

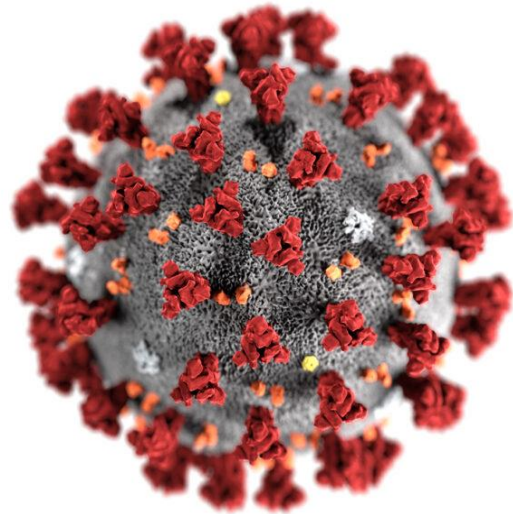
# The Fairview Forum

## Covid... Again... Bleh.

By: Dohnovan Pettie and Neil Wang

So as you all probably know there's a pandemic called Covid 19 or (Covid). If you don't know about this virus then you've probably been living under a rock. Covid cases in Nova Scotia have been going up like crazy for the past few weeks. On Friday the 7th of May, there were 227 new cases and 1 death. There were 1464 active cases and 50 people in hospital, 9 of which are in the Intensive Care Unit. That was just a snapshot of where we are, and it's the worst situation we've been in, over this whole pandemic. We have never had so many cases as we have now, not even during the first wave when we didn't know anything about the virus. ([Source](#))

([Img Source](#))



The reason we have so many cases is because of the Covid variants. That's right, the original Covid-19 got upgraded and now spreads even quicker and easier than the old one. That makes it even more important that we keep following rules and restrictions that the province has put in place to stem the spread of the virus. Those include a ban on social gatherings, schools closed, and travel restrictions. Starting May 10th, the only people allowed to enter Nova Scotia are essential workers and permanent residents. ([Source](#)) Stores selling essential goods and services can operate in person, but everyone must wear masks and only at 25% capacity, so there may be long lines outside of the store. Non essential stores must close for in person service but can provide curbside pickup and delivery. However, the government understands that mental health is also important so they are keeping parks and trails open and are allowing you to go outside for exercise, provided that you are socially distanced. The rules are a little different for people self isolating while waiting for a Covid test result, or for people who have tested positive for Covid or are self isolating for 14 days after returning from outside of the province however.

You are also not allowed to travel outside your community except for essential reasons. "Community" is defined as your municipality but the premier is asking for people to exercise their common sense, determining what one's municipality is. For instance, if you need exercise, go to your local park or trail, and not one on the other side of the province. ([Source](#))

All of this is law and can be enforced by a 2000 dollar fine. According to the Nova Scotia Courts, 794 tickets were issued between March 28, 2020 and May 3, 2021. Premier Rankin recently raised the fine from 1000\$ to 2000\$ after the police broke up a large party. 22 people, some university students were handed 1000\$ tickets for violating gathering limits. ([Source](#))

# Our 10th Anniversary and the Story of our Becoming.

By: Neil Wang

As you can probably see, this is our 10th issue. This is a great milestone for us, representing 32 articles, 20 jokes, 24 pictures, and countless hours on the part of our team (mostly me), making sure that each issue gets published on time.

*The Fairview Forum* was started as an idea during English class on a Tuesday in late November. We were discussing advertisements when I showed them some drafts from *The Rockingham Reader* (As you can see, some of us really love alliteration), the news paper that students at Rockingham including myself, tried to do last year but we couldn't even publish anything because something called COVID 19 shut schools and pretty much everything else down for months. ([Source](#))

*The Rockingham Reader* was a newspaper whose roots came from a long time ago. 2010, infact. Back then, it was half hand drawn because technology hadn't progressed as it has in the past decade. Seeing their newspaper from a decade ago inspired us to do one of our own. It was already to go, even half printed when we left for march break joking about wanting Covid to shut down schools. Little did we know that mere days later, schools would actually be shut down. I still have paper copies sitting on my bookshelf.

As the school year drew to a close, *The Rockingham Reader* was permanently shelved, waiting for another group of students to come and claim it and do with it what we couldn't do. But, we didn't forget about it. That is why we are where we are. As you know, we published our first issue on the 17th of December of 2020, 2 days before the Christmas break. Featuring news about the Pfizer Covid vaccine, Covid, Spirit Week, and the disputed history of Christmas, it was our first time publishing anything. We made a cool website to go along with it, along with a business email address where our name was misspelled.

So here we are, 32 articles, 11 634 words and 66 374 characters later, at our tenth issue. It's been five months in the making but here we are. The biggest milestone until we get to our 100th issue. If there wasn't a global pandemic going on, we would have a party for the whole team, complete with water balloons and cake. Unfortunately, that is not the climate that we are in right now, with the third wave raging on around us. But join us in celebrating virtually, on Saturday the 15 of May. Details on our website.



# Safety and Mental Health

By: Jonis Loney

Bullying is clearly not tolerated in Fairview junior high. It is not helpful anywhere especially in learning environments. Some examples of bullying can include: Forcing others to do things to suit your own interests, physical, and mental abuse. In healthy living or mode de vie sain they go way deeper into examples of healthy and unhealthy relationships. One of our goals here at the Fairview Forum, is that everyone stays safe. One obvious way of staying safe is following Covid-19 protocols, but there are some less obvious ways to keep yourself safe as well. An easy way to keep safe is to look out for unhealthy relationships in your life. It is easier to deal with problems in your social life rather than in your home, so here are a couple of tips for discussing things with friends. ([Img Source](#))



Number one, Know your friend.

Depending on what type of personality your friend has, talking to them can call for different approaches. One approach for less intimate friends is to “keep things casual”. At this early stage of friendship, it can sometimes be awkward and uncomfortable to have serious discussions with your friend. It can also be easier to make jokes and such if your friend has a more “goofy” personality, just make sure they aren’t at anyone’s expense. Although you should know that you are the person who knows your friends best, so do whatever you think is the right choice.

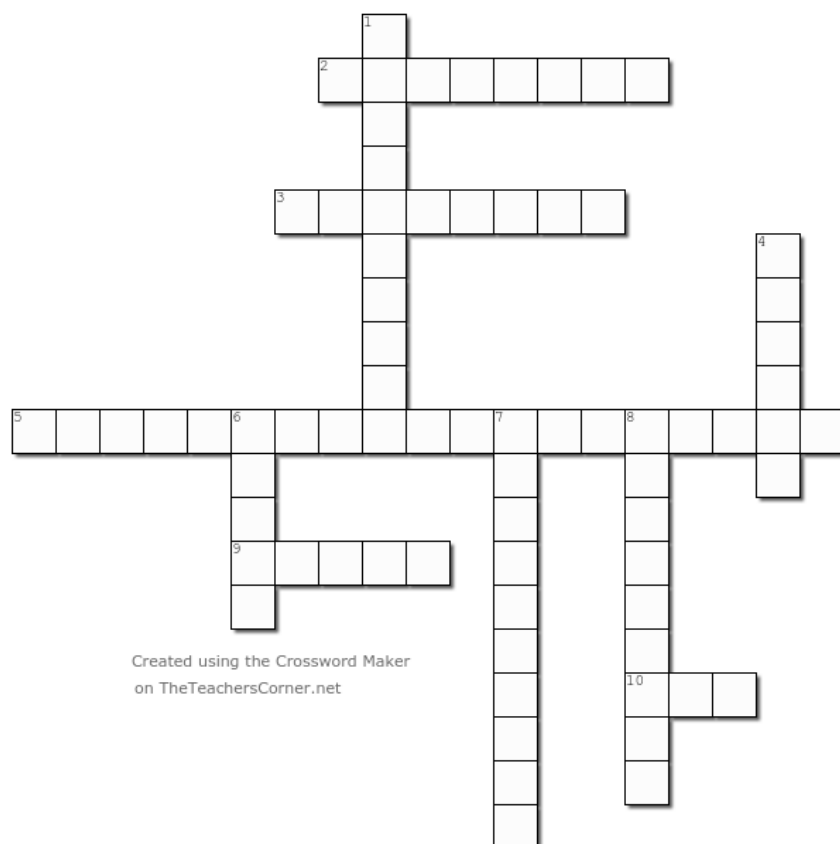
Intimate friend. An intimate friend is someone who you can easily speak your mind to. They have usually been your friend longer than others and know some of your secrets. It can definitely feel easier to confide in intimate friends more than anyone else in your life, so speaking your mind to them if you’re having a problem with them is a better choice than if they had been less intimate. But, as we have already said, you know your friend best. So do what is right for you.

Number two, think things out. It is always a good idea to think things out and decide what you want to say before you say it. It can help you from saying things you don’t really mean in the heat of the moment. If you are thinking about talking to a friend or calling them, you have a lot more time to decide what you want to say to them and don’t really need advice. Here is a strategy for dealing with the argument.

Deep breaths. Breathing deeply through your nose and then exhaling through your mouth is a good way to calm yourself down and refrain from saying things that will only make the situation worse. Deep breaths can also give you the time you need to think of what you want to say. (Just make sure you are wearing a mask, before breathing on someone.)

## May 12 Fairview Forum Crossword

Complete the crossword puzzle below



Created using the Crossword Maker  
on TheTeachersCorner.net

### Down

- 1. premier of NS
- 4. drug company who made the first covid vaccine approved in canada
- 6. Short for coronavirus
- 7. birthday
- 8. necessary

### Across

- 2. Epidemic over a wide area and affecting a large proportion of the population.
- 3. Covid 2.0
- 5. the newspaper that we started last year at rockingham elementary school
- 9. newspaper edition
- 10. intensive care unit

### Question of the fortnight:

What was your favorite one of our articles?

Quel est votre article préféré?

(You can answer on our website/ Vous pouvez répondre sur notre site web)

### A couple of jokes to tell your friends.

By Adri van Mil

Did you hear about the man who sawed off his left side?

He's all right now.

I told my wife she was drawing her eyebrows too high.

She looked surprised.



Scan Me^

### Check out our website!

Or go to: <https://sites.google.com/gnspes.ca/thefairviewforum>

Questions? Comments? Suggestions? You can contact us at

[fairviewfourm@gmail.com](mailto:fairviewfourm@gmail.com) or on the contact page on our website.

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