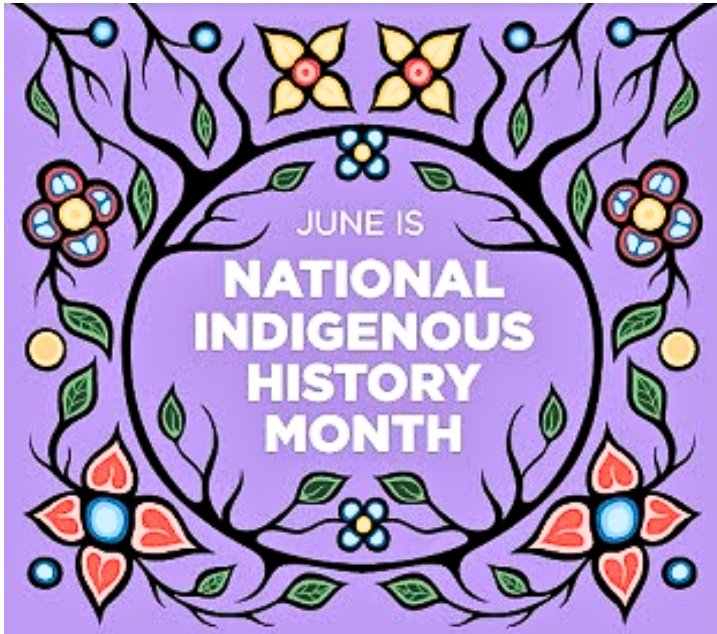


The Acorn

Issue #16 - Wednesday, June 18th 2025

National Indigenous History Month

By Ava Navaee



SOLE Alternative

Across Canada, June is National Indigenous History Month. It was originally established in 2009 to honour and celebrate the history, heritage, cultures and contributions of First Nations, Inuit and Metis peoples. Indigenous history has played a significant part in Canada's complicated history. This month is celebrated in many different ways, such as Powwows, drumming and dancing ceremonies, and traditional storytelling.

There are many different events going on, for example, June 21st is National Indigenous Peoples Day. It was originally made in 1996, and it's held on June 21st because this date coincides with the summer solstice. This day is very significant for many Indigenous cultures as it is the longest day of the year.

The summer solstice is a time for reflection and celebration since it represents life, growth, and connection to nature.

This month is especially meaningful in British Columbia, as it has one of the most diverse Indigenous populations in Canada. Many of the territories in BC never signed treaties with the government, meaning they still assert their rights and title to the land today. This means that they are unceded territories. Cities like Vancouver, Victoria, and Kelowna are built on unceded Indigenous land.

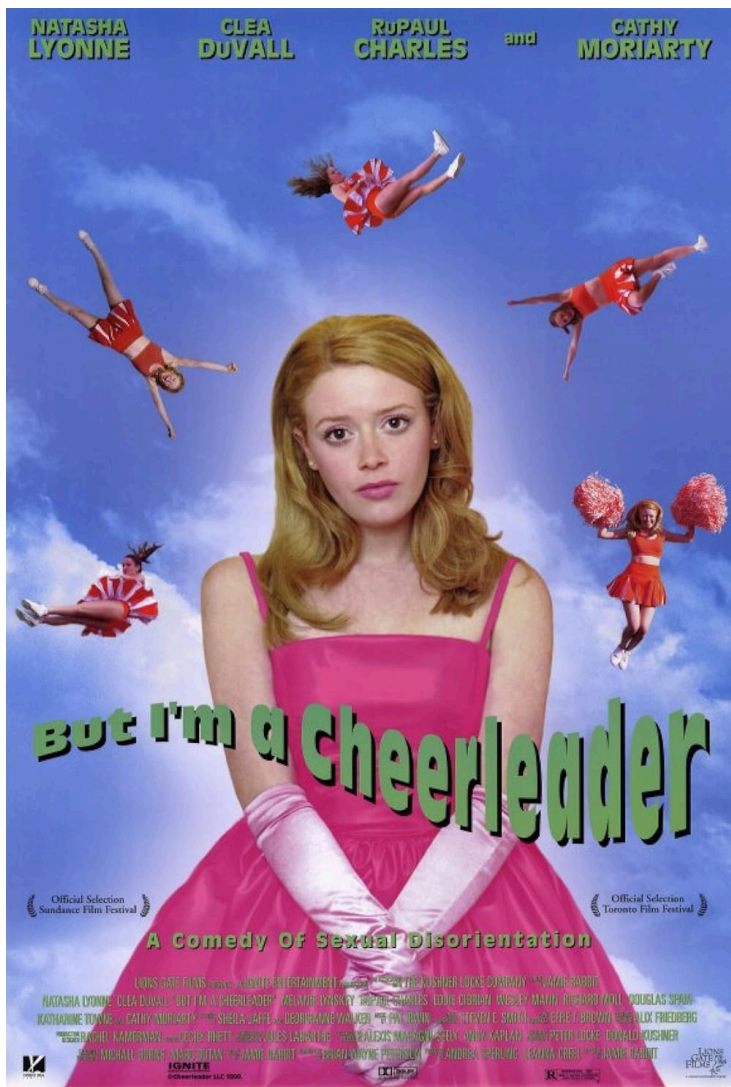
It's always important to take time and engage in learning about Indigenous cultures and Indigenous History Month is a great time to start because of all the available resources.

Movie Review: "But I'm a Cheerleader"

By Lizzy Lindsay

As we reach the halfway point of Pride Month, I thought I'd take the opportunity to recommend one of my personal favourite movies, "But I'm a Cheerleader".

With witty satire, biting social commentary and emotional heartfelt moments, it's hard not to fall in love with this cult classic. The film was released in the summer of 2000, starring talents such as Natasha Lyonne, Clea DuVall and RuPaul. The beautiful colour grading, clever writing and lovable



IMDb

characters make this movie a perfect choice, not only for queer audiences, but for anyone who appreciates good cinema.

The story follows Megan, a popular cheerleader grappling with her newly discovered sexuality. She is sent to a rehabilitation centre, where the movie makes playful jabs at conversion therapy through the hypocritical narrative, and queer icons such as RuPaul playing the “straight characters”.

While at the program, Megan falls in love with one of her roommates, Graham, and must decide between appeasing her parents or being true to herself. Despite being over-

the-top ironic and overall a comedy movie, “But I’m a Cheerleader” covers a range of difficult topics through emotionally charged scenes. The plot is full of twists and turns, but is ultimately a feel-good experience.

I cannot recommend this movie enough, whether you are struggling with your own identity or simply want to watch a classic rom-com, this movie is for you.

Songs for Summer!

By Shekayah Silvey-Jackson

If you're stuck on what songs you should add to your summer playlists, here is some inspiration! These are NOT in any correct order

5 Most Popular Songs of All Time

1. "Smooth" by Santana featuring Rob Thomas
2. "Uptown Funk" by Mark Ronson featuring Bruno Mars
3. "I Gotta Feeling" by The Black Eyed Peas
4. "Bohemian Rhapsody" by Queen
5. "Don't Stop Believin'" by Journey

4 Top Trending Songs of 2025

1. "Ordinary" by Alex Warren
2. "Die With A Smile" by Lady Gaga and Bruno Mars
3. "APT" by ROSÉ and Bruno Mars
4. "Azizam" by Ed Sheeran



5 Beach Vibes Songs

1. "Escape (The Pina Colada Song)" by Rupert Holmes
2. "Island in the Sun" by Weezer
3. "Soak Up the Sun" by Sheryl Crow
4. "Summer Breeze" by Seals & Croft
5. "Margaritaville" by Jimmy Buffett

4 Hip Hop Vibe songs

1. "Summertime" by DJ JazzyJeff & The Fresh Prince
2. "Miami" by Will Smith
3. "California Love" by 2Pac (featuring Dr. Dre and Roger Troutman)
4. "Countdown" by Beyoncé

Recipe of the month: Eton Mess

By Jan from Allrecipes, contributed by Sophia Schlag

This delicious, no-bake dessert is the perfect summer-y treat. Believed to have originated in Eton College, one of the world's most elite boarding schools, this simple recipe allows commoners like us to enjoy it as well!



Gourmet Traveller

Ingredients:

- 1 cup heavy cream
- 4 store-bought meringue cookies
- 12 ounces of in-season berries (or chopped fruit of your choice)

Instructions:

1. Beat the cream in a chilled bowl/glass
2. Break the meringues into bite-sized pieces and fold into the cream along with your berries

-OR-

Layer the cream, meringue and berries in cups like a parfait

3. Serve immediately, or leave in the fridge to chill

Tips:

- Toss your fruit with some lemon zest and sugar before mixing to add extra flavour
- If you're leaving the dish to chill, wait to add the meringue until you're ready to serve, to maintain the crunch
- Feel free to add any toppings you'd like - If you're making this with others, consider providing a variety of fruit, nuts, spices and more to allow for customization
- To make it vegan, swap the cream with coconut yogurt and find or make vegan meringues

A Message from your Editors-in-Chief

By Sophia Schlag and Lola Weinzettl

As the year draws to a close, we wanted to take the time to reflect on our time as Editors of the Acorn. It has been such a journey for us, full of personal growth and life skills we will take with us far beyond Oak Bay. From watching our writers become more confident in their abilities, to distributing our issues every other week, this year wouldn't have been the same without this experience.

To our writers, we thank you for your hard work and dedication, and hope that you continue to contribute to the Acorn in your coming years at Oak Bay High. We could not have done sixteen whole issues without you.

We wish all the best to Lizzy Lindsay, next year's leader. We are confident that the newspaper is in good hands and has a bright future ahead!

We hope the Acorn continues to thrive in the coming years as a symbol of our student body's creativity and soul. As we prepare for our next steps, we will look back on our years at the newspaper with fondness.



We will leave you with a quote by Tom Stoppard: "I still believe that if your aim is to change the world, journalism is a more immediate short-term weapon." We hope that in our own little ways, we can all change the world.

Summer Jokes!

Where do surfers get their degree?

At boarding school!

Where do birds stay when they go on vacation?

Someplace cheep!

What happens when ice cream gets angry?

It has a meltdown!

Why don't oysters share their pearls?

Because they're shellfish!

Why did the watch go on vacation?

To unwind!

What's stressed out and sits on the ocean floor?

A nervous wreck!

Finally Summer!

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BEACH
 GAMES
 CAMPING
 ICE CREAM
 WARM
 RELAX
 SANDALS
 TRAVEL
 NO SCHOOL
 SWIMMING
 SUN
 LAKE



Editors: Lola Weinzettl and Sophia Schlag