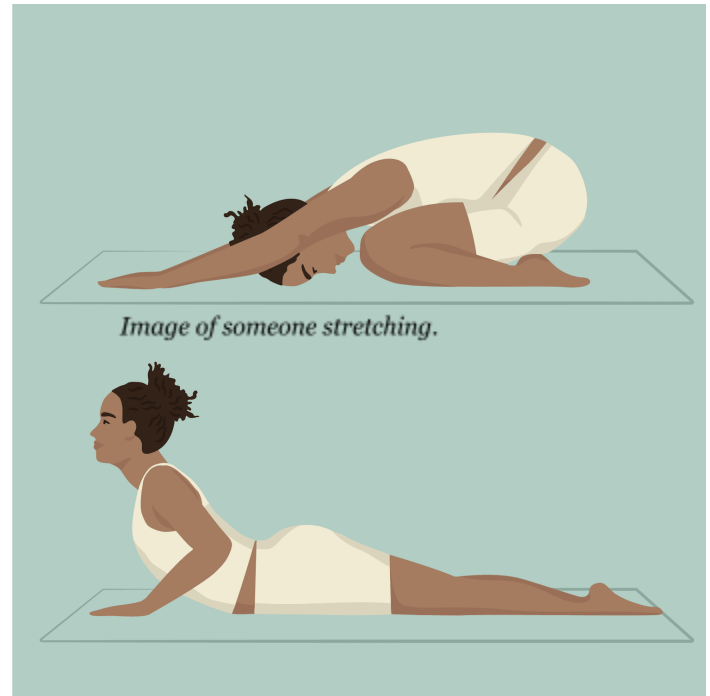
Image of an iPhone.

Why You Should Stretch

By Jadon B.

Flexibility is something most children have, especially when doing sports, and having career's revolving around it like gymnastics and acrobatics. Stretching is something most athletes and student athletes do before a sport, tournament or even a friendly quarrel. The question at hand is if stretching has benefits worth being exploited.

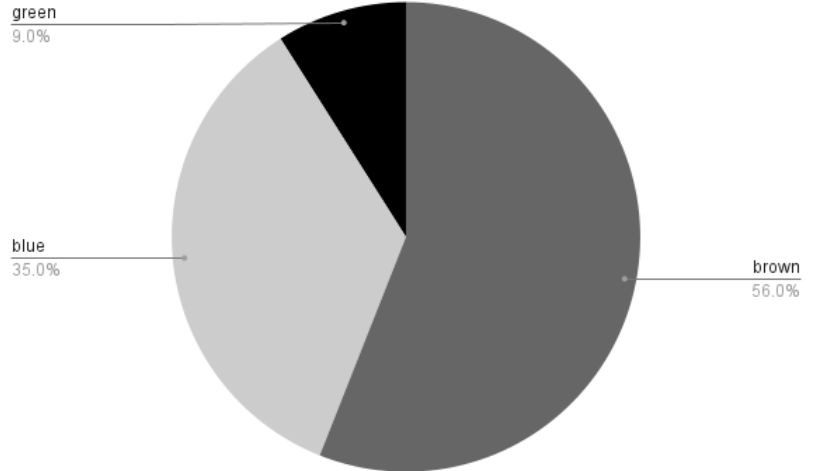
Stretching is an activity that is done to warm up muscles and allow them to have a bigger range of motion than the average amount when in an idle stance. In the short-term, benefits of stretching can allow you to have a slightly larger range of motion and can warm you up before an activity such as sports, gymnastics and acrobatics. In the long-term, the benefits of stretching your muscles and joints are being able to flex a much more significant amount further than someone that doesn't stretch. This can help when you're playing sports or doing a flexible career type. You can lessen injury during sports by being able to flex further than normal. Flexibility is a great way to be in good shape and be less prone to injury.



Eye Colour at FLVT

By Max R., Nolan P., William K., and Zen K.

We surveyed FLVT students to see the percentage of eye colours. As you can see the brown eye is the most common then blue then green. The reason most people have brown eyes is because most people have lots of melanin (brown eyes) compared to having less melanin (blue and green). Melanin is a natural pigment in skin that absorbs light and is one of the body's natural mechanisms for protecting us from the sun's rays. These statistics would most likely be similar in not just other schools but in most other parts of the world, as brown eye color is just most common and green being least common. These percentages may change slightly if you surveyed people living around the equator, as there tends to be a high percentage of people living with brown eyes near the equator.



What Happens Everyday in April

By Cooper J.

APRIL 2024						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
31	1 April Fool's Day or All Fool's Day, National One Cent Day, The day Gmail was launched by Google. National Fun Day	2 Peanut and Jelly Day, National Ferret Day, Albert Einstein lectured on his new "Theory of Relativity" in New York. National DIY Day	3 World Party Day, National Walking Day, National Biomechanics Day, National Film Score Day.	4 Landmine Awareness Day, Martin Luther King Jr.'s assignation, The foundation of Microsoft was this day, World Rat Day, Tell a Lie day	5 International day of Conscience, the discovery of Easter Island, National Go For Broke Day, National Dandelion day.	6 National Handmade day, Army Day, First Modern Olympic Games were held in Athens Greece
7 World Health day, Coffee Cake day, National Beer Day, International Beaver Day, Geologist Day.	8 International Romani Day, Draw a Bird day, New York Started selling Milk in Glass Bottles.	9 International ASMR day, National Mature Women day, National Name yourself day.	10 National Siblings day, National Hug Your Dog day, International Safety Pin day.	11 National Pet Day, Grand National, Global End Child Sexual Abuse Day, National James Day.	12 Hamster day, National Gavin Day, National Mac Day, National Maya day, Teak Awkwardness day, Wear a Star Day.	13 International Plant Appreciation Day, National Silly Earing Day, Slow Art Day.
14 Children with Alopecia Day, Good Deeds Day, International Moment of Laughter Day, National Dolphin Day.	15 National Laundry Day, Mcdonalds Day, National Anime Day, National Glazed Spiral Ham Day.	16 Day of the Mushroom, Wear Pajamas to Work Day, National Eggs Benedict day, Save the Elephant Day.	17 National Haiku Day, National Cheese Ball Day, Blah Blah Blah Day, International Bat Appreciation Day.	18 Adult Autism Awareness Day, National Velociraptor Awareness Day, International Pizza Cake Day.	19 National Garlic Day, Humorous Day, National Cat Lady Day, National Hayden Day	20 Look Alike Day, National Cheddar Fries Day, National Pineapple Upside-Down Cake Day.
21 Big Word Day, Go Fly A Kite Day, Keep off the Grass Day, National Alex Day	22 Earth Day, International Mother Earth Day, National Jelly Bean Day, National Terry Day	23 Canada Book Day, International English Language Day, National Cherry Cheesecake Day	24 National Pet Care For All Day, National Brandon Day, National Skipping Day, Scream Day	25 National Noise Awareness Day, National DNA Day, Love Your Thighs Day	26 National Pretzel Day, Alien Day, National Ai Day, National Garage Day	27 Autism Super Mom Day, Eeyore's Birthday, Morse Code Day
28 Global Pay It Forward Day, Kiss Your Mate Day, National Franklin Day	29 Day Of Trees, National Shrimp Scampi Day, National Zipper Day	30 Honesty Day, Mr. Potato Head Day, National Larry Day, National Oatmeal Cookie Day.	1	2	3	4

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FLVT's Favourite Gaming Console

By Duncan. P

The results for the top gaming consoles at FLVT are as follows:

Nintendo Switch: 39%

PlayStation: 32%

Xbox: 29%

Notably, Nintendo Switch was the most popular. This is likely due to the fact that Nintendo Switch is mobile. If you want to bring it with you, you can. Also, it is the only console with Super Mario games. Mario is one of the most popular video game franchises, and Nintendo owns that.



Image of Nintendo Switch.

Basketball

By Jayden E.

Basketball is a very popular sport around the world and one of the most viewed. It was invented in 1891 by a college instructor named James Naismith. It has since spread across the world to become a popular sport to play both competitively and recreationally.

There are many players that are notable for their skill, popularity and successes in the sport. Some of the big names are people such as Kobe Bryant, Stephen Curry, LeBron James, Michael Jordan, as well as many others.

Kobe Bryant is remembered for his strong commitment as an athlete to the sport of basketball. Bryant won a total of 5 NBA championships with the Los Angeles Lakers. He obtained many awards and titles throughout his basketball career, including being NBA MVP in 2007-2008, and 18 time NBA All star. Kobe Bryant retired in 2016, and tragically passed away in a helicopter accident in 2020.

Michael Jordan is an unforgettable player leaving behind a strong legacy in NBA history. His NBA career began in the 1980s, where he played for 15 seasons. During his career, he was a six time NBA champion with the Chicago Bulls. He also was a five time NBA MVP. He is often thought to be one of the greatest basketball players in NBA history. He retired in 2003.

Stephen Curry is known for his shooting accuracy. He has achieved several three point shooter awards and holds NBA three point shooting records as well. He is a three time NBA champion with the Golden State Warriors and is a two time NBA MVP.

Lebron James is also known for being one of the best basketball players of all time. He is a four time NBA champion as well as a four time NBA MVP. He currently plays for the LA Lakers.

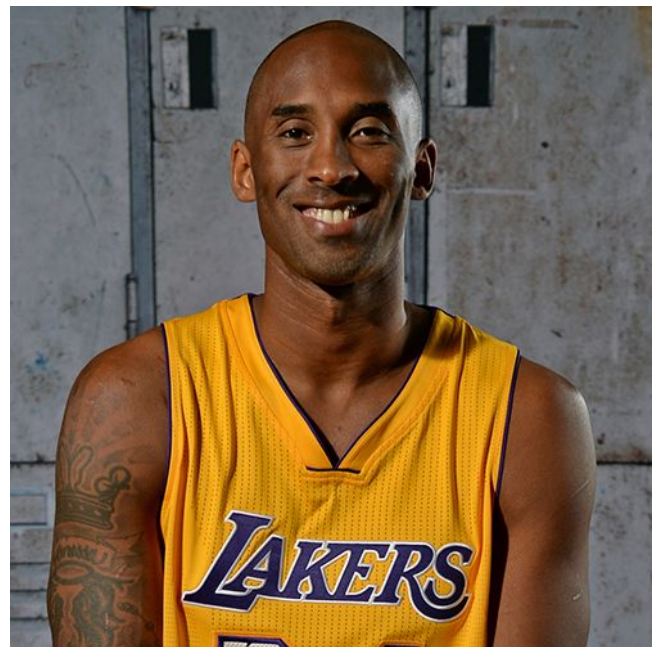


Image of Kobe Bryant.

FLVT Word Search

S	H	Y	B	I	X	I	S	D	G	J	D	T	Z	N	A	E	L	C	R	M	S	H
V	R	G	L	Z	J	J	O	T	Z	C	L	Z	X	X	E	K	I	B	I	N	Y	E
C	Y	H	L	Y	Y	B	A	J	A	G	Y	F	Z	V	S	K	N	W	W	E	U	C
N	E	Y	M	O	W	J	K	W	B	N	S	Z	G	N	I	R	P	S	K	W	O	N
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N	E	K	Y	S	V	J	H	T	P	G	F	F	Y	H	H	B	E	P	X	A	J	W
I	M	R	S	C	A	M	P	M	A	N	S	J	A	Q	A	S	K	T	O	P	U	R
M	P	U	X	B	X	R	U	J	M	J	Y	G	O	T	X	B	C	O	V	E	P	W
D	J	J	L	F	I	T	A	R	N	R	E	I	L	L	O	C	S	R	M	R	O	Q
A	C	U	A	B	F	R	Y	C	X	R	B	S	R	S	B	Q	D	M	S	C	I	L
B	A	M	H	P	C	O	D	R	Q	Q	Z	O	L	F	U	X	E	Q	J	W	C	N
K	N	P	R	M	Y	L	C	S	D	U	H	U	E	V	W	Y	E	N	G	Z	B	O
B	D	C	P	G	G	B	S	R	E	F	E	L	R	A	C	S	A	G	A	D	A	M
Q	Y	V	D	M	R	M	O	L	A	S	Y	T	P	S	N	V	S	P	O	E	O	I
L	X	T	U	A	D	R	E	N	A	L	I	N	E	W	X	S	L	L	I	H	V	Z

Find the following words in the puzzle.

Words are hidden     and .

ADRENALINE
BADMINTON
BIKE
BIRDS
CANDY
HILLS

JUMP
MADAGASCAR
MR CLEAN
MR.MOLAS
MRS CAMPMANS
MRS COLLIER

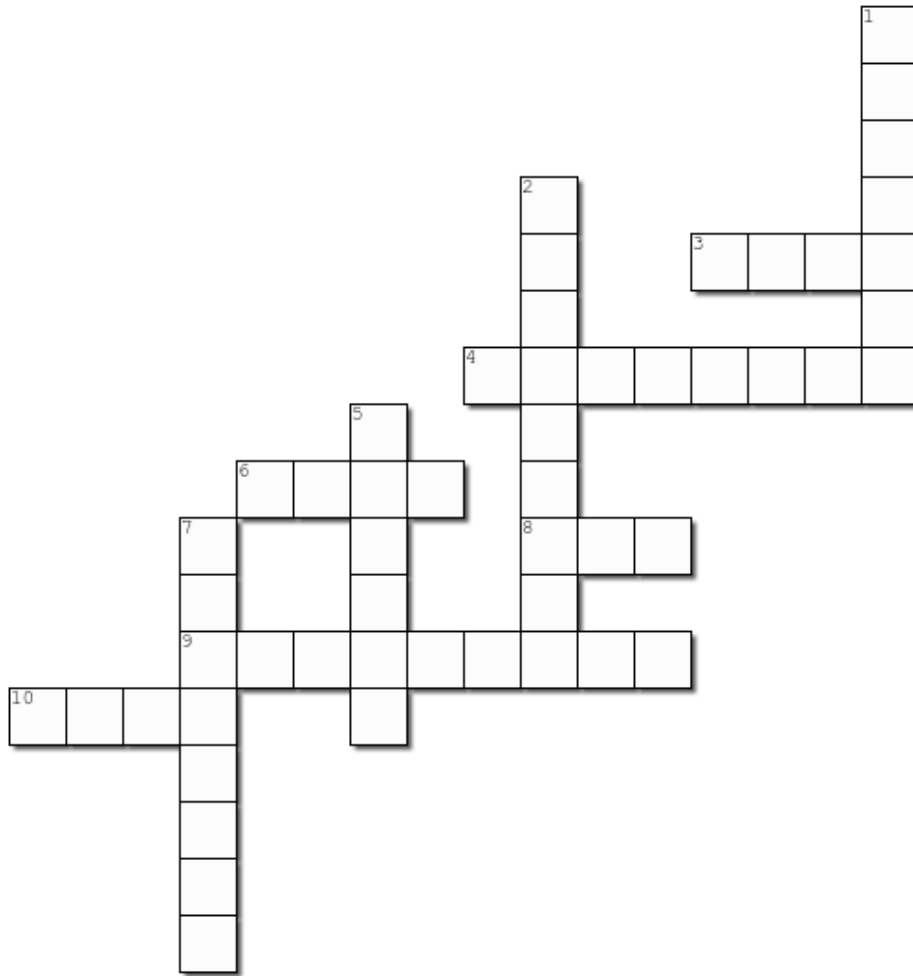
NEWSPAPER
RACQUET
SPRING
STANLEY

Made by Easton B.

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Baseball Crossword

Complete the crossword puzzle below



Created using the Crossword Maker on TheTeachersCorner.net

Across

- 3. when the runner is not out
- 4. the outer part of the baseball field
- 6. the place where runners score
- 8. when the runner is not safe
- 9. the left position in middle infield
- 10. when the batter gets a hit they're on this

Down

- 1. in closest part to home plate of the diamond
- 2. weak ball hit on the ground for an out
- 5. one of the guys who call the game
- 7. little 5 ounce ball

Made by Carter S.

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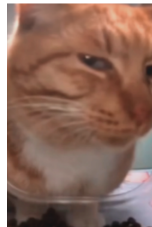
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On behalf of HAWKS HUSTLE, we thank you for your readership!