

# The BASH

THE BNEI AKIVA SCHOOLS HEADLINES

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## COVID CO-CURRICULARS

### SCHOOL ACTIVITIES ADAPT TO COVID-19

#### RETHINKING RABBANIT PURIM

EMMA MUSCAT

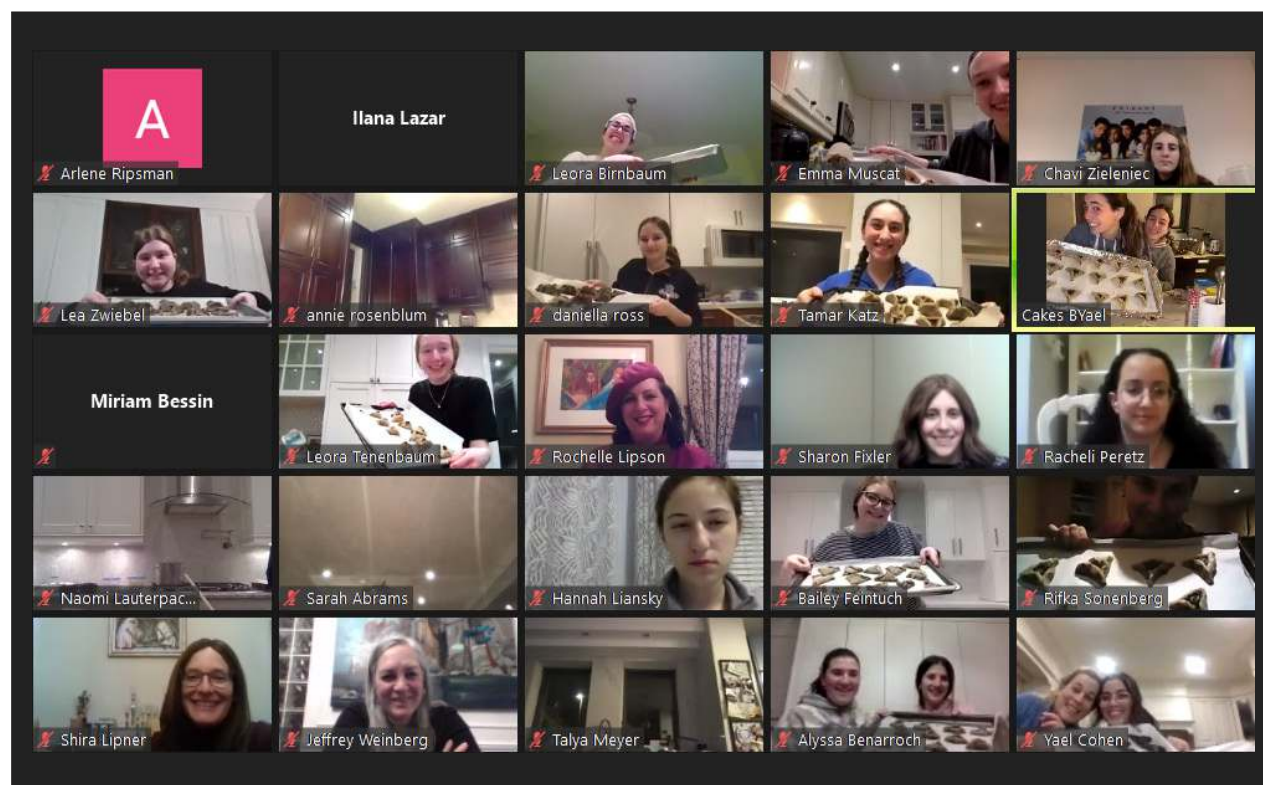
This year, Rabbanit looked a little different from what we have been accustomed to. Contrary to normal years where Grade 11 students at Ulpana create and perform a Purim-themed musical, this year's Grade 11s had to reimagine Rabbanit, and I have to say we did a pretty amazing job! The Grade 11s split into groups of "production" and "fundraising". In less than two weeks, the entire grade succeeded in organizing three amazing activities.

For the first event, instead of performing a musical, the grade created short Purim skits with the theme: "What if the Purim Story Happened During the COVID-19 Pandemic?" The production team had writers, organizers, and actors who were all equally important in bringing the skits to fruition. Five days leading up to Purim, the production team released that day's short skit and on the last day the Rabbanit was announced; congratulations to Leora Birnbaum!

The second element of Rabbanit this year was a fun fundraiser for Tomchei Shabbos. The fundraiser worked in such a way that each student who wished to join a baking Zoom session called "Cakes by Yael" and bake Hamentashen would need to buy a package of ingredients for \$10. The funds raised were put towards Tomchei Shabbos.

Additionally, the grade organized a raffle where each package included one raffle ticket for an auction. Raffle tickets could also be bought on behalf of others. The amazing prizes to be won included gift cards to amazing restaurants and the big prize featured two plane tickets to New York! All the money made went to Tomchei Shabbos.

In a year when cheering up became so crucial, the Grade 11s did not disappoint! They brought the Purim spirit and raised much-needed money for a worthy organization, Tomchei Shabbos.



#### MY DECA EXPERIENCE

ALIYA MOYAL

Distributive Education Clubs of America (DECA) is a non-profit organization that shapes emerging leaders in the field of business. DECA holds a series of annual competitions in which business-minded students dissect case studies which are judged by industry professionals.

At the beginning of Grade 12, one of my friends told me I should apply for an extra-curricular program called DECA. After researching the program, I was reluctant to join because I wasn't sure if I would enjoy a business competition. After some thought, I decided to take the risk and join the team at Ulpana. What I didn't realize at the time was that DECA is a lot more than just a "business competition".

As the Regional Competition approached, I studied closely my field of Marketing and the possible case scenarios that I might be given. I attended weekly meetings and quickly noticed that DECA was becoming an integral part of my high school experience. During the competition, I was given twenty minutes to read a case and create a potential event that promoted a large car company within the community (as my section pertained to the automotive industry).

*Continues on page 2*



## A NERD, DEFINED

### HOW AN ULPANA STUDENT BECAME A VENEZUELAN DIPLOMAT FIGHTING LATE-NIGHT POLICY BATTLES

#### LIR YISSAR

What if I told you that your whole life has been a lie? That all of your quick judgments and images inside your head about the people of the world are utterly wrong? For instance, when you think of a nerd, what is the first thing that comes to mind? Perhaps you think of someone with large, round glasses. Possibly, you think of someone with a tiny, skeleton-like physique. You may even think of someone who daydreams about attending Hogwarts (the famous school in *Harry Potter*). Even I, until not so long ago, fell into these same traps. When I thought of a nerd, I would imagine a person like Greg Heffley from *Diary of a Wimpy Kid*. But let me tell you, a nerd is not any of these things. A nerd is someone who participates in the Yeshiva University National Model United Nations (YUNMUN) and enjoys it!

It all started when we were told to do some “light” background research on Venezuela, the country the BAS team was given. Not a big task, right? Or so you would think. This “light” research ended up becoming our lives from November 2020 until the YUNMUN Conference in February 2021. Every Sunday, every break, every time we had a spare second, we were thinking about and investigating all there was to know about Venezuela and our committees. We don’t all have big, round glasses, but we do have big imaginations. Although I can attest to everybody’s kindness on the team, sometimes our debates could get very heated. Every Tuesday at 8 pm (who says nerds don’t have a nightlife?) we would meet up to practice our debate technique (my personal favourite practice topic was Or Chaim vs Ulpana – we all know the real winner of that

argument) and learn about the correct Model UN procedure. Although these meetings helped us learn YUNMUN on paper, nothing could prepare us for the real thing.

The conference was held on February 14, 2021 on Zoom, from 11 am until around midnight. Of that time, six hours were spent debating. Let me tell you something – until you spend six consecutive hours sitting in front of Zoom debating about a country you have never stepped foot in, you do not have the right to say that nerds have a weak physique. We have very strong mental and physical capabilities. Speaking of physical capabilities, some of us can text extremely quickly, as not one day goes by where I don’t contemplate muting our *several* Model UN chats.

In all seriousness, YUNMUN was a wonderful experience. Hours before the competition, feelings of nervousness

and excitement were taking over my body, but the second I logged into the Zoom and began speaking all those feelings zoomed away (pun intended). In reality, you’re just having a conversation with others about important issues that need solutions. The only real difference between Model UN and the real thing is that we actually do something, we win awards. When I say we, I mean one very amazing delegate, Joseph Newman who won Honourable Delegate! Congratulations, Joseph! Thank you to Mrs. Kagan, and Avigail Rucker (’19) for all of your amazing help and teaching. With Mrs. Kagan and Avigail’s help, I was able to participate in YUNMUN and truly appreciate all that it came with. Finally, I was able to proudly call myself a nerd.

I hope this new understanding of what a nerd really is did not give you any #FOMO. Remember, you always have next year!

## My DECA Experience, continued

Having a time limit tested my ability to deliver my idea in a clear and concise fashion, as well as my ability to think and plan efficiently and effectively. DECA also taught me to aim high. I never would have imagined proceeding to the Provincial round, but DECA has shown me to set goals for myself that may seem impossible at first.

The Provincial Competition consisted of another two case studies to

unpack. During these case studies I was given forty minutes to read through each situation and create a potential event that promoted a travel SUV car company. The provincial competition also contained a multiple-choice test that challenged my knowledge on seemingly countless business terms and ideas. This test covered one-hundred questions which had to be completed in less than 60 minutes. It was to my

advantage that most of these questions consisted of material that I had mastered in my Ulpana classes!

DECA is an experience that has taught me many skills that I will use in my future. I highly recommend this extra-curricular program to any student who is interested in learning more about business.



## My One2One Experience

### FORMING FRIENDSHIPS WITH STUDENTS OVERSEAS

**BAILEY FEINTUCH**

This year Ulpana, along with many other schools in North America and the UK, has been participating in a new program called One2One. The One2One Project is “an opportunity for a select group of teens in Israel and around the world to connect with one another and have a series of real conversations about interesting topics.” The organization “Enter” has partnered with The State of Israel’s Ministry of Education to bring a new kind of connection to students in Israel with those outside of the country. One2One is a program that allows teens in high school to create relationships in real time with Israeli students. Israeli students who are chosen to participate in this program are advanced English speakers, so that communication is easier for all the kids participating. For five sessions of 30 minutes each, students are paired and engage in dialogue with each other. Each session is guided by an outline that allows the participants to have a framework for their discussion. Topics can vary from talking about one’s personal life and how they live in observant ways, to *tikkun olam*, to how together we can make the world a better place and plan for our futures.

My decision to join this program came from my hope that it would give me a deeper understanding of who I am and where I want to be. Being Jewish isn’t just a religion, it is also a community. It allows us to be connected through spiritual relationships; with people who live just like us and also through physical relationships with people we know around us. One of my roles as a Jewish teen living outside



One2One logo: [jewishorangecounty.org/israel-engagement-/2020-one2one](http://jewishorangecounty.org/israel-engagement-/2020-one2one)

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*Connecting with the people of Israel and getting a better understanding of their lives allows me to bring myself closer to Hashem.*

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of Israel is to strive to embrace my Jewish heritage and always work towards being closer to Hashem. Connecting with the people of Israel and getting a better understanding of their lives allows me to bring myself closer to Hashem. Making these connections helps me express *emunah* in Hashem and in the Jewish people as a nation. I am grateful to One2One for giving me this opportunity to learn, discover, and connect with my fellow Jew.

**MIA BELDEB**

My name is Mia Beldeb and I am a tenth grade student at Ulpanat Orot. Unfortunately, I have never had the chance to travel to Israel, so when I heard about the One2One program I was intrigued! The One2One program sets up high school students in North America with high school students in Israel. Partners discuss the different cultures of their communities, as well as a variety of other interesting topics. I was personally interested in One2One because of the unique opportunity to learn more about Israeli culture through someone my own age. While I have only met my partner once so far, I already have formed a friendship with her. During the session, my partner and I spoke about an assortment of things, from music to extracurricular activities to differences between our school lives. We also read about Jewish organizations and learned some vocabulary words both in Hebrew and English. My partner and I continue to speak with each other regularly and I’m already learning so much about her, about Israel, and about Judaism!

Leading up to meeting my partner, I was slightly nervous about the potential language barrier, or lack of common interests. However, One2One sent out a survey beforehand and arranged the partners so that these difficulties would not become an issue. As someone who speaks somewhat limited Hebrew, it was a relief for me that my partner speaks perfect English! I am adoring my experience with One2One and would recommend the program to anyone who has the opportunity to join One2One in future years!

## MEANWHILE, AT OR CHAIM...



# זמן מטבח

## אלי יסאר

עונות השנה התחלפו וכשאר שאר הבנות בעולם מתחילות בהכנת גופן לקיץ, הבנות באולפנה מחפשות מתכונים חדשים! אז הנה הם, תודה למורות שרה ונטייה ששלחו מתכונים טעימים!

חצי כוס שמן זית כתית מעולה מלח	חומס ביתי רכיבים: 1 כוס גרגרי חומס שלמים 1/3 כוס טחינה גולמית, רצוי מלאה מים שום פטרוזיליה לימון שמן זית	סלט תירס (4-6 מנות) רכיבים: 3 כוסות גרעיני תירס (משומר או קפוא) 1 מלפפון טרי (אם יש) 2 מלפפונים כבושים 1 גמבה אדומה 1 בצל קטן 5 גבעולי שמיר עלי חסה רוטב: 3 כוסות שמן 2 כוסות מיץ לימון 1 כפית מלח 1/4 כפית פלפל שחור קורט קורניה (טימין) 1/2 כפית חרדל מוכן
הוראות 1. מכניסים למג'מיקס את הכוסברה, הפטרוזיליה, עלי הבזיליקום, מלח ושום ומחצית מכמות שמן הזית. 2. מפעילים את הבלנדר וטוחנים עד שהכל הופך לעיסה שלמה פחות או יותר. תוך כדי פעולת המג'מיקס, מזליפים את שארית שמן הזית. אם יש צורך, מוסיפים עוד שמן זית, עד שמקבלים מרקם אחיד. 3. טועמים ומתקנים תיבול.	הוראות 1. משרים את גרגרי החומס ללילה מחליפים מים פעם אחת (נקרא "השריה כפולה"). מסננים, מבשלים עד לרתיחה, מורידים את הקצף שנוצר בתהליך הבישול. לאחר הרתיחה יש לסנן את החומס ולהרתיח בשנית. לבשל עד שהחומס רך (כשעתיים). 2. טוחנים את החומס במעבד מזון ומוסיפים בהדרגה, לפי הטעם: טחינה, מים, שום, פטרוזיליה, לימון ומעט שמן זית. מערבלים עד שמתקבל מרקם אחיד. אם יוצא דליל מדי, מוסיפים עוד טחינה גולמית (עדיף חמאת שומשום = טחינה משומשום מלא). הערה: אחרי הניסיון הראשון, תדעו כמה טחינה וכמה להוסיף מכל דבר, לפי הטעם שלכם.	הוראות 1. אם משתמשים בתירס קפוא, מפשירים אותו על ידי חליטה במים רותחים למשך 4-5 דקות, או על ידי הפשרה איטית בטמפרטורת החדר. אם משתמשים בגרעיני תירס משומרים - יש לשטפם מספר פעמים ולסננם היטב. 2. חותכים את המלפפונים, הגמבה והבצל לקוביות קטנות. 3. מכינים את הרוטב: מערבבים היטב את כל חומרי הרוטב וטורפים במזלג עד שנוצר כעין תחליב. יוצקים אותו מיד על הירקות. הרוטב צריך רק להרטיב היטב את הירקות. 4. קוצצים את השמיר ומוסיפים לסלט. מערבבים. להגשה, מסדרים תלוליות של סלט על עלי חסה. אפשר לקשט בזיתים, רצועות דקות של גמבה, פטרוזיליה, ופרוסות עגבניה.
ממרח טופו ובזיליקום (לצמחונים כמוני) רכיבים: 1 צרור עלי בזיליקום ללא גבעולים 100 גרם צנוברים שן שום קטנה 2-3 כפות שמן זית כתית מעולה מלח חבילת טופו	ממרח פסטו עשבי תיבול רכיבים: 2 צרורות כוסברה (למי שאוהב) 2 צרורות פטרוזיליה צרור אחד של בזיליקום - עלים בלבד 3 שיני שום גדולות	הוראות 1. מכניסים למעבד מזון את הבזיליקום, הצנוברים, שן שום ו-2 כפות שמן זית. מערבלים. מוסיפים עוד כף שמן זית במידה ויש צורך. 2. מתבלים במלח וטועמים. 3. מוסיפים את חבילת הטופו ומבלנדרים לקבלת מרקם אחיד. 4. במקום הבזיליקום אפשר להשתמש בפטרוזיליה, כוסברה או עלים ירוקים אחרים ואפשר לשלב אותם עם אגוזים שונים (למשל, אגוזי מלך העשירים באומגה 3).

## "טוב שם טוב משמן טוב, ויום המוות מיום הוולדו" (קהלת ז:א)

למה הכוונה? כתבה: תלמידה צנועה שלא רוצה לפרסם את שמה הפירוש של תלמידת כתה יב' - כתה אקדמית (הכיתה של מורה שרה):	הסיבה שיום המוות הוא טוב מיום ההולדת. זה היום שבו מתגלה הגירסה האמיתית, והסופית של האדם - היום שבו כל מלאכתו של האדם באה לאור, היום שבו כולם יכולים להסתכל עליו.
שמן טוב מסמל ממון. הנאה חיצונית, דברים מטריאליסטים. בסוף החיים של האדם, יהיה לו סכום ספציפי של דברים, אבל, כנראה שזה לא יהיה אותו סכום שהיה לו לפני חודש והסכום הזה גם לא ידמה למה שהיה לו לפני שנה. עושר הוא ערך דינמי, תמיד משתנה, ואם אין את הסכום שמישהו רוצה (ובוודאי שיהיו זמנים כאלה...) האדם מיד נופל.	בסופו של דבר, מגיעים להחלטה אחת: האם אתה רוצה שאנשים יזכרו אותך בגלל כמה עושר היה לך, או בגלל שהיית איש טוב?
שם טוב זה משהו שונה. זה משהו של יציבות. שם טוב יישאר אתך, אם יש או אין לך ממון. וזה מה שבאמת חשוב. אדם הוא לא באמת עצמו כשהוא נולד, וזאת	דיברנו הרבה בשיר "לכל איש יש שם" על השמות השונים שמקבלים בחיים ויחד עם הסיפור שהמילים מספרות, השמות ממשיכים להרבה יותר זמן מממון. השם עובר גם לצאצאים שלך, ליותר זמן מכל ירושה אחרת. מישהו שכל הזמן עובד לקבל שם טוב ולא שמן טוב, סביר יותר שיוכל לחיות חיים מלאים, ויום מותו באמת יהיה יותר טוב מיום היוולדו.
שם טוב זה משהו שונה. זה משהו של יציבות. שם טוב יישאר אתך, אם יש או אין לך ממון. וזה מה שבאמת חשוב. אדם הוא לא באמת עצמו כשהוא נולד, וזאת	עוגיות טחינה רכיבים: 2 כוסות קמח כוסמין 3/4 כוס רכז תפוחי עץ 1 כוס טחינה מלאה 4 כפות שמן קוקוס
שם טוב זה משהו שונה. זה משהו של יציבות. שם טוב יישאר אתך, אם יש או אין לך ממון. וזה מה שבאמת חשוב. אדם הוא לא באמת עצמו כשהוא נולד, וזאת	הוראות 5. מערבבים את כל החומרים ויוצרים עיגולים. שמים על תבנית עם נייר אפייה שחומם מראש ל-200 מעלות. אופים 20 דקות.

# Rant on Ranting

IZZY ADLER

I could go on and on about my opinions on current political issues, dress codes, homework, or the Canadian government’s sluggish start on the COVID-19 vaccine. But why should I? Why should I deliver a bold harangue only for you to forget what I wrote the second I finish? Why should I write a full-length article on a topic I claim to care about only to face backlash from the opposing side?

Once upon a time, rants were a vital way of expressing concern and major issues in the world. They were an outlet for people to share their opinions in order to change the world. Today however, rants have become more toxic than ever for our society. For many, ranting is the one thing that truly brings out our ugly side. Most people tend to avoid ranters because they are such negative contributors to their lives. How many times has a friend come up to you and said, “can I rant to you about this person?” Those rants can, and most likely will, go on for hours because there is no off switch on a raging-ranter. As the

listener, the only thing you are thinking about is when they are going to stop flapping their gums?! To no fault of your own, you have already stopped listening after their first breath. No matter who it is, whether your best friend or a complete stranger, nobody has the attention span for such a lengthy speech.

Ranting does not even require you to chinwag anymore. You can share anything you want on social media with just the click of a button. There you go again, you have shared a rant with the world from behind that little screen of yours, thinking you have changed the world with a “re-tweet” or a “re-post”. The only thing you have done for yourself is put your mind at ease of the subject, but is your rant as cathartic for your audience as it is for you? Of course not, it either makes them angry or urges them to share their own toxic views. Mark Twain said, “better to keep your mouth closed and be thought a fool than to open it and remove all doubt.” If I am lucky somebody will digest something of what I said, but will it really make a difference? If I rant about the government’s lack of hard work, will they work any

harder? If I rant about my brother ignoring my text messages, will he read them any faster? If you want to see a physical change, stop complaining and go do what you are fighting for. Make the physical change you want to see.

In the famous words of Laurence J. Peter, “speak when you are angry – and you will make the best speech you’ll ever regret.” Rants will bring regret and a need to apologize for an interminable speech. Ranting has urged the overly opinionated to become even more obnoxious than they already are. By encouraging these raves, we have given people the motivation to share the ugliest of thoughts with society. Ranting has become second nature to us, it has become so easy to find the negative aspects of someone or something. Positivity has been clouded by the world’s judgment.

If you are going to rant about something, be clear about it. Do not bring yourself and everybody listening to an indestructible roadblock. The solution will only be blurred by all the hate and anger released into the rant.

## NEVER A DULL MOMENT AT ULPANA



# BIG Tech’s BIG Problems

YONATAN BENJAMIN

Social media has been an integral part of life for quite some time. In 2019, 3.5 billion people used social media; roughly 45% of the world. Sadly, it is not always used for ideal or positive purposes, sometimes even causing violence. Such was the case on January 6, 2021, when Trump supporters stormed Capitol Hill in Washington, D.C. to stop the confirmation of then president-elect Joe Biden. The intense violence committed during the riot has already been greatly discussed, however the influence of social media on the resulting actions of that day has not received nearly the same attention.

Posts with calls for violence had 128,395 engagements as of 4:23 pm EST on that fateful Wednesday in January, according to a report from Advance Democracy, a research organization that studies disinformation and extremism. Posts and comments explicitly called for violence, including a “WE WANT BLOOD” message that called for supporters to murder House Speaker Nancy Pelosi. Things got so heated that more than 80% of the top posts on “TheDonald” (a message board formed after the group was banned from Reddit) about the electoral college certification featured unmoderated calls for violence in the top five responses.

A few hours before the riot, Trump posted a video on Twitter perpetuating his false claims that the election was stolen and that they (the angry, armed mob) should “march down to Capitol Hill.” After the police cleared the area, they issued a curfew to stop protesters from regrouping again. Facebook vowed to block Trump’s account for the rest of his term, while Twitter



Image by Pixelluit from Pixabay

closed Trump’s account for 12 hours before kicking him off the platform for the long term thereafter. This Twitter “suspension” resulted in a 6% drop in the platform’s revenue, though its shares had risen 300% during Trump’s time in office. Regardless, these social media platforms have done very little to stop people from posting inaccurate and harmful comments on their websites. According to The Washington Post, Trump had made 20,000 false statements between his inauguration day and July 9, 2020!

The most pressing issue that we as a society are grappling with is that these social media platforms are more interested in their own bottom lines and

receiving wide-range publicity than in monitoring the use of hate speech. Further, many of these tech giants hand over information about people to governments, breaking privacy rights. Facebook, for example, sells information to the Chinese government, sharing what people say or post.

In my opinion, we need to take a much closer look at the impact social media had on the riot at the Capitol because, if we are not careful, big tech corporations will continue to provide platforms that will enable further catastrophes all in the name of the all mighty dollar as opposed to the safety and well-being of the citizens of the world.

## JUST A REGULAR DAY AT SCHOOL





www.ijj.com/latest/news/canada-announces-covid-19-vaccine-plan

## Canada's Vaccine Tragedy

NOAH BERGER

How did we get here? 22,000+ deaths, with 69% in LTC homes, and multiple vaccines approved for months, yet Canada sits at less than 5% of the population fully vaccinated.<sup>1</sup> This failure of a vaccine strategy began by relying on China's CanSino vaccine. Canada then scrambled in a desperate attempt to cover up this failure by signing deals with Moderna, Pfizer, J&J, AstraZeneca and others for almost 400 million doses. This may seem nice in the headlines but given our spot at the back of the vaccine line, Canada will likely be one of the last first-world countries to reach herd-immunity.

From the beginning of this pandemic, COVID-19 has ravaged more than 40% of LTC homes. The government's continued inability to quickly receive and administer vaccinations to LTC homes, even though they have finally overcome it, has cost too many lives and taken far too long.

According to a bombshell report by The Globe and Mail, "An effort between Canada and China to jointly develop a COVID-19 vaccine began to fall apart

just days after Prime Minister Justin Trudeau announced Ottawa had given the green light for clinical trials."<sup>2</sup>

The shipment of the vaccine candidate destined for Canada never arrived. It was being held by the Chinese government at Beijing Capital International Airport. This was not made public until

Canada-China Joint Committee on Science and Technology, said she believes Beijing is fully to blame for why the CanSino vaccine never made it to Canada – and that it was retribution related to the continuing detention of Ms. Meng in Canada."<sup>3</sup>

One could suggest that the mis-

management of vaccine procurement does not come as a surprise. The Prime Minister has a growing list of stains on his record throughout his time in office such as: the SNC-Lavalin scandal, the WE Charity debacle, the Aga Khan trip, the appointment of Julie Payette, and the resurfacing of multiple blackface miscues. Could it be that he and his cabinet do not have the experience to govern Canada in the toughest of times, or are there other interests involved? The most experienced ministers that could

have provided the needed experience and expertise have been pushed out of government in recent times, most notably Bill Morneau, Jane Philpott and Jody Wilson-Raybould.

Justin Trudeau talks about a need for a "great reset" for our country, as noted in a recent TV interview: "This pandemic has provided an opportunity for a reset."<sup>4</sup> He used other words such as "opportunity", "chance" and "re-imagine". Instead of focusing on some dystopian reset of our society, let's start with getting back to normal by fixing our vaccine problem and looking forward to some new leadership.

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*One could suggest that the mismanagement of vaccine procurement does not come as a surprise.*

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August, when the federal government conceded that the joint effort had been thrown out the door. In 2018, Beijing imprisoned two Canadians as a retaliation for the RCMP arrest of Huawei CFO Meng Wanzhou. Given the hostile tensions between Canada and China at the time, why did Prime Minister Justin Trudeau put all of his eggs in the CanSino basket? As noted later in the article, "Margaret McCuaig-Johnston, a former senior Canadian government official who spent seven years on the

management of vaccine procurement does not come as a surprise. The Prime Minister has a growing list of stains on his record throughout his time in office such as: the SNC-Lavalin scandal, the WE Charity debacle, the Aga Khan trip, the appointment of Julie Payette, and the resurfacing of multiple blackface miscues. Could it be that he and his cabinet do not have the experience to govern Canada in the toughest of times, or are there other interests involved? The most experienced ministers that could

1. [www.ourworldindata.org/covid-vaccinations](http://www.ourworldindata.org/covid-vaccinations)
2. [www.theglobeandmail.com/politics/article-canada-china-vaccine-collaboration-began-to-fall-apart-days-after](http://www.theglobeandmail.com/politics/article-canada-china-vaccine-collaboration-began-to-fall-apart-days-after)
3. Ibid.
4. [www.cbc.ca/news/politics/great-reset-trudeau-poilievre-otoole-pandemic-covid-1.5817973](http://www.cbc.ca/news/politics/great-reset-trudeau-poilievre-otoole-pandemic-covid-1.5817973)

# Step It Up, Canadians

**ELI YISSAR**

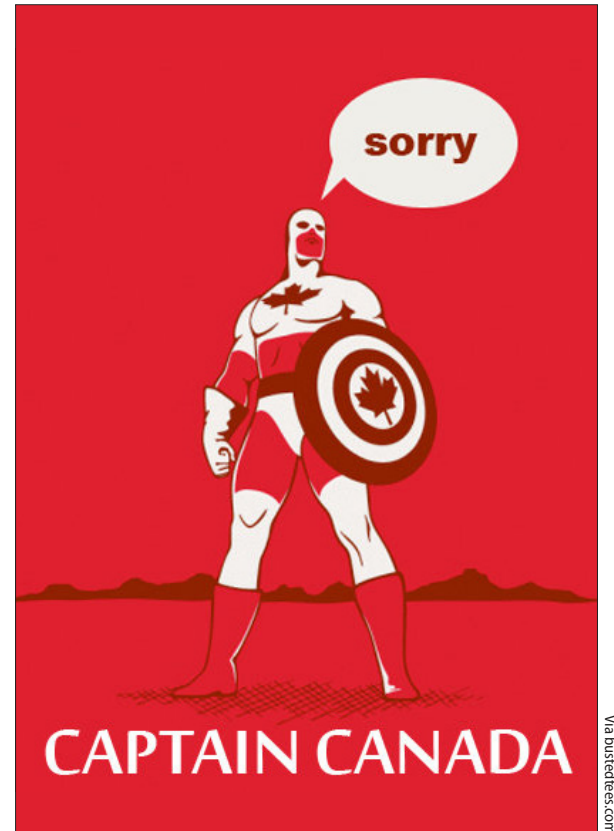
Canadians are polite. Or at least, that's what everyone who isn't from Canada tries to convince us of. We say "sorry" every single time something hits us. We say "excuse me" after someone bumps into us or shoves us aside. We say "don't worry about it" at times when these people absolutely should worry about a given situation. Someone could ask, "but what came first – the chicken or the egg?" To that, I say, it makes absolutely no difference if Canadians have always been polite or if this is something we have developed due to the famous stereotype. The thing that does matter however, is that if Canadians wish to uphold the stereotype, they must step it up a notch.

It is no longer enough for us to say "sorry", "excuse me", and "don't worry about it". All of these words and phrases have become predictable. Still, we have hope! There is so much room for improvement. In fact, imagine the room being the Grand Canyon, that's how much space we have to get better at the stereotype. And I know the exact place to start. Our servers! No matter if you are ordering at Tim Hortons or if you have become Americanised and prefer

Starbucks, let's try to ask our servers how they are doing before putting in our order. Don't use the "I'm in a hurry excuse"; we have all been isolated in one form or another for the past 12 months. You are not fooling anyone. You have nowhere to go but home. So why not engage in pleasantries?

Our servers work long shifts, have to put up with arrogant customers, and are often forced to use problem-solving skills when running out of a wanted product. They deserve our patience. They deserve our kindness. Most importantly, they deserve to be treated by a "Canadian"; yes, the stereotypically polite Canadian. I promise you all, if we turn this politeness up, not only will we all enjoy a more positive atmosphere, but people around the world will be forced to revise their stereotypical jokes about the topic. We will be forcing them – and by "them" I am talking about the country below us – to step up their game and come up with better material.

So, whether you want to do this in order to be a better Canadian or stick it to the Americans, step up to the plate... the plate that you ordered from the restaurant... did you remember to ask politely though?



## PURIM CANDIDS AT YOC







www.ijj.com/latest/news/canada-announces-covid-19-vaccine-plan

# Yogurt is Overrated

REENA BERNSTEIN

We've all been there. It's a Monday morning and you are running late for school. You know that you should've left your house fifteen minutes earlier but instead, you are scrambling around your kitchen, searching for a quick breakfast to avoid the awkwardness of your stomach growling during class. After looking through every shelf and cabinet, you open your fridge, and the solution is sitting right there in all its glory. Yogurt. Yogurt seems to be the solution to many issues. Need a quick breakfast? Yogurt. Don't have time to make lunch for school? Yogurt. Want to make an aesthetically pleasing snack or meal to post on your Instagram story? Yogurt is the way to go. After all, yogurt is super healthful and easy to eat, right? Wrong! I'm not attacking anyone who likes yogurt, but I don't think we can ever be friends if you do.

There are many foods that are easy to prepare and actually taste good, so why would anyone in their right mind choose yogurt? Unless you genuinely enjoy that sour slime in your mouth, why would anyone feel that yogurt is their best bet? I honestly would prefer a simple peanut butter sandwich. It is easy to prepare, healthful, and tastes a thousand times better than yogurt. On top of that, it is not a messy food and can be eaten easily if you are on the go.

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*Who enjoys eating something that is somehow sweet and sour at the same time?*

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There are countless articles online that give different ideas on how to make yogurt taste better, but why would anyone want to eat something that needs tons of toppings in order for it to have a somewhat pleasant taste? One article mentioned that adding some sweet granola or little pieces of fruit can make yogurt taste better. I hate to break it to you, but if you have to do this in order to enjoy your yogurt, what's the point of eating yogurt in the first place? If you wanted something easy to grab, you are defeating the purpose by adding an extra step to make it actually taste good. Sugary granola also won't make it any healthier because it is most likely processed and full of awful chemicals, plus it obviously has added sugar. If you are going to either pretend to enjoy disgusting yogurt or drown out the taste by added sugary toppings, you may as well go for healthy food that actually has a pleasant taste.

Another issue with yogurt is that people think it's much more practical than it actually is. For example, yogurt

is extremely messy. I once babysat a three-year-old who wanted to have a yogurt tube for snack. Big mistake. I had to cut open the yogurt tube and throw out the little top part of plastic that I had cut off, which got yogurt on my fingers, then rinse off the yogurt from the scissors that I used. All of this happened while the child was squeezing the yogurt tube but not actually getting much yogurt in her mouth. Instead, she got yogurt all over her clothing and kitchen floor. I then had to clean up the mess and wash my hands again to get rid of the putrid smell.

At first it seemed like a logical snack to feed the child because it did not involve any preparation other than cutting off the top. In reality, it was far from practical. The amount of time that I spent cleaning up the mess she made could have been used to put her to bed early. Instead, by the time I cleaned up the mess, it was past her bedtime.

Now, you might say maybe it would be better to take a little container of yogurt instead. My answer to that is: no.

It would not be any better. You would obviously need to eat your yogurt with a spoon, which would not be practical if you want to eat your yogurt on the go. You could use a reusable spoon, but it will most likely get lost and if not, you will still have to clean it when you get home. You could also use a disposable spoon, but this would not be the best choice for your budget, or for the environment.

On top of these issues, I just don't understand how anyone can actually enjoy yogurt. It smells like spoiled milk and this smell doesn't exactly wear off quickly. Also, the texture. It's like eating extra-thick gooey ice cream. Oh, and don't get me started on the taste. Who enjoys eating something that is somehow sweet and sour at the same time?!

Overall, it seems that there is no healthful and mess-free way to enjoy yogurt. This, combined with its taste and texture that many people dislike, makes it an impractical food to eat. I'm not saying that people should stop eating yogurt. I'm just saying that I don't understand why anyone would *want to* eat yogurt. Yogurt is nothing more than the food equivalent of the *Twilight* book series: messy, overrated, and complicated.

# Atlantic Division Down South

AHARON TORCZYNER

In case you haven't heard, the Toronto Maple Leafs are playing in a new division this year, the North Division. It includes all seven Canadian NHL teams. This means that some of the teams who used to be in the Leafs' division (Atlantic) are not this year, since these teams are based in the U.S. Those teams have some of the league's elite players who've been very good against the Leafs since the NHL switched from the six-division format to a four-division format in 2014. Here are some of those players and how they have been performing this year:

### Brad Marchand

Brad Marchand of the Boston Bruins is listed here for multiple reasons. Most notably because of his numbers. Since the divisions were changed, Marchand has put up 27 points in 28 games, and that's just in the regular season. Marchand's reputation as a "Leaf-Killer" can be seen through his output over the course of the 2018 and

2019 playoffs wherein he averaged 1.21 points per game over the course of 14 games, resulting in two series victories for the Bruins. But in addition to his scoring ability, the player nicknamed 'The Rat' also has an annoyance-strategy to his game. In the Bruins' 2018 playoff series against the Leafs, he licked and kissed former Leafs forward Leo Komarov in the middle of a game, infuriating Komarov and the rest of his team. In general, he gets in other players' faces, starts fights, and frustrates the opponent. That's why he's a double threat to the Leafs in a normal year.

### Victor Hedman

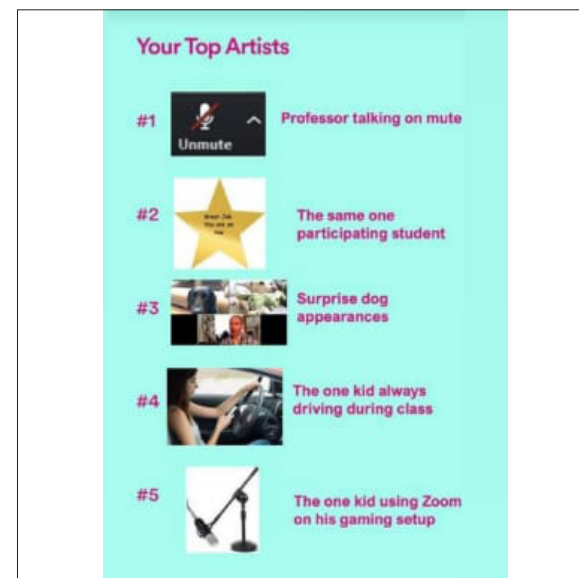
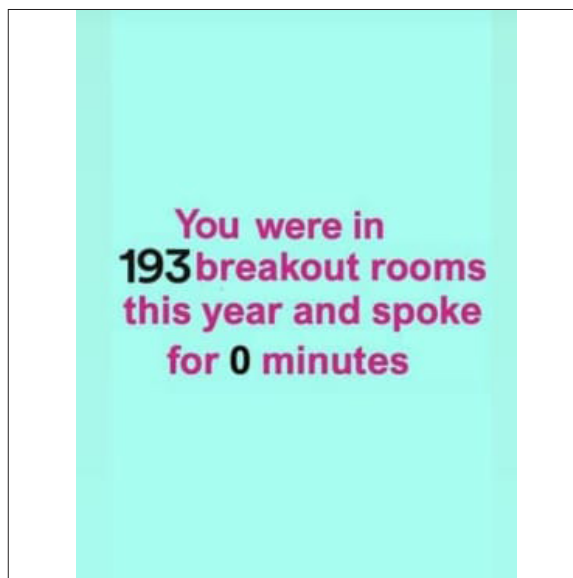
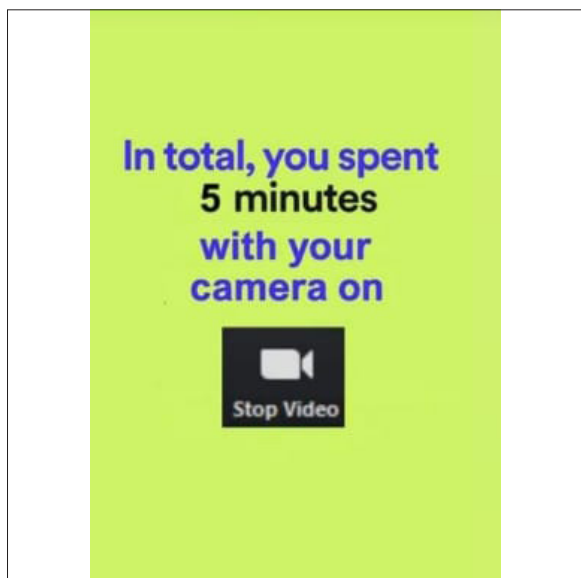
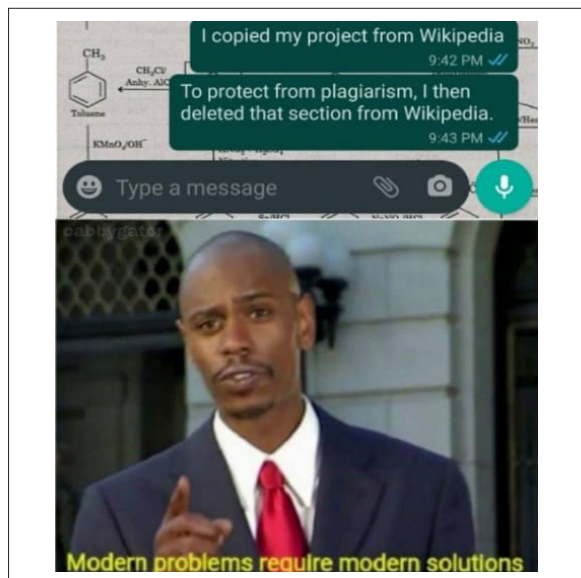
Victor Hedman of the Tampa Bay Lightning is a top defenseman in general, scoring between fifty to seventy points per year. He won the James Norris Trophy as the NHL's best defenseman in 2018, the Conn Smythe

Trophy as the NHL's top playoff performer in 2020, and he is the Tampa Bay Lightning's number one defenseman. In general, since the divisions switched up in 2013, he hasn't been amazing against the Leafs, but he has been very good in the big games. In a normal year, the Lightning would play the Leafs between four to five times per year, since they normally are divisional rivals. Most of these games tend to take place towards the end of the season. Since 2013-14, the Lightning have faced off against the Leafs 15 times in the last 20 games of the year. Hedman has played in 12 of those games, and has scored three goals and assisted on seven for a total of 10 points. Considering he's playing against top competition, it's impressive for him to keep scoring goals and getting assists, especially in games that are very important when

every team is battling for points in the standings.

### Jack Eichel

Jack Eichel of the Buffalo Sabres has been a good player on a bad team for most of his six years in the NHL (they have never finished higher than 23rd during his time in the NHL). Through that, he still scores approximately 25 goals every year. Against the Leafs, his numbers have been good with 22 points in 17 games and only one penalty taken. What's even worse for the Leafs is that Eichel has been improving. In his first three seasons, he combined for six goals and five assists in nine games. During the past two seasons, Eichel had seven goals and six assists in eight games, with four of those games being multi-point games. The Leafs should be happy he isn't in their division for this year.



## The R + R Corner Mikayla Daniel

**Book Name:** *Raybearer*

**Author:** Jordan Ifueko

**Rating:** 10/10

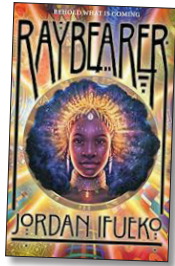
**Genre:** Fantasy

**Favourite quote:** "Uniformity is not unity. Silence is not peace."

**If you like this, I recommend:**

*The Starless Sea* by Erin Morgenstern, *Legendborn* by Tracy Deon

**Summary:** The Lady definitely won't win the award for mother of the year, but Tarisai still vies for her mother's love and attention – which is hard to come by, since she hasn't seen her mother in years. Twelve-year-old Tarisai is taken to the palace to compete in a contest to become one of the prince's Sacred 11 (The king, also known as the Raybearer, rules over his land by having 11 "partners" connected through their minds). Unfortunately, Tarisai is being used as a chess piece in a game she never knew was going on in the first place.



**Book Name:** *Girls With Sharp Sticks*

**Author:** Suzanne Young

**Rating:** 9.5/10

**Genre:** Sci-Fi / Thriller

**Favourite quote:** "Not knowing didn't make me any safer. It just makes me easier to manipulate."

**If you like this, I recommend:** *Killing November* series by Adriana Mathers, *All Your Twisted Secrets* by Diana Urban, *The Handmaid's Tale* by Margaret Atwood

**Summary:** Innovations Academy is a place where regular girls become beautiful, intelligent, and most of all, obedient. The sun shines, and all you hear are girls laughing and birds chirping. What could be better than this? Philomena, a student at Innovations Academy, feels like she is being watched, and games are being played where she and her best friends are the pieces on the board. With some persuasion, Philomena stops taking her nightly coloured vitamins and her eyes are thrown wide open. That is when the truth is served, and I mean shoved right at her on a silver platter.



**Book Name:** *The Selection*

**Author:** Kiera Cass

**Rating:** 10/10

**Genre:** Dystopian

**Favourite quote:** "You get confused by crying women, I get confused by walks with princes."

**If you like this, I recommend:** *Red Queen* Series by Victoria Aveyard, *Matched* Series by Allie Condie, and *We Set the Dark on Fire* by Tehlor Kay Majia

**Summary:** If you asked America Singer, being one of the Selected is her worst nightmare. She has been chosen – against her will – to compete for Prince Maxon's heart and a crown she doesn't want. She was perfectly fine back home, secretly running around with Aspen, her childhood love. As she opens her heart, America realizes she might have gotten some wires crossed in her judgement; she doubts all her decisions while keeping her eyes on the girls competing against her and the impending threat of violent rebel attacks.

**Book Name:** *Legend*

**Author:** Marie Lu

**Rating:** 10/10

**Genre:** Dystopian

**Favourite quote:** "Each day means a new twenty-four hours. Each day means everything's possible again."

You live in the moment, you die in the moment, you take it all one day at a time."

**If you like this, I recommend:** *Matched* by Allie Condie, *Delirium* by Lauren Oliver

**Summary:** June is 100% certain that Day, the faceless criminal who runs amok in the Republic, killed her older brother. Seeking to avenge him, June turns herself into someone else to find Day, and bring justice to her brother's honour and legacy. Day, also known as the country's most wanted, is a fifteen-year-old boy from the streets. He is the master at escaping death and spends most of his time evading capture by the Republic. The thing is, he's not as he is portrayed; his purpose is to make sure his family survives and to expose the truth about the beloved Republic and the government. June and Day invariably cross paths, and boy, is it a disaster.



**Book Name:** *Recipe for a Perfect Wife*

**Author:** Karma Brown

**Rating:** 9/10

**Genre:** Fiction

**Favourite quote:** "Women have so few choices, Nellie. Our gender can be our greatest strength, but it is also our greatest weakness."

**If you like this, I recommend:** *American Royals* by Katharine McGee and *The Vanishing Bride* by Ella Ellis

**Summary:** Alice Hale moves into a quaint little house built in the '40s which still has items left over from the previous owner. Alice finds a cookbook that was used frequently and with love; she falls into the world of baking and into the world of Nellie Murdoch, the previous owner of the home. The book flashes from Alice's life to Nellie's and the readers start to see the astonishing similarities between the two. Something sinister is brewing.



**Book Name:** *Burn Our Bodies Down*

**Author:** Rory Powers

**Rating:** 11/10

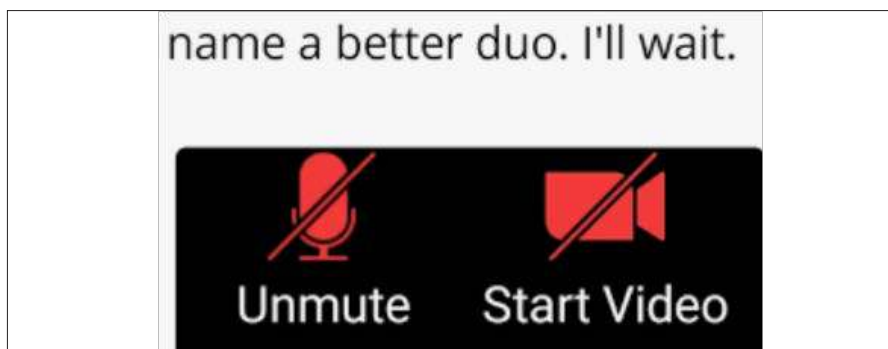
**Genre:** Horror/Thriller

**Favourite quote:** "Keep a fire burning; a fire is what saves you."

**If you like this, I recommend:** *Then She Was Gone* by Lisa Jewell and *The Da Vinci Code* by Dan Brown

**Summary:** Seventeen-year-old Margot has had enough of her mother's deceit and deflection over Margot's lineage. When she stumbles across a photograph with a hint of her mother's past she decides to take matters into her own hands by running away. She ends up in a creepy little town called Phalene. Oh yes, I almost forgot, she finds her grandmother's house up in flames and a girl who looks exactly like her unconscious on the street. Her stay in the town feels as though one was plummeting down a roller-coaster; only it derails, crashes, and explodes.

*Disclaimer: Books mentioned and recommended reflect the individual taste of the reviewer and are not officially endorsed by the school.*



## Word Search

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

GOOGLEMEET  
 NOTEBOOK  
 STUDENTS  
 TORAH  
 EMAIL  
 GYM  
 ZOOM  
 ORCHAIM  
 BACKPACK  
 MATH  
 MASKS  
 ENGLISH  
 PENS  
 SCIENCE  
 BOOKS  
 STUDYING  
 NAVI  
 ULPANATOROT  
 COMPUTERS  
 TEACHER

Play this puzzle online at : <https://thewordsearch.com/puzzle/2000393/>

### Riddles by Liora Ben-Murgi

1. I have no doors but I have keys, I have no rooms but I do have a space, you can enter but you can never leave. What am I?
2. What do you find at the end of the line?
3. What kind of room has no doors or windows?
4. What fruit is always sad?
5. They are many and one, they wave and they drum. You take them with you everywhere. What are they?
6. Runs smooth, can hit hard or soft. Loves to fall but cannot climb. What am I?

*Answers below*

### Jokes by Liora Ben-Murgi

1. Why did Harry Potter suddenly go bald in his teens?
2. What do you call security guards working outside Samsung shops?
3. Why did the math book look so sad?
4. Why did the school kids eat their homework?

*Answers below*

**The BASH**  
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 Staff Advisor: Mr. Eric Saltsman

**Editors-In-Chief:** Chaim Sitnik, Chaim Straus, Rena Torczyner, Eli Yissar  
**Contributors:** Ahron Abrams, Izzy Adler, Mia Beldeb, Yonatan Benjamin,

Liora Benmurgui, Noah Berger, Reena Bernstein, Mikayla Daniel, Aleeza Deutsch, Bailey Feintuch, Shalom Feuer, Rachel Goldstein, Gabriel Kaplan, Ora Lacob, Adam Lebowitz,

Arielle Mayer, Binyamin Mazin, Aliya Moyal, Emma Muscat, Joseph Newman, Elianna Perlmutter, Michael Roberts, Shimi Rothman, Aharon Torczyner, Lir Yissar, Orel Zvi

Riddles: 1. A clock 2. The letter E 3. A mushroom 4. Blueberry 5. Hands 6. Rain  
 Jokes: 1. He lost his Hedwig 2. Guardians of the Galaxy 3. Because it had so many problems! 4. Because their teacher told them it was a piece of cake.