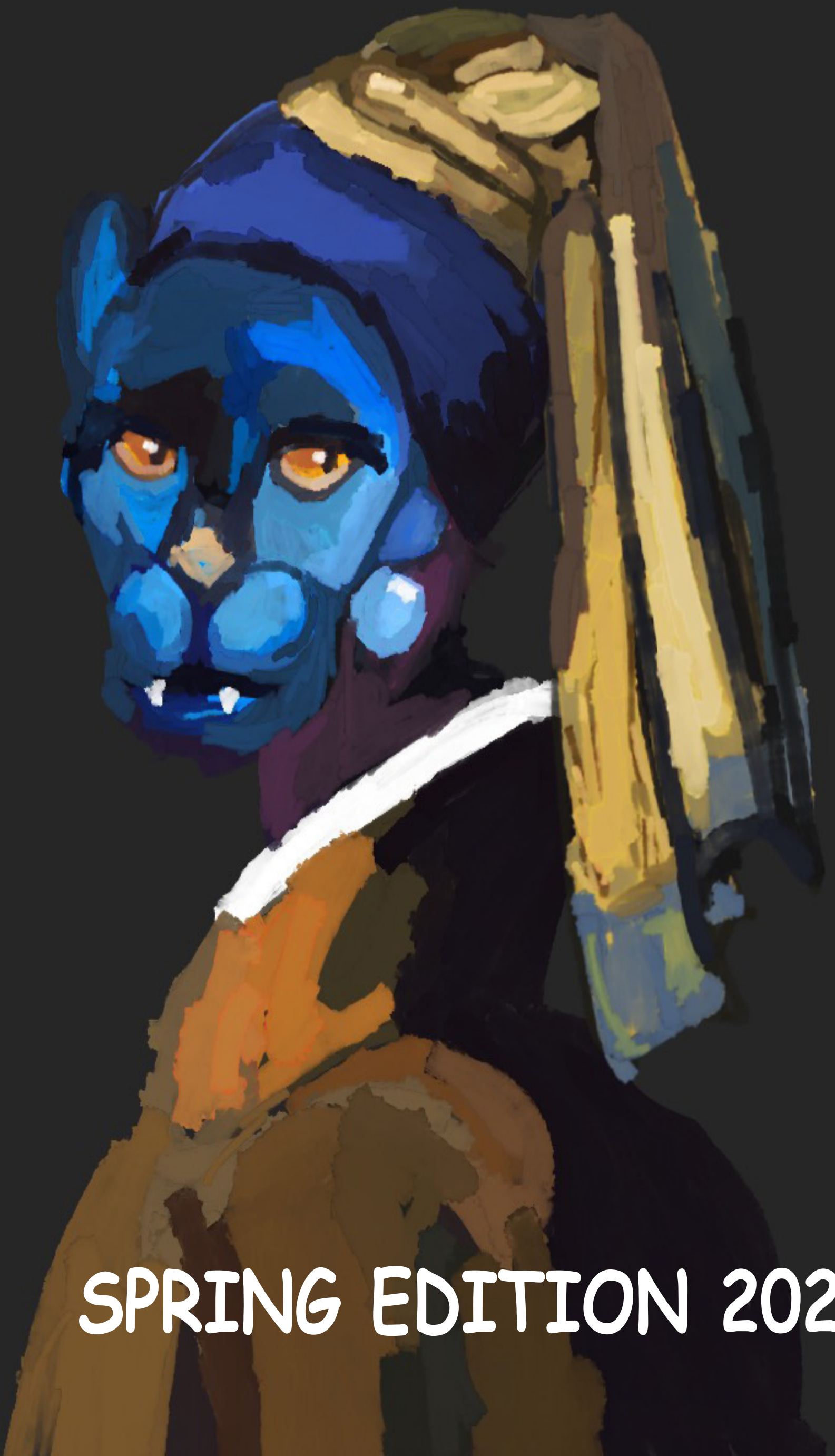


STELLINZABETH TIMES



SPRING EDITION 2023

*Mic*



Nico Cariati

From Monday, June 5 to Friday, June 9, St. Elizabeth celebrated this year's Spirit Week hosted by Student Council! Spirit Week is an event filled with fun activities meant to boost school spirit and make memories with friends and peers at school.

The week started off with a bang with a watermelon eating contest in the courtyard! During each lunch, students gathered in the middle of the courtyard to watch and participate in this messy, chaotic, and fun contest. Chalk was also provided so students could draw pictures, write messages, or just doodle all over the sidewalk. By the end of lunch, the courtyard was filled with wonderful artwork and, of course, watermelons.

Tuesday was Decades Day! Each grade was assigned a different grade to dress up as with grade nine being the 70's, grade ten being the 80's, grade eleven being the 90's, and grade twelve being the 2000's. This event was also a grade wars event so each grade had their own Instagram account to post students in their grade wearing their snazzy decades outfits and the grade with the most posts by the end of the day would win. The grade elevens won with an astounding 113 posts!! To add even more spirit to the day, there was karaoke in the caf during all three lunches where students came together to sing and groove to their favourite songs.

BINGO! Wednesday was a blast! As students entered the caf, they were given cards to participate in Bingo during lunch. Tension rose and emotions flared as students and teachers got immersed into the game. Prizes were given to the winners and one round even ended in a nail-biting Rock Paper Scissors tiebreaker!

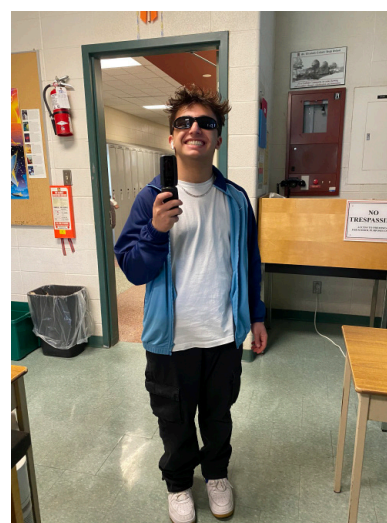
Thursday was St. Elizabeth's first annual student-run market fair! Twelve wonderful student entrepreneurs set up their tables outside the cafeteria and sold products with everything ranging from sculptures, to plushies, jewellery, baked goods, notebooks, and more! The market was a massive success as crowds gathered around these businesses to show their support and purchase their amazing products. Be on the lookout for the market happening next year as well! :)

Lastly, to end off the week, food trucks came to the courtyard on Friday. There was an ice cream truck, lemonade truck, and a funnel cake truck. Students relaxed, refreshed, and hung out with their friends enjoying the sweet treats from the food trucks!

On behalf of Student Council, we hope you had an amazing Spirit Week 2023!!



**WATERMELON  
EATING  
CONTEST  
&  
CHALK  
DRAWING**



**DECADES  
DAY  
&  
KARAOKE**



**PHOTOS  
NICO CARIATI**



# SPIRIT WEEK 2023



## MARKETING FAIR



## FOOD TRUCKS

PHOTOS NICO CARIATI



# SPIRIT WEEK 2023

NEWS

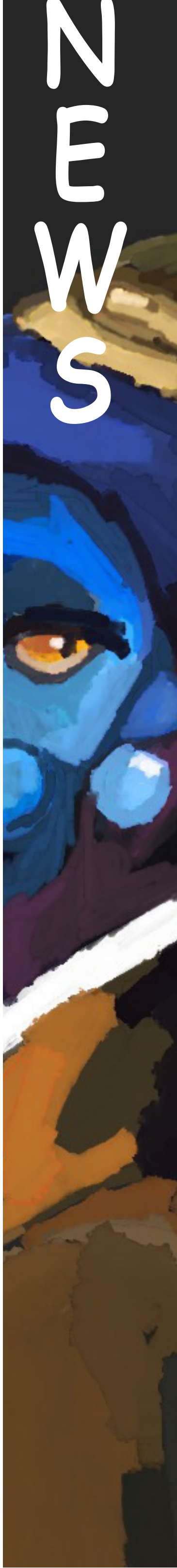


# NEWS PRIDE WEEK



PHOTOS JEMILLE CHU MORRISON





# Indicative of World Change

Sofia Franco

On Thursday May 25, 2023, several students attended the annual Model United Nations conference which occurred at the YCDSB board office. Model United Nations ensued for the first time in person since 2019, as last year it prevailed virtually. The entire conference duplicated an authentic United Nations conference. In a similar manner to official United Nations conferences, each student was assigned a coun-

try which they represented throughout the entire affair. Students were then divided into five different committees. Within these committees, students participated in a series of meetings, votes, and discussions that chronicled several paramount issues amongst society. Some of these issues list: "mental health amidst digitalization", "child health care", and "sustainability and investments in renewable energy". Participating within the World Health Organization committee (WHO) allowed

me to acquire a thorough understanding of the conference's procedures and goals. Students who belonged to the World Health Organization committee worked both individually and collectively to compose action plans for the future, collectively sharing the goal to compose improvements for the world. Students who represented developed countries constructed action plans to aid developing countries. Within their plans students budgeted funds possessed by their respective county

to create real action plans that could one day initiate change in developing countries amongst the real world. Students who embodied developing countries thoroughly researched conflicts endured by their countries. Several of these conflicts chronicled disease epidemics, malnutrition, medication shortages, and vaccination shortages. The students who personified suffering countries pitched their needs to developed countries. Students then simultaneously worked to construct action plans with a shared

goal of aiding these paramount issues. Students spent hours illustrating myriad templates for success, until finally developing and deciding to pursue two heavily edited action plans. The Model United Nations conference was an event indicative of world change, as students cohesively worked to revise issues prevalent amongst society.



# Think What? Thinkfast



Matteo Santaluce

St. Elizabeth students enjoyed a night of physical activity and fun while supporting a good cause by participating in Thinkfast 2023. The annual event, which runs every year in May, supports the students of St. Gaspar's Primary School in Tanzania. St. Elizabeth has supported these students since elementary school, and continues to fund their post-secondary education as they study to become

doctors, engineers, and translators, among other pursuits. This year's Thinkfast, which was organized by the Global Culture Club (GCC) and led by English teachers Mr. and Ms. Chu Morrison, took place on May 4 from the end of the school day until 9 pm. A minimum donation of \$45 was required to enter, with all proceeds going toward the university education of St. Gaspar's students. The evening began with a walk around the school track. Each participant completed ten laps to simulate the distance people in Tanzania

need to walk to fetch water from a river; these laps were tracked on a passport bearing the faces of the students Thinkfast supports. After a break for dinner, participants returned to the school chapel, where they learned about the issues facing Tanzanian students from Ms. Chu Morrison and even got to hear from some of the students themselves. Following the presentation, participants split up into groups and rotated through five stations, each focused on a specific UN Sustainable Development

Goal: No Poverty, Good Health and Well-Being, Quality Education, Climate Action, and Gender Equity. After a brief presentation on each development goal, students participated in fun activities such as drawing, musical chairs, and surveys that gave practical examples of each goal. Approximately 72 students attended the event, and \$4250 was raised to support the Tanzanian students. That number makes GCC member and Thinkfast station leader Ayshane Aviles proud. "The fact that I could make a difference

somewhere else in the world inspired me to participate in Thinkfast this year. Since we are so privileged to live in Canada, we need to do our part to help those that need it," she said. Fellow Thinkfast leader Vienna Aguda agrees. She finds it "inspiring to do Thinkfast with friends that all share the same beliefs as you and support the same cause." Global Culture Club looks forward to hosting more Thinkfast events in the years to come to continue supporting the students of St. Gaspar's. Think what? Thinkfast!





# Man-up: What it means to be a real man

Alyssa Cianfarani & Victoria Cho

On April 21, 2023, Aubrey Noronha delivered a powerful message to a group of Grade 9 boys about what it means to be a real "man." Noronha emphasized that being a leader and a role model is not about power or dominance, but rather about compassion, empathy, and respect. He highlighted the importance of being accountable for one's actions and owning up to mistakes, as well as the significance of being a positive influence on those around you. Noronha's speech was a reminder that the boys in the audience are the future leaders of our world and that they have a responsibility to lead with integrity and empathy.

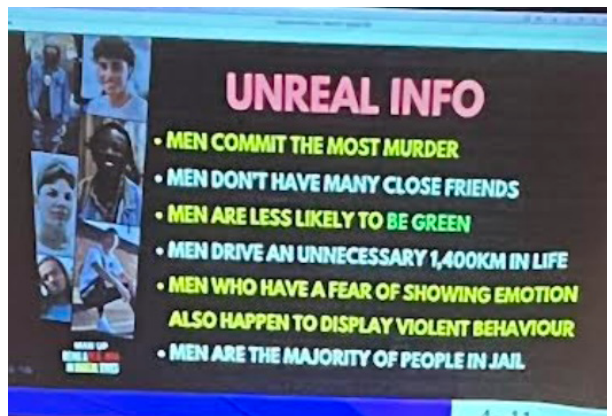
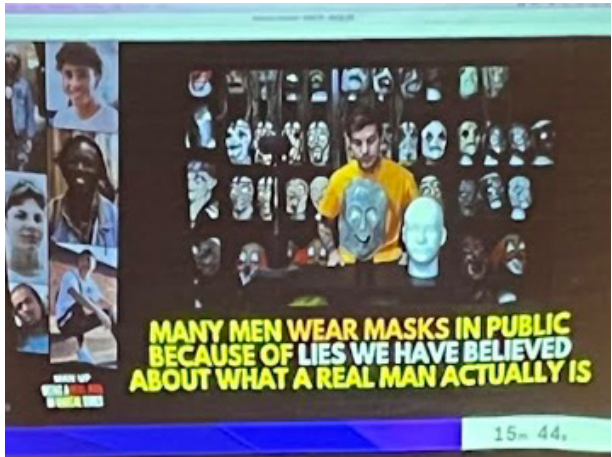
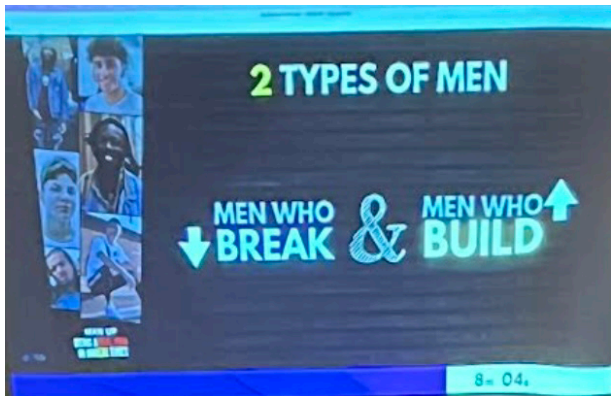
Noronha's visit was a valuable opportunity for these young boys to hear from a role model who embodies the qualities of a true leader, and it will undoubtedly have a lasting impact on their lives and the lives of those around them. Noronha's speech was a powerful reminder that being a leader and a real "man" means taking action to help others, even when it requires sacrifice. He shared stories of young people like William Kamkwamba, who built a windmill to bring electricity to his village in Kenya to show the acts of generosity we should be showing towards one another. Noronha also highlighted the bravery of soldiers like Private First Class Ross A. McGinnis, who jumped on a grenade to save his comrades, and the resourcefulness of individuals like a man who saved people from a hurricane by using a mattress as a makeshift raft. Noronha spoke of a recent incident where a girl's life was saved by a friend who recognized the warning signs and immediately got law enforcement involved to do a well-

ness check. These stories served as powerful examples of the courage, compassion, and selflessness that are at the core of being a "real man".

As two girls going to watch this presentation, we were really happy to know that our school community is trying to encourage young boys to learn how to properly act and treat others. The messages taught during this presentation strongly resonated with our own personal beliefs and values. We were very happy to see the emphasis of teaching boys how important it is to be authentic and show integrity, rather than feeling the need to fit into the pressures of society to appear "cool", even at the expense of hurting others.

Throughout the presentation the speaker emphasized the importance of recognizing and valuing emotions not only within oneself but also with others around them. The talk of having open communication, fostering healthy relationships, and resolving issues peacefully, installed a sense of rewarded hope for our future generation. We also thought that highlighting the points around typical stereotypes around masculinity was crucial for these young boys to hear. Encouraging these boys to embrace their vulnerability and express their emotions authentically and teaching them that it's not a sign of weakness, but rather a strength and a great quality that should be shown through each of us.

Leaving the presentation we felt immense gratitude to be a part of a community that recognized the importance of educating and empowering young boys to become compassionate and considerate individuals.



## TO ALL THE WOMEN

Alexia Morejon Bonifaz

On March 8, 2023, St. Elizabeth celebrated International Women's Day. Students from our school arrived early at 7:15 to distribute corsages to all the female staff at St. Elizabeth. The students greeted the female staff with happy smiles and gave thanks for their hard work, putting a smile on everyone's face as they received their mimosa corsage and heartfelt message.

On International Women's Day, we honour and recognize women for their contributions to society and hard work. The FSL and IL department would like to give

thanks to Mrs. Fasano and the vice-principals for supporting this event, along with Cassidy Graham, Sabrina Clivio, Samantha Clivio, Alyssa Malfara, Sofia Maietta, Natalie Mallia, Constantina Vlitaz, Alexia Morejon Bonifaz, Valentina Salazar Correa, and Elizabeth Guenkin for coming in early in order to give out the corsages. Your dedication and help is greatly appreciated. We would also like to thank and give appreciation to all the women of the St. Elizabeth community for everything you do. May God bless you and be with you always.





# The Evolution of Bboyizm French Presentation

Michelle Guinci

On Tuesday, December 6, 2022, the Grade 9 and 10 French classes took part in a virtual French-Dance Presentation entitled "The Evolution of Bboyizm". This serious art form was a history lesson about hip hop culture disguised as entertainment that makes it one of the most unique dances in the world as well as an integral component of contemporary Black history. The virtual presentation took place in the French classes. Students watched a bilingual video on demand where they learned the powerful acrobatic aspects of B-boying and B-girling and then met the artist of the show, Yvon Soglo, in a live talk back session where the artist shared his experiences of this dance form and the story behind it, as well as took student questions. This experience truly helped to improve students' oral communication, deepen cultural understanding, encourage critical thinking, awaken creativity and make students more aware that this art form is an important component of contemporary Black history.



## Carnival, Crêpes, & Charisma!

Michelle Guinci

On Thursday, February 16th, Friday, February 17th and Tuesday, February 21st, students from the International Languages Council came together to celebrate "Carnaval Internationale" with their peers! It was indeed an exciting event! We kicked off our Carnival week by celebrating carnivals and festivals of South America. Students had the unique opportunity to sip on a sample of a tasty Ecuadorian drink called Colada Morada while listening to fun Spanish music to get us in the carnival spirit. The following day, the carnivals of Africa were celebrated with a decorative mask-making activity and a fun international carnival kahoot with prizes during all three lunches!

Finally, we ended our carnival festivities by celebrating carnivals and festivals of Europe on Mardi Gras, the last day before Lent. Staff and students were delighted to indulge in warm delicious ice cream crepes with amazing toppings. Bonhomme carnival himself was there of course, to savor the delicious crepes himself!



NEWS



# NEWS

## Environmentally Friendly Salt



**York Region Science and Technology Fair**

Arista Pimentel

On April 1st, 2023, grade 11 students Kaitlyn Hsieh and Stephanie Koth entered the York Region Science and Technology Fair with their project titled "Rock-Solid Solution: Environmentally Safe Road De-Icing Using Thermal Properties of Rocks". Their rationale was the following: Cities have been using salt to melt ice on roads for years, which has caused significant harm to the environment and ecosystems around them. We discovered a salt substitute that offers the same advantages as salt while still being environmentally friendly. In order to determine the thermal characteristics and environmental effects, we investigated four different types of rocks: granite, dolomite, limestone, and soapstone. Because salt is killing animals, polluting our water supplies, and making soil infertile, it is imperative that we cease using it. The fair included students from the YCDSB and YRDSB and took place at York University. All the entries, including the winners, can be found here: <https://projectboard.world/ysc/region/york>

## Toronto Universities' French Contest

Michelle Guinci



On April 20th, Grade 11 French students Elizabeth Guenkin and Emily Sviekata and Grade 12 students Ava Deluca Mele, Cassidy Graham and Isabella Bruno participated in the Toronto

Universities' French Contest at U of T. The students spent the morning completing a variety of tests and in the afternoon they took a break and enjoyed a delicious lunch and a campus tour.

We would like to congratulate Elizabeth Guenkin on placing SECOND and Emily Sviekata on placing THIRD in the Grade 11 Core French category. In addition, congratulations to Cassidy Graham on placing FIRST in the Grade 12 Core French category at the contest. This is an amazing accomplishment!!

Cassidy will be presented a certificate and engraved trophy commemorating her achievement and she will also be receiving a prize.

We are extremely proud of Cassidy and of all the students who participated in this year's Toronto Universities' French contest.

On behalf of all the language teachers we wish them best of luck in pursuing their French language studies!



# ARTICULATE

## Articulate: Pigments & Pixels



Tina Hoang

On the evening of May 3, students presented their artwork at their artshow titled, "Articulate: Pigments & Pixels". Families, friends and alumni payed a visit to the school theatre to view the spectacular art displays that were set up all around the theatre and lobby.

From acrylic paintings to character designs, the show featured a wide range of different artworks created by both RAP and comphrehensive art students. Walking into the lobby, guests were introduced to milk cartons designed by grade 11 Digital Media students. Beautifully detailed paper lanterns crafted by the grade 12's hung from the ceiling, lighting up the room. Handmade by the grade 11 Visual Art students, one of the show's biggest highlights were the paper mache sculptures displayed in the theatre. The dragon, capybara and pufferfish sculptures were some of our favourites among other creative works. Although the digital art received less recognition than the visual art, they certainly did not go unnoticed. Collections of digital artwork from all grades were displayed in slideshows on computer screens. Printed magazine covers hung up on the hallway wall were digitally designed by the gr.11 Digital Media students.

However, the visual and digital art students weren't the only stars of the show. The band Room 106 was invited to provide music for the night. The three piece band is made up of the school's very own RAP Instrumental students Justin Pascucci, Isabella Shahin and Darcy Wigston. Together, they performed a combination of rock and jazz music, known as rock fusion jazz. The trio created an upbeat and abstract atmosphere at the show through their electrifying musical performance.

During the show, Mr. Chetty, Ms. Czereyska, Ms. Estabillo, Mr. Barbieri and Ms. Sorbera turned everyone's attention to the award recipients. The ceremony began with the singing of O Canada, land acknowledgement and prayer. A select amount of students from each grade received recognition for the hard work and creativity that they put into their art during this school year. Guests watched and cheered on as each student was presented with their award. The arts department also took the time to pay tribute to Ms. Czereyska, who will be leaving for retirement at the end of the year. The teachers thanked her for her many years of hard work and dedication at this school. Throughout her time here at St. Elizabeth CHS, she has been a great inspiration to many.

This year's art show was one of many school events that recognized the skill and talent of the students. The show would not have been a success if it were not for the countless months, days and hours dedicated to creating art. Each design, photograph, drawing, painting and sculpture just proves how incredibly blessed St. E's is to have so many talented and creative students.



PHOTOS TINA HOANG



# ART CULTURE



**PHOTOS STEPHANY SHEYKO**





# ARTICULATE



MAX O'HEARN  
& TINA HOANG



KIERA HARRIGAN



MORGAN LUFT

PHOTOS BY  
STEPHANY  
SHEYKO



# CIVILIS



# DAY

PHOTOS BY  
DEAN  
ANIELLO





**Interview**  
**May 13, 2023**  
**By Brayden Murray**

**What was your experience growing up and participating in the arts? Are there groups, clubs, or programs that you were involved in that guided you to achieving your success?**

St. Elizabeth was certainly the most art-orientated training I had up to being in high school. I had participated in community theatre productions like The Sound of Music and Oliver! as well as some musical theatre competitions, but entering St. Ez was a totally different ball game. Being surrounded by such talented young artists who were excelling in their disciplines was such an inspiration for me. I was taking the Regional Arts bus in from Aurora every morning, getting picked up at 6:55am, and stayed after school for councils and rehearsals, then was on two Viva buses home. Looking back, it was being around the energy and observing the talents of my peers that made this schedule so incredibly worth it. It certainly was consuming but set the foundation for my work and support system in the arts. To this day, learning from those around you, sharing your appreciation for your peers' talents, applying feedback from your instructors, and being dedicated to leveling up your potential is key!

**How did your time at St. Elizabeth shape you as a person as well as an artist? Do you have any significant memories during your time here?**

I remember in Grade 9, our Student Council President saying you will remember what you get involved with extracurriculars more than your classes, so get involved. I can't emphasize this enough. Whether you're into the arts or sports or leadership or math or don't even know yet, try something new and get involved! Running for Grade 9 representative on Student Council really was the catalyst for my high school trajectory. Putting myself out there in a completely new community where I knew nobody in my grade then being given the chance to represent the freshmen's voice with the older students was a huge confidence booster. I learned so much in Grade 9 from observation particularly with how students were able to collaborate with the teachers. When talking to my friends at home, who attended other high schools, about how my teachers were always staying after school to help plan events, rehearse, coach, coordinate, travel etc. it seemed so foreign to them. Their investment has been the backbone for my dedication to stay in this field and attempt to make my community proud. From Student Council to Choir to the Musicals, Sears Drama and so much more, the student-teacher relationships continue to be some of the most cherished connections of my life.

**Can you explain the initial interest and audition process that led you to playing the lead in The Musical Rock of Ages? What was your reaction to finding out that you achieved the leading role?**

Right before the pandemic I had spent a year in Queen's We Will Rock Musical. I had a wild experience singing Freddie Mercury's music in 80 cities across North America right before the pandemic hit, so I was eager to get back on stage! With this musical compiling 80s rock anthems into a plot, I knew if I had the opportunity to play Drew, it would be a fun next role to dive into. It's been a dream to perform in the city that inspired me and be supported by my community. I certainly think about myself onstage at St. Ez often and pinch myself on the daily.

**How was the music an integral part of the show? How did it help to continue the story line and guide you in portraying your character?**

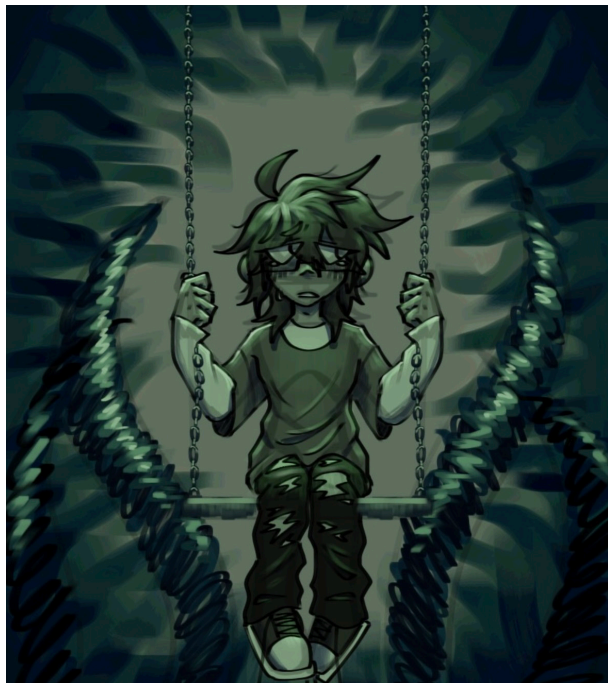
The fun thing about this character is he is a want-to-be rockstar who really is only able to articulate his personality when he sings. During the scenes, I play Drew more reserved tongue tied so when he gets to unleash his vocals, the contrast of his dreams can shine.

**Do you have any tips or advice for the St. Elizabeth students who are hoping to pursue the arts beyond high school? What do you recommend to students in order to maintain their spirits while beginning a career in the arts?**  
Get involved at school! Stay humble and kind. Master your skills, then keep learning new skills. Listen. Be open. Be resilient. Be yourself.

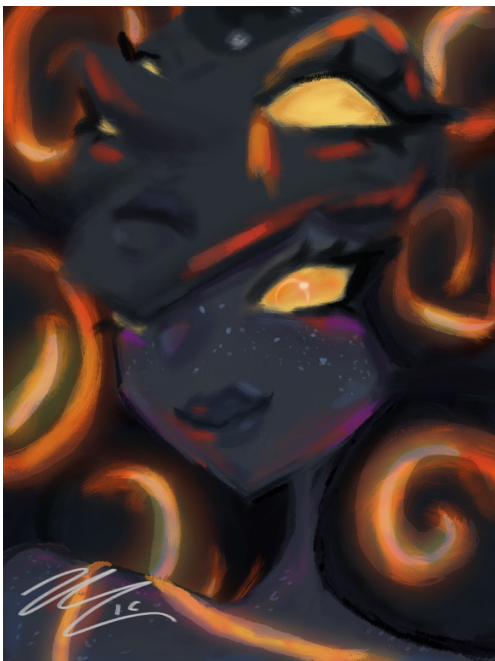




# FUTURE ARTISTS



REJI DABGA

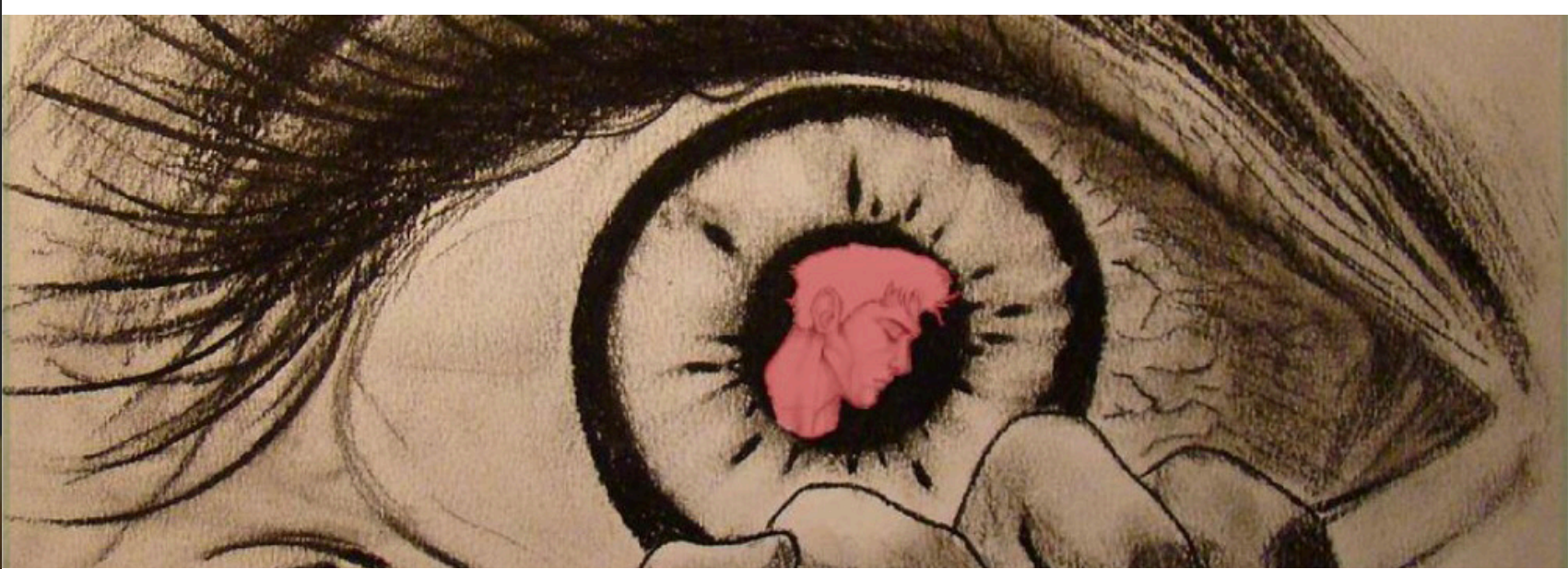


MIC  
DE  
MATAS





YOU GOT TO READ IT



I was obsessed. I was obsessed with his laugh, with his skill, with his stories, with his hands, with his confidence, with his gentleness, with a new and intense need to please him. I needed to be what made him smile, breathe, wake up in the mornings, (Hoover 73).

# Verity by Colleen Hoover

Ariana Didiano

Obsession with a romantic partner results in a debilitating addiction to please the partner and leads to jealousy. This is true of the visual and the quote representing obsession in *Verity* by Colleen Hoover. The quote representing obsession shows that obsession with a person results in an addiction to please that person that reduces one’s ability to function independently. Verity states, “I. Was. Taken. By. Him. Addicted to him. I’m not sure it was healthy--how codependent I was. Still am, really. I fed off Jeremy in order to keep my soul alive. Sometimes I felt if I didn’t have him, I couldn’t function,” (Hoover, 83). Verity is obsessed with her husband Jeremy which causes her to become addicted to him. Her addiction to Jeremy causes her to become codependent and prohibits her ability to function without him. Verity’s addiction also causes her happiness to be completely reliant on Jeremy. While Jeremy is away on work business trips for long periods of time, Verity becomes depressed and all she can think about is Jeremy because she needs him in order to feel alive. Without him, she is not able to function independently or focus on herself because she is too obsessed with thinking of ways to please Jeremy. She is addicted to pleasing Jeremy and hopes that he will become just as obsessed with her as she is with him because she needs to be wanted by him in order to feel like her life has purpose. Although Verity is aware of her obsession with Jeremy, she can not make any changes because of how codependent and reliant she already is on Jeremy due to her addiction to him. Moreover, the visual represents obsession turning into jealousy. The image of the man in the eye represents obsession because it shows that the person being obsessed over becomes the only person in the obsessor’s sight. The hand reaching out from the eye represents obsession turning into jealousy because the reaching hand symbolizes the desire and need to be the only one to possess the person being obsessed over. The details in the eye, such as the veins and how wide the eye is open represents the fear of losing possession over the desired person, which is a result of jealousy. The colour red represents resentment and anger, which are emotions that are provoked by jealousy. Verity states, “I had already feared becoming the mother of one baby. Being forced to love the one thing Jeremy loved more than me. But when I found out there were two, and that they were girls, I was suddenly not okay with being the third most important thing in Jeremy’s life,” (Hoover 107). Verity’s obsession over Jeremy leads to jealousy. When Verity and Jeremy discover they are having twin girls, Jeremy becomes very excited to welcome his first born children into the world. However, Verity is not excited, and instead feels jealousy towards her own unborn children. Her obsession with Jeremy leads to feelings of jealousy towards her own children because she can not accept the fact that Jeremy may love them more than her. She fears becoming the third most important person in Jeremy’s life which causes her to feel resentment and anger towards her own children due to her jealousy. When Jeremy kisses or rubs her pregnant tummy, Verity becomes angry because she is jealous that Jeremy is giving the babies affection instead of her. The jealousy caused by her obsession with Jeremy causes Verity to dread giving birth to her twin daughters because she fears she will lose Jeremy to them. In and of itself, obsession leads to jealousy that causes fear and an addiction that renders one unable to function independently.

# Wish You Were Here by Jodi Picoult



**It is not the most intellectual of the species that survives; it is not the strongest that survives; but the species that survives is the one that is able to best adapt to adjust to the changing environment in which it finds itself, (Picoult 1).**

Nico Cariatì

In order to survive, it is essential that humans adapt. This is true of the visual and the quote representing adaptation in *Wish You Were Here* by Jodi Picoult. The quote shows that humans must have the ability to adapt to surroundings if they want to survive. Finn states, “The schools are already shut down here, and bars and restaurants. We’ve got 923 cases in the city alone. Ten deaths. The subway is empty,” (Picoult 44). Finn, a doctor living in New York, is forced to adapt to a virus that causes dramatic changes to the world around him. Finn becomes a doctor because he believes it will be an easy job with good pay, but he needs to adapt when the job becomes increasingly difficult and stressful. The unprecedented changes leave Finn feeling overwhelmed at his work where he needs to take care of sick people and outside of work where he is forced to quarantine in his home. However, Finn knows that if he wants to survive this situation, he needs to adapt and make changes mentally and physically in order to overcome the challenges facing him. Thus, it is essential to adapt to new, unexpected situations if one hopes to survive. Moreover, in the visual, adaptation is represented through the chameleon blending into its environment. The environment around the chameleon is filled with greens and reds. The chameleon is shown blending into its environment by changing from a yellow colour as shown in his lower belly and legs to a green colour as shown on his back and head. Diana states, “It’s not going to be the vacation I expected - tourism (and everything else commercial) is shut down here,” (Picoult 36). When a virus outbreak reaches the Galapagos where Diana is staying, she comes to the realisation that her vacation will not be what she expects. This is the first time that Diana has to overcome something not going precisely according to her plan. Similar to the chameleon in the visual, Diana is forced to adapt to her new environment. A chameleon uses its ability to change colour and pattern to blend into its surroundings. Diana, realising that she is now indefinitely stuck in a foreign country, must adapt to the culture and environment surrounding her. It is essential for both Diana and the chameleon to learn how to adapt so they can survive. In and of itself, without the ability to adapt, humanity would not survive.



YOU GOT TO READ IT



I have been trying to ‘participate’ like Bill said. It’s strange because sometimes, I read a book, and I think I am the people in the book, (Chbosky 28).

Jessica Meffe

Escapism is a defense mechanism used to avoid the burden of life. This is true of the visual and the quote representing escapism in *The Perks of Being a Wallflower* by Stephan Chbosky. The quote, “I have been trying to ‘participate’ like Bill said. It’s strange because sometimes, I read a book, and I think I am the people in the book,” (Chbosky 28), demonstrates that escapism will provide temporary relief from the burden of life when used as a defence mechanism. Through books, Charlie escapes reality and lives vicariously through

characters instead of facing his social anxiety and complex feelings of being sexually abused. Charlie states, “My Aunt Helen was my favourite person in the world,” (Chbosky 5). Charlie uses escapism to avoid negative feelings, replacing memories of sexual abuse with positive ones without resolution. This results in Charlie experiencing frequent panic attacks and often being overwhelmed by his emotions. Instead of understanding and resolving his feelings, he retreats into himself. However, Charlie avoids the truth of his Aunt Helen sexually abusing him and witnessing sexual abuse as a child. Charlie’s detachment

from reality and inability to cope with social interaction is a temporary defence mechanism that prevents him from facing the burdens of life. In reality, by using escapism to avoid social interaction, Charlie is only worsening his social anxiety. In order to overcome his fears he must face them instead of hiding. Therefore, escapism used as a defence mechanism will not help avoid the burdens of life permanently. Moreover, in the visual, escapism is demonstrated by a boy surrounded by lifeless branches that provide no growth or beauty. He distracts himself by reading, looking into a book with lush branches and

beauty. He turns his head to see a better reality with growth and beauty. He uses reading to disassociate from his body and focus only on the book’s appearance compared to his reality. Charlie states, “Sometimes people use thought to not participate in life,” (Chbosky 24). Charlie is detached from reality and has an inability to cope with social interaction. He uses reading as a form of escapism that prevents him from coming to terms with his sexual abuse. In comparison, Charlie is like the boy in the visual, who would rather retreat than face the truth of his circumstances. Similarly, Charlie

and the boy are unable to understand complex feelings and cope by mentally retreating into book characters. However, pretending to be someone else will not solve their problems. Escapism will not provide relief, it is used as a means to ignore one's circumstances. In order to get over his fears Charlie must stop avoiding his problems by pretending to be someone else and learn to face his fear of social interaction. In and of itself, real-life problems are made worse through escapism and can only be resolved when fears are faced.



And because hyphenations and petty nuances complicate the sentences of everyday grammar --- the us, the them, the our, the your --- as soon as we started living together, when the boy was almost six and the girl still a toddler, we adopted the much simpler possessive adjective to refer to them two. (Luiselli 6)

As long as a family supports its members and allows them to grow within it, a family exists. This is true in, *Lost Children Archive* by Valeria Luiselli. The quote, “And because hyphenations and petty nuances complicate the sentences of everyday grammar --- the us, the them, the our, the your --- as soon as we started living together, when the boy was almost six and the girl still a toddler, we adopted the much simpler possessive adjective to refer to them two,” (Luiselli 6). represents that this family is not limited to standards set by society, and while together they support each other no

matter what. Mama and Papa focus on what society thinks as the children are carefree and able to explore the world. Moreover, childhood innocence helps a family maintain balance. Mama states, “If they are asked to pose for a portrait, they make sure their disdain is apparent, and fake a wide, cynical smile,” (Luiselli 66). The children demonstrate innocence, unaware of their actions. They do not understand the difference between a good and bad picture, in the same way they cannot understand the severity of a situation. Moreover, the image depicted shows a father holding his daughter’s hand, looking down indicating he is focused. The daughter is shown pointing towards a caterpillar

on the floor, distracted from the walk itself. This shows the connection between parent and child as well as the innocence of childhood. Mama states, “They were angelic, and we were young enough, and together we were a beautiful tribe, an enviable bunch. Then, suddenly, one stated snoring and the other started farting,” (Luiselli 10). While creating the image of the perfect family, the children lack the life experience to fit this mold. Instead they show love, appreciation, and purity, balancing out the parent’s anxiety.

## Lost Children Archive by Valeria Luiselli



# CONCERT MOMENTS

PHOTOS BY  
DEAN  
ANIELLO





# VARIETY NIGHT

PHOTOS BY  
DEAN  
ANIELLO





## Mina Sangermano



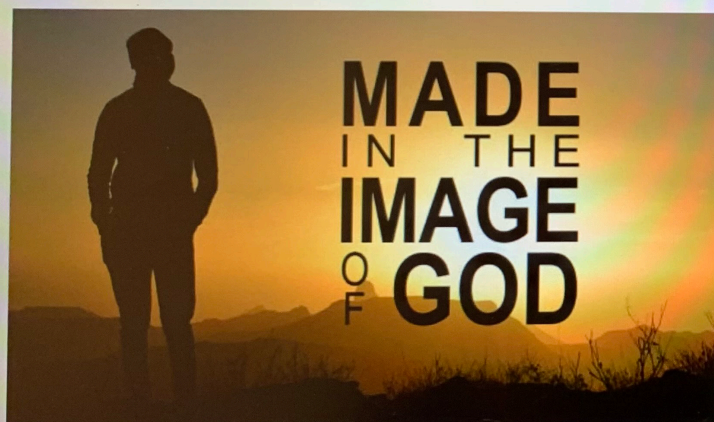
The retreat took place at GlobalMedic. GlobalMedic is a registered Canadian charity with almost 20 years of experience providing humanitarian aid in the wake of disasters and conflicts. Students were introduced to the volunteer-driven charity and assembled Family Emergency Kits and Emergency Food Kits. 7,992 pounds of food and 27,600 packs of soap were prepared for local food banks, and around the world: such as Turkey, Syria, Sudan, Ecuador and Ukraine.



# Faith in Action Workshops with Chaplain, M. Sangermano



**Let's Discover the Chapel.**  
**Christian Meditation.**  
**Journaling.**  
**Praying in Colour.**  
**Unfolding Liturgical Seasons,**  
**Prayer and Catholic Graduate**  
**Expectations.**

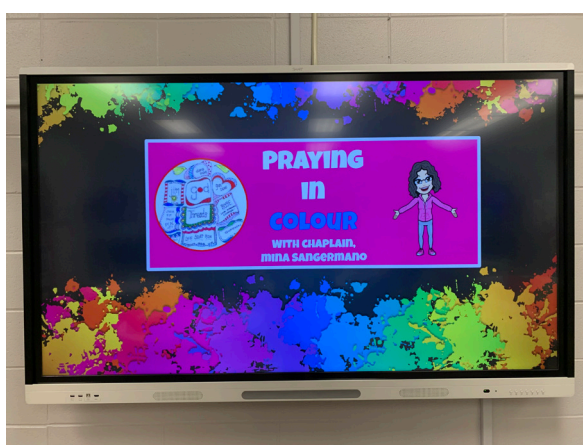
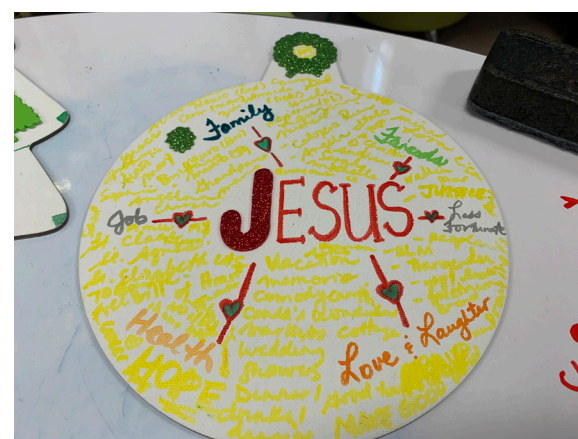


# Hey Panthers!

Our bodies and minds are gifts from God. Let's encounter, and journey with God together on how to be stewards of our health and faith.

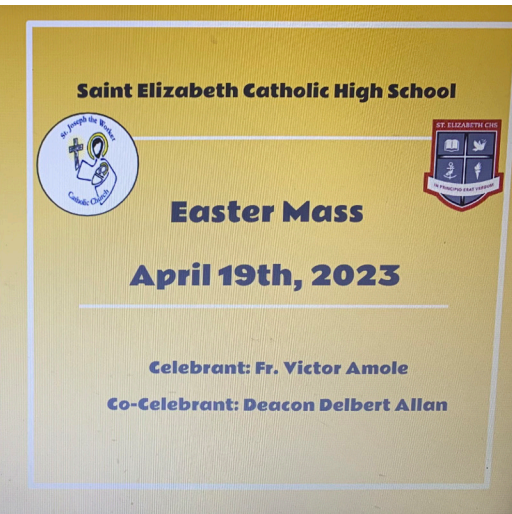
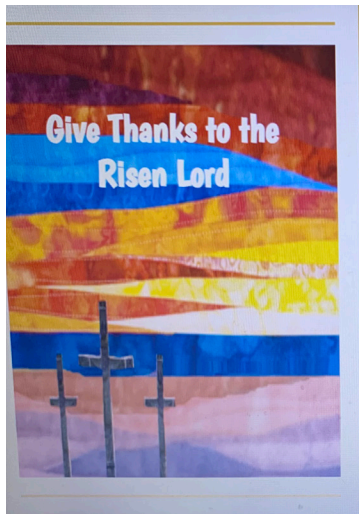
Mina Sangermano

Throughout the 2022-23 school our Chaplaincy Team Member, Mrs. Mina Sangermano hosted Six (6) Faith in Action workshops: Let's Discover the Four Parts of Mass, Let's Discover the Chapel, Praying in Colour, Listening to God: Christian Meditation, Journaling to Discover God and unfolding the Liturgical Seasons through Prayer and the Catholic Graduate Expectations. Each workshop aimed to empower our students with tools for leveraging their servant leadership mindset and harnessing the importance of being good stewards of their health. Ultimately, the workshops demonstrated that our bodies and minds are gifts from God, and it is essential to care for oneself as we would care for one another.





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Mina Sangermano

On Wednesday, April 19th we gathered together as a community to celebrate our Easter Liturgy of the Eucharist in the large gym. Fr. Victor Amole from St. Joseph the Worker Parish was our celebrant. Our remaining masses for the year, Graduation and the End of the year Liturgical celebrations, encourage us to participate in the feast of the Eucharist as a community of faith. Masses provide opportunities for contemplation as ways to encounter Jesus in their daily lives.



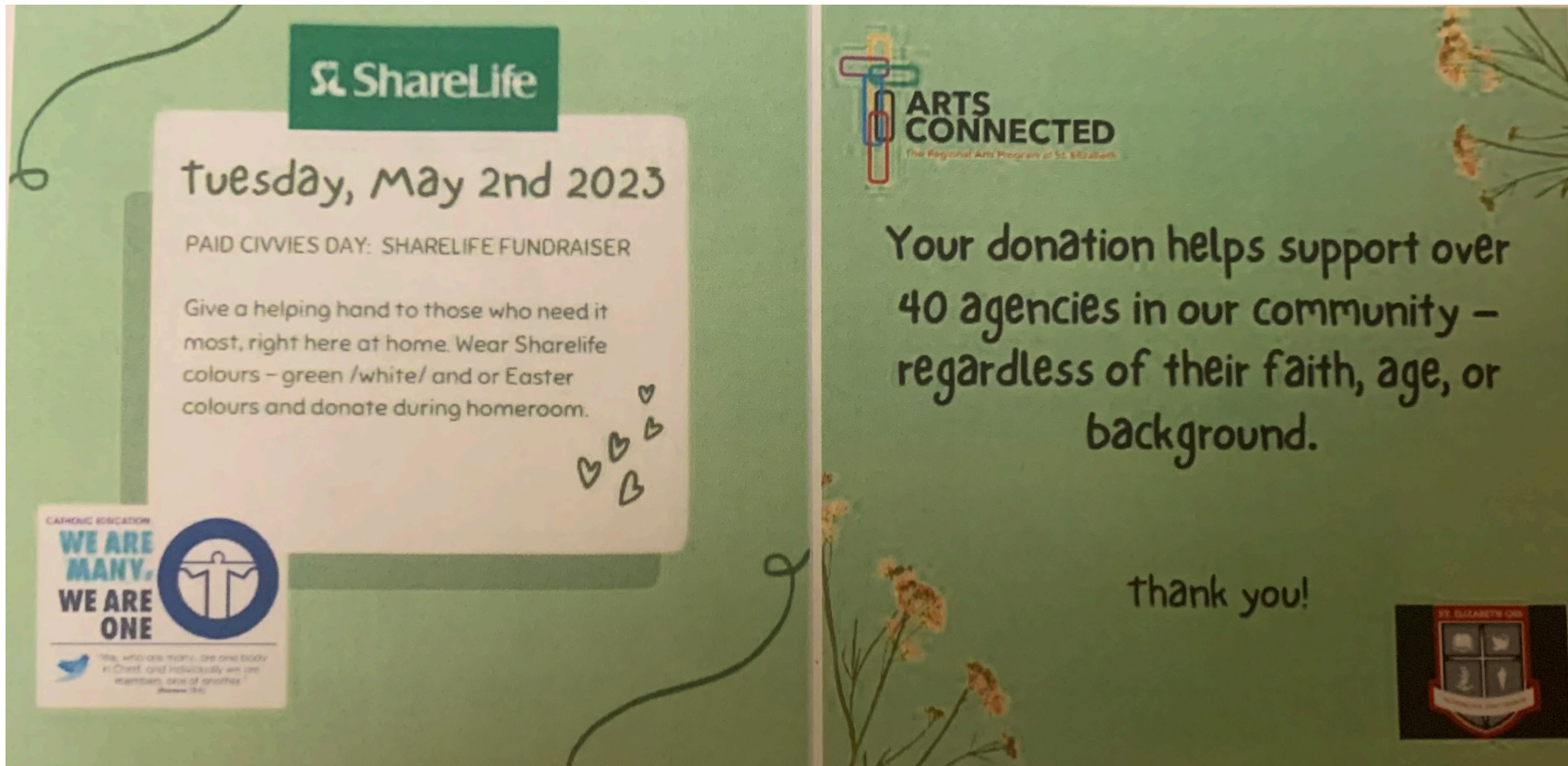
# 2023 GRAD MASS



PHOTOS BY DANELLA HAMO



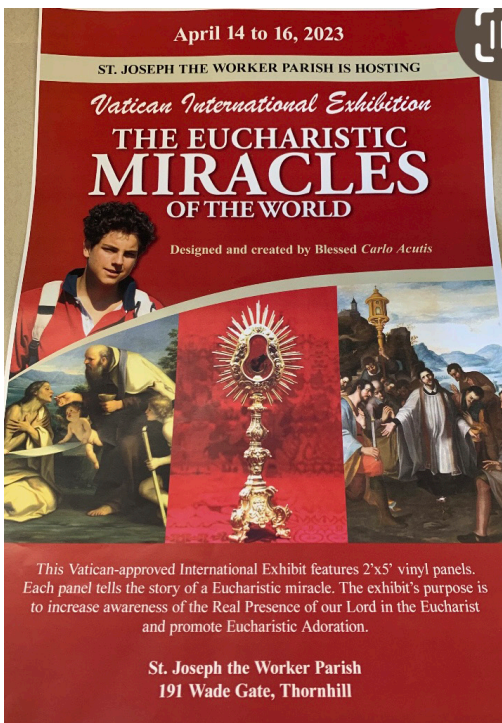
CHAPLAINCY



Mina Sangermano

On May 2nd, during Catholic Education Week, our school community celebrated a Sharelife fundraiser. This fundraiser provides our students with an understanding of what it means to live our Gospel Values as a community through a ShareLife Civvies Day by wearing ShareLife Green colours and or Easter colours. It also equipped our students to build awareness of ShareLife’s mission “to live the Gospel by providing for those in need” and its vision: “The Catholic community and its partners responding generously with justice and love.” We can proudly announce that we raised \$713 for Sharelife. This money helps ShareLife serve over 40 agencies within our community – regardless of their faith, age, or background.

## Students Hopeful Carlos Acutis Will Be Declared A Saint



On Friday, April 14th, 2023 Fr. Victor Amole from St. Joseph the Worker Parish along with Mrs Sangermano provided an opportunity for students from different Religion Classes to grow in their faith life. Religion students witnessed The Eucharistic Miracles Exhibition, a Cura Di Carlo Acutis. This faith journey led students and teachers to encounter what is incomprehensible, God. Blessed Carlo Acutis’ response to the Eucharist encouraged our students to celebrate and embrace the Eucharist and left inspired that someone from their generation will hopefully soon be declared a saint.



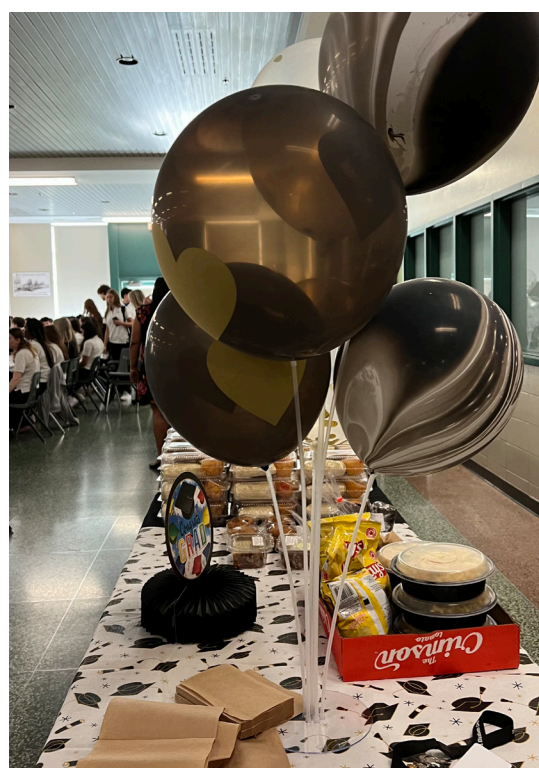
Article & photos  
Mina Sangermano



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# GRAD BREAKFAST

PHOTOS BY MINA SANGERMANO & DANELLA HAMO





# TEACHER FEATURE



DAVE CHENG

**How did you decide to become a teacher?**  
I was experiencing a quarter-life crisis. School and career had already taken me to disparate places: Engineering. Photography. Music. I realized that through it all, the one constant was my love for teaching others how to do stuff.

**If you weren't a teacher, what would you want to do?**  
Shred mountain bikes. All day long.

**Who would you say inspired you?**  
A biology teacher named Paul. I went to high school for a semester at the Ontario Science Centre. Paul had an infectious enthusiasm for teaching and learning. Made me feel as though I could learn to do anything.

**What is the best part of the work you do- the part that gives you the most satisfaction?**  
I get to come to work and play every day. I play with cameras, computers, photography, make music, go snowboarding — all things I'd still be doing in my spare time. Some days, it honestly doesn't even feel like work.

**What is the downside of your work?**  
Bureaucracy. Learning to navigate all of the systems around here in order to get stuff done. Things take time and a lot of patience.

**What is the coolest thing about teaching?**  
The people. I think it's what makes this job so fun and interesting. Year over year, the teaching part stays the same, but getting to work with so many different people is the best part.

**What would you say to a student who wanted to shape his/her career as a teacher?**  
Learn how to learn. I think the best teachers are also the best learners. First, because this job will forever be changing, and you'll want to be able to change with the job. Second, because I think your own enthusiasm to learn is the most authentic way to inspire others to do the same.

**Describe yourself in 5 words**  
Steady. Direct. Adaptable. Analytical. Patient.

**How would you finish this sentence? Being a teacher is.....**  
An honour and a privilege.

**What do you want to do before you die?**  
Learn to speak fluent emoji.



MINA SANGERMANO

**How did you decide to become a teacher?**  
It was my experience helping my parental grandmother learn how to speak and write English that led me to discover a vocational path in teaching. This not only helped me to connect with my Canadian - Italian heritage but also encouraged me to embrace lifelong learning. My grandmother's dedication to learning a new language led to an increase in her self-confidence and ability to become more independent. This transformation inspired me to become a teacher who would encourage students of all ages to believe in their gift, strengths and skills and to always dream big for a better future for themselves and others.

**If you weren't a teacher, what would you want to do?**  
I would be a Family Lawyer working for the The Office of the Children's Lawyer. The OCL is an independent law office in the Ministry of the Attorney General that delivers justice programs on behalf of children.

**Who would you say inspired you?**  
My grade 11 high school English teacher, who refused to own a television and encouraged us to read the newspaper everyday and my grade 12 Religion teacher, who encouraged me to read famous quotes and make connections to life my life inspired me. Both teachers had an intensity for teaching and always saw the good in the world. They not only advocated for the needs of others through literature and God's teachings but also promoted working together toward resolving common concerns. Their energy, everyday smiles, compassion, empathy and understanding of world issues encouraged me to see education, learning, unlearning, relearning and teaching as the catalyst to making the world a better place for all my students.

**What is the best part of the work you do- the part that gives you the most satisfaction?**  
The part that gives me the most satisfaction in teaching is seeing my students succeed academically, socially, emotionally and spiritually. I am so proud of them.

**What is the downside of your work?**  
As a teacher, I just do not teach

content— I teach kids, the future. They're at the center of everything I do as a teacher, and every day is a new opportunity to make sure they feel valued and uplifted. Yet, society often measures student success by a grade. The goal of education should be the love of learning and growing, not a percentage.

**What is the coolest thing about teaching?**  
The coolest thing about eaching (I have been teaching for 25 years now) is seeing the life long impact that my teaching has had on my students. It is such a great feeling to see students years after they have graduated come back to visit or see them in my everyday activities outside of school and reach out to me to talk about the positive impact I had in their lives. I often receive letters from students expressing their gratitude for encouraging, supporting and seeing them as a partner in education.

**What would you say to a student who wanted to shape his/her career as a teacher?**  
Be a lifelong learner. Never stop learning and never give up. Embrace change. Teaching looks nothing like it did when I was in high school. It is by being a life long learner that you will be able to incorporate new tools and strategies into the learning process to boost student learning development. Ultimately, aim to create a welcoming learning environment that reaches and meets the needs of all learners.

**Describe yourself in 5 words**  
Kind. Caring. Respectful. Creative. Fun.

**How would you finish this sentence? Being a teacher is.....**  
An honour, a blessing, an opportunity to uplift, nurture, empower and exciting.

**What do you want to do before you die?**  
Own and learn to how to ride a Harley Davidson Motorcycle.



# HOROSCOPES

BY  
ADRIANA  
CHIARLITTI



**ARIES(Mar.21 - Apr.19)**

You have the potential to reach your dreams this month! Be patient with those around you, and reassure them mars in leo will give you



**TAURUS (Apr. 20 -May.20)**

There might be some difficult decisions this month, decide wisely! Make sure to stay calm this month the possibilities ahead are nsync with your natural inclinations, which means you are destined for growth!



**GEMINI (May 21 - Jun. 20)**

Stay motivated, you can get bored this month! Take advantage of the relationships that Jupiter sent you last month, they could last! It's time to connect with the people you've met lately, they have the power to help you .



**CANCER (Jun. 21-Jul.22)**

You may be calmer this month try putting yourself in the spotlight this month, you could shine!Save time this month, you could lose it quickly.



**LEO (Jul. 23 - Aug. 22)**

You will reveal the best of yourself this month! You may be financially successful this month. Stay calm, as to not disrupt your image.



**VIRGO (Aug. 23 - Sept. 22)**

Expand your horizons, luck is in your future! You will overcome your doubts take your courage, and agree to meet new people.



**LIBRA (Sept. 23- Oct. 22)**

Welcome new things with joy! Trust yourself and listen to your inner voice. You will get chances that you've hoped for.



**SCORPIO (Oct. 23 - Nov.20)**

There will be opportunities to enrich yourself. To achieve what you want, take the necessary steps! Listen to your intuition.



**SAGITTARIUS (Nov. 22-Dec.21)**

Try to overcome any obstacles that come your way. Do not scatter yourself, pursue one goal at a time. You are on the right track this month!



**CAPRICORN (Dec. 22 - Jan. 19)**

Take interest in your ambitions.Take your time with new things, they will get done! Let go of things you do not need.



**AQUARIUS (Jan. 20 - Feb.18)**

Take a break, and use your talents and skills. Trust in yourself, and everything will be fine. Let your great ideas guide you.



**PISCES (Feb 19. - Mar. 20)**

Continue on the path your on, it will guide you. Your daily life may be improved slowly but surely, you will achieve balance this month!

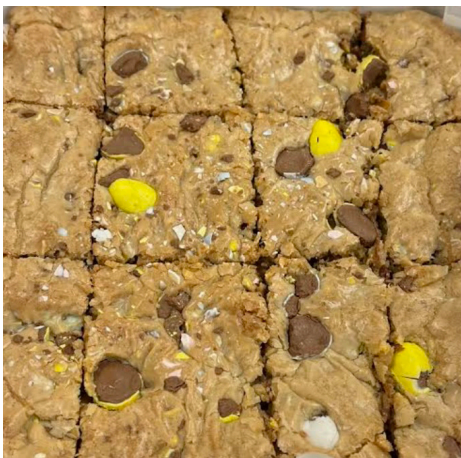


# Cooking with Scodellaro

ALYSSA CIANFARANI

## Easter Egg Blondies

Yield: 16 bars



### Ingredients:

1/2 cup unsalted butter, melted  
3/4 cup light brown sugar  
1 tablespoon vanilla extract  
1 large egg  
1 cup all-purpose flour  
1/2 teaspoon salt  
1 cup M&M's Milk Chocolate Eggs, divided

### Instructions:

1. Preheat oven to 350 degrees. Line an 8x8 baking dish with parchment paper and spray with non-stick cooking spray. Set aside.
2. In a medium bowl, stir together the melted butter, brown sugar, and vanilla.
3. Stir in the egg until well combined.
4. Add the flour and salt to the wet ingredients and stir until well combined. Gently stir in 3/4 cup of the candy. The batter will be thick and sticky.
5. Spread the batter into the prepared pan.
6. Press the remaining m&ms over the top. Bake for 20-25 minutes. The center should be barely set.

## English Toffee Scones

Yield: 9 scones



### Ingredients:

2 cups sifted flour  
1/2 cup sugar  
1/2 tsp salt  
1 tbsp baking powder  
1/2 cup cold butter, cut into cubes  
1/2 cup toffee pieces  
1/2 cup buttermilk  
1 egg  
1 teaspoon vanilla  
brown sugar

### Directions:

1. Preheat oven to 400°F degrees.
2. Line a cookie sheet with parchment paper.
3. Whisk together sifted flour, sugar, salt and baking powder.
4. With a pastry blender, cut in butter until mixture is crumbly.
5. Mix in toffee pieces. Toss to combine. Set aside.
6. In a small bowl, whisk buttermilk, egg, and vanilla. Add to dry ingredients. Mix well until ingredients hold together.
7. Place dough on a floured surface and pat into a square about 1/2 inch thick.
8. Cut square into 3 rectangular pieces.
9. Cut each piece into 3 triangles and place on cookie sheet.
10. Sprinkle some brown sugar onto the top of each scone. Bake for 10 minutes or until bottom is golden.

## Key Lime Tarts

Servings: 12



### Ingredients:

4 egg yolks  
1 can sweetened condensed milk  
1/2 cup lime juice  
1 tbsp lime zest  
12 tart shells

### Directions:

1. Preheat oven to 375°F.
2. Bake tart shells for 5 minutes. Remove and let cool.
3. In a medium bowl of stand mixer, blend together the egg yolks, sweetened condensed milk, lime juice and lime zest. Mix well.
4. Pour mixture in baked tart shells about 3/4 full.
5. Bake tarts for 15 minutes until mixture is set.
6. Cool tarts completely before topping with whip cream.

## Easy Guacamole

Prep time: 10 minutes

Yield: 1 batch



### Ingredients:

3 avocados  
2 tsp olive oil  
1/2 small red onion, finely chopped  
1 tbsp of fresh cilantro, chopped  
1 garlic clove, minced  
1 ripe tomato, chopped  
1 tbsp lime juice  
salt and pepper to taste

### Directions:

1. Slice the avocado in half and remove the pit.
2. Gently scoop out the flesh of the avocado and place in a medium bowl.
3. Add olive oil, cilantro, onion, garlic, tomato, lime juice, salt and pepper.
4. Mash all ingredients with a fork until well combined.
5. Taste and add more salt or pepper as needed.

## Pita Chips

Servings: 6



### Ingredients:

4 large pita bread  
1/4 cup olive oil  
salt to taste

### Directions:

1. Preheat oven to 400°F.
2. Line baking sheet with parchment paper.
3. Cut each pita into triangle pieces.
4. Brush pita with olive oil and sprinkle with salt.
5. Bake for 5-7 minutes or until crispy.
6. Serve with your favourite dip.



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# Nigel Xavier on Sustainable Fashion

Sofia Franco

Climate change is a concept that is immensely prevalent in society. The fashion industry is an enterprise that heavily influences climate change in a negative manner. This is a result of fast fashion. Fast fashion is the process of rapidly producing cheap trendy clothing that is made to last a microscopic period of time. Thus, garments produced through fast fashion possess short lifespans and spend a vast majority of time in landfills. This negative process contributes to the contamination of oceans, is responsible for the admission of greenhouse gasses, and is liable for garments utilizing centuries to decompose. Although it would be seemingly impossible to terminate the entire process of fast fashion, various solutions exist that can aid the paramount issue.

Sustainable fashion is the process of utilizing disposed textiles and creating new garments. When garments are disposed of and sentenced to microscopic life spans, designers are able to repurpose these textiles.



Nigel Xavier; the winner of Next In Fashion's second season, is a designer that is practicing an innovative design technique. Xavier utilizes clothing that has been disposed to create new garments. His intricate technique chronicles the attachment of discarded fabric to create patchwork textiles. He then utilizes this new textile to create innovative and distinguishable garments such as denim jackets, mini skirts, denim trousers, and bucket hats.

The achievement in winning Next In Fashion provided Xavier with 200,000 dollars and the liberty to launch a collection on Rent the Runway. This accomplishment aided in launching Xavier's career. Prior to this achievement, Xavier learned his innovative fashion technique at the after school fashion program he belonged to during high school. The program persuaded him to reject his football scholarships and pursue fashion

at the Savannah College of Art and Design (SCAD). As stated by British Vogue, "It was at SCAD that Xavier honed in on design skills and discovered his aesthetic – which focuses on upcycling pre-existing garments, with denim being a recurrent material" (Kessler). Xavier's designs chronicle a paramount movement. Each day, fast fashion assists in contaminating the planet. This instills climate change and affects the World in a dangerously negative manner. In order to prevail change amongst society the fast fashion movement must halt and sustainability techniques that mirror Xaviers must persist. Thus, Nigel Xavier is a pivotal individual who utilizes sustainable fashion to aid the climate change movement in a positive manner.

# Plastic Causes Global Warming



Stefani Franco

The increase of plastic has become a prevalent issue in our society. Each day the amount of plastic along with other substances multiply as they fill our landfills. Although landfills are an easy solution to our current problem, what will happen when they are full? The usage of landfills within our country help protect our current generation, but what drastic circumstances will take place with generations to come?

Plastic affects our environment in many ways. Plastic is a substance that produces toxins and affects

the lives of animals. Plastic is a major cause of global warming due to its emission of greenhouse gasses and inability to easily biodegrade. Although plastic is moved into landfills, it often finds ways into our greenlands and oceans. When plastic enters our ocean, animals can mistake it for food allowing them to gain diseases. This unfortunate cause has resulted in the death of thousands of animals. Although it is believed that landfills are an easy solution, not all countries are given the space and resources to have a

landfill. This causes the lightweight plastic to fly away and contaminate water and food. As these chemical filled plastics threaten our society the prevention of plastics spread is often questioned.

As we realize the harm that plastic has affected our world with, the question of sustainability takes place. Was our world safer heretofore? During this time, the knowledge of global warming was not as prevalent, but usage of plastic was far less. Plastic bags were non-existent as they were replaced with biodegradable pa-

per bags. Pop cans were replaced by glass bottles that were expected to be returned to the stores for sanitation and reuse. Our current milk plastic bags were replaced by biodegradable paper milk cartons. These effective environmentally friendly materials have been dislodged by cost effective materials for producers.

Scientists have found a solution to plastic with glass and biodegradable plastics. Although these materials appear more costly in production, they are an effective solution to our en-

vironment. Simple steps at home can help preserve our world for future generations. It is recommended that everyone uses a compost and recycling bin. It is important to opt for an environmentally friendly and sustainable product over a less costly, but more damaging product.

Overall, our environment is suffering due to the careless actions of our society. It is commonly known that one simple step can help make a change for the better. By resorting back to sustainable materials and keeping in mind friendly producers we can create a healthy world for generations to come!





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FAMILY TIES SUPPORTING CANCER

Danella Hamo

On Thursday, May 11th, the Grade 11/12 Regional Drama class put together a charity café called Family Ties, in support of the Canadian Cancer Society. This was the first café since post-covid, arranged by Regional Arts Drama teacher, Ms. Jaworskyj. The night showcased comedic scenes from Neil Simon, Alan Ayckbourn, Christopher Durang and more. These scenes were specially chosen to display the different kinds of families, whether that be dysfunctional families or work families, the night celebrated their complexity and diversity while raising funds for a meaningful cause. Along with performances, there were also exciting raffles and a variety of food ranging from savoury appetizers to rich desserts. The grade 11/12 students worked tirelessly to create a night to remember by arranging food donations and raffle prize donations from local businesses. The Canadian Cancer Society was the charity chosen by the students, supporting a cause that is dear to many. The community support was outstanding, and the generosity of the attendees was greatly appreciated to make the event a success.



Raffle prize table, all donations by local businesses



The arrangement of sweet and savoury foods, all donated by local businesses





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PHOTOS DANELLA HAMO










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# THE CITY THAT NEVER SLEEPS

Allison Clark

On Wednesday May 31 and June 1, 2023, the St Elizabeth RAP Dancers performed their end of year show titled “The City That Never Sleeps”. The dancers were inspired by their recent trip to New York City, and wanted to bring a piece of the city back home. Included in the second act were dances about tourist attractions, and the culture of the city. Throughout this past semester, grades 9-12 dancers have been collaborating with each other to showcase their ballet, tap, jazz, contemporary, modern, hip hop, and acro choreography. We want to give special thanks to Ms. Bharat and Ms. Dimillo for giving us this opportunity to express our creativity through dance.



DANCE PHOTOS YOLAN CHETTY



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DANCE PHOTOS YOLAN CHETTY



The background of the poster is a close-up photograph of a person's legs. On the left, a red high-top sneaker with white laces and a white sole is visible. To its right, a leg wearing a light pink sock and a black shoe is partially shown. The overall color palette is warm, with yellow and orange tones. A red rectangular box is superimposed over the middle of the image, containing white text.

**NEXT  
YEAR'S  
MUSICAL!!!!**

# FREAKY FRIDAY

A NEW MUSICAL



# NEWSPAPER STAFF



BACK ROW TO CHAIR: LEFT TO RIGHT:  
ALEXIA MORJON BONIFAZ, JESSICA MEFFE,  
ALYSSA CIANFARANI,  
VICTORIA CHO, ALLISON CLARK

SECOND ROW: FRONT PAGE ART AND  
BANNERS MIC DE MATAS,  
ADRIANA CHIARLITTI, BRAYDEN MURRAY,  
SCHOOL PAPER PRESIDENT SOFIA FRANCO,  
VICE PRESIDENT NICO CARIATI,  
MATTEO SANTALUCE,  
LAYOUT & EDITING MS. ROTONDO,  
TINA HOANG

FRONT ROW: DEAN ANIELLO, STEFANI FRANCO,  
REJI DABGA

NOT PRESENT: DANELLA HAMO  
THANK YOU TO THE FOLLOWING TEACHERS FOR  
ARTICLES & PICTURES MS. PIMENTEL,  
MS. GUINCI, MS. SANGERMANO, MR. CHÉTTY  
& MS. CHU MORRISON