

SAINT ELIZABETH TIMES



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NEWS

Beautiful minds keep beehive alive

Alessandra Saliba

Our St. Elizabeth Catholic High School community is like a beehive. This analogy sheds light on our nuanced dynamic and the interconnectedness present among individuals. The St. Elizabeth beehive unites many different people similar to a real beehive which consists of different types of bees who all work together for a common goal. In a beehive, all bees are essential to the survival of the hive and must undertake different roles. Each role is necessary to keep the environment functioning. "The Beekeeper: Pollinating Your Organization for Transformative Growth"

highlights the concept that a hive can only thrive when all bees do their assigned jobs. If the bees don't take responsibility for their jobs, the whole environment can become dysfunctional. Within our school community, we are all like bees because we contribute to the hive in our own special manner.

Every individual in our school has distinct duties and responsibilities. Our school has administrators, students, and teachers. Everyone of us has our own distinctive roles that we must complete at certain times. This diverse collaboration within us students mirror the intricate and interconnected nature of a beehive. The overall performance of these

functions determines the hive's success. The entire setting might become less effective or, in the worst situations, dysfunctional if one component fails.

Our principals serve as our guiding force or our queen bees. They ensure that our school environment is conducive for growth and courage. This is similar to how a beekeeper tends to the hive to foster a thriving ecosystem. Principals also oversee the smooth functioning of our school promoting an atmosphere where students and staff can flourish. When a challenge arises, it is suggested that we face these challenges as a team because we are stronger together. Overcoming challenges requires kindness, patience, and a growth mindset. Bees work together to overcome obsta-

cles and we must approach challenges in the same way. This concept is extended to obstacles in any individual student's life outside of the St. Elizabeth beehive.

When a student is struggling, our school community is supporting them. This applies to home, workplace, and/or extracurriculars. Within our collective St. Elizabeth school community, there are many smaller beehives. We are privileged to offer the Regional Arts program where each grade forms a deep connection with one another. Some examples of these hives are our dancers, vocalists, art students, or drama students. We also have many different clubs and councils such as the student council, and many sports teams. Altogether, this builds a healthy community where every-

one feels like they belong. Ultimately, we must play our part at St. Elizabeth by being courageous team players, and supporting each other instead of putting each other down. By doing so, our school's beehives will thrive and grow to be a strong community. Always remember to BEE kind.

Some of the Beautiful Minds



Drama, Vocal, Instrumental, Digital, Minds



the beautiful minds of our principal & vice principals



the beautiful minds of our secretaries



the beautiful minds of our grade 9 RAP dance



the beautiful minds of our Pep Rally

the beautiful minds of our vocal music students



the beautiful minds of our cafeteria ladies



NEWS

The Liturgical Season of Advent

Advent Liturgy of the Eucharist

Celebrant: Fr. Victor Amole



December 20th, 2023



Photos: Tamara Ndlovu & Mina Sangermano



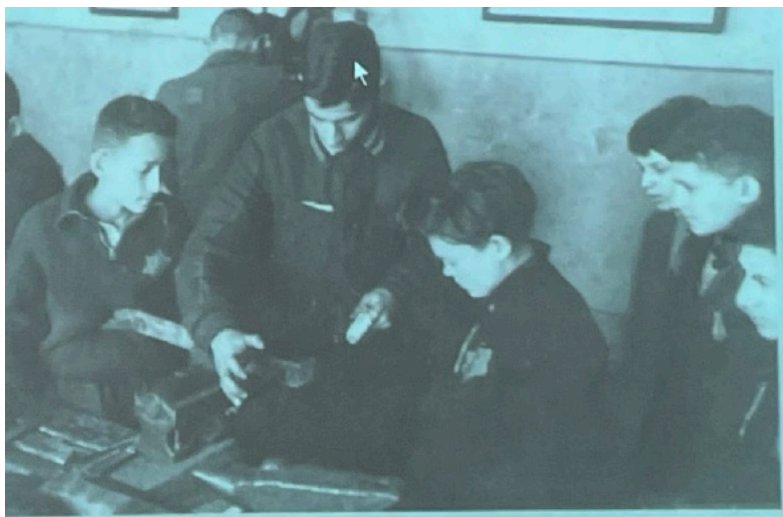
NEWS

Don't spend time hating people that are different

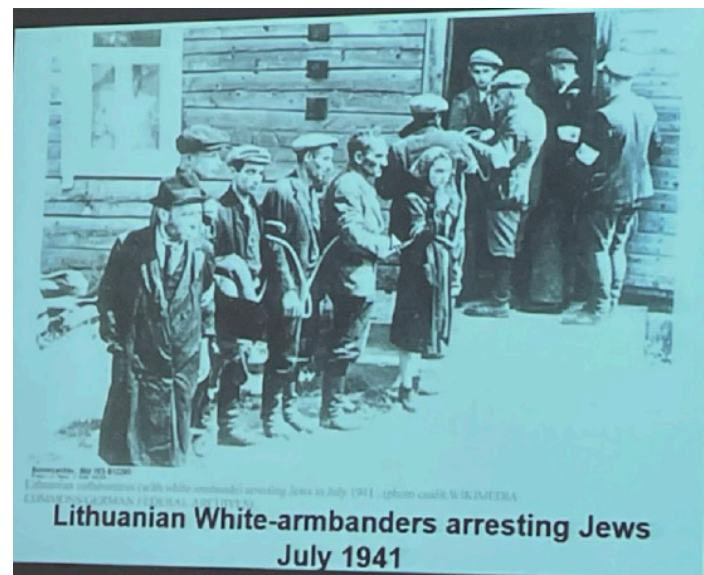
Elleanna Yurchuk



On December 5th St.Elizabeth had the pleasure of hosting a presentation on the Holocaust. Elly Gotz, a strong man, gave a moving presentation about the Holocaust, deserving of all our respect. It displayed his great courage, as well as his perseverance to survive such a horrible time in history. Author, teacher and Holocaust survivor, Elly Gotz was born in 1928 in Lithuania. He lived normally until he was 13 when his whole life changed for the worse, as the Nazis took over his country. Elly Gotz wrote about his life in a book called Flights of Spirit, published in 2018. It tells his and his family's story during the Holocaust, trying to survive in a death camp. On April 29, 1945 he was finally liberated along with his family. Elly Gotz is a fun-spirited man, who puts his sad stories into humour and tells his life stories with intriguing expression. Gotz addressed the issue of Monica Schaefer a woman who claims that the Holocaust never happened. She actually went to Germany and proclaimed that the Holocaust is a lie. She has been told never to return to Germany. Elly Gotz is a great man with a sensitive story. But he doesn't let his past affect his future. At the end of Elly Gotz's presentation, he states, "Don't spend time hating people that are different". Elly Gotz's statement is true. Nobody should hate how different somebody else is. Because as we are all God's children, we are all the same.



Gotz, 16, teaching Metalwork – Kovno Ghetto



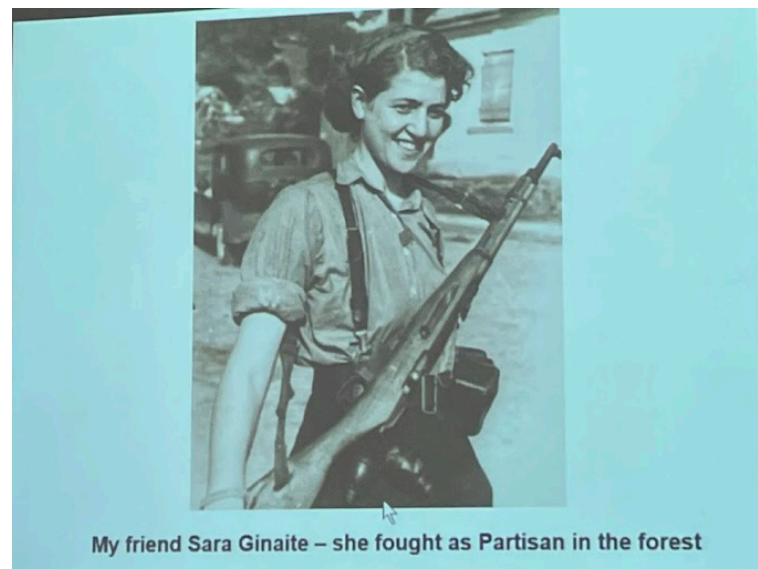
Lithuanian White-armbanders arresting Jews July 1941

Here is a Canadian Holocaust Denier

Monica Schaefer
A musician from Alberta, Canada

She referred to the Holocaust as "The biggest and most pernicious and persistent lie in all of history"

Schaefer was a Green Party candidate for Alberta riding of Yellowhead in 2006, 2008 and 2011



My friend Sara Ginaite – she fought as Partisan in the forest

Elly Gotz (Presenting)

Elly, 9, with his mother

NEWS

Warming hearts & stomachs



Zachary Kyle Perlada

On October 6, 2023, the St. Elizabeth student body donated 40 meal kits consisting of only the finest Thanksgiving delicacies to the Good Shepherd Refugee downtown coordinated by the Global Culture Club.

Over the course of the preceding week, our incredible student body was responsible for assembling these meals consisting of chicken, mashed potatoes, and gravy for those feeling extra generous.

Everyone's contributions have led to an incredible thanksgiving for the less fortunate, and will no doubt help in these trying times. Aside from that a plethora of volunteers dedicated their time to assist with the delivery and transportation of the meals to hand it off to the awaiting staff.

The entire effort resulted in an incredible success and has no doubt warmed the hearts and stomachs of many. On behalf of the Global Culture Club thank you all for your abundant contribution, and goodwill over the Thanksgiving season.



A platform for girls to speak out

Cindy De Leo

On September 21st, 2023, the co-founders of the Kind Campaign, Lauren Parsekian and Molly Mae Thompson, visited a small group of female students in the school library to speak on girl-on-girl bullying!

Lauren and Molly created the Kind Campaign in 2009 after being impacted by female bullying in high school. The young women wanted to create a platform for girls to speak out and make a change! After graduating from Pepperdine University, they traveled across the United States for two months, filming a documentary, visiting schools and implementing their assembly program. Their award-winning documentary, Finding Kind, has been shown in thousands of schools across the world!

Last year, Lauren and Molly visited the grade nine girls. This year, the presentation was open to girls in all grades. The group first watched Finding Kind and then had the pleasure of speaking to Lauren and Molly themselves. The students opened up to each other about their experiences with female bullying. They filled out cards where they wrote about their truths, apologies to others, and pledges to help spread kindness! Lauren and Molly's work has inspired the formation of a Kind Club here at St. Elizabeth!





Endless conversation, continuous stitching

Sofia Marie Patagan & Alexandra Razon

The Knitting and Crochet club at St. Elizabeth led by Ms. Coniglio, unite in sharing the same passion for their craft. Dream projects come together using just two needles, yarn, and the endless thoughts and conversations to accompany the continuous action of stitching. Saran Link stated, "I joined the crochet club initially for friends and to learn something new. Although crochet looks a little intimidating, using perseverance, it is a great hobby to learn a lot of new skills, make your own items and projects, and overall a great way to share with the school community."

From making projects to share and generally have fun, the St. Ez Knitting and Crochet club have taken on a new definition to devoting their skills into something. It's unimaginable how just a red ball of yarn can turn into 32 poppies for our school's staff in honour of Remembrance day. Due to the great interest for the poppies, the club promises to make more so as to share with all. The Knitting and Crochet club meets every Monday in Room 306. Look into this new hobby to get more involved in the school, make friends, learn new skills, and create the imaginary. The possibilities are endless!





International Language Council's Cultural Christmas Cookie Event

Gabrielle Convey

In the Christmas spirit of giving and togetherness, St. Elizabeth's International Language Council recently hosted a Cultural Christmas Cookie event that successfully fundraised money and brought holiday celebrations to the school community. The council was tasked with baking traditional baked goods that are unique to various cultures. Showcasing cookies from countries around the world, including Italy, Scotland, South Africa, Czech, Poland, South Korea, and Spain.

The council was adamant about ensuring the event remained free of charge for students in effort to truly spread Christmas cheer, however, they still accepted donations on behalf of St. Joseph the Worker Parish. Overall the International Language Council is proud of the Cultural Christmas Cookie event and the cheer it brought to the St. Elizabeth student body.



NEWS

Next generation will take the floor!



Michelle Guinci

On Friday, December 8, 2023, the grade 10 and 12 French students had the fantastic opportunity to take their French learning downtown to the Berkeley Theatre to watch the Ontario-based show, *Les Zinspirés*. To complement the holiday season, they visited the Toronto Christmas Market after the show for a scrumptious lunch.

Les Zinspirés is a youth development program intended to introduce the art of drama to adolescents in Ontario. It consists of five short plays that were all written by Ontario high school students who won the bi-annual playwriting contest. The initiative brilliantly gives life to stimulating stories at times heart-rending and often hilarious written by adolescents. It is definitely a creative youth forum! Students were engaged with a wide range of topics such as the future in a dystopian society to a slam poem with an ode to Generation Z that claims responsibility for adolescents' identity today. The students were captivated and engrossed by the actors' moving performances, laughing at every high and empathizing at every low. *Les Zinspirés* presented current themes and issues of today's society relevant to adolescents and their daily lives.

In the afternoon, the students were in touch with the magical spirit of Christmas at the Toronto Christmas Market. The streets were serenaded with Christmas cheer and decorated with all things flashy, red, and green. The students stuffed themselves with delicious, unforgettable dishes like mini French crepes, poutine, and sugary waffle cones. It was a bright and sunny day and everyone had a fantastic time exploring what the famous market has to offer.

The French trip to the Théâtre Français de Toronto and the Christmas Market was an amazing opportunity for the students to learn French in a different environment and feel the magic of Christmas. Ultimately, it inspired them to continue their rewarding French studies and to reach their goals of becoming fluent francophones!



Peer Ministers at St. Elizabeth have been busy working bees!

Sofia Maietta & Natalie Mallia

Our Peer Ministers at St. Elizabeth have been busy working bees! Under the leadership of our chaplain, Ms. Sangermano, in the last few months back to school, they organized the opening mass, the St. Vincent De Paul coat drive, went to the When Faith Meets Pedagogy conference, organized the food drive for 360 kids and went to the Science Centre for a field trip. We have been working to help for the greater good of not only our beehive here at school but also by giving back to the community. Through all of their works, it is clear that they are promoting faith, formation, fellowship and fun.

We ushered in the school year with our opening mass on September 20th. Father Victor kindly guided us in prayer and reminded us always to remember that God is by our side as we step into a new school year filled with learning and hard work. This mass was held in the courtyard. The Peer Ministers set up and cleaned up the mass, and were the altar servers and readers.



Throughout the first few weeks of October, the peer ministers put together a St. Vincent De Paul coat drive. Everyone was encouraged to bring in any new or gently used coats or winter gear in good condition for any age group. This initiative succeeded tremendously as 45 coats as well as many winter items were donated.



On October 26th, our Peer Ministers attended and led the opening prayer for the When Faith Meets Pedagogy conference at the Delta Marriott Toronto Airport Convention Centre. This Youth Forum provided students with the opportunity to grow in faith through keynote speakers, artwork, meeting other students from all over the school board and meeting Father Tony Ricard. These students are taking the advice they have been given and conveying the message through their work in our school community. It included music provided by the vocal students, a dramatic choral reading by the drama students, art work by the visual and digital art students and finally a video prayer reflection created by the peer ministers.



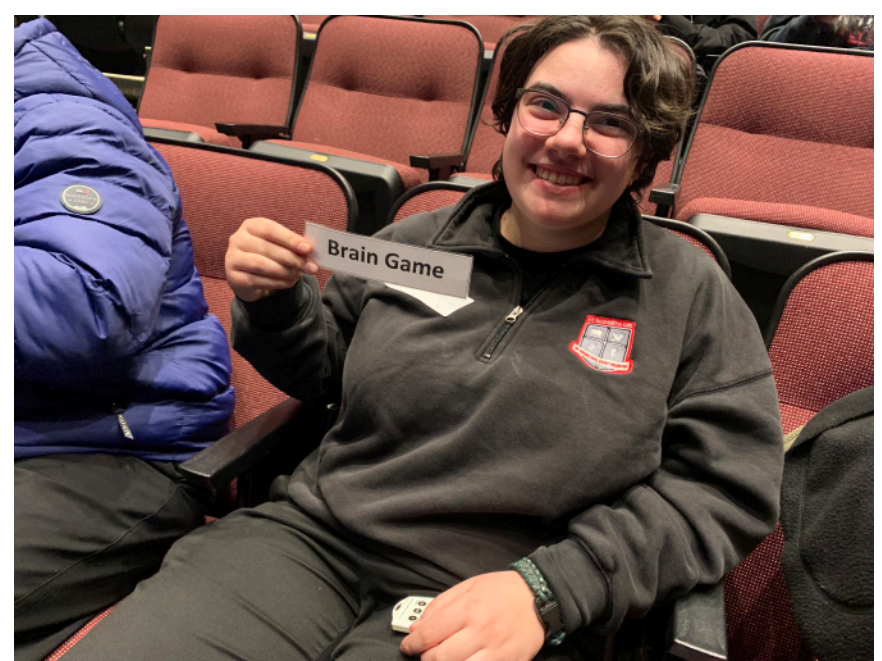
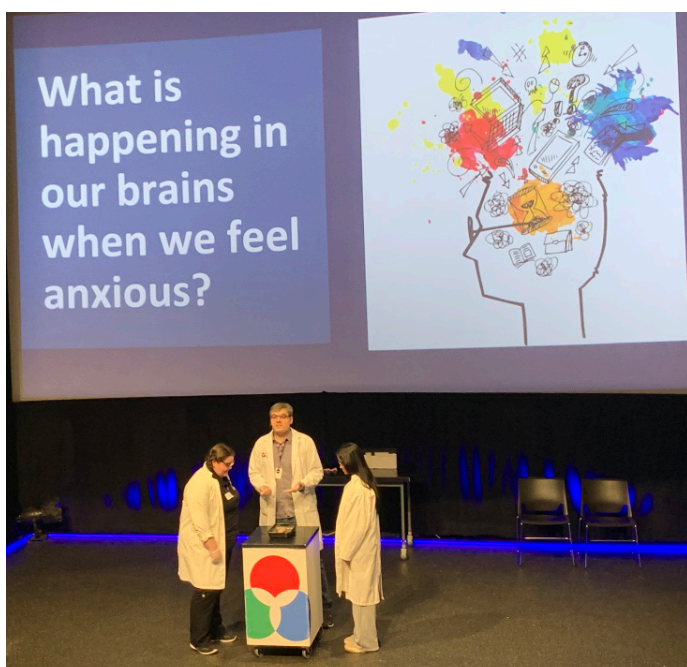
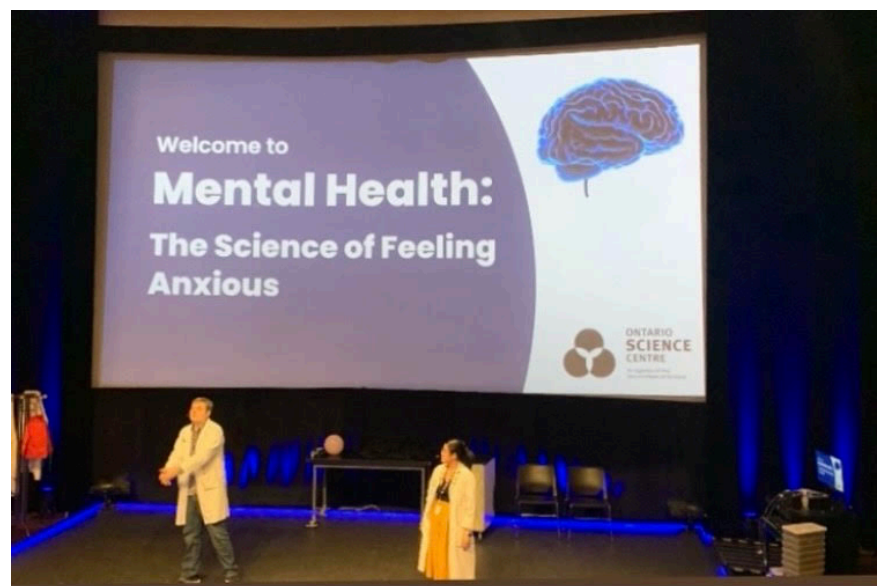
Instagram handle: follow us @seh_peerministry
We gather every Wednesday in LC2
Chaplain Mrs. Sangermano
Teacher moderators: Ms. Cappuccitti and Ms. Fonesca

CHAPLAINCY

In the early weeks of November, the Peer Ministers also hosted a food drive for 360 kids. This food drive was part of the Legacy Project that was hosted for all grade 12 Religion students. Each grade was responsible for bringing in food for a specific meal kit. Grade 9 was responsible for Meal Kit A which was soup. Meal Kit B was a pasta kit brought in by Grade 10s. Canned vegetables and tuna was brought by the Grade 11s for Meal Kit C. The Grade 12s brought cereal for Meal Kit D. Together all of our students worked to help 360 Kids and donate to a good cause.



Most recently, the Chaplaincy department as well as our school's student leaders went to the Ontario Science Center to attend a forum on the Science of Anxiety on November 28th. This presentation consisted of information about how the brain responds to stressful situations as well as several demonstrations of what actually happens inside our heads. A few students also participated in dissections and games to further explain the theories behind anxiety and how the different parts of our brain react to it. Additionally, the two scientists showed us strategies such as deep breathing and meditation to help us cope during stressful periods.



Stay tuned for future initiatives and events coming in December and the New Year! Peer Ministers and the Chaplaincy Team always have fun things planned in the works connected to the Liturgical calendar, especially focusing on faith and mental health.



Domenic Cugliari

How did you decide to become a teacher?

When I realized the impact some of my teachers had on me, I thought it would be amazing to somehow have an impact on young lives. I feel that teaching is a noble calling and I feel blessed to be able to be part of this profession.

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

In high school, I aspired to be a professional football player. I did get invited to a football combine camp in Vancouver which was run by the CFL, this was a proud highlight of mine. Only 75 players were invited to this camp, so I was honoured to be selected as one of them.

My career path ended up taking me into education, however, life sciences were always an interest of mine, as it would give me an avenue to once again impact peoples' lives.

Who would you say inspired you?

First and foremost, my parents who instilled in me the value of education, hard work, and perseverance. Obviously, as parents, they had a monumental impact on who I am and in what I believe.

Secondly, my high school and university coaches taught me the same values, which aligned perfectly with my parental values.

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

Being able to share my values with young, impressionable minds, and trying to teach life lessons which are just as important, if not more important than any lesson I can teach in the classroom.

What is the downside of your work?

The biggest downside of my work is the heavy workload. As a department head, there are so many responsibilities associated with the job. On the flipside, all this work fuels me to be the best version of myself and to feel that I am making a positive difference in our school community..

What is the coolest thing about teaching?

I know I've stated this earlier, but the knowledge that I'm helping to shape young minds. Also, it's cool to be able to hang out with young people. I feel it helps to keep me youthful and energized.

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

Most importantly, be sure that this occupation is an area of passion. Don't get into teaching as a default career because you won't last! Don't do it simply to draw a paycheck. If you do something you love, you will never work a day in your life!

Describe yourself in 5 words

Passionate, athletic, positive, loyal, funny....okay, maybe not the last one!

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

The most rewarding job ever!

What do you want to do before you die?

- I want to be able to witness the birth of my grandchildren!! (does that sound a little cheesy?...it's true though)
- Play Augusta National Golf Club...pretty sure this won't happen!
- Walk down Bay St. to watch the Stanley Cup Parade when the Leafs finally win the cup!
- See the day when our world leaders can somehow find a way for all of us to peacefully co-exist, especially in light of what is going on in the world today.

How did you decide to become a teacher?

I knew in High School that I wanted to become a teacher. An older cousin of mine was teaching at the time and speaking with my parents about my Career path helped me decide to go into Education.

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

I would have become a Physio-therapist.

Who would you say inspired you?

My High School Physical Education teachers at Stratford Central Secondary inspired me. They were great role models.

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

Educating my students about living a Healthy Active Life and helping my students achieve their fitness goals is satisfying. Coaching gives me great satisfaction as well. Helping our student athletes achieve their athletic pursuits brings me great joy.

What is the downside of your work?.

As a coach, selecting a school team can be a challenging and difficult time. When athletes try out for a team, we can only take a certain number. Making cuts is definitely a downside to my work.

What is the coolest thing about teaching?

Getting involved in coaching and clubs and councils is very

Maureen McKeough

cool. Over the years, I have taken athletes to OFSSA - specifically, Girls Golf and Alpine Ski Racing. Seeing student athletes compete at that level is very impressive. The Leadership, DAW/OSAID/ESP Conferences and Presentations I have attended with students are always very interesting and informative. These experiences outside of the school building are wonderful opportunities for both students and teachers.

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

It is hard work but a very rewarding profession.

Describe yourself in 5 words

Kind, sincere, dedicated, optimistic and wise.

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

A vocation.

What do you want to do before you die?

Attending the Summer and Winter Olympic Games is definitely on my bucket list. I am a huge sports fan. The idea of countries coming together to compete is very exciting to me. I love what the Olympics value....athletic excellence, respect and friendship.

THE ARTS

Nicole Xie and Domenic Amatangelo talk OPHB, RAP Band and More



Tina Hoang

In early November, Grade 12 students, Nicole Xie and Domenico Amatangelo, participated in the Ontario Provincial Honour Band (OPHB). Both musicians took some time to speak with St. Elizabeth Times about their experiences and share some musical advice.

Why did you decide to audition for OPHB?

D: I had no clue the OPHB even existed until last spring when my friend Nicole sent me a message asking if I was interested in applying for it. Ironically, I had applied to a different extracurricular honour band a few months prior, though I was rejected since my application did not send through properly. Since I really wanted to perform in some type of musical ensemble outside of school, I decided to apply to the OPHB, being very careful to ensure that my application was submitted in the proper format!

N: Inspired by the enriching musical experience I had with the Denis Wick Canadian Wind Orchestra at MusicFest Nationals, I wanted to extend my passion for music and learning by auditioning for the Ontario Provincial Honour Band. It was through the other musicians at MusicFest that I learned about this opportunity and I was very excited to apply as well as share it with my friends.

How did you react upon learning that you were accepted?

D: I was very excited to hear that I had been accepted! At the time, there wasn't much of a way to celebrate, as I received the acceptance email right before my final Grade 11 exams. However, I was very happy to tell my parents, friends, and music teachers, who all offered great support during the application process.

N: Upon learning that both Dom and I were accepted into the OPHB, I felt very excited and was looking forward to both the rehearsals and performances that were coming up. The support from our music teachers and friends further added to the joy of this achievement.

How was your overall experience? What was your favourite part of it and your biggest takeaway?

D: The experience was incredible! We were conducted by Dr. Shelley Axelson, an excellent band director from the United States. All of the members of the band were incredibly talented, while also being very kind and friendly. In fact, I was rather intimidated at first by the other mem-

bers of the band since they were so skilled at their instruments, though I quickly saw how supportive and amicable they were. The overall experience was a radical change from what I was used to at school—of the 31 hours we had before our first performance, 15 of them were spent rehearsing the repertoire. The pieces we played were some of the most technically challenging pieces I had performed in an ensemble. Even though we had only spent a short amount of time together, the members bonded very well with each other, and by the time of the performance, we sounded excellent. It's hard to pick a favourite moment from the time I spent with the OPHB, but if I had to choose, I would say that the final night the band spent together after our performance was easily one of the best. I would say that Dr. Axelson's advice was the greatest takeaway from the experience. Her expertise with regards to musicality has certainly improved my playing, and I hope that I can extend these benefits to the rest of our ensembles at school.

N: The overall experience was amazing! Over the four days we spent together, I made many new friends and connected with fellow musicians. My favourite part was being able to perform the music that we all worked very hard on. We had concerts at Thomas A. Blakelock High School in Oakville and at the OMEA Conference in Niagara Falls, along with a conducting clinic led by Dr. Shelley Axelson. Each of these events were significant learning experiences for me. One of the most valuable takeaways was gaining insights into how to contribute effectively as a member of a concert band, and recognizing the distinct approach required as opposed to playing as a soloist.

What's the best part about being in a band and creating music?

D: The best part about being in a musical ensemble is the connections one makes with other people. When you're put into a group of people with similar interests and goals as your own, (such as in a band), you quickly make new friendships with the others in the ensemble. At the OPHB, we had close to 80 participants, so it was hard to speak to too many people, but even then there was

a great sense of camaraderie between the members. This effect is even greater in the ensembles at our school, where there is much more time spent together.

N: The best part about being in a band and creating music is the opportunity to work together with your peers, the sense of community, and continuous learning opportunities for personal and musical development.

What advice do you have for other aspiring musicians?

D: If you want to improve your musical abilities, the best thing you can do is practise. Through repetition and fine-tuning, you can improve your tone, technique and musicality in the shortest time possible.

N: A piece of advice for aspiring musicians is to get involved and connect with others in the musical community. This will allow initiate and advance your musical journey, gaining the valuable insight from those around you. I have had the privilege of working with many talented musicians, dedicated teachers, and inspiring conductors, all of which have had significant contributions to my growth as a musician. Regardless of what level you are at now, there is always more room to learn and grow.

Both of you are executive members of the music council. Is there anything we can expect to see this year?

D: As the Grade 12 RAP Instrumental class representative, I am excited to share that the Music Council has plenty of events planned for the school year. In December, we will be hosting a Christmas movie night, which all are welcome to attend. Aside from this, expect to see more music-related events throughout the year. N: As one of the co-presidents of Music Council, I am excited to be contributing to many great events happening this school year that aims to promote and foster a vibrant musical community at St. Elizabeth. Stay tuned for movie nights, open mic events, and more!

From rehearsals to concerts, music is a huge commitment. How do you stay organized?

D: In order to stay on top of all my work over recent weeks, I unfortunately have had to cut out a lot of time for my other passions, such as scale modelling or gaming. My commitments to music and schoolwork have been very heavy over the past few months, and as the fall is an extremely critical time for university applications, I have spent less and less time engaging in my other hobbies. Of course, as time passes I will have more time to myself, but in times such as these where I have so much work to complete in a short amount of time, I find that the best solution is to just grin and bear it and focus entirely on work. I do look forward to the Christmas break however, when I can finally relax!

N: Navigating the time commitment of music, from rehearsals to concerts, is challenging, but the fulfilment and joy it brings makes it worth it. To maintain balance between extracurriculars and school, I try my best to use time management strategies such as creating a schedule that prioritises the tasks I need to complete. Although this can be difficult sometimes, it is a rewarding experience.



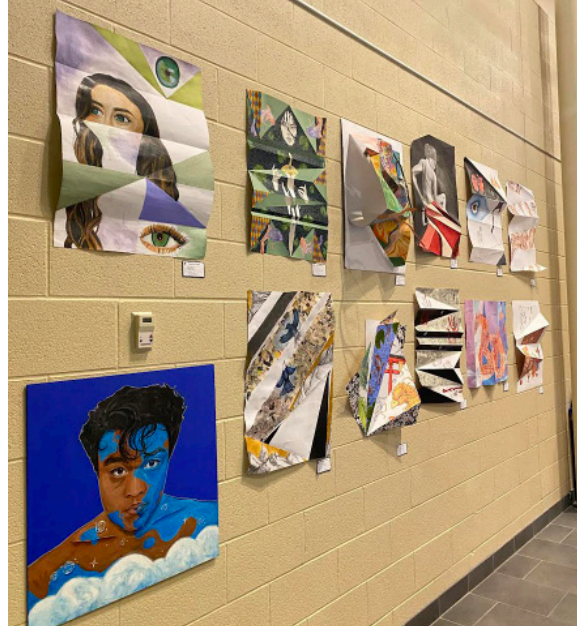
Nicole & Domenic with Dr. Shelly Axelson

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A platform to express & connect with peers

Sabrina De Libero Van Damme

On November 23, 2023, St. Elizabeth's Theatre hosted its annual fall art show, transforming into a gallery for a day. The event showcased the works of our Visual and Digital Art departments, attracting friends and family of the students to come and admire the pieces.



This year's exhibition showcased the diversity of artistic talent among our school's students, with traditional paintings and drawings, as well as innovative multimedia installations. The students' creativity was on full display, ranging from acrylic-painted animals to low-poly 3D animals from the digital department.



One of the talented contributors to the show was Gloria Yang, who offered a behind-the-scenes look into the grade 12 Visual RAP students' paper fold project. "I was super dedicated to working on this project, and so was everyone else. It was such a difficult project to create because getting the folds you want on paper isn't as easy as you would think. Everyone was allowed to pick their concepts for it, so it was interesting to see the diversity in everyone's work at the show."



The art department's devoted instructor, Mr. Chetty, shared his insights into the months of strenuous effort and devotion that went into organizing this year's exhibition. "The art show is a celebration of our students' creativity and growth. It provides them with a platform to express themselves and connect with their peers through their art," explained Mr. Chetty.

If you're considering attending St Elizabeth's art shows in the future, it's a fantastic idea. Besides appreciating the exceptional talent at our school, it's a chance to seek inspiration and see the world through the perspective of fellow students.



THE ARTS

The Benefits of RAP Vocal

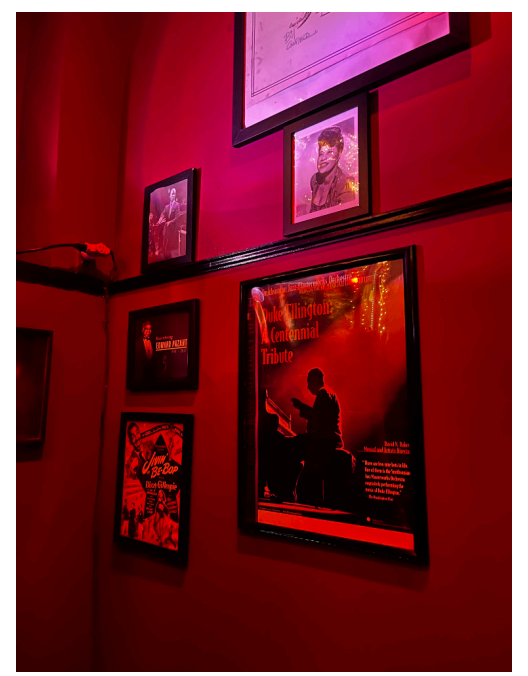
Fabuwl John

Hey Panthers! Have you ever wondered what the “behind the scenes” in the RAP vocal program at St Elizabeth looks like? In this section of the article, we will elaborate on this topic by giving you all a clear understanding of what we do as RAP Vocal Students and the major events that we partake in. To start off, RAP Vocal is a class that studies the basics of music, including music repertoire, theory, performance, history and education. Anyone who is interested in singing and performing music can audition. The audition process involves learning a vocalise, a solo, and a short theory assessment. For more specific information on the audition process, learn more at seh.ycdsb.ca. By being a RAP vocal student, you will be able to get involved in many of the performances that occur at our school, including concerts and musicals. Joining the program will also allow you to have the opportunity of further advancing your musical talents, and expanding on your knowledge of music.

Every school year, we start off with our traditional open house, where we portray an example of what is expected of regional arts students. Being in the vocal program, we also give ideas to the grade 8's on what type of songs they could choose for their performance, and we answer frequently asked questions. For instance, the open house for this year consisted of our grade 12 students performing a jazz standard named “Autumn Leaves” arranged by Ryan O’Connell and the grades 9-11 created a welcoming environment for future St. Elizabeth students. Another big aspect at the open house was the introduction video of our production Freaky Friday. It provided a glimpse of what had been happening during our rehearsals including the dances, music practices, and acting. After four years, we have finally brought back our school productions! Our musical includes the lead cast and ensemble who learn music repertoire, dance choreographies, and acting techniques. With the help of our directors and stage managers, we have accomplished a lot in the past couple of months. In fact, the RAP department organized a trip to New York City that included a Broadway musical work-

shop of Wicked. We were taught a song and dance by an ensemble member of the cast who answered many of the questions we had about Broadway and music. This musical workshop allowed us to get better insight on the basics of musical theatre and the tips that were given to us can be used to improve our performance to come in April.

On our first day in New York City, we went to the Christmas Market and experienced a hint of the Christmas spirit. This joy is spread across the music department during the winter season for our annual Christmas concert. This year our Christmas Concert is called “Tis the Season.” The vocal and instrumental students perform a variety of holiday-themed songs. In preparation for the concert, we focus on the lyrics and expression for our songs as well as collaborating with classmates by using our different voice types which include tenor, alto, and soprano. During the Christmas concert, we dress up in choir attire and we are encouraged to accessorize with fun Christmas attire. The teachers that organize this also collaborate with the students in Music Council. There are executive and general members. The technicalities behind each music-related event occur in this club. For instance, the title “Tis the Season” was picked by one of our executive members. Overall, Music Council is the place to express yourself musically and you will be given opportunities to do so. By being in RAP vocal, we have the opportunity to express our passion for music, and build a community with lasting memories and friendships.



THE ARTS

NYC Embraces & Champions the Arts

Ellieanna Yurchuk

New York City, the iconic metropolis that never sleeps. All Regional Arts students were invited to the New York city trip. Staying in the fairfield inn at night, then exploring New York city at day. In the city, the staff and students explored many places, such as the Statue of Liberty, Central Park, the Back to the Future musical and enjoyed a combat workshop along with a Broadway workshop where Broadway rehears. Students had dinner and watched a show with talented performers at a Broadway restaurant run by many talented singers, and at a jazz bar with beautiful music. There were many more activities scheduled from 9am to 10pm everyday, because of all the fun to explore in the city that never sleeps. The trip was a great opportunity to see the city lights with the Regional Arts students. With each brushstroke, note, and performance, New York continues to weave its narrative as a city that embraces and champions the arts in all their forms.



Photos Ellieanna Yurchuk



Photos Ellieanna Yurchuk

Photos Gvantsa-Anastasis Kavtashvili



Swift Eras Tour



Stefani Franco



Taylor Swift's The Eras Tour is the highest grossing global tour in the history of the world. This global superstar spends three and a half hours on stage with her fans while she plays 44 songs. During her concert, Swift takes her fans on a musical journey throughout her seventeen year long record breaking career. This concert is divided into ten segments representing Swift's ten eras. These ten eras depict her ten award winning studio albums. During each era performed, Taylor Swift uses a variety of timeless outfits, colours, and visuals to enchant her fans. During The Eras Tour Swift fashions custom made Oscar de la Renta dresses and bodysuits. Alongside her outfits, Swift wears bejeweled LouBoutin boots. Fans spend hours recreating these outfits at home so they too can shimmer at The Eras Tour.

Additionally, fans spend hours creating friendship

bracelets to trade with one another. These bracelets are filled with Swift's catchphrases and lyrics. This tradition began when Swift wrote a song titled "You're on Your Own Kid" which tells fans to, "make the friendship bracelets, take the moment and taste it." Fans partake in this ritual as they spend months preparing these bracelets as the lucky ones get to trade them with Taylor herself. Accompanying the fans colourful bracelets is a painted number on their hands. This is Taylor Swift's lucky number thirteen. These are some of the many traditions fans partake in before the concert commences.

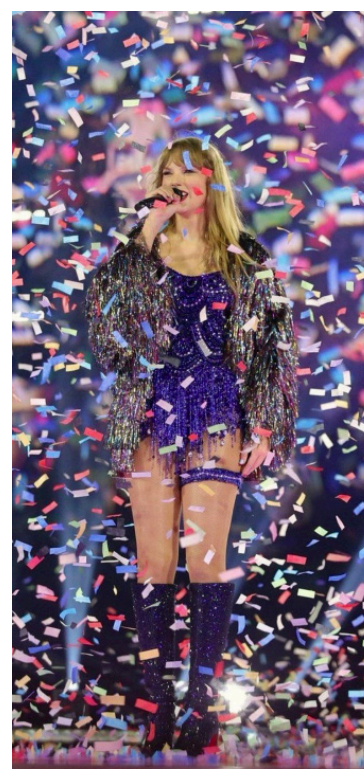
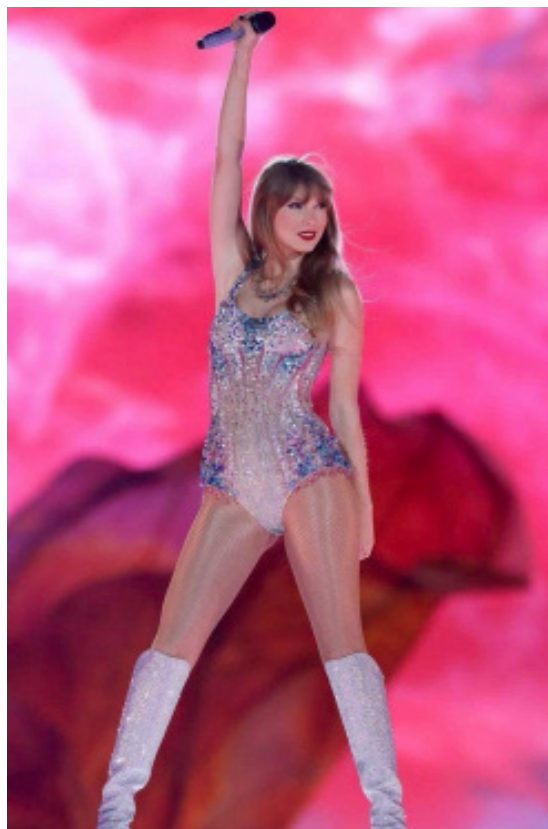
During the concert, one special fan is selected to receive the hat Taylor wears when she performs the song "22". As Taylor progresses through her eras, fans anticipate the section they know all too well, the acoustic set. During this

part of the show, Taylor Swift selects two surprise songs that are not a part of the setlist to perform for fans. Taylor's luckiest fans got to witness her announce two albums and a music video during this segment. This is when fans hope that their good karma pays off.

Although The Eras Tour seems like an enchanting experience, fans are haunted by the ticketmaster app. Due to The Eras Tour's high demand, tickets have been unobtainable for Swift's truest fans. Before tickets go on sale, ticketmaster selects a handful of fans to receive a presale code. This code gives selected fans the chance to buy a ticket. Unfortunately, these ticket prices are outrageously expensive. Even after surviving ticketmaster's tedious process, some ticket prices leave fans ticketless. Although fans are disappointed by ticketmaster's system, Swift has come up

with a solution to bring the tour to all fans - The Eras Tour Movie. This movie is a recording of the tour. Swift's film has done exceptionally well as it has made over \$250 million dollars. Aside from fans going to the theater to watch the movie, it is now offered on demand. This movie allows fans to enjoy the tour anywhere.

Overall, Taylor Swift has and continues to break records on The Eras Tour. Most importantly, The Eras Tour is an event that brings Taylor Swift and her fans together while they dance, sing, and celebrate in style.

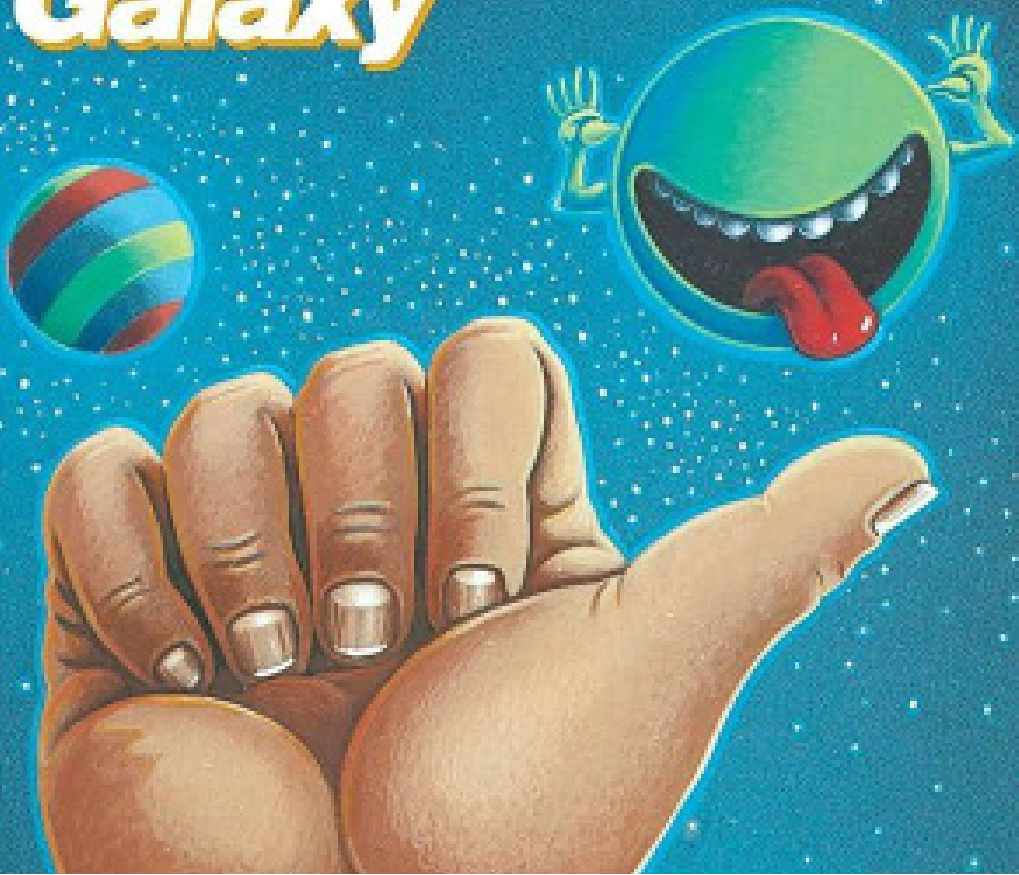


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THE ARTS

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Guide to the Galaxy



THE LOVELY MEANING OF LIFE

LORENZO RIVERA

“The answer to the question of life, the universe, and everything is...42,” said Deep Thought, the supercomputer from *The Hitchhiker's Guide to the Galaxy* by Douglas Adams. Deep Thought is not given an actual question to answer, thus designing a supercomputer capable of calculating this called Earth which is destroyed, leaving 42 as the only viable information. While not favored in the novel, Deep Thought is correct as by breaking 42 into its separate digits, it reads out “for two”, in that life is made for two, not one. In this way, the answer to everything is connection, and to take it further, the answer is love, the strongest form of connection. Every religion, while different, is based around faith, love transcending the physical and comprehensible

world. Many find meaning through faith, acting as a connection to the divine, bringing one closer to their God by doing their will on Earth. An example of this life-fulfilling faith is Christianity. Jesus states, “A new command I give you: Love one another. As I have loved you, so you must love one another. By this everyone will know that you are my disciples, if you love one another,” (John 13:34-35). Jesus establishes the groundwork for Christianity through the very thing He is sent down for, a love for humanity. He calls one to give the same life-fulfilling love to all as He did when dying on the cross, spreading His love to all and the promise of eternal life with the Father. However, while people of faith understand the world is imperfect and strive for a better one beyond by serving one's God, they make it more imperfect and difficult to live in, which no version of the creator would appreciate. To truly show

faith and connect to God in this world and go to the next is to show all, no matter the religious background or other, a love without end, one not of this finite and flawed world, a divine love.

On the other hand, love is present from a philosophical standpoint, regardless of school of thought. Historically, philosophers are condemned as they oppose religion or societal beliefs, for example Socrates, however it is just another way of loving, one more comprehensible to the mind. Looking at the word itself, “philo-” means to love and “-sophy” means wisdom, thus philosophy is the love of wisdom. The *Alchemist* by Paulo Coelho encapsulates this perfectly. Santiago states, “And that's when the power of love comes in. Because when we love, we always strive to become better than we are,” (Coelho 155). Alchemy teaches Santiago that everything is in a constant state of change and the very force behind this is love, making everyone want to be better thus

making everything around one better. Using love as a means of connection, he appeals to the desert, the wind, the Sun, and God, becoming the wind to avoid death and return to his soulmate, Fatima. Santiago encapsulates what all philosophers believe in: such a connection to wisdom that enables connected growth through love, capable of overcoming all obstacles.

Furthermore, science is also a love for wisdom with the goal of connected growth. Science, while a love for wisdom, is abused or has ill-intentions. For instance, nuclear power is used for death, drones or malware are used to infiltrate security, and embryonic tissue is harvested immorally due to value. However, despite ill-intentions, a study by Andreas Bartels and Semir Zeki suggests that humans are still loving creatures. They find that subjects looking at those they know and love activate overlapping regions part of reward systems rich in oxytocin, the love hormone. When released, oxytocin reduces stress, increases trust, bonding, and empathy, and in the study, when viewing photos

of those the subjects did not know, there is less brain activity in regions responsible for negative emotions and judgment. Therefore, despite all the death and hate caused by the abuse of science, humans can still be influenced by love through one's connection to those one loves, allowing one to make decisions that extend to love all. Now it is just up to humanity to come together and make these decisions.

To summarize, whether being faithful to a god, on an adventure of wisdom and meaning, or just taking part in human interaction, love is constant throughout. While Earth is destroyed before calculating a question in *The Hitchhiker's Guide to the Galaxy*, it may be “Why should one live?”. By observing humanity, perhaps Earth finds that regardless of walks of life, one finds a reason to live not by living for the sake of one, but “for two”. In and of itself, being part of this universe means living for others, and only by doing this will humanity be capable of better or else a division beyond repair is inevitable.



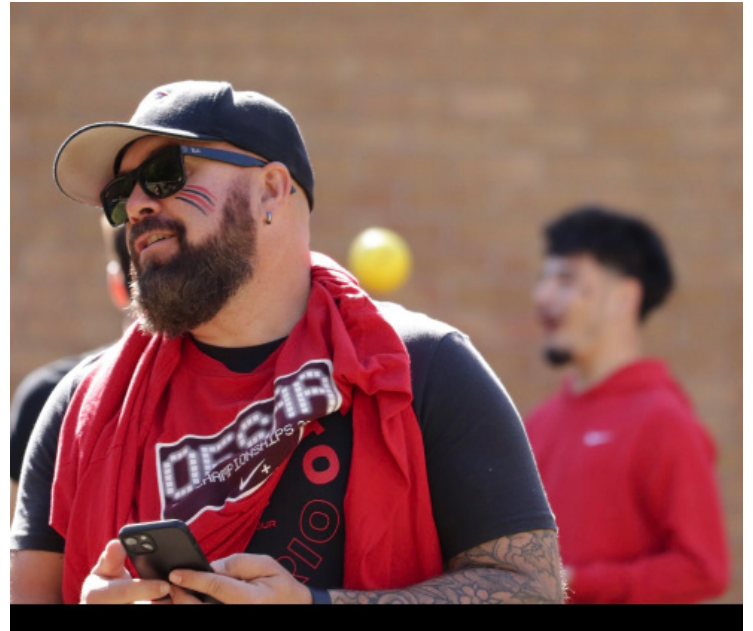
https://greatergood.berkeley.edu/article/item/how_biology_prepares_us_for_love_and_connection - Link to study

CHRISTMAS SHOW



PHOTOS
Christina Olsson

PANTHERS PEP RALLY



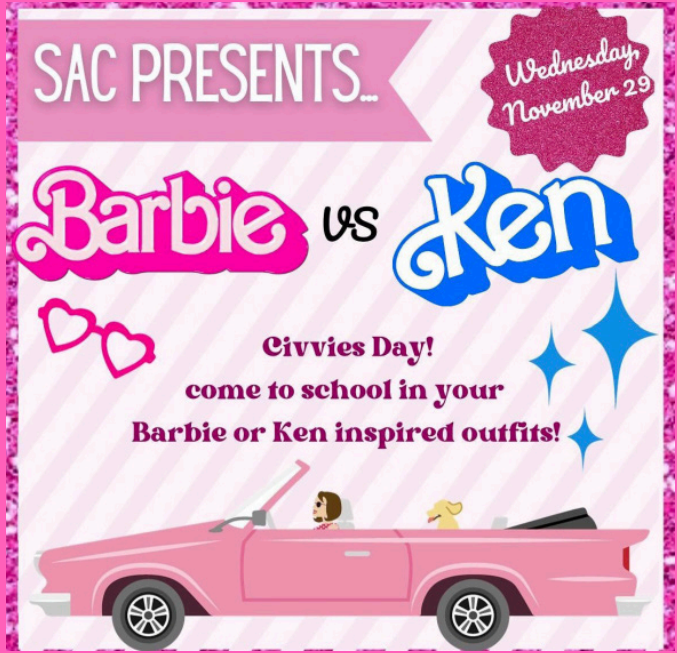
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PHOTOS
Gvantsa-Anastasia Kavtashvili

SPORTS

Don't ask us why we run, ask yourself why you don't

Sophia Travolo

The spirit of athleticism and dedication was on full display as the St. Elizabeth Cross Country Team's season began, demonstrating both their physical strength and the strong sense of community that this team has built over the years. With the continuous support and guidance from Head Coach, Ms. Buzdon, the team has put a lot of hard work and effort into their running journeys this season. The Cross Country season started with yet again, Ms. Buzdon's famous quote on the announcements in September. From that point forward, the team started their vigorous training routine, in hopes for their best performance at the soon-approaching meets. From practicing a total of three times a week in various weather conditions, the team's perseverance was clearly evident. Last year they wowed us with their impressive performance and hoped to maintain the same level of commitment this time around. From running two warm-up laps around the track to going on five-kilometre runs, this team is extremely skilled and well-diversified in their physical capabilities. Every year Ms. Buzdon highlights not only the significance of an individual's running performance, but also the sense of accomplishment and unity when the team works together to achieve their goals.

As the season progressed, the Cross Country Team competed in two meets, each presenting challenges. Both meets were held at Boyd Conservation Park in Vaughan, Ontario. On October 11, 2023, the first meet took place where schools from various regions came to compete. From navigating the steep terrains to enduring the long distances of up to six kilometres, the runners from St. Elizabeth exhibited their physical prowess and courage. As the second meet date came in the blink of an eye, the runners' true abilities were put to the test. On October 19, 2023, the team was back at Boyd for one last shot at conquering the steep hill Boyd is distinctively known for. Key athletes including Ethan Attard, Myles Simon-Tucker, Haadiya Ateeq, and Olivia DiCesare

displayed their incredible abilities which helped them place top 50 in their categories. The course was, without a doubt, a difficult one and every single athlete should be proud.

The encouraging atmosphere that Ms. Buzdon and the team create is truly like no other. While a competitive sport, the St. Elizabeth Cross Country Team is all for lifting each other up and fostering a supportive environment. The team's great success this year contributes to the school's legacy and serves as an inspiration for aspiring athletes, giving them an opportunity to reveal their passion for the sport.

How would you describe the team environment and camaraderie during your running experience on the St. Elizabeth Cross Country Team? Tara Avsec, Grade 11 student, first year on the team: "Since it was the first time I ever participated in cross country, I wasn't too focused on my ranking, I was mainly focused on enjoying the moment. During the race, I didn't feel overwhelmed as everyone was positive and encouraging. It was such an invigorating experience." Ines Balcells, Grade nine exchange student from Spain: "I would say that the environment at St. Elizabeth is much more friendly than the environment at my cross country club back in Spain. Honestly, I can say that I prefer the environment here in Canada than in Spain." Myles Simon-Tucker, Grade 11 student: "I would say the team environment was very wholesome and welcoming. The bonds built during that time I think, will continue over through to the track season."

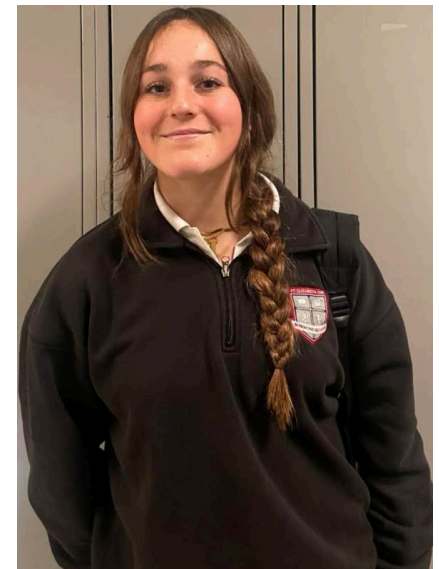
If you enjoy long-distance running and want to step out of your comfort zone, then there is a place on the St. Elizabeth Cross Country Team for you! The team is full of welcoming people who will get the best out of you. Ms. Buzdon is always finding new ways to challenge her students and doesn't shy away from extremely lengthy running routes! She encourages everyone interested to come and join the team. Remember, "Don't ask us why we run, ask yourself why you don't."



Tara Avsec



Myles Simon-Tucker,



Ines Balcells

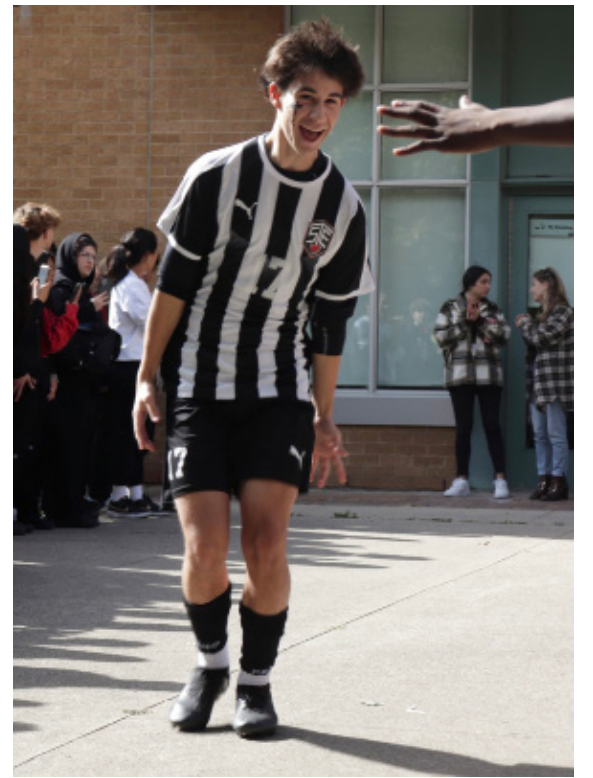


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SPORTS



Panthers Soccer



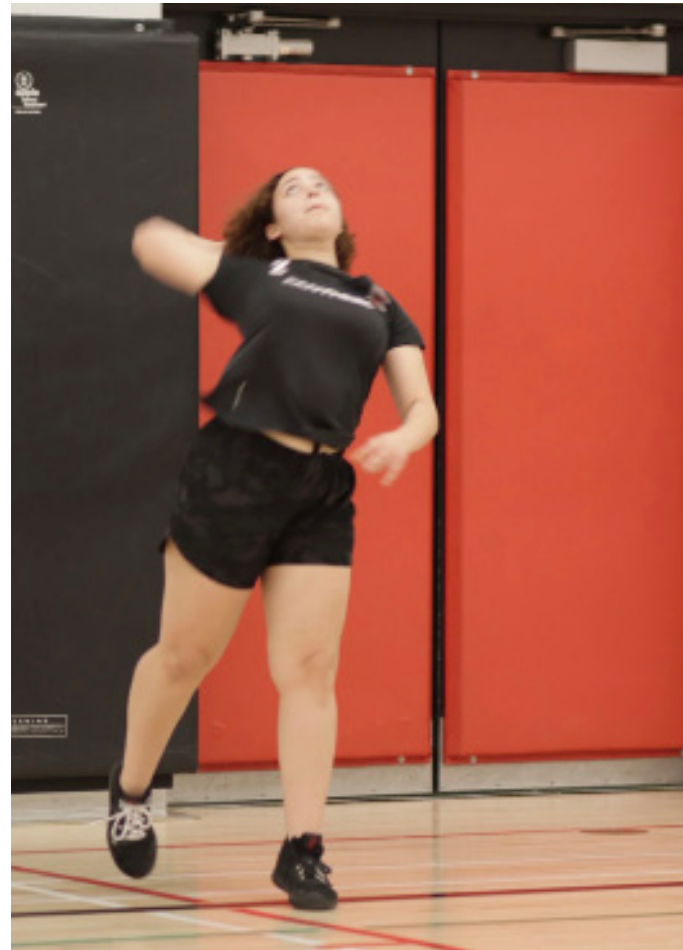
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Esther
Nestico**



SPORTS



**Panthers
Girls
Varsity
Volleyball**



**PHOTOS
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Cooking Corner

Curtsey of Ms. Scodellero's
cooking class



Quick and Easy Ricotta Gnocchi

2 cups ricotta
2 large eggs, lightly beaten
1 cup grated parmigiano cheese
¼ tsp grated nutmeg
¼ tsp salt
¼ tsp pepper
2 cups all-purpose flour

Day 1
Stir together ricotta, eggs, cheese, nutmeg, salt and pepper until well combined.
Add flour, stirring to form a soft dough. Add additional flour if needed.
Divide the dough into 3 or 4 pieces, and roll into 1/2-inch-thick ropes on a floured surface. Cut each rope into 1-inch pieces, and place on a lightly floured baking sheet. Freeze overnight.

Day 2
1. Bring a large pot of lightly salted water to a boil over high heat. Boil the gnocchi until they float to the surface, 1 to 2 minutes.
2. Lift out with a slotted spoon and drain in colander.
3. Toss gnocchi with sauce. Sprinkle with cheese.

Serves 6

Butter and Sage Sauce

¾ cup butter
3 garlic cloves, minced
1 pkg of fresh sage leaves, chopped
¾ tsp salt

Melt the butter in a skillet over low heat. Do not burn butter.
Stir in the garlic and cook until the garlic has softened and is beginning to turn golden brown, about 4 minutes.
Add the sage and cook until the leaves turn crisp, about 1-2 minutes. Season with salt.
Add the butter and sage sauce to the gnocchi and toss gently.



No Bake Chocolate Eclair Cake

Ingredients
Filling:
3 box(es) 3.5 oz instant vanilla pudding
3 cups milk
1 container 8oz cool whip
1 box of graham crackers

Topping:

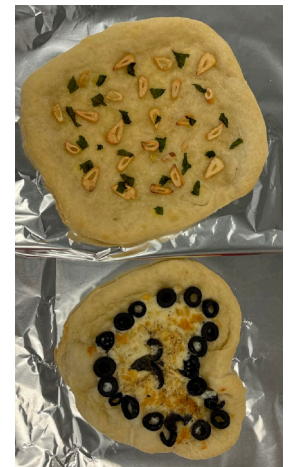
1/3 cup cocoa
1 cup sugar
¼ cup milk
½ cup butter
1 teaspoon vanilla

Preparation

Filling:
1. Combine pudding mix & milk. Beat until well combined and smooth.
2. Stir in Cool Whip.
3. Place a layer of graham crackers in bottom of 9x13 dish.
4. Using a spatula, evenly spread 1/2 filling mixture on top.
5. Repeat with another layer of graham crackers, add rest of filling, top with final layer of graham crackers.

Topping:

1. Bring cocoa, milk, & sugar to a rolling boil; a full minute, stirring frequently.
2. Remove from heat, cool 1 minute. Keep stirring.
3. Add butter & vanilla, stir till butter is melted and forms a smooth chocolate glaze.
4. Pour chocolate topping over graham crackers. Tilt the dish to make sure all corners are completely covered with chocolate.
5. Refrigerate overnight.



Pizza Dough

Yield: 1 personal size pizza

½ tsp active dry yeast
½ tsp white sugar
¼ cup warm water
½ cup flour
¼ tsp salt
1 ½ tsps olive oil

Directions

In a medium bowl, dissolve yeast and sugar in warm water. Let stand until creamy, about 10 minutes.

Stir in flour, salt and oil. With a fork stir until smooth and until it forms a ball.

Turn dough out onto a lightly floured surface and use your hands to form and knead the dough.

Place dough ball in an oil lined plastic bag. Let the dough rest overnight.

Cooking Corner
Alyssa Cianfarani

HOROSCOPES

Elizabeth Guenkine



Aquarius (January 20 - February 18)

Use this transitional phase to address what bothers you and prepare for new abundance.



Pices (February 19 - March 20)

Use the strength to move on from a toxic situation. Leave it for good and free yourself from the cycle that holds you back.



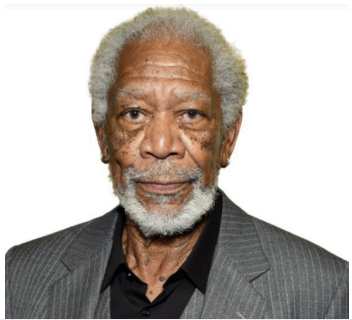
Aries (March 21 - April 20)

Your fiery spirit will lead you to exciting adventures and new opportunities this fall. Embrace change and trust!



Taurus (April 21 - May 20)

Alongside practicing self-kindness, focus on nurturing and working towards your goals.



Gemini (May 21 - June 21)

Embrace the inner conflict you are facing. Take your time and allow the answers to come organically.



Cancer (June 22 - July 22)

Expect support from unexpected sources who will bring you an important message or lesson.



Leo (July 23 - August 22)

Your major plans may need to be postponed or rescheduled due to an exciting life event this season.



Virgo (August 23 - September 22)

Dive into your dreams and creative pursuits this fall. Your imagination knows no bounds, so bring your visions to life.



Libra (September 23 - October 22)

Use your social grace this season to build meaningful connections and create harmony in your life.



Scorpio (October 23 - November 21)

Scorpio, your intensity will be your strength this autumn. Embrace transformation and positivity for growth.



Sagittarius (November 22 - December 21)

Adventure awaits you, explore new mental and physical horizons.



Capricorn (December 22 - January 19)

Embrace a healing journey by stepping out of your comfort zone. Take risks to gain self-awareness and confidence.

WHAT THE STARS SAY IS IN

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