

Cartoon: Connor Beveridge

Does privacy still exist for citizens?

EDITORIAL

By **FINTAN LOJEWSKI** and **NICHOLAS PHELAN**

PRIVACY is defined by the Merriam-Webster dictionary as "being free from unwanted attention or intrusion". But in this digital age, actually how private are our lives? Everything is potentially available for public consumption, from our conversations to photos to interests and likes and dislikes.

Google is the world's most recognisable and widely used search engine, with more than 1.1 billion unique visitors per month. It contains high levels of security and privacy, however, with its large and expansive database, there is little that Google doesn't know about each person who uses it. Cookies and a history of your searches from every site you visit are stored in a database, slowly creating an image of you.

Not of what you look like, but of your personality, what you like, what you dislike, hobbies, etc. This leads to targeted advertising. Therefore, if you were looking at premium fuel for cars, then your next advertisement would probably be about cars. If you were looking at Venus fly trap habitats,

your next advertisement would be about plants. But should they have the right to hold this information and use it like this?

Even in your own home, your privacy can be compromised. And not just through the computer, your television may even be spying on you. As recently as February this year, Samsung admitted that their smart TVs can record your conversations without you knowing. For instance, in voice-activated TVs, the microphone can suddenly turn on during a conversation and listen to and transmit the whole thing.

Cyber crime, such as hacking into and stealing data and identities, is rapidly increasing every year. Wellpoint Inc, one of the biggest health insurance companies in the US, was hacked just over six months ago. Millions of customers' records were hacked.

It doesn't have to be big - webcams can be easily hacked, emails, texts and phone calls. Is the hacking getting so bad that we can't rely on technology anymore?

Sure, advances in technology have improved the way we live and communicate in every aspect of our lives, but think about the darker side. Who could be watching you? Who could become you? Will life ever be truly private again?

The rise of CrossFit for body and mind

By **ZACHARY CLARK**, **GEORGIA FINN** and **BOHDI KIRSCH**

CROSSFIT is an effective way to get fit and anyone can do it. The aim of CrossFit is to forge a broad, general, and inclusive fitness.

This fitness includes pull-ups, squats, push-ups, weight-lifting, gymnastics, running and a host of other movements.

CrossFit is a worldwide sport which was formally established in the 2000, meaning it has been around for 15 years.

Just before this, in 1995, a gymnast called Greg Glassman discovered that by using weight such as dumbbells and bar-bells, he could increase his body strength more than just using his body weight training. He then began training police and military forces, and it all developed from there.

CrossFit is a fitness program where participants can have fun and feel good about themselves. This is not for the faint-hearted, but with time and commitment, participants can work through levels and greatly improve fitness and stamina.

Some become so involved that they compete in competitions held at national and international levels.

Students at Waratah Public School have been lucky enough to have the opportunity to do CrossFit once a week with a talented instructor, Jamie Johnson, from CrossFit Horizons at Sandgate.



Waratah Crossfit students with Jamie Johnson.

Picture: Dominic Dos Santos

Mr Johnson, 39, played for the senior team of the Sydney Roosters in his younger years, and for the past four years has been a CrossFit affiliate.

He leads students of all ages through CrossFit sessions at three local high schools and two primary schools, including Waratah Public School.

To emphasise how CrossFit is for

everyone, Mr Johnson says that his youngest student is 4 years old, while the oldest is 68.

He is especially enthusiastic about teaching the younger generation, as he believes that it helps students focus better in class, provides them with better posture and become better people through increased confidence as they achieve their CrossFit goals.

STEM is creating new jobs in the future

By **KADEL SNADDON** and **DOMINIC DOS SANTOS**

STEM is an acronym for Science, Technology, Engineering and Math Education. These areas are studied together because the skills and knowledge in each subject are essential for student success and because these fields are combined in the real world.

STEM gives students skills in problem solving, collaboration, communication and creativity. Students studying STEM develop broad skills so

they are prepared for future jobs that haven't yet been invented.

Newcastle is growing and it would be good if students stay and work in local jobs where they can use their STEM skills. At Waratah Public School students use their skills for problem solving and creative experiments. They do this in lots of activities and classes like interest groupss such as filmmaking, photography, science, technology and arts.



Ranya Gillamac and Ruby Howard solving problems through technology.

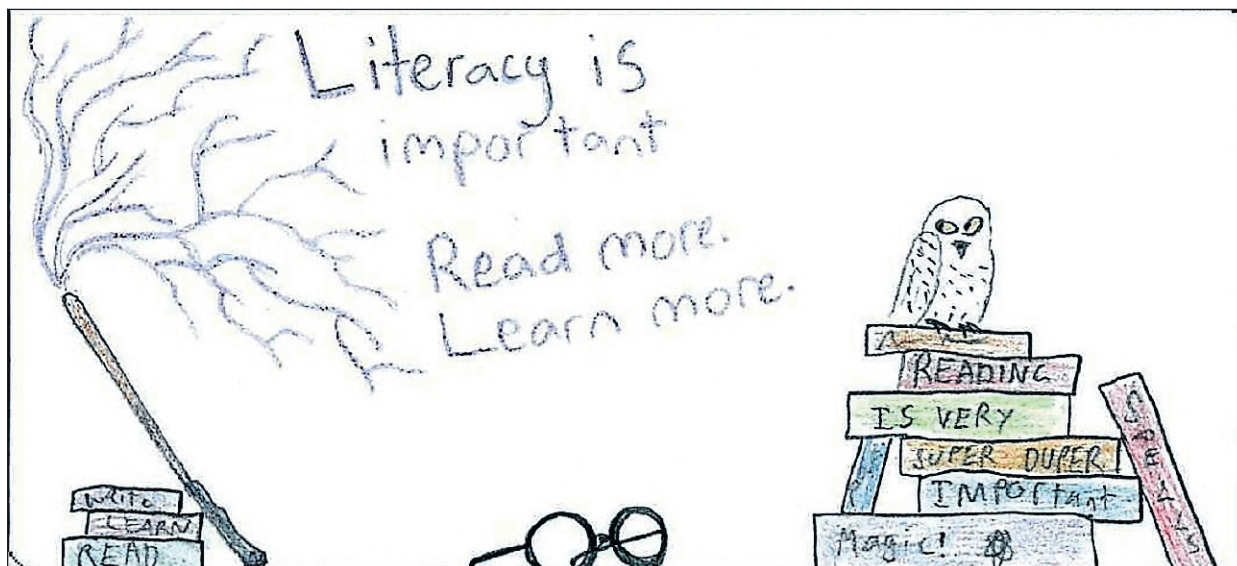
Picture: Kadel Snaddon and Dominic Dos Santos

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