

## LIFE OF A NELSON THEATRE KID



The cast of *Newsies*, during a dress rehearsal at the Capitol Theatre. Photos submitted.

### Catch a backstage glimpse into a summer theatre production! Diary by Ava Campbell Wall, age 17.

#### Entry One

Today is the first day of the Capitol Theatre Summer Youth Program. We auditioned way back in April, and it's been an eager wait ever since. We arrive excited to see our friends and all the new faces - and the cast is big this year! There are nearly fifty of us, from ages eleven to over twenty, but by the time the show ends, we feel like a tight-knit family. We meet our directors and castmates, tour the theatre, and play a few icebreakers to start to get to know each other. Right of the bat we start working on some of the major scenes and numbers, and between the choreography, catching up with castmates, singing, and learning lines, we're tuckered out by the end of the day. I go to sleep wishing it was the morning already so I can do it all again.

#### Entry Two

The first week is done! We've blocked all of Act One and are pretty proud of ourselves - that's over half of the show. Blocking makes up a lot of the first couple of weeks. It's where our director moves us across the stage and directs us into different po-

sitions during a scene, to create visual interest. Then, in the next few weeks, we'll begin 'stage business', or what we're doing onstage. For example, in my first scene, the *Newsies* are all waking up and getting ready for the day. Some of us are tying our shoes, washing our faces, or elbowing our friends to get up. Even if you don't have lines or a main part in a scene, having these little movements or silent interactions with other characters makes the audience feel immersed in the world we're creating onstage. All the background characters, many of whom switch costumes and characters multiple times throughout the show, paint a tableau of the streets of New York where our production takes place.

#### Entry Three

It's the most exciting day yet - costume parade day. Over the past weeks we've gone down to the costume shop and arranged what we'll be wearing onstage with the lovely costume staff. I play a young, poor boy, as many of us do in *Newsies*, so I have the same costume for the whole production, but in last year's production of *Little Women*, I had three or four rapid costume changes. There are subtle details in our costumes; the *newsies*, including me, wear spots of bright colour, while the opposing adults wear sharp blacks, whites and greys. During the costume parade we all gather onstage in costume so our directors can make any necessary changes. This year we were involved in some of the creation of our costumes, sewing patches onto our clothes and bags and helping dye shirts to look dirty.

#### Entry Four

It's always a bit of a surprise walking into the theatre each morning, seeing what set pieces have sprung up onstage seemingly out of nowhere. Lighting and props begin to creep into the scenes, choreography is nailed, harmonies learned and costumes fitted. We're about to tackle the hard-

est scene yet - the big fight scene precluding the end of Act One. It's wild! Nearly everyone is onstage, and we practise over and over to safely learn how to stage punches, how to appear as if we're fighting while keeping our castmates out of harm. I get punched in the face, which is, oddly enough, my favourite part of the show because I get to scream and dramatically clutch a fake bloodied cloth to my mouth. Some choreography is still a bit unfinished, so we Macarena onstage to pass the time in the music. It becomes a backstage tradition before shows to do a little dance to give us confidence.

#### Entry Five.

Wow. Many, many tech rehearsals and one dress rehearsal later, we're ready for opening night. Or, we hope we are. The dressing rooms are a blur of people doing stage makeup, changing into their costumes and setting props. There's a buzz in the air as the stage manager calls ten minutes and I hurry to finish curling my friend's hair. He plays the lead, Jack Kelly, and I can't have him going onstage with half-curled hair. Then it's time, and we move through the production, nervous at first but eventually riding the high of an invested audience and the contagious smiles on our castmates. Four shows later, we have a full cast and crew party at the theatre, complete with pizza, karaoke, and fifty tired but proud friends. It was so much fun, and I can't wait until next year! I hope to see you there too. For more information please go to [capitoltheatre.ca](http://capitoltheatre.ca).



# UNITY IN A TIME OF DIVISION

Thought piece written by Hazel Raine of Creston, Age 14

“So many families and friendships have been complicated by the notion [that] being unvaccinated is undeniably wrong, and at the end of the day these breaks in relationships don’t benefit anyone.” So says a 19-year-old who lives in the Kootenays, who was willing to share her thoughts with me on the division in our society and how it’s affecting individuals. She wished to remain anonymous because of the stigma associated with the unvaccinated.

What would have been considered as “crazy” only a few years ago – staying in our homes and isolating from others, for over two years - has become our new normal. These past few years have stretched me to a point where I’m scared to interact with others in the fear that “the elephant in the room” will come up – namely, the pandemic and all the controversy involved.

It’s been a challenge for me to have the capacity to respect others while also respecting myself; I’ve often felt like I’m on the “wrong” side of society with the choices that my family and I have made, and it’s difficult to feel like our decisions are valid and credible. And now that there is so much prejudice and judgement involved around one medical choice – as a friend of mine put it, “‘Those who have’ and ‘those who have not’” – being open and vulnerable seems like a bad idea indeed.

“Being unvaccinated has definitely made me more cautious about different ventures in life,” the interviewee told me. “There’s always a chance now that I might not be able to participate in something because of my vaccine status, and that after getting to know someone they may choose to cut me off solely because of being unvaccinated.”

This is what frightens me the most about all of

this: not the illness itself, but the division it is creating between people. It doesn’t mean everyone should have the same ideas; our different ideas and opinions are what make us human and interesting. Our decisions aren’t always black or white, and I believe that there are many valid reasons for a person to choose whether they want to be vaccinated or not. But when the government and media raise a group of people on a higher pedestal because of their choices, that encourages intolerance in society.

“The media’s coverage of the whole vaccine issue seems problematic to me. Depending on where you look, it seems to mostly be interested in placing blame or judgement on different people for their medical decisions, when all that that should really matter is laying out the true facts and allowing people the freedom to decide what they are comfortable with, with regards to their own bodies,” the interviewee said.

In school I was taught about the past divisive mistakes throughout history, and the segregation that was caused by them. Now it seems that those divisions are repeating themselves through a different form, but this is not acknowledged. Unvaccinated people lose opportunities that could change their life: denied jobs, education, relationships. And yet no one is talking about this – or if anyone is, it isn’t relayed through mainstream media.

I wouldn’t consider myself someone opposed to vaccines at all – I’ve been immunized against multiple illnesses, and by no means do I think that vaccines are terrible things. However, what I do believe is that people should have a choice with what they do with their bodies, and that others should respect their choices. But it seems that mainstream media deems people who aren’t vaccinated as mindless extremists – and seeing this in action really scares me. I know people who have chosen not to be around



**Heart-shaped Arnica leaf, a plant known for its healing properties.**

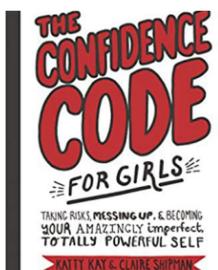
unvaccinated people seemingly just because of their different medical choice, and it hurts. I have also heard that unvaccinated people choose not to be around vaccinated friends and family; an example of how this divisive animosity goes for all sides.

“I hope that people will eventually realize that the path wasn’t black and white for choosing to be vaccinated or not,” the interviewee told me. “There are many valid reasons to not get vaccinated, and I think that more and more proof of it will materialize over the years and hopefully heal the divisions that the last few years have caused.” I couldn’t agree more.

Though it was scary writing this article, I wanted to share another perspective. I don’t want to encourage current conflicts, and I don’t want to make anyone feel dehumanized. But I want to point out the division happening in our society in the hopes that maybe it will inspire some to start coming back together.

*I’m Hazel, a fourteen-year-old living in Wynndel, BC, interested in photography, writing, art, music, and anything related to the interconnected world of flora, fauna, and the in-between. My favourite part of autumn is the cool, cloudy days, wearing my multitude of oversized sweaters, and admiring the colourful artistry around me.*

# THE CONFIDENCE CODE



**Interview with best-settling author!**  
**Article by Chole Loveday, Age 15**

What makes the great, great? It’s something that everyone uses, all the time. It’s called... confidence.

It’s so important for so many things, and yet, a whopping 85% of the population struggles with it! Feeling unconfident leads to being powerless, hitting rock bottom... rinse, repeat. But it doesn’t have to stay that way. And that’s where JillEllyn Riley comes in. She is an award-winning writer from NYC, and co-author of *Living the Confidence Code*.

The thing is, sometimes we can get stuck within the walls of our comfort zones. But we do have the power to unstick ourselves. “The risks don’t have to be jumping off a building or skydiving - or do, if you want to - it’s just not doing the easy thing. Whatever it is you’re doing, figure out how you can do that,” says JillEllyn. “Because for me, public speaking is absolutely terrifying. I could just puke, but I make myself do it. And every time I do, I absolutely screw up. I do something stupid, I look a bit stupid, and I have to take that risk or I won’t get anywhere, and nobody would get anything. If somebody got something out of it, then it’s worth doing.”

So find what terrifies you... and do it. It’s

not gonna be easy. You will feel your instincts kick in and try to bail you out. But if you push through anyways... that’s where the gold is. But when you’re overwhelmed or nervous, it’s hard to focus. So, how can you calm yourself down in times of stress?

Before her first speaking gig since quarantine, JillEllyn used confidence tools. She took a walk outside, pet a dog, listened to music, and even power posed. “Whatever happens happens. Now I’m here. The anticipatory anxiety is done. It’s really worse beforehand. Another strategy is to run through the worst case scenario, and make them funny. So I say, what are they gonna do, fire me? They can’t, ‘cause it’s done. My name’s on the book, so... they could never speak to me again, but that’s probably not gonna happen. They could make me never do one of these again, which would be great. This could all be good! Then you stand up straighter, your jaw unclenches, your face relaxes.” It’s an awesome feeling, but it’s overwhelming, and it’s easy to feel alone.

Role models are critical, but not because of how they’re amazing - because of how many times they almost failed, and didn’t. “So the thing about people’s stories is what we do to overcome all these things,” JillEllyn says. Yes, anyone can struggle with confidence, but society targets girls’ low self esteem. But even though the world is telling you to be quiet, it’s important to march, to stand up for yourself. Stop and think: “No. I want to do what I think is right. Pull back a second, remind yourself who you are, and then go ahead.”

Today, however, there’s another factor that comes into play: “Social media really stresses appearance and achievement. And whether it’s photoshopped

or not, and a lot of it is, you don’t see the bumpy things that went into making the people great. You just get to see this kind of plasticized end result, so what you’re absorbing is ‘I’m not that’. It’s not good for anybody,” JillEllyn says.

Of course, social media isn’t all bad. It can give people a community, and girls who follow women doing something powerful will feel empowered. “Just remember to take breaks,” JillEllyn says, “and do things in real life as much as possible.”

Whether it’s you or a friend who needs support, “help them think of things they’d like to do so they could get unstuck. And then help them do it. So, ‘you can do things.’ The point is to show them they can do things, like they could meet people, they could learn a new skill. So get them to take a small risk to unstick. And say, be kind to yourself. You’re gonna be great. Or you’re gonna be fine, and that’s great too. You have other great skills that you do well. It’s ok if you do this just well enough.”

Trying is key. “And we’re not talking about achievement. You could be the worst. But is it kinda fun? Did you meet somebody? Did you discover that you hate it, but on the way you passed a poster for something else, so now you’re gonna do that thing? The result doesn’t matter. It’s this journey.”

So, be kind to yourself. Try new things. And as JillEllyn says, “open your comfort zone. You don’t need easy - you just need possible.” You are more amazing than you think.

*Chloe recently moved from Nelson to Maui. No more autumn leaves for her!*

# LANDMARK STUDY ON CLIMATE CHANGE ANXIETY

Interview and article by Jacqueline Willard of Nelson, age 14

*"The Earth is a fine place and worth fighting for."  
~Ernest Hemingway, Author.*

These are rapidly changing times with climate change, Covid-19, and social media. In the 14 years I've spent on earth people have become more aware and feel a sense of urgency to do something about our rapidly changing climate. Climate change refers to long-term shifts in temperatures and weather patterns. These shifts may be natural, such as the change that provoked the demise of dinosaurs. But since the 1800s, human activities have been the main driver of climate change, primarily due to burning fossil fuels like coal, oil and gas. Burning fossil fuels releases greenhouse gases that enhance the Earth's natural greenhouse effect, causing warming. Evidence from air trapped in ice cores shows that the current rate of warming is occurring at a faster rate than has occurred for thousands of years. Evidence suggests that the warming of the planet is increasing at an increasing rate. As we live in a time of rapid change both culturally, socially, and environmentally. It is essential for both the world and ourselves to adapt to a rapidly changing world.

A recent study was done by Kaitlyn Taburiaux as part of her Rural Pre-medicine research project here in the Kootenays. This survey was based on 100 Selkirk college students between the ages of 18 to 25 on how they were affected mentally by climate change. Her study is based on a global landmark study published in *The Lancet* in December, which surveyed 10,000 youth in 10 countries about their concerns about climate change. The *Lancet* survey was looking to see how many youth were anxious about the climate. Kaitlyn used this survey as a jumping off point to see exactly what local youth were feeling about climate change. For example, the local study showed that 51% percent of people said they felt apprehensive to have children. Both studies have shown that youth believe "governments are failing young people."

In recent years, ecoanxiety has become a common topic, as writer Britt Wray puts it, "emotions like mourning, anger, dread and anxiety are merely a sign of our attachment to the world." As Kaitlyn said, "I've always had a great appreciation for the nature around me, I grew up in the Kootenays and I was always surrounded by the beauty of the Earth here. Climate change has always been something I was passionate about all my life because I've always been passionate about the nature around me. As I got older, I got more concerned about the planet, and as we see the devastating effects of climate change the bigger the concern gets." With the planet



Kaitlyn Taburiaux, enjoying the land that is in jeopardy. Photo submitted.

under threat from climate change this has a large impact on those who care about the planet we live on. The studies done both globally and locally indicate that youth have an increased risk over time of developing climate stress. These stressors can include depressive disorders and in extreme cases, suicidal ideation. This link between climate change and mental health, called ecological grief, describes the reaction that a person can have in response to either physical ecological losses, loss of environmental identity, or anticipated future ecological loss, tied to the personal experiences that they have had with nature and the loss of a sense of belonging.

Kaitlyn mentioned that taking action and expressing your feelings in a safe non-judgemental environment, and spending time in nature is therapeutic. As well, government resources supporting youth mental health is beneficial. It is her hope for the future that governments can create more measures, to support youth mental health and to take action to protect, and heal our environment around us.

I hope in the future we can change and adapt quickly to any challenges that climate change may bring us. There are creative responses such as the solarpunk movement, which balances science and nature. Solarpunk is a science fiction literary subgenre and art movement that envisions how the future might look if humanity succeeded in solving major challenges. It emphasizes sustainability. As an art movement, solarpunk emerged

as a reaction to a bleak outlook and the impact of climate change. The main theme throughout solarpunk is the integration of advanced technology in a way that improves social, mental, environmental, and economic stability. It is movements and ideas like this that give me hope for the future. Studies such as Kaitlyn's also give me hope for the future as it is important to see where we are so that we know where we can go.

#### Editors note:

Previous to Kaitlyn's study, climate anxiety among Kootenay youth was only an anecdote. Now, her landmark work clearly demonstrates in a measurable way that this specific mental health concern has very high levels in the Kootenays, higher levels than similar global studies. For example, she records that almost 80% of participants were 'extremely worried that climate threatens people and the planet,' whereas the global study only records 60%. Having data is important in raising awareness, making a case to government and providing funding. Kaitlyn's work will continue to have a long-lasting legacy in our area. Thank you Kaitlyn! To read the full study, follow this link: <https://bit.ly/RPMClimateAnxiety>

*Jacqueline: I have lived in Nelson for nearly 4 years and I am 14 years old. I think what I love most about fall is the crispness of the air and the red, and gold burnished leaves; and the smell of change in the air!*

# A REFLECTION ON ORANGE SHIRT DAY

By Dani Evans of Nelson, age 14



Something as big a tragedy as the existence of residential schools in Canada isn't something that can be excused. It isn't something you can write an apology letter for. It isn't something that can be forgiven, in my opinion. It doesn't fix the thousands of children lying alone in rows of beds, unable to go home. It doesn't change the broken traditions and fractured families of those lucky enough to survive the abuse and hate that is only being shown now, when the schools have been closed for years. It

doesn't erase the bones beneath floorboards that have been ignored and cast aside as if they don't matter, as if the kids they belonged to meant nothing just because they were Indigenous. Cultural genocide and child murder isn't something that can ever be excused.

I try to imagine what it would be like. The confusion and loneliness and suffocating fear of being locked in a box devoid of colour, devoid of any belief in its halls besides pain and emptiness of the innocent, hated for just existing, just being. But I can't. I don't want to.

It seems... disrespectful. To try to pretend like I could ever understand what that feeling would be like.

One of these children was Phyllis Webstad. On the first day of residential school, a place I imagine to be devoid of colour, she proudly wore a bright orange shirt. Like the rest of the students, her shirt was stolen away from her, along

with the rest of the clothing she wore before entering the 'school'.

This little piece of character was stolen away from her, this shirt she wore so proudly taken against her will. And now, every year, students wear orange shirts as some sort of recognition. An idea, some sort of unity. As if the orange shirts worn could bring that piece of belief back, show that we recognize none of it, none of the abuse and pain and genocide, will be ignored like it has by so many, cast aside by society, buried underground with the bones of children who mattered just as much as those who get to go home every day and feel safe.

So yeah, maybe it seems small, or trivial, but orange shirt day and movements of reconciliation bring those horrors a little closer to light. The recognition these tragedies deserve.

*I'm Dani Evans. I live in Nelson and love art. My favorite part about fall is the changing colors.*

## Outdoor Camp Burritos

Recipe by Edie Stowell of Nelson, Age 17



These flavourful, versatile, and easy burritos are so delicious for your end-of-summer camping trips. I recently took them on a canoe expedition. This recipe makes about four burritos, depending on the amount of fillings you like to add. This tasty meal uses quinoa, which is nicely filling, but could be swapped with rice if wanted.

### Ingredients

- 2/3 cup of rinsed quinoa
- 1/2 a teaspoon of salt
- 1 can of black beans, drained (about 2 cups)
- Juice of one lime
- 1 tablespoon of taco seasoning
- At least 8 larger Tortillas
- 2 cups of shredded cheese
- 2 cups of washed lettuce or greens
- 2 avocados, tomatoes (optional)
- Salsa and sourcream

At home, cook the rinsed quinoa by warming up 1 and 1/3 cup of water in a saucepan until it starts to lightly boil. Add the quinoa and salt, and cook on low temperature for 12-15 minutes.

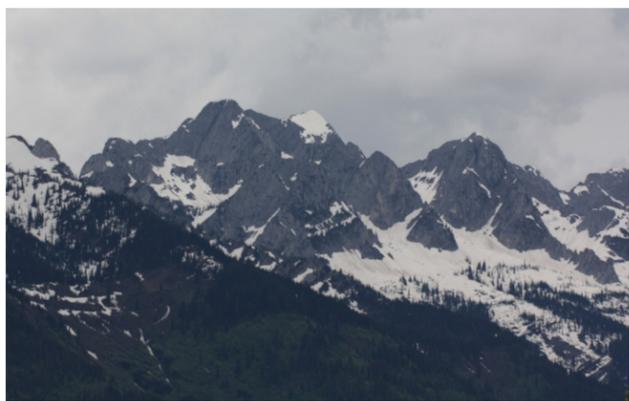
Once cooked add lime juice, drained black beans, and taco seasoning. Taste the mixture and adjust if wanted. Cool this mixture completely, then add to storage to take camping, I used a zipblock bag. Pack the rest of the ingredients in separate containers before going camping.

**Assembly.** This part is customizable. If you are able to, heat up the quinoa bean mix for a few minutes on a camping stove, but this is not needed. On top of a tortilla, add about 1/3 cup of bean mix, lettuce and cheese, depending on preference, hunger and size of burrito. Add the rest of the ingredients as you like. Fold in the ends of the burrito, then roll the sides tightly. Enjoy!

*Edie's favourite thing about Fall is walking around when the leaves turn everything red and orange, then going inside and warming up with some tea and a cozy tv show.*

## Naturalist's Niche

Hazel Raine of Creston, Age 14



Mountains have always been part of my life, whether seen from afar across Southern Alberta's plains or nestled close in the Kootenays. They are imposing, solid ranges that have strong names to suit them: the Rockies, Selkriks, Skimmerhorns, Purcells. Mountains also hold some mystery. I've always wondered what sits at the top of their peaks, how the wind would blow there, what the storms would sound like. I photograph mountains because I'm comforted by their realness, their simple strength and solitude. They frame the world I live in, bundling forest and field and humanity and animalia all together.

## CRIME AND PUNISHMENT?



Book review by Nico Bucher of Nelson, Age 17

So for the past week I've been struggling to write a review for the famous 1868 book by Fyodor Dostoyevsky, Crime and Punishment, which I ambitiously promised to do for KTN. After several failed attempts of giving this really brilliant and profound work its due, I am temporarily giving up. Instead, I present to you ....(drumroll)....

Top 10 reasons to read Crime and Punishment for yourself...

1. You can now say you've read Crime and Punishment.
2. You get to experience St. Petersburg of 1866 in all its squalor and misery without any physical discomfort.
3. You will from now on understand all the references to this work in hundreds of other novels and dissertations. It's referred to a LOT!
4. You get to practice your memory and deduction skills by figuring out which character is being referred to by which of the hundred diminutive forms of their names. (ex. The main character Rodion Raskolnikov, who is variously called Raskolnikov, Rodya or Rodion Romanych.)
5. You'll feel better about your life - face it, compared to those of the novel's characters, it's a bowl of cherries.
6. You'll realize (or have it confirmed) that even in all the patriarchal oppression of the past, there are boundaries that were set for a reason and should never be crossed (spoiler alert: murder is always reprehensible).
7. It's incredibly well-written.
8. You'll meet a host of fascinating characters, seemingly rotten to the core but occasionally surprising you with unexpected redeeming qualities.
9. You get to "live" the awful life choices of Raskolnikov without actually experiencing the consequences, and learn from them that way.
10. Like all great books it will help you learn things about yourself and your place in the world.

*Nico is a trumpet player and fantasy lover, currently writing songs and plotting to achieve world domination before everybody else does. His favorite thing about fall is the fresh cool air when it rains and the cinnamon tang of apple cider fresh from the press.*

## STREET TALK

KTN correspondent Ashleigh Germaine of Nelson, age 14, asked students in the first week of school: What are you looking forward to for the new school year?



"I am so excited to join the Volleyball team this year. I was in it last year, but this year I'm really hoping that we get to go to Nationals and I want to practice my serves this year." ~Skyla, 14



"I'm looking forward to the grade 9 trip." ~Josie, 14



"I'm looking forward to meeting the new people." ~Sahara, 11

*Ashleigh's favourite thing about Fall is the cool weather and the leaves changing colour.*

## KTN NEEDS YOU!

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Something happening in your community that we should know about?

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