

HAWKS HUSTLE

FLVT School Newspaper

•Many hands telling our story •

March 2024

SUCCESSFUL FLVT BASKETBALL SEASON

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



Image of the FLVT grade 7 girls basketball team. Photo credits to FLVTHAWKS Instagram account.



Image of the FLVT Senior boys winning gold at home tournament. Photo credit to FLVTHAWKS Instagram account.

FLVT's school basketball season runs from November until the end of February and is sadly coming to a close. Continue reading for the highlights and achievements of each team.

The Grade 7 Boys won 3 games during the regular season. They placed 6th in the Cats Classic (St. Francis tournament) and got 7th place in the other Cats Classic (Coaldale). The grade 7 league does not have cities or zones.

The Grade 7 Girls won 2 league games during the regular season and played in the Cats Classic (St. Francis tournament). They unfortunately do not have playoffs either.

The Jr. Boys won 3 league games this season. They were successful and won consolation finals in the Gilbert Paterson tournament (5th), lost consolation finals in Raymond tournament (6th) and got 7th place in the Fairburn tournament. The Jr. Boys beat Fairburn in Quarterfinals of Cities, but unfortunately lost in the Semi Finals to Wilson in a tight game.

The Jr. girls won 2 regular season games and had 3 tournaments. They had a Fairburn/G.S. Lakie tournament and placed 7th. The girls also had a Gilbert Paterson tournament and placed 7th. Finally,

they had the Cats Classic (Coaldale) and also finished in 7th place. Unfortunately they lost to Francis in the first round of City playoffs, but still had a great season.

The Sr. Boys won 6 games during the season. The boys won first place in the Cats Classic (Coaldale). They also won first place in the Hawks Classic (our school tournament). The boys managed 3rd place in the Coyotes Classic (Chinook) and third place in the Cougars tournament (Cardston). In the quarter finals of Cities, they beat Chinook, and in the semis, they beat Kate Andrews. In the finals, it sadly brought a loss to LCI by just 9 points. The Sr. Boys ended up 4th in zones, losing to Magrath and Cardston.

The Sr. Girls had 3 league game wins. They achieved 3rd in the Cats Classic (Coaldale), were 4th in the Hawks Classic (our tournament) and were 7th in the Chinook tournament. Unfortunately they lost in the first round to Immanuel Christian.

Thanks to all our coaches, officials and staff that helped during this amazing school season and congratulations to all the teams and players. We are looking forward to next year!

<https://flvt.holyspirit.ab.ca/>



The Favourite Breakfast

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

Cereal is a common breakfast food that is easy and quick to make. For most people, cereal is a regular way to start the day, offering a quick and convenient source of energy as you start out your day.

We went around asking students to find out the most popular cereal at FLVT. We gave 5 options for cereal: Cinnamon Toast Crunch, Cheerios, Froot Loops, Mini Wheats, and Lucky Charms. The top three voted cereals were Cinnamon Toast Crunch, with 42% of the school picking this cereal, Froot Loops with 18%, and Lucky Charms with 17%.

Lucky Charms is a cereal combined with frosted, toasted cereal mixed with fun marshmallows. It is a quick, easy breakfast that has 19 grams of whole grain.

Froot Loops Cereal was introduced in 1959 featuring a toucan as a mascot. The cereal is well known for its bright colours and fruity flavors. The cereal was originally called "Fruit Loops", but was later renamed due to the large amount of sugar and lack of fruit. The cereal was renamed to "Froot Loops."

Cinnamon Toast Crunch was the most popular cereal it was invented in 1984. This cereal is small rectangles that have a sugary cinnamon coating. "I like it because it was crunchy and sweet," a student at FLVT stated, explaining why it is their favourite.

Regardless of what your favourite breakfast food is, it is important to fuel your body in the morning. Whether you eat Froot Loops, Mini Wheats, or Cinnamon Toast Crunch, breakfast improves your energy levels throughout the day and can help with your concentration.

FLVT'S TOP NHL PICKS

By Alex G.

The two favorite teams that were voted were first Edmonton Oilers then the Calgary Flames. 42% people voted for the Edmonton Oilers and 42% voted for the Calgary Flames. The third most picked team was the Canucks.

The Edmonton Oilers have the best player in the NHL, Connor McDavid, and also Leon Draisaitl who is really good too. Last season Connor McDavid got 153 points in 82 games with 64 goals and 89 assists, and Leon Draisaitl got 128 points and 52 goals and 76 assists. The Calgary Flames are my favorite team. Their best players are Jonhathan Huberdeau, Nazem Kadri, and their goalie Jacob Markstrom. The Calgary Flames have been struggling the last couple of seasons; they are currently ranked fifth in the Western Pacific division behind Vancouver Canucks, Vegas Golden Knights, Edmonton Oilers, and the Los Angeles Kings.



Image of Lucky Charms, the second most favoured cereal at FLVT.

Manga Writer Receives Death Threats

By Jadon B.

A thirty-one year old man named Gege Akutami, (his pen name), who took up manga writing, has made one of the biggest decisions in all of Japanese manga history. Gege had been working on the manga “Jujutsu Kaisen” for 6 years, since 2018. After all that work, on September 24th, 2023 we had one of the most important fights in the manga. After becoming a fan favourite character, Satoru Gojo makes his “last stand” in a fight against the King of Curses; the strongest in history against the strongest of today in their respective manga. It was an even match before the end where Gojo got off-screened sliced in half at the waist, ending the fight in mutual respect from Gojo’s enemy.

A few hours later after the chapter being posted, Gege received much hate mail, death threats and backlash from the “Jujutsu Kaisen” fan community online. The community has started to go wild, starting to create many insults to Gege. To honour and commemorate the character “Gojo”, people have been naming things after Gojo, even naming stars in outer space after the fallen character, and leaving many jokes about the manga. Gege, unlike most writers, who would’ve apologized and quit, has not shown any cares for his community and continues to write the next chapters on a steady pace. Most of Gege’s community had expected this to happen due to Gege being notoriously known for murdering his main cast and many liked side characters. Not only had Gege infuriated his own entire community, directly after, he took a break from writing his manga. This caused his entire community to make a joke out of the manga called “Lobotomy Kaisen”.

This is one of the first times a manga creator has killed off the most loved character in his own manga. After a period of time, people had started to create their own fan creations of the manga, including Gojo coming back to life in spite of Gege’s decision of killing off Gojo. Sadly Gege has an iron will, and likely won’t change his own final judgement, even with all the backlash of his community. The way this evolves may vary, but the decision made has already been done. This means this will stick in the history of manga for a very long time, creating one of the most destructive communities in manga for all of history.



Image of Jujutsu Kaizen

Chiefs Win Super Bowl 58

By Carter S.

The Kansas City Chiefs won Super Bowl 58, 22-25, against San Francisco 49ers. A total of 55% of students polled around the school were cheering for the San Francisco 49ers, making a somber return to school after Super Bowl Sunday.

Brock Purdy came out aggressive and the team put up a strong fight, but in the end of the game the 49ers came out short. In overtime, the 49ers were forced to kick a field goal, successfully making it, opening the door for the Chiefs to make a touchdown on the next possession to win the game. The Chiefs took this opportunity, making a touchdown causing the game to end victorious for the Chiefs. There were a few injuries throughout the game, but the most notable was Dre Greenlaw went down on the sideline while going on for his first snap of the game.



Image of Chiefs winning Super Bowl 58.

The Importance of Men's Mental Health

By Cooper J.

Both men and women can suffer from mental health issues, however the difference between the two, is that talking about men's mental health is often associated with a negative stereotype (a widely held but fixed and oversimplified image or idea of a particular type of person or thing).

The stereotypes are somewhat like "Men are supposed to be strong." Or "Women are softer and more emotional, men aren't." According to the National Institutes of Health, men are statistically less likely to seek mental health support than women and this is thought to be due to the negative stereotype surrounding men's mental health.

About 10% of men suffer from mental health problems in Canada, and that's just the reported cases. Imagine how big that number would be if every person talked about their own mental issues and received necessary support. In the USA approximately 6 million men suffer from mental health issues, and many suffer in silence due to worry surrounding negative stereotypes, no access to mental health supports, or lack of knowledge about mental health.

You can show support for men's mental health by talking about mental health and trying to break negative stereotypes by giving support to anyone struggling. Men's mental health has a month, that month is June. Wearing a blue ribbon and encouraging awareness to be brought to men's mental health are ways you can honor this month.

If you have any dangerous thoughts or any reason to think you have a mental illness talk to an adult about your issues, you could talk to your teacher, your parents/guardians, the school counselor or another trusted adult.



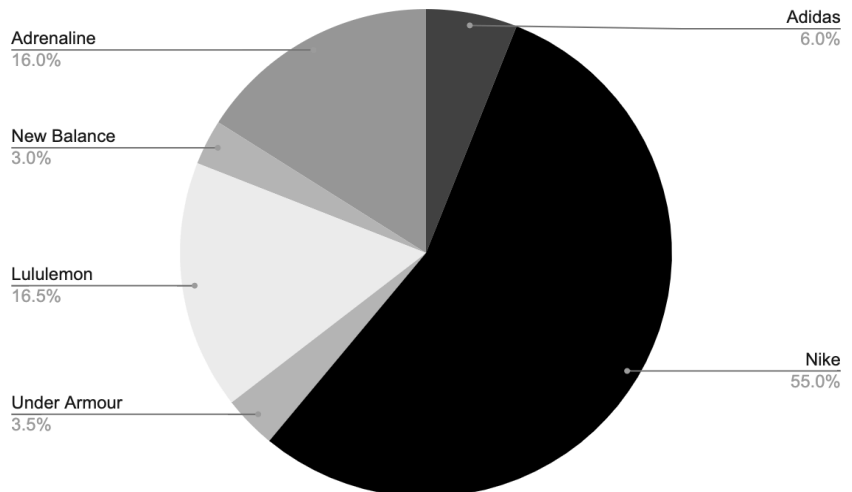
Top Sports Brands

By Easton B.

People rely on sports brands to produce quality, functional and comfortable attire and equipment that enhance performance. The first sports brand ever was Mitre in 1817. They were made for more comfort while playing sports. Now there are thousands of brands, each offering slightly different products for different customers. A happy customer is more likely to repeat purchases from the same company and become brand loyal, allowing the brand to take-off in popularity.

Nike was the most popular brand voted by students at FLVT, obtaining loyalty of 55% of students. This was followed by Lululemon at 17% and Adrenaline by 16%.

Nike's popularity has come from social influence and a wide selection of items including shoes, clothing, water bottles and fanny packs. FLVT's second place is Lululemon. Its popularity has come from its high quality items and premium materials which help with comfortability whilst playing many sports. Adrenaline was founded in 2023 by FLVT grade 7 student, Easton B.



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The Importance of Music: Violin and Piano

By C.C.

The “Hurrian Hymn” is the earliest known song to be recorded in writing dating to around the 13th century BCE, but now that there are new and different types of music all around the world. It has begun to evolve more than anyone could’ve ever imagined. Now there are styles like hyperpop, electronic, and some stick to classical.

Why are specifically piano and violin the instruments people are still mainly drawn to? It all comes down to the sound. The resulting waveforms look the most similar to the human voice out of all western instruments. That similarity allows it to tap into an ancient part of our brains' music and emotional centers.

People can also benefit from playing instruments by getting a better ear at music, better coordination, and it also teaches you to persevere when things become difficult. “It engages every major part of the central nervous system,” said John Dani, PhD, chair of Neuroscience at Penn's Perelman School of Medicine.

If you are interested in learning either piano or violin, both instruments have their pros and their cons. Violin could be a better choice than piano for a lot of different people due to its portability and violin being easy to carry around. Violin is also a single note instrument, making it easier to read. Student violins also have a much lower cost entry point. Piano on the other hand, for a lot of people, is the first and best instrument choice. This is for a variety of reasons including better access to media and countless more tutorials, books, and apps. It also allows for better gratification; you press a note and you hear it clearly. You also are able to play and hear several notes at a time, allowing for complex and beautiful tones to be played. At FLVT, a total of 60% of people favoured the piano over the violin, showing that many people enjoy its beautiful music and appreciate how friendly it is to beginners.

In conclusion, music has evolved over the generations, and keeps getting better. The reason why people love hearing music is because it almost sounds like a voice singing, activating the same brain waves. Lastly, the benefits of learning music is that it teaches and enhances both skill and ability.



Image of piano and violin.

Favourite Subjects at FLVT

At FLVT most of our students' favourite subjects are PE and Math at 41% and 33%, respectively. Only 4% of people picked Science as their favourite, 9% of people picked Social Studies, and 13% of people chose L.A.

People like math because math is full of interesting information and challenging concepts that encourage curiosity. Exploring math can open up new worlds as you discover new ideas, master topics, and connect the dots from different areas of the subject. People like PE because it's fun for all ages to learn new games and physical skills. Moving is essential for both physical and mental wellness.

Do Your Peers Play Sports?

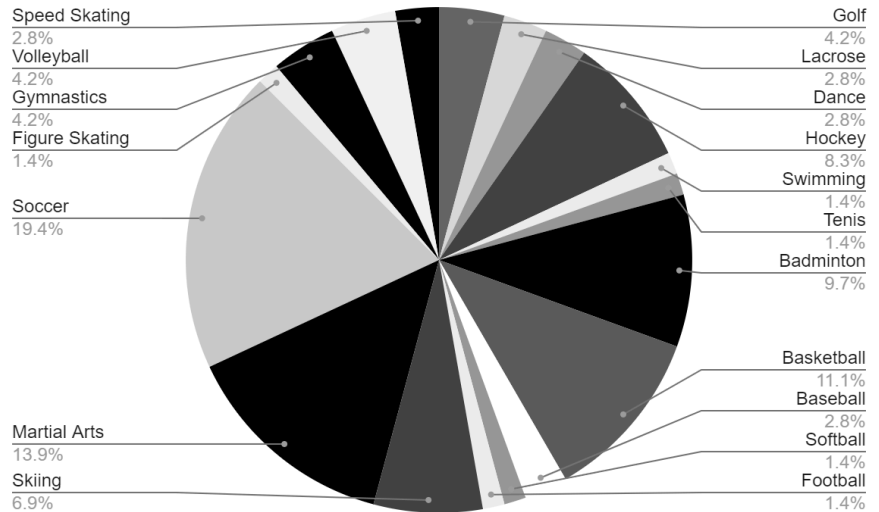
By Cooper J.

Did you know that 27% of Canadian adults play sports based off of a poll that took place throughout 2019-2021? For students at FLVT, 71% of our students participate regularly in organized sports.

Sports can have a great effect on your mental health proven by several studies. Sports can increase your physical and mental health, for example, you typically will get a mood increase after physical exercise. Sports are very beneficial; if you can, you should try to play a sport. Physical activity can also help you to get a better sleep, make you feel relaxed, and overall feel happier.

The most chosen sport of our poll is soccer. Soccer can increase your strength, lower your body fat, make you more flexible, increase your endurance, and other benefits. You can also increase your social circle by connecting you with other people with similar interests.

There are a variety of choices when it comes to picking a sport as shown by students at FLVT. You can play an individual sport or a team sport. They also range in physical exertion and involvement. The best way to figure out what sports you enjoy is by trying them.



The World's Best Soccer Players

By Jayden E.

Cristiano Ronaldo is a very well known professional soccer player, known for his talent and athleticism. There are other professional soccer players that have gained popularity such as Mohamed Salah, Lionel Messi, Harry Kane, Kylian Mbappe, and Erling Haaland. They have achieved many soccer awards like Ballon d'Ors, a French soccer award, Uefa Champions League, and many others.

Ronaldo is one of the GOATs of football (soccer) . He is also the most famous athlete on Instagram, gaining attention from all areas of the world. Born in Portugal, his family was poor and to get money he had to be sweeping the streets. He started playing soccer at 9 years old. Messi, on the other hand, was born in Argentina in Rosario; he is also around the world considered one of the GOATS. He started playing in a club called Barcelona and he became a legend there.



Image of Ronaldo.

People's Favorite YouTubers

By Duncan. P, and Seth. B.

A lot of people Watch YouTube, but what do people watch? As of 2023, gaming is the third most-watched genre on YouTube. The top gaming YouTube channels are below with a brief summary of each.

1. IShowSpeed. 37%
2. MrBeast. 24%
3. Game Theory. 22%
4. Technoblade. 17%

IShowSpeed

IShowSpeed is a live streamer who streams games in real life. IShowSpeed was born on January 21, 2005, which makes him 19 years old. IShowSpeed's current net worth, as of 2023, is between \$10 to \$12 million.



MrBeast

MrBeast is a YouTuber with more than 239 million subscribers. He is the richest YouTuber in the world and his channel is devoted to giving away large amounts of Money. In his videos, he has done incredible things, such as remove 30 Million Pounds of trash from the ocean, and recreated Squid Game in real life. He even Has his own snack company called Feastables, and is really successful.



Game Theory

Game Theory is a YouTuber with almost 19 million subscribers! He makes videos about video game theories, obviously, and has made videos about Five Nights at Freddys and many others. For the entire 13 years Game Theory has been around, MatPat has been the host of Game Theory, but in March 9, he will no longer be the host of it.



TechnoBlade

TechnoBlade was a Minecraft YouTuber with over 16.5 million subscribers. He was well known to be the best Minecraft player in the world. But sadly, in June in 2022, he died of metastatic sarcoma cancer. He mostly played Hypixel Skyblock, one of the most famous Servers In Minecraft. He had the world record for the most Bedwars wins in a row (1400).



Spring Word Search

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

APRIL

BLOOM

GREEN

RAINBOW

SUNSHINE

BEAUTIFUL

BREEZY

POLLEN

SPRING

SUNSHINE

BIRD

EQUINOX

RAIN

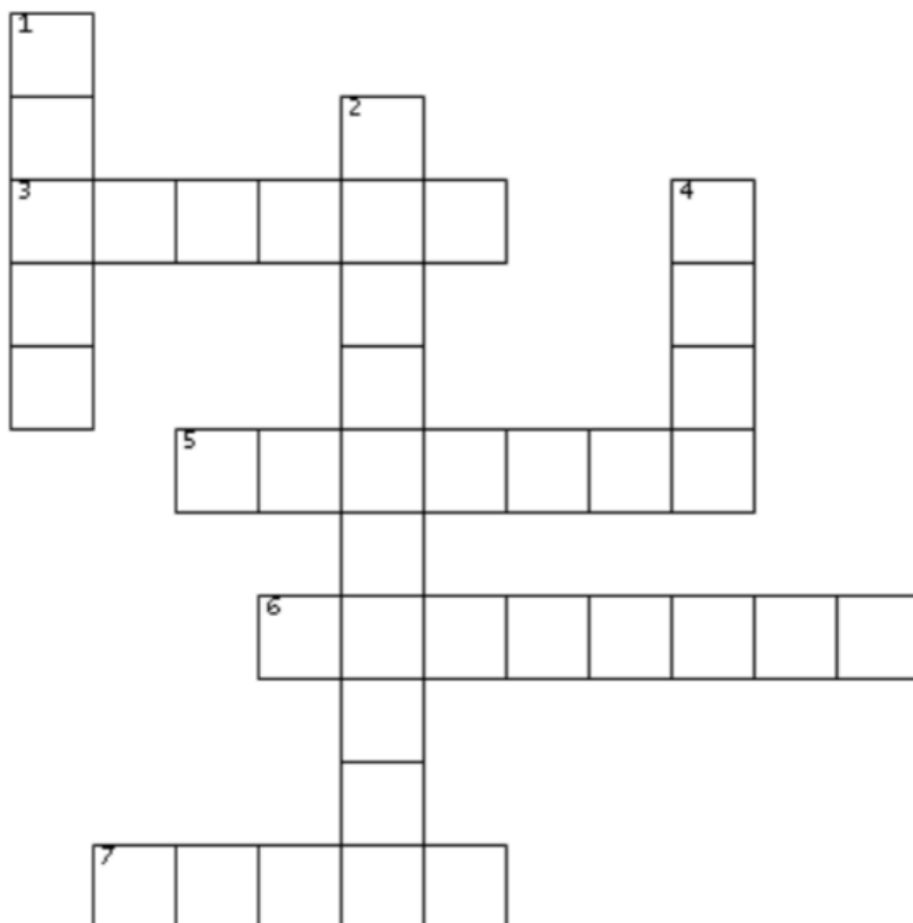
SPRINGROLL

VERNAL

Made by Max R., Nolan P., William K., and Zen K.

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St. Patrick's Day Crossword Puzzle



ACROSS

3. also called a shamrock.
5. The place of origin for this holiday.
6. A green plant with heart shaped leaves.
7. Patrick, Who this day is named after.

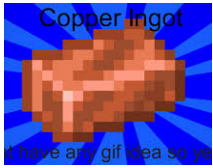
DOWN

1. You might feel this when you find a four-leaf clover.
2. Guards the pot of gold at the end of a rainbow.
4. a precious metal.

Made by Cooper J.

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REPORTER



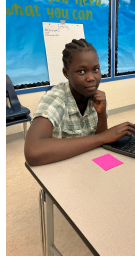
Cooper J.
Grade 7

REPORTER



Jadon B.
Grade 7

REPORTER



Guet D.
Grade 7

REPORTER



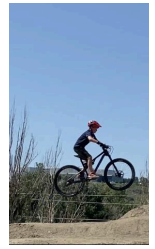
Carter S.
Grade 7

REPORTER



Ellie B.
Grade 7

REPORTER



Easton B.
Grade 7

REPORTER



Duncan P.
Grade 7

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Jayden E.
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Nolan P.
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Zen K.
Grade 9

REPORTER



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Grade 9

REPORTER



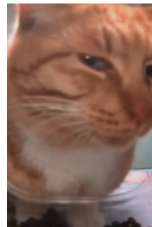
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Grade 7

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Charley E.
Grade 7

REPORTER



Seth B.
Grade 7

REPORTER



C.C.
Grade 9

REPORTER



Amaira B.
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REPORTER



Alex G.
Grade 7

SUPERVISOR



Ms. Tkach
Supervisor

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