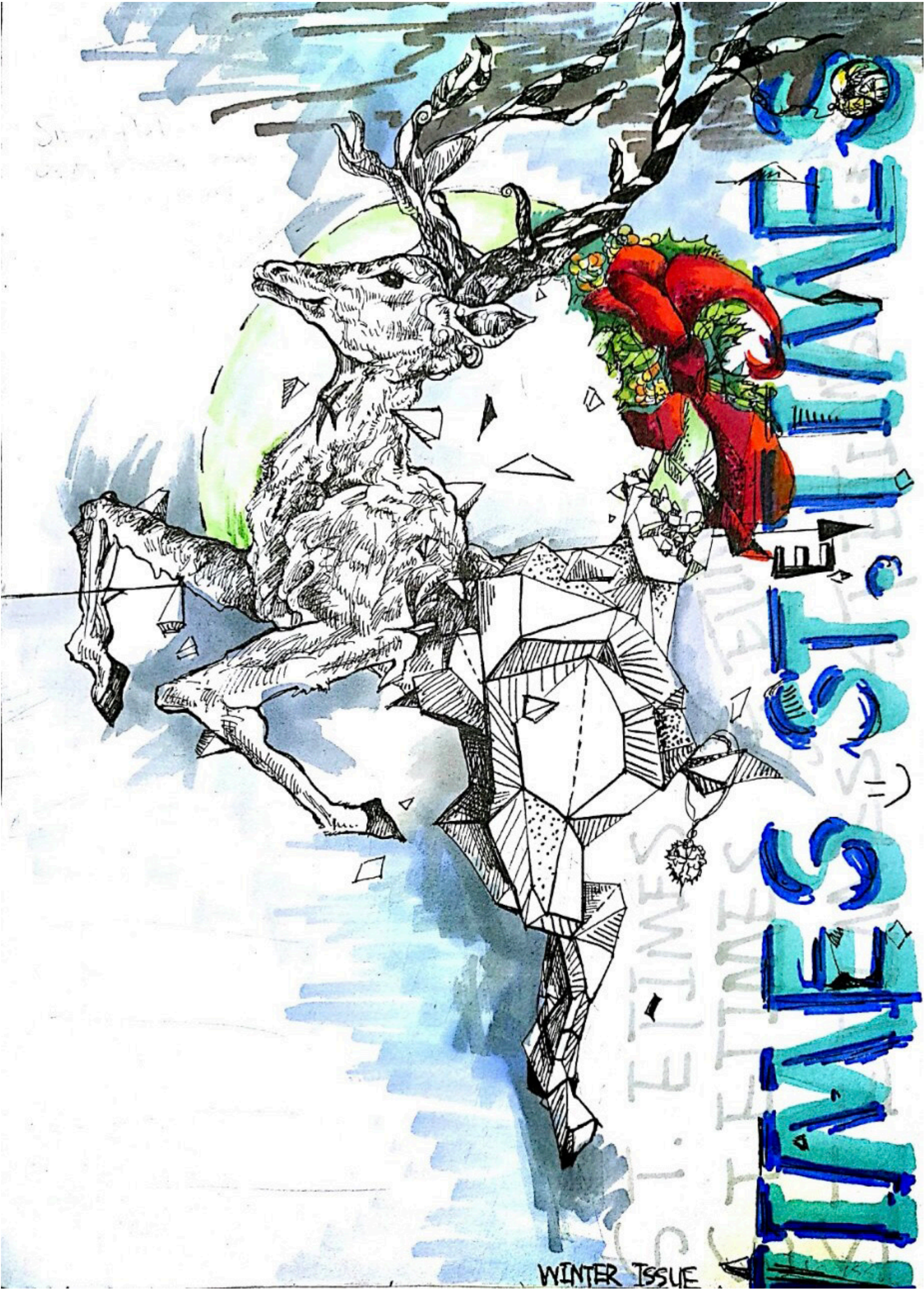


# News





# Let’s go with the FLOW



Tannaaz Zaraineh

Targeted to Generation Z, St. Elizabeth’s administration has decided to go forward with a new plan named Project FLOW. Many of its new programs have already taken effect, and there will be more to expect in the coming months.

It is a way for students to be more connected to each other and the changing world outside of school. Mr. John Heinrich, a member and the St. Elizabeth’s principal states, “The world of young people today is a world of interaction, connectedness and a world of discussion.”

New features will be accessible to students over the upcoming months, and some have already started appearing. A notable change is the remodelling of the library. Ms. Teresa Romeo, the school librarian and a fellow

member of the team states, “I am most looking forward to all of the collaborative spaces that will be created for students. We will have two media share centers where students can collaborate and project their work as well as many whiteboard top tables and collaborative areas with soft seating.” There will also be a MacBook lab, and a “green zone” among other features. “It gives everyone an opportunity to work together in a space that is designed to facilitate this type of learning and sharing.” Collaborative group work can be done in the U-shaped bench found on the diagram. The goal of this renovation is to emphasize the idea of group learning and teamwork through the use of technology.

Multiple programs will also be introduced to students. There’s BYOD (Bring Your Own Device), which will make collaborative work easier among students. “What we’re doing right now is geared for the future,” states

Heinrich. The goal is to help students connect with one another outside of school.

Another new program will be introduced in 2018 called One-to-One Smart Start Program. It’s supposed to be geared towards the incoming grade nine students. Instead of doing the normal by taking tests and notes, the curriculum will be changed by going towards group work. Students will have to register by the end of November, and there’s only a limited amount of space.

Additionally, there’s STEAM, which webs together Science, Technology, Engineering, Math, and the Arts in order to give a meaningful learning experience to students. Heinrich states, “The value isn’t to turn you into an engineer, it’s to give you the opportunity to interact with technology that will be part of your career.” To celebrate Canada’s 150th year anniversary, Samsung launched a contest titled “Solve for Tomorrow

Challenge”. If won, the school will be given Samsung technology in an attempt to further link students to this program and their usage of everyday technology.

St. Elizabeth recently submitted a video on filtering dirty water as an effort to assist developing nations. Only 150 schools across Canada can win.

Moreover, the school plans on reaching out to the outside community, interacting with the Church and creating partnerships, including SHSM and TLP. The partnerships will allow students to associate themselves with the public. “The community around us will also benefit from the active participation of our students and their willingness to share their talents and skills.”

A fundraising event will be held on February 25th at Il Presidente Banquet Hall from 2:00 - 8:00 PM. There will be lunch, a photo booth and both a live and silent auction. “We hope many people will join us to support Project

FLOW in our school,” states Romeo.

Project FLOW gives everybody the opportunity to put their best foot forward and create the world they desire to live in. “To me, Project FLOW isn’t just about changing the library or classroom, it’s about aligning the world you’re going to leave us, and become immersed with what we want you to do in a high school,” Heinrich states. Only time can tell how students will respond to this ever-changing society.



Celebrating Heritage  
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Jeanette Arira Sampang & Victoria Leva

Vaughan- Students from St. Elizabeth Catholic School are getting ready to celebrate their first Asian Heritage Month at the school. This year’s main event will be held on May 20, 2018. Contributions to Canada and even our school from various leaders of Asian Heritage will be celebrated. Organizers and team members have decided that all fundraising will go to various charities. Asian Heritage is not only important for the many students of our school that come to Canada from Asia, but also for all others who want to learn about their new friends in St. Elizabeth that are a part of our school community.

Asian Heritage month is co-ordinated by the ESL teacher, Ms. Adorante, and Rommel Asuncion, a school settlement



worker. Throughout the celebration, ESL students that are not involved in the event will take time out of their day to join the festivities. These ESL students want to organize the event and make it happen so they can acknowledge and celebrate their role in the weaving of the fabric of Canadian Culture. There are no limits to how many people come to the event. Malou Tabones, a student

of St. Elizabeth states, “I was getting involved through a friend who encouraged me to join the dance group. She told me it doesn’t matter how many people join it.” They hosted a show that highlights dancing, singing and many speakers that are part of the Asian Heritage event. “There are no requirements for the events; as long as you are committed to after-school (practices

on) certain days” said Christine Grace Capilitan. Students are rehearsing for the school’s show and taking a lead in the performance which involved in many festivities. Top Photo: (left to right): Rene Cortes, Zyra Ramos, Via Dizon, Judith Maning and Ovy Atamosa. Students have a prep talk before performing their dance for Asian Heritage Month in 2017.

Bottom Photo: (left to right): Judith Maning, Via Dizon, Rene Cortes, Zyra Ramos. Students take a picture with the organizer of the Asian Heritage month event in 2017. This photo was taken after the performance in order to celebrate the outstanding dance performed by the students.







Cathy Liu  
Art: Lark Puan

Toronto’s evening was so quiet and cool. About two months ago, my sister, parents and I came to Canada with our eight suitcases and three backpacks. We arrived at the Toronto Airport at 11 pm and it was such a terrible evening, because it was cooler than GZ and I just wore a t-shirt. On the way to our new house, I could see lots of tall buildings, flat houses, row and row. When I looked up I saw stars and a half-moon in the sky, and I began to think of my Chinese family and my friends back home. At that moment, I realized that I was in Canada and I would call it my home for the beginning of my new life.

My new life was not boring , however, my life was full of fun and sometimes embarrassing moments. I still remember the first time we took a bus to the shopping mall. We got on the bus and sat down to wait for our destination. When we saw our destination appear on the bus screen, we walked to the bus gate quickly and waited for the gate to open. However, the bus driver didn't open the door and we were surprised wondering why he didn't let us off. A girl beside me said, “You need to pull this line or press this stop button before you reach your destination to let the driver know you want to get off.” I smiled at her and said thank you, but I felt very embarrassed because I did a silly thing and I could not believe that I didn't know how to get off the bus! I

was lucky to have this stranger’s kindness as I was lucky to have my school mates.

Before I started to school I took part in our school orientation. The teachers and the volunteers were passionate and enthusiastic to help the new students adjust. They organized many fun activities for us and shared their experiences with us. They tried to use a humorous way to help us to relax and reduce our fear of starting at a new school. The students next to me were also kind and patient, and they answered all my questions. The orientation week gave me a sense of warmth about the school I would be going to.

The education in Canada is different from the one in China. In Canada, I have lots of spare time to do the things I am interested in. Also, in the classroom, teachers encourage students to answer questions and share their ideas. The first few weeks passed quickly and it seemed that I didn't do a lot of work, but realized that it was going to be my responsibility and not the teacher's. Thus, I began to set goals for myself, set deadlines and take action. My recent target is to speak English fluently, so I push myself to speak English with my classmates and practice speaking English in front of my mirror. This is really helping me to improve my English and my confidence.

I am now much more comfortable being in Canada and look forward to learning and growing to the best of my abilities. I look forward to that day that I will feel so amazing at everything I have accomplished.





# Tennis is a perfect combination of violent action taking place in an atmosphere of total tranquility-Billy Jean King

Nicole Kondratovits

Game, Set, Match! Every year, the St.Elizabeth junior and senior tennis team compete at the YRAA Tennis Championships. Tennis season is very short and starts early due to the necessity of warm weather. Tennis is a fun sport to play with friends but also one can get a significant amount of exercise. However, tennis athletes get injured often since it is a very physical sport. Tennis can be played individually (singles) or with a partner (doubles or mixed doubles).

With the help of Mr. Sniatenchuk and Ms. Felice, our St.Ez athletes have placed in many categories. Last tennis season, the junior tennis team won first place for girls doubles and mixed doubles awarding them with medals and a plaque for the school. This year, St.Elizabeth won first in senior mixed doubles, which will allow St.Ez to compete at offset in the spring. GO PANTHERS!!

From the perspective of a tennis player that has been playing for over 10 years, tennis is not only a sport that helps one lose weight. It is a way to show all your emotions in the game and let everything out. By playing tennis, it can build character and boost self-esteem. Even though tennis is played indoors and outdoors, there are different techniques and tips that have to be used to get the ball in consistently. To play good tennis, one should have the proper techniques, the shots should be consistent, one should be agile, have good mental focus, and have LOTS OF PRACTICE.

Tennis may seem like a hard sport, but when one knows the basic rules and techniques and practices consistently, it’s not difficult. Tennis can teach life lessons and can help one live a healthy and long life. At the end of the day, the purpose of life is not watching the latest show or movie on tv, it is to enjoy life and being active either indoors or outdoors.



## BENEFITS OF PLAYING TENNIS:

- Builds self-confidence and self-esteem
- Motivates everyone to do better and try harder
- A fun way to meet and play with different people
- Involves all parts of the body, which can benefit one’s health.
- It reduces risk of heart disease and diabetes
- Helps control weight
- Strengthens bones and relieves tension
- Reduces stress and anxiety
- Improves cognitive skills
- Boosts brain power





# Small class big Impact



Lorenza De Benedictis

This year the grade 12 RAP instrumental class says farewell to its home base. Although they are a very small class of 12 students, at momentous times they can sound like the world’s largest orchestra. This is partly consequential of the close bond they have developed over their four years together.

When they first arrived in grade 9, they were 20 students, large enough to fill some missing sounds in their songs, but over the course of 2 years they managed to lose 8 students; though this was never a problem for them. With the

small numbers, they were still able to take up their senior duties as the carriers of the band, mentors to the younger students and still be successful in their studies.

“Even though our class was made of small numbers, I think we made a pretty big impact on each other and what we can take away from RAP”, said Sienna Gazmen, who plays the Euphonium, “I love RAP and I would go through all four years again if I could”.

Sienna continued, “In terms of friends, I actually couldn’t ask for a better group of friends. Everyone is so funny and work

together really well”.

The other students of the class: Aliyah Briffah, Frances Gacayan, Veronica Binkowski (Flutes), Christian Calarco (Tenor Saxophone), Lorenza De Benedictis, Evan Presutto (Alto Saxophones), Jordan Dalumpines (Trombone), Jullien Santibanez (Baritone Saxophone), Sienna Gazmen (Euphonium), and Nigel Campbell (Trumpet) share similar sentiments.

Though the year has not reached its end, it already feels that way to the students.

“I feel both sad and happy that my journey through music has come to an end. It’s been an amazing

experience being a part of instrumental and I believe it was one of the best decisions I made. I have truly enjoyed my time here at St. Elizabeth and I wouldn’t trade the memories I made here for anything else in the world”, said Jullien Santibanez, who plays the Baritone Saxophone.

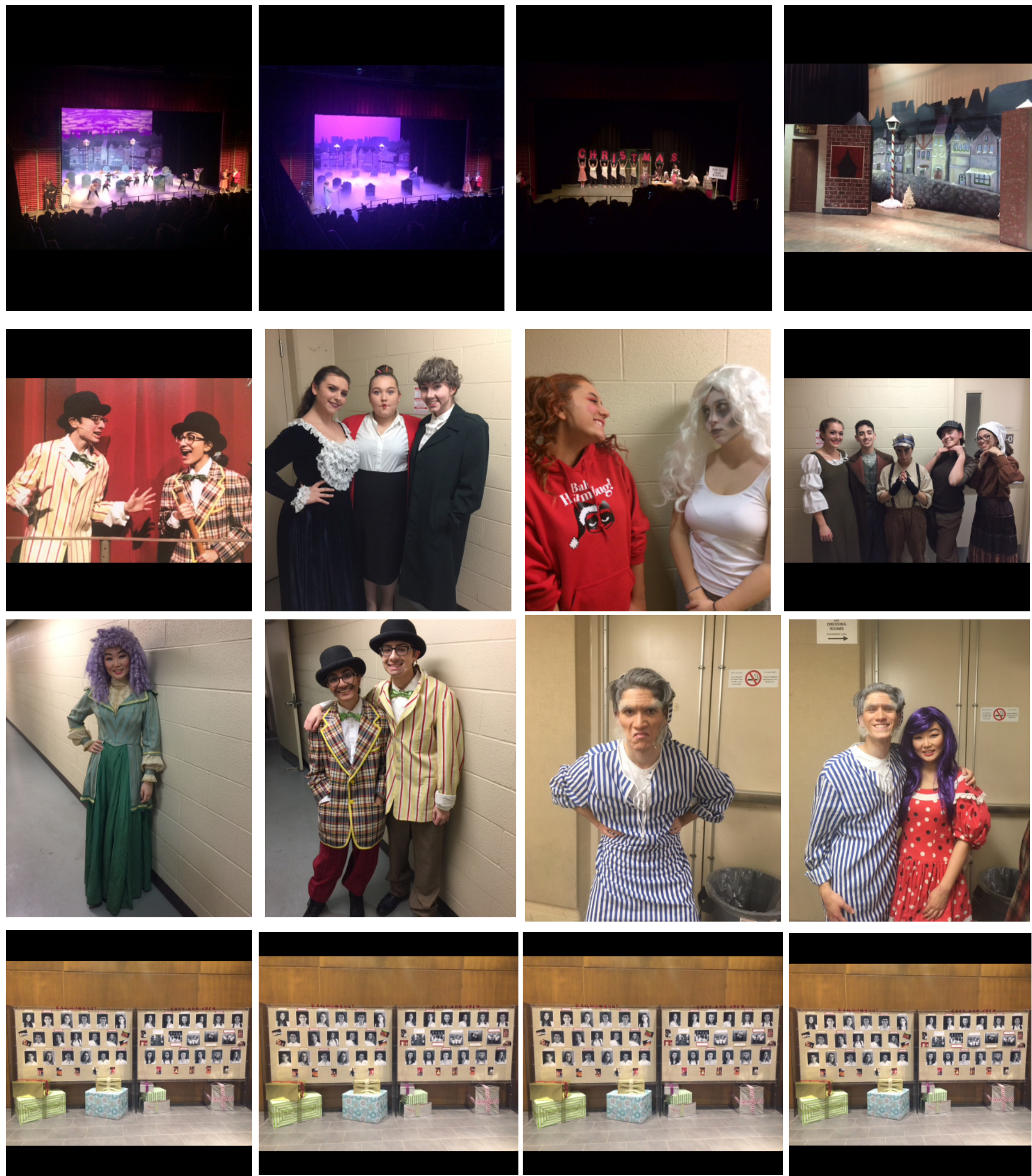
The hard-hitting realization of this end will come at graduation when they leave their friends and habitual routine behind. From trips to the keyboard room, to knocking over the stands in the middle of a song, to the epic performances they prepared for, there is no question that this class

was one-of-a-kind, and will resonate with everyone involved for years to come. These select people have stuck through a lot to get to where they are now, and should be proud of their accomplishments within the program. Congratulations to them, and best of luck in their future endeavours.



# HUMBUG!!BAH HUMBUG!!HUMBUG!!

Vanessa Giglio







Sagittarius - Robert

It’s your birthday month and it looks like you’re going to be questioning plenty. Are you happy? What’s the meaning of your life? Why do you eat oatmeal every morning? With your slow and thoughtful (possibly even moody) feelings, you’re the one who wants to stay in and embrace that artificial warmth. Nonetheless, this mood will cause you to put everything to the test and your schoolwork will be in tip top shape! In particular, your health has never been better. You’re like your own personal trainer! Just a warning, it’s very likely you’ll forget your workout clothes on the 16th, so plan ahead (no one wants to exercise in their school uniform!). Overall, take time to enjoy every moment of the holiday season Sagittarius, and balance your holiday fun with some personal evaluation as a new year brings along a new you!



Capricorn - Giulia

‘Tis the season of holiday madness! Don’t fret Capricorns, you’re the sign that manages to get it all done (and have time to relax), before anyone even mentions Christmas. Though your amazing planning skills may seem to be benefiting you, don’t put all your reindeer into one sleigh! Just do your best and focus on issues at hand, take things step by step. Your feelings seem to be a little up and down and this confuses your loved ones, but by December 15th, you’ll be more grounded and can connect with them in a meaningful way. School can get a little hectic, but remember to only worry about this semester’s exam and leave second semester worrying for, well, second semester! You’re definitely ahead of the holiday madness this year and it’s time to relax and enjoy the season with friends and loved ones.



Aquarius - Victoria

This month’s horoscope forecasts that as the month starts going, go along with it! Stop thinking. Act! Don’t worry. Dive right in! Create a list to stay organized with all your Christmas shopping and once it’s written, get going! Action is your go-to thing this month and it’s causing you to shine brighter than the Northern Star. You’ll find positive results in your work if you learn to get out there and try new things. Go! Fall flat on your face (check yourself for any injuries), and get right back up again! The bumps and bruises you get along the way will be a symbol of your new willingness to try. When it comes to your health, why not try a new workout? Possibly a new yoga group? Always test your ability Aquarius, and be the “Santa” in disguise. Take the reins and lead everyone smoothly into the new year!



Pisces - James

The fishes are in luck this month, because December will start off just the way you like it; lots of fun, romance, love and a little creativity. Your relationships are going great, for you romance and fun go hand in hand. That electric spark in you sure is strong! By the 11th, you’ll find some trouble in paradise, but it will help you stay focused on yourself. Tell the negativity in your life to cut it out! Towards the end of the month, your creativity takes the lead and you feel inspired to do something good. Finger painting the Grinch? Planning a Christmas parade? Maybe working on some new workout techniques to better your health. Who knows, you might even manage to master that one-handed yoga tree pose. (Wow look at you go!).



Aries - Vanessa

This months forecast predicts that you need to tune into your emotions. Don’t be a Scrooge! Your nature is usually go-go-go, but even an Aries needs to take down their emotional wall and reflect once in a while. Whether you hard-headed Rams like it or not, get ready for a lot of intensity in all things emotional. You get to explore some of your deep interior feelings around the 12th, which really helps you connect with others. You’ll have great success in school if you take advantage of your not-always-obvious but nonetheless amazing emotional intelligence. You have so much positive energy, balance it with a dedication to warming up this holiday season. Keep your cool! (which shouldn’t be hard in this weather), and put on that warm smile we all love. ‘Tis the season for harmony and peace!



Taurus - Alessandra

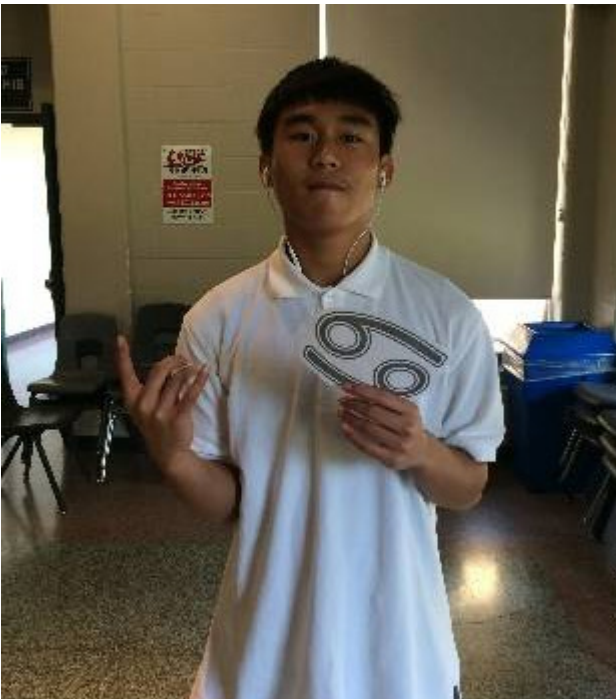
This month, your intuition is your best friend. It’s time to follow your gut feelings and turn off your brain for a while, preferably forget you even have one! The more open you can be at the beginning of the month, the greater chances you have of a smooth-running life-style going into the new year. This is your chance to be open with people, maybe even bring home a new opportunity for the new year. Be adventurous and do things your mind always told you to stray away from. This new intuition will bring you success in your health and school situations. Just don’t do anything too extravagant like attempt to swim in a frozen pond (yikes!). By the end of the month, you’ll feel alive and excited, and bring this positive new attitude with you, just remember to turn your brain back on again of course!





Gemini - Alexys

This month brings along a spirit of giving, but if by any chance you don't get precisely what you want, don't get moody! Don't pout and most definitely do not cry! This month is all about you realizing that not everything will work out, but you can do your best to figure it out. A slight bit of selfish behaviour around the 3rd can cause loved ones to become angry, but use this opportunity to explain that you need to take time for yourself. As the month progresses, you'll have plenty of time to maintain peace within these relationships. You never know what can happen! Stay positive and Christmas dinner might be delivered to you this year! You've been working towards achieving physical, emotional, and mental balance and by the 20th, you'll be feeling great. No more Christmas Ghost hauntings for the Twins, December has brought a brighter outlook to lift your spirits this holiday season!



Cancer - Jamie

This year may be ending, but Cancers are feeling filled with a life of new beginnings this month! You are in a loving mood and absolutely loving it. It's time for mistle-toe, frosty walks, and warm hugs and hearts. Everyone around you is happy for you and your mood reflects upon the holidays. The Crabs might be used to sunbathing in the sand, but you guys really love the snow! You are unstoppable, fierce and fearless but at the same time fun-loving and free. Your school life may never look as good as it does this month! Remember to nurture everyone you love, including yourself. As tempting as it is to make gingerbread houses, you'll want to be working out on the 12th (oh yes, you will). Go all out with everything; sleep, exercise, even 'you' time! Your warming personality is what makes you glow this month, so greet everyone with a plate of warm cookies and a smile! Happy Holidays!



Leo - Gianluca

This month the emotional energy will be floating all around you. You'll basically become a psychic for December! You'll be able to pick up on everything going on around you, how someone's feeling and why. Your relationships will be going great and you're going to feel like showing the love. Shout it from the rooftops! Paint it across the sky! There is no limit to your infectious love. You'll find a particular interest in cloud watching around the 8th and this helps you tap into some of the ephemeral energies drifting around you. There's nothing too far-fetched to give it some thought! A warning for the Lions, your ego could get in the way a lot this month. Also, it might be cold outside, but it's warm and cozy (maybe even a little hot) where ever you are! Why? You have so much energy and you are letting it burn (literally) because this month you are focused on working out. You're working on that summer body you'll most likely never use in Canada!



Virgo - Isabella-

The better organized you are the more prepared you'll feel for the ambush of holiday activities! Your fantastic organizational skills are going to come to use at school, and while everyone might be running around like chickens without heads, you're keeping your calm. You'll take some time to make lists, plan parties, put away all your fall clothes and take out the winter ones (because you hate being out of style!). It's essential to stay organized, but you do not want to let any holiday romance slip away! So, take a break from colour-coding your Christmas shopping list and open your eyes! It could get very cinnamon and allspice-y! Have you forgotten someone on your Christmas list? How dare you! Make sure you have all your details covered, you're planning Christmas for the zodiac signs this year!



Libra - Daniel-

Take advantage of the unexpected for the Libra. Plans will just not work anymore. Try something new! Try something you have always wanted to try (I'd suggest taking up a hobby in snowflake counting). When it comes to relationships, if things go wrong, don't assume the negative, this could ruin things even more. Instead wait it out with positivity, after all the Scales are all about balance! Your horoscope suggests that you should embrace the chaos that will occur around the 10th, actually take advantage of it. If your meeting is delayed, skip it and go buy a pumpkin spice latte instead! (embrace your naughtiness Libra, you're too nice). This month will also challenge you to do new things with your health. Aqua fitness is something you'll have an interest in, hit the pool, soak in the hot tub, I'd even suggest synchronized swimming! (I've heard that's fun).



Scorpio - Olivia-

It's time to go on vacation and what better time to do that than Christmas break! Avoid calm and relaxing places like beaches, you're going to want to try something exotic. Look for someone to spend time with and your energy is telling you to take a very cute kind of person with you, try new kinds of foods and maybe do it all while watching a snake charming demonstration! You don't know where you'll end up this month, you're so unpredictable! Financial struggles might affect you around the 20th and if you're going to miss out on a vacation, what better alternative than to start an adventure in your own messy room? Imagination runs wild and you'll find adventure in just about anything. Although, you might feel some aches and pains on the 12th. Overall, you're a natural born risk-taker!



# Rider and horse communicate silently

**Interviewee:**  
**Shanon Churikov**  
**Interviewer:**  
**Isabella Macchia**

**How long have you been riding?**  
I started riding when I was 7 years old, so almost 10 years now.

**Why do you enjoy riding?**  
I am a very active person and sitting around at home is not for me. Being at the barn gives me goals to set and work on for myself and my horse. My favourite thing about horses is starting them. It's amazing to climb onto a young horse's back who has never had a rider before, and be able to train them right from the start. The cool thing about this is that horses can't communicate to us with words, I can't explain to my horse what I'm going to do next and it is up to them to trust me and believe that I won't hurt them. What people see in movies doesn't just happen in a couple days, no one can sit on an untrained horse and the horse just knows exactly what to do and when, it takes years to perfect the communication between horse and rider in silence, and that's what I love about it.

**Tell me about your horse.**  
**What are some of your favourite things about her? What are some of her quirks?**  
Her name is Bella, and she is an 8 year old Dutch warmblood cross. I have only been riding her for 3 months. It takes a while to get accustomed to a horse, you have to figure each other out and adapt. Not

every horse and rider are the same therefore it takes time to figure each other out so you can communicate with ease. What I love about her is how brave she is, nothing phases her and anything I point her to, she will go over. Even if I mess up at a distance she quickly adjusts herself and will jump up and over again with no issues. She has a big personality, and like people, has her good and bad days. It's up to me to customize the workout depending on how she feels. If she is tense and rigid for example, I work on relaxation through the gaits by asking her to lower her head, and extend her movements to help her stretch and relax. Even after 3 months of riding her I am just starting to connect and click with her. Now, I can think of what my next act will be and she will be able to follow through with it. I do have to keep in mind though that no two rides will be the same as moods fluctuate. She loves to work and connect with her riders so she'll follow me around everywhere, in hopes of grabbing some treats from me. She's a wonderful horse to work with and her talent and skills overcome her quirks which sometimes make her a challenge to work with.

**When was your first show? Can you describe what goes through your mind when Competing? How do you mentally prepare yourself for a show?**  
My first horse show was when I was 9 years old, I came in 5th and I was the youngest rider there. It was a fun experience and I have been showing horses ever

since. With horse shows, the goal is to always come back healthy and injury free. The health and safety of my horse and myself comes before everything else. While I'm competing, all I can think about is where my next jump is, or how I should ride a certain corner or turn to give me the best outcome or distance to the fence. Every fence is different and it takes a lot of quick thinking to adjust and ask my horse accordingly to help her jump from the best spot possible. As for preparing myself for horse shows, I tend to get anxious about what could or might happen so I often need to tell myself that what will happen will happen and that it will all work out. I put a lot of pressure on myself to do well so it all comes down to having a good relaxing ride the night before my show so I can feel that both my horse and I are ready to take on the 3 phases the next day.

**How has horseback riding affected other aspects of your life?**  
Horse riding has a huge affect on my life. Everything and every decision I make revolves around the barn. I will cancel hanging out with friends and doing other things so I can go to the barn and work with my horse. Right now I am at the barn 6 out of 7 days per week, and I am there right after school and I stay there for 2-6 hours depending on how many horses I need to work with or if there are any barn chores that need to be done. Because I am at the barn so often, it affects my school work the most, since I need to find a

balance between being able to work with the horses as well as finish all my schoolwork, that's where it can get a bit tricky but it always works out in the end.







KENNY HO

How did you decide to become a teacher?

When I was 9 years old, my parents put my name forward to become an Altar Server. After many years of dedicated service, I was given an opportunity to lead. This leadership experience gave me a first taste of becoming a teacher. At the local parish, I became more active and another opportunity came forward - to teach Children’s Liturgy of the Word every Sunday. With that experience, I applied to Kumon Education Center and became a part time tutor while studying towards my Bachelor of Commerce degree at the University of Toronto. These different opportunities helped me find my passion - to educate, inspire, and teach. There is nothing more rewarding than seeing students “get” a new concept.

If you weren’t a teacher, what would you want to do?

That answer depends on who you ask. If I had not become a teacher, my parents would have wanted me to become a Chartered Accountant or a Chartered Financial Analysis. As a respectful and obedient child, I would have followed what they had wished. To be fair, they had partially funded my education through RESP. My other career option would have been to become a Social Worker because I enjoy working with people.

Who would you say inspires you?

Mother Theresa and here’s why

For those of you who still remember ...

One of the walls in our library had a painting of Mother Theresa and her famous quote: “ Not all of us can do great things. But we can do small things with great love.” Believe it or not, my first day at St.Elizabeth included attending a staff meeting for new teachers. Our meeting was held in the library, and in front of me, was that picture with Mother Theresa’s quote. I am truly inspired by her humility and the many great things that she did.

What is the best part of the work you do-the part that gives you the most satisfaction?

The best part of the work I do that gives me the most satisfaction is the time spent working with dedicated students and student leaders. It is often through the extracurricular clubs that students demonstrate their other talents and gifts. Most students who participate in activities outside the regular school day are dedicated and motivated. Some of them devote a lot of their time and effort to lead the group. I especially enjoy working with students that go above and beyond.

What is the downside of your work?

The downside of my work is to discipline. I ask you this ques-

tion, “Is it very difficult to follow rules?”

What is the coolest thing about teaching?

The coolest thing about teaching is the “Unknown”. It’s always interesting that a lesson can become a story with a life lesson or a conversation about some random idea can become a discussion topic. I am also a student everyday as I, too, learn from the students and staff.

What would you say to a student who wanted to shape his/her career as a teacher?

Someone had said, “if you do what you love, you will never work a day in your life”. To those aspiring teacher candidates: Teaching is a vocation and you must genuinely love teaching in order to become a great teacher.

TERESA ROMEO

How did you decide to become a teacher?

I have always loved working with other people. When I was a kid I used to like to play school and I was always the teacher. As I got older I had different experiences tutoring, volunteering in classrooms and teaching Sunday school at my Church. I really enjoyed all of these experiences and I knew that that was what I wanted to do with my life.

If you weren’t a teacher, what would you want to do?

Honestly, I don’t know. I love my job and I never really consider doing anything else. If I really had to pick something I think I would say I would love to be a writer. I love stories and relating to other people, so I think I would really enjoy that.

Who would you say inspires you?

A lot of people inspire me. Everyday I see all kinds of people friends, students, colleagues,



family members and complete strangers defying the odds and doing amazing things. That’s what I find most inspirational, the human spirit.

What is the best part of the work you do-the part that gives you the most satisfaction?

The part of my work that gives me the most satisfaction is connecting with students. I love it when in some small way I have helped someone else get a little closer to who and what they want to be in life, whatever or whoever that may be.

What is the downside of your work?

The downside of my work is not having enough time in the day. In teaching you can never really say you’re done, so it always feels like you are racing against the clock. You always feel like there is so much more to do.

What is the coolest thing about teaching?

The coolest thing about teaching is your students. I feel truly blessed to have met and worked with so many amazing young people over the years. Your students make you feel energized and alive. It is really cool to love coming to work everyday!

What would you say to a student who wanted to shape his/her career as a teacher?

I would say make sure you do

something that you love, because you are going to spend most of your life doing it. I would say that if teaching is your passion it is an amazing career where you will never be bored and it gives you the opportunity to feel that you are making a difference everyday.

Describe yourself in 5 words.

Kind, Inquisitive, Warm, Studious, Goofy

How would you finish this sentence? Being a .... is .....

Being a good and decent human being is so important. Never think that you are better than anyone else and allow kindness and humility to dictate how you treat others. Don’t take yourself too seriously:-)

What do you want to do before you die?

So many things... There are lots of things I want to do that I don’t even know exist right now. I want to travel and see different places and meet different people, I want to take up photography. Most of all I want to know that I was good to people and took care of those I love.



# Stereotypes STEM from hidden figures

Jhanvi Kharwar

Society places stereotypes on men and women from a young age. Changing the unjust bias is difficult. However, through media and positive feminist roles equality and bias can change. Family and school influence a child throughout their whole life and into adulthood and by creating a more positive and equal environment sexism can be eliminated. In and of itself it is crucial to influence youth, especially young girls, that they are powerful and have equal opportunity to young boys.

Throughout media and positive feminist roles equality and bias can change. This is evident in the impact on society when a female lead positively influences the public through film, series or novels. In media there is very little female representation. Often the role that women receive is something stereo-

typical such as ‘the wife’, ‘the whore’ or just a supportive role to a man in general. The film Wonder Woman clearly demonstrates the change in perception media can do. More young girls saw wonderman as a powerful role model. It broke the stereotype that girls are weak and need a superhero to save them. Wonder Woman shows young girls they can be their own independent hero. Also it shows them that they can break bias and work to be equal to their male counterpart. Another example of the influence media holds on youth is that of the novel/film Hidden Figures. This movie shows women that their history and influence on scientific development is fading. They are not receiving the acknowledgement they deserve. It instills anger towards the injustice. This movie shows women that they can

break the stereotype of being housewives and that they are capable of being intelligent. Women are capable of developing technology and working in STEM careers. Media has the ability to inspire and it should in a positive way. It is time to start placing more females with strong and intelligent roles as this change has the ability to influence generations and better improve society. Also, the upbringing a child experiences through family influences their life and beliefs.

Family and school influence a child throughout their whole life into adulthood and by creating a more positive, equal environment, sexism can diminish. A parent’s or a teacher’s influence is key in shaping a young individual's mind. At home it is important to treat girls equal to their brothers. If a girl is raised in an unequal setting, she will

feel inferior to boys throughout her life. Mothers and fathers should explain feminism to both their sons and daughters. In this way their beliefs can change for the better. Girls will no longer feel that STEM careers are impossible. They are most definitely possible if stereotypes and gender bias is changed. Society creates roles for girls and boys before they are even able to talk. The toy industry itself places roles differently on boys and girls. This is unfair and very disheartening. School settings should be female positive as well. Often people are confused by the definition of a feminist. Feminists strive for equal opportunity. They do not want to be better but rather equal to men.

Teachers have the ability to inspire youth in class and through school programs. Teachers should highly en-

courage girls to join science and math clubs. If a student is inspired they can achieve greatness. Schools should let their female students know that they are smart and capable. It is necessary that youth, especially young girls feel powerful and intelligent through positive influence.

Overall, gender stereotypes influence children’s beliefs and goals as it is necessary that society shows the young equal opportunity and positive roles.

# Let’s stop trying to be hairless

Tannaaz Zaraineh

Removing body hair shouldn’t be controversial. In fact, it’s okay to have it. This is true in relation to gender norms. It is costly and painful, while keeping it holds many benefits. The idea of hair removal should not be looked upon as something vital.

Women shouldn’t worry about body hair because it’s costly. According to a survey done by American Laser Centers back in 2009, the average woman shaves 12 times per month, spending \$15.95 altogether. In her lifetime, this average woman would spend a whopping \$10,000 in related products. ParseHub, a data extracting company, says women are spending 40 per cent more for personal care products. They’ve also concluded that

women pay 6 per cent more for items such as razors, shampoo, soap, deodorant and shaving cream. As an example, they’d give \$47.57 while men would pay \$44.84 for the same shaving product. Sometimes, laser becomes an alternative but it’s too expensive. In Canada, the price range is between \$350 and \$900, and that’s just for one session! What’s awful is our society wants to create a perfect image for women, but the idea is unrealistic, especially if it needs to be achieved in such an unnecessary way. To add on, it causes excruciating pain.

In addition, removing body hair is a painful process. Women go through all sorts of different treatments to attain perfectly smooth skin. Frequent shaving can cause skin irritation and razor burn.

Dull or sharp razors can give scars. Other methods such as laser and waxing can be just as awful, if not more. There’s also the chance of getting ingrown hair, which can be hard to take out. Even worse, hair gets thicker after every shave, so it’ll be even more uncomfortable than the last time. Shaving can often cause tears, and they can become prone to bacteria. This causes redness, irritation and pus in those areas. Catriona Harvey-Jenner, a writer for Cosmopolitan, wrote an article concerning the growing issue of bacteria caused by hair removal. In it she writes about Dana Sedge-wick, a lady who experienced dealing with a flesh-eating infection after she shaved her bikini line; what started as a simple task had turned into an agonizing trip to the hospital to have rotting tissue

removed. She states, “By the time I got to the hospital, my legs were covered in black, rotting flesh. It was touch-and-go as to whether I’d make it.” Moreover, hair removal does not have as many advantages than keeping it.

Since it’s so hurtful, it can be agreed that keeping body hair holds notable benefits. Women are warmer in the winter, and it can regulate body temperature. A lot of money is saved (as mentioned above). Less irritation and fewer burns can be experienced and above all it gives a different understanding of what ‘beauty’ is. The first thing that comes to someone’s mind about body image should not be hair. Student Shruthi Krishna states, “I think beauty can absolutely be attained without touching your body hair. Beauty is so

subjective. What really makes someone beautiful is confidence. If you're confident with your body, regardless of your hair preferences, you're beautiful in your own eyes which is the most important part.” It’s not always bad to look at something from a different perspective.

Ultimately, it should be understood by all that removing body hair does nothing more than creating problems. Girls and women alike should not be frowned on for having something that is entirely natural. Besides, removing body hair is costly and painful while keeping it can be very beneficial. Should anyone be really accountable for something that holds little meaning in the world?



# The AW17 Wardrobe Wish List

A guide to what’s cool, cutting-edge, and important in fashion this season according to St. E’s students  
Paulina Lexanova

Autumn has finally arrived into full swing. The bright, beautiful leaves have fallen, the sun has started to shine in a special way, and the promise of winter is gently reminded by light snowfall on the ground. However, as autumn days roll by to welcome winter, the fashion world excitedly introduces an array of new styles to welcome this year’s autumn/winter season. Seasonal style is a great way to celebrate individuality through the multitude of trends that every label brings. Needless to say, autumn is a prime time for change in weather and the optimal time for change in one’s wardrobe, too. This autumn/winter season, the fashion world has produced some of the most covetable cold-weather additions yet, leaving avid followers of fashion gaping at their huge wish lists. When asked about the best of this season and pieces that top everyone’s AW17 wish list, here is what St. Elizabeth has to say

As I first approach Raphaelle Reyes, a grade nine here at St. Elizabeth, I can see that she is fully embracing the 80s-90s trend that so many teenagers have been picking up on in the past year. Wearing her mother’s vintage polyester coat overtop her uniform with a pair of rounded glasses, Raphaelle looks smartly dressed yet prepared for harsh weather. Out of curiosity, I ask her what has been catching her eye this AW season, and the answer could not have been more fitting. Raphaelle states, “I really want a blanket scarf from Aritzia,”. Statement accessories like blanket scarves do not only keep you warm in the winter- they pair effortlessly with outerwear, like the vintage textured jacket Raphaelle sports. The classic “Aritzia Blanket Scarf” is seen paraded around the halls through fall and taken into the winter by both teachers and students, and this season, has been reintroduced with a variety of different colourways and patterns. This accessory is a great piece for achieving a cosy but outrageously wonderful look!



**Diamond Mosaic Blanket Scarf**  
\$80, Wilfred (aritzia.com)

**Vintage Mom Jeans**  
\$50, Boutique (topshop.com)

Moreover, according to grade eleven student Isabella Stalteri, being able to rock vintage looks is necessary this season, as well as every other season. I interviewed Isabella at school after catching a glimpse of her ability to style unique pieces, and develop creative outfits. Number one on her wish list? A pair of mom jeans! Isabella states, “One thing I really wish to get is a pair of vintage 80s/90s jeans. I find myself so attracted to this article of clothing because I am one who has always loved the fashion of the 80s/90s. I find it so unique and different, yet so nicely put together. I watch the show ‘Friends’ constantly, and one thing I have always loved are the casual dress down looks Rachel could pull off- I think that is what makes me more in love with these looks. I have never been someone to fully fit in with the modern tactics and styles and I enjoy the different look of these jeans. I think vintage clothing brings out my differences in a good way, and I am also in love with denim!”. Isabela Campoli, who is in grade ten, has been lusting after a traditional article of clothing to add to her autumn/winter wardrobe. Isabela states, “I want an oversized sweater for comfort.. I know Forever 21 has a huge selection of cute knit sweaters,”.

Furthermore, grade eleven student Dylan Nguyen has been eyeing a classic leather jacket for fall and winter, and is in love with the Saint Laurent Classic YSL Motorcycle Jacket in Black Leather. Dylan states, “I think it is a classic for fall- but the logo adds even more luxuriousness to the jacket,”. Saint Laurent consistently produces timeless pieces, and this leather jacket is a prime example of the brand’s genius. It is no doubt that YSL does a fantastic job making a classic leather jacket characteristic to the brand’s image, but what happens when a leather jacket is reimaged by a contemporary brand? Grade twelve St. E’s student Christian Schepis has the answer to that- as the All Saints Sanderson Leather Bomber Jacket in Black combines the classic leather jacket with the trendy bomber silhouette, and is thus at the top of his wish list. Christian also loves the Saint Laurent Men’s Chelsea Boots, which goes to show that Saint Laurent is truly for everyone to appreciate this season. Christian states, “I would wear the Chelsea Boots with my basic black distressed skinny jeans from Topman, and the All Saints jacket,”.

In and of it self, with all the cold-weather additions that have been dominating the market, it’s no surprise that huge scarves, vintage clothing, warm knit sweaters, leather jackets, and stylish boots similarly grab the interest of high school students. Seasonal fashion is a wonderful way to express individuality and create your own image, and luckily, with the amount of new additions every season, it is not difficult to find inspiration or build your wardrobe into exactly what you want it to be.



**Knit Sweater**  
\$48, Forever 21 (forever21.com)



**Leather Motorcycle Jacket**  
\$7,859, Saint Laurent (ysl.com)



**Leather Bomber Jacket**  
\$639, All Saints (allsaints.com)



**Chelsea Boots**  
\$1,389, Saint Laurent (ysl.com)



# Traveling storyteller



Cristina Valenzano

Traveling leaves you speechless, then turns you into a storyteller. I’ve always had a thirst for travel and marvelled at the idea of adventure. This summer I visited one of the oldest and culture-rich countries in the world. I spent my summer days in Italy getting lost in the gorgeous cobblestone streets of Venice and Florence; each city so drastically different than the last, and yet equally breathtaking with every step. Every little red dot on the map has so much to offer and when you leave, you carry a little piece of that place with you wherever you travel to next. I’ve documented every step of my journey, as a reminder that “not all who wander are lost”.

If I were to describe Venice in one word it would be other-worldly. It’s an ancient city built on top of water; truly unlike anything I have ever experienced before. It is entirely charming and will have you completely falling in love after your first hour there. Every road, side street and via, is replaced by water. In place of the taxis, cars and buses that we are used to, they have gondolas,

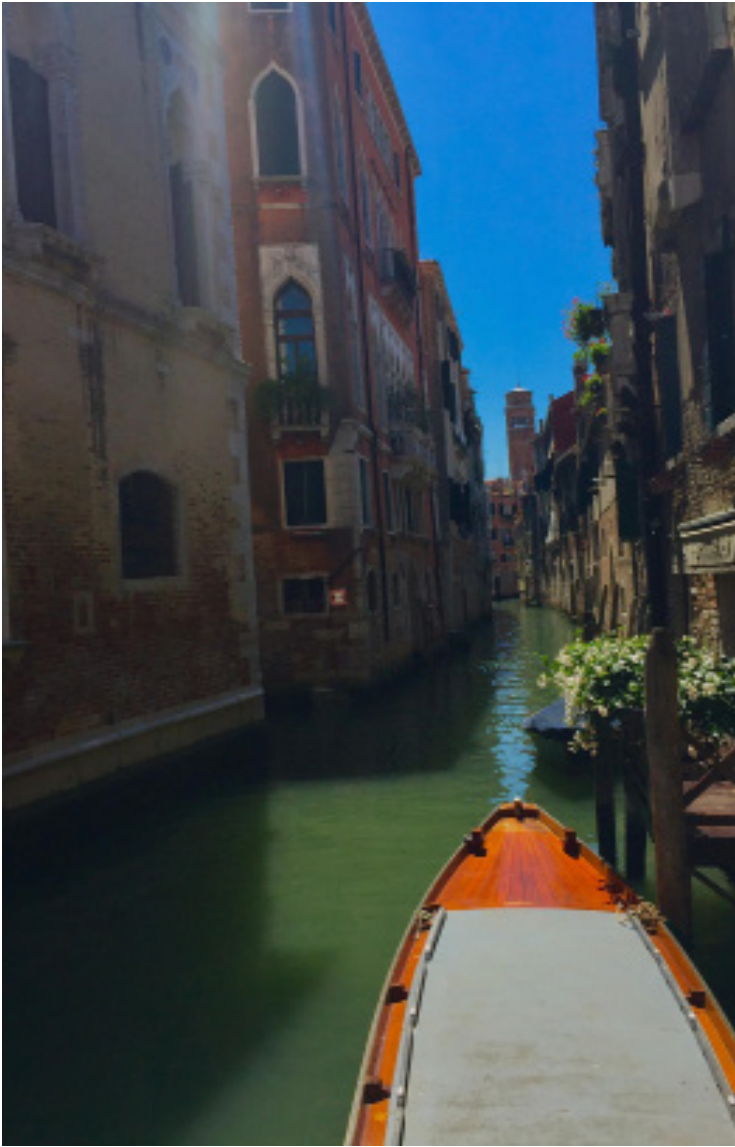
water taxis, and tiny cargo boats. There is traffic in the waterways just as routinely as rush hour in downtown Toronto. These concepts that are so foreign to us tourists, are something so commonplace and rooted in the Venice culture.

The atmosphere in Venice was very busy and stress-free all at once. The air was warm and salty from the water, there was a constant lingering of cigarette smoke above your head, and being so close to the water always provided a gentle breeze. The cobblestone streets were packed with tourists everywhere you went. Walking through the streets in Venice reminded me of walking through a huge maze. It’s an intricate system of tall brick buildings tightly packed together, narrow little alleys squished in between them, quaint piazzas and more bridges than I’ve ever seen in my life. Every tiny back street resembling the last and just when you thought you would hit a dead end it would open up into a big beautiful piazza, crowded with tourists. Every ancient house that lined the square, now housed cafes, gelatorias, boutiques and restaurants.

The energy is much more

laid back at night-time. You can stroll through the piazzas, grab a gelato, admire the old churches and street performers, and watch the sunset off the Rialto Bridge disappearing into the water in the distance. Once it’s dark, and you’ve eaten too many carbs and gelatos for the day, you can relax on some steps, listen to the quiet movement of the water and the gondolier’s singing, slowly fading away as they row by. As you stand in the streets of this timeless city, taking in the crowds and gorgeous architecture around you, it looks untouched from hundreds of years ago. All the bricks and cobblestones, pillars and bridges, green shutters, strings of laundry and balconies with flowerpots, you can’t help but think of all the people here before you, all the history that has happened exactly where you are standing. It’s a magical feeling. Although navigating these streets was tricky and the majority of the time we never truly knew where we were; getting lost in this surreal place was the beauty of the experience. To do that everyday felt like a dream.

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One scenic train ride into the countryside of Tuscany and a few chapters into my book later, we arrived in Florence, the birthplace of the Renaissance. As an artist, I found Florence to be the most fascinating place of the trip. In 15th century Florence, there was an explosion of artistic works. It was a hub for all the most famous artists, architects, and inventors, thriving with talent and culture that still remains present today. Although the cobblestone streets may have looked the same as Venice’s, the two cities are so distinctly different. Florence’s busy city streets, full of Cinquecentos and Vespa’s politely honking at the crowds, conveyed more of a sense of present day, in comparison to the everlasting streets of Venice. The parking lots and road signs looked out of place next to the timeworn buildings with their dated architecture. Still the streets were full of tourists, and dotted with tiny café patios where the Italians would stop to have their afternoon espressos and biscotti.

We took a stroll through the city one late afternoon, taking in the picturesque streets with all its tall stone buildings, arched doorways and Vespa’s lined up on every corner. Then we spotted it in the distance, The Duomo, Florence’s cathedral. A line of people was wrapped around the massive structure, we followed the crowd in until we reached a clearing. It was a colossal building; you had to stand far away just to get a good look. Made of marble, and carved with a million tiny intricate details of white, pink and green, it truly

was grander and prettier than anything I’d ever seen in my life. Standing in the presence of such an immense and monumental building was breathtaking and also made me feel quite tiny.

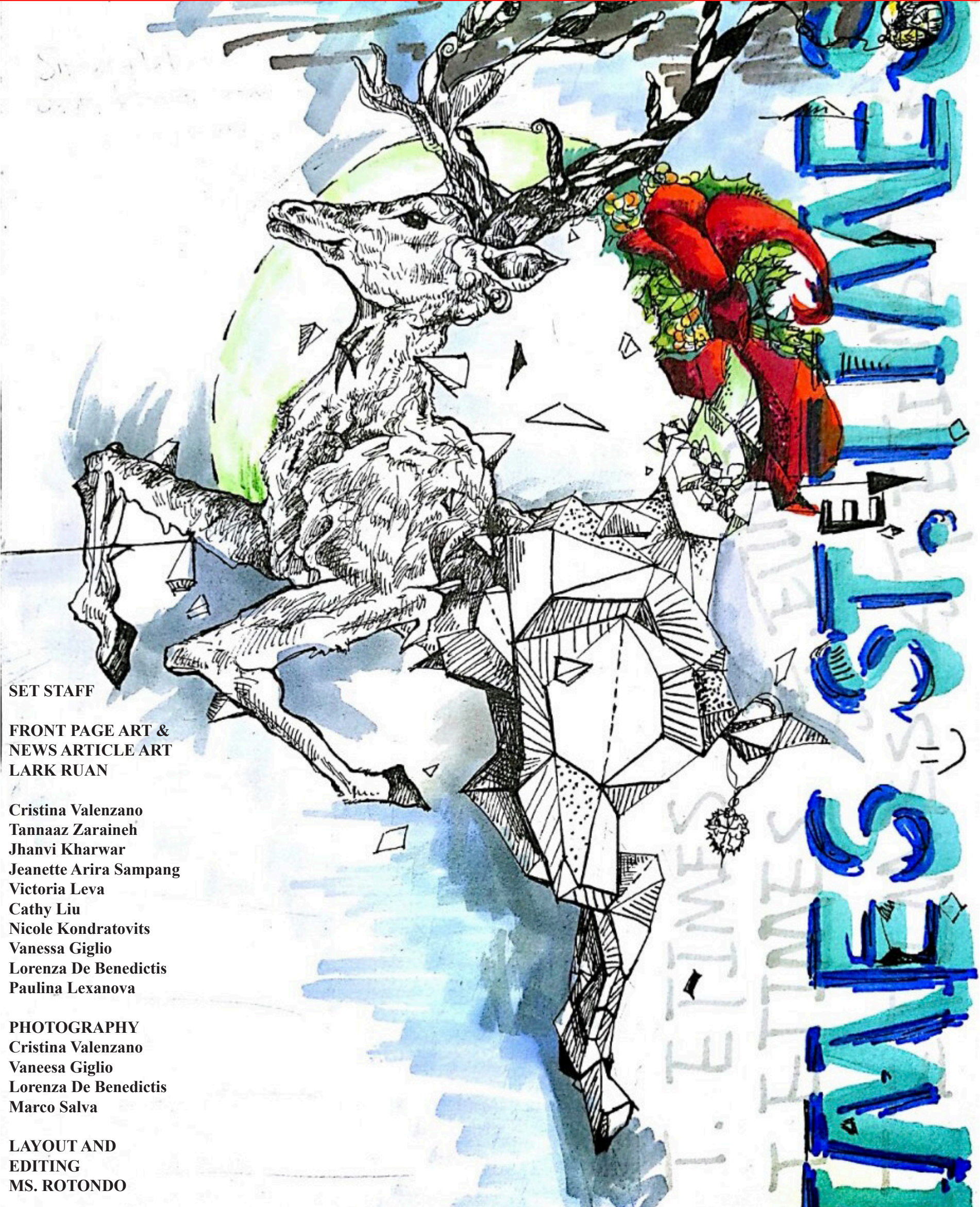
The following day we climbed the winding and slightly claustrophobic staircase to the top of the Duomo, a total of four hundred and sixty three steps, however the view at the top was completely worth the climb. All of Florence was spread out below you like a complex copper maze, a million houses and towers and castles but none as tall as the Duomo. There were lush green rolling hills as far as the eye could see and the sky a pale shade of blue. It felt surreal to be standing above such a remarkable city, watching it unfold beneath you and feel the wind through your hair; it was truly a freeing feeling. On our last day we drove through the countryside of Tuscany and walked the beautiful and ageless streets of Siena and San Gimignano. It was nice to get away from the busy city and crowds of tourists to enjoy a quiet day getting an authentic feel for these charming towns. I’ve never been more at peace than when we drove through the Tuscan vineyards at sunset, cruising down the old dirt roads and watching the golden light like a veil on the rows and rows of green. The lush fields pouring over one another as the sun set in the distance and Italian tunes sang through the radio, I wish I could stay in that moment forever, it was pure serenity.

Florence in and of itself was a piece of art. There’s beauty everywhere; you see art in the streets, on the

buildings, in the churches, the piazzas, the museums, the marketplace, even the huge gelatos were a work of art! Getting to experience the culture and antiquity in Florence was unreal. Whether it was simply eating the finest slice of pizza under the stars, while being serenaded by an accordion player, or admiring the stunning work of Michelangelo, Donatello and Leonardo Da Vinci in museums, or almost getting run over by a Vespa, I completely fell head over heels for this enchanting city.

Visiting Italy this summer truly was a life changing experience. I ate unreasonably big plates of pasta daily and by the end of three weeks couldn’t look at another slice of pizza; fortunately the 17,000 steps we walked everyday compensated for all the food we ate. This trip was definitely a gift to the senses: roaming the ballrooms of century old palaces, stargazing on a rooftop in Florence, standing in front of Michelangelo’s immense “David”, waking up to the sound of gondoliers singing outside my window and the smell of freshly baked brioche from the local bakery. Most importantly, I learned to never take a second of it for granted; to relish in every opportunity life throws at you, and get out and see the world because there is so much beauty to be marvelled at.





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