

SAINTE-JULIEN-BUFFET-HIMMELSS



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Mrs
PEDRO

Unleashing the Power of Student Voices

NEWS



Adam Edgecombe

Our Business Department, spearheaded by Laila Mastrotto and led by Adam Edgecombe, is thrilled to announce the launch of our new financial and investing podcast, The FICE. A dynamic platform where students can explore the world of money management, investing strategies, and the evolving global economy. Our podcast team is passionate about empowering young minds to take charge of their financial futures, breaking down business concepts into relatable and engaging conversations with local staff members at St.Elizabeth. Their unique and individualized personality helps bring new ideas and exciting ways of learning to our holistic and growing learners. At the heart of this podcast is the belief that students' voices matter. By featuring their unique perspectives and questions, we create a space where learning is driven by curiosity and collaboration. Whether you're an aspiring entrepreneur, an economics enthusiast, or simply curious about what is going on at St.Elizabeth with insight into the facility and staff, then this podcast is for you.

Run out of our St.Elizabeth Business Department, with Mr.Edgecombe as our local host, alongside his Podcast Team, viewers should tune in, learn with us, and be part of the conversation shaping the next generation of financial thinkers, leaders and bringing a new dynamic of learning through Staff relations. As always...FICE out!



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As always...FICE out!

The Power of Inclusion

Maria Antonietta Arista Vallario

The Power of Inclusion was created by our neurodiverse students who expressed themselves uniquely and contributed to a collaborative masterpiece demonstrating the power of inclusion through diversified Art. The students' creative voices fostered by the shared commitment to diversity and inclusion in the St. Elizabeth CHS community. The hope was to create a sense of belonging, showcasing the beauty of their perspectives. Their art is a powerful expression, highlighting the talent and individuality of each student who participated in constructing this mural.

The Power of Inclusion is a collaborative piece which included all of our students in the Functional Life Skills, Social Communication and Educational Support programs (graduated and current students). This collaboration was made possible by our Art teachers Mr. Chetty, Mrs. Estabillio and Mrs. Sorbrera, supported by Principal Fasano and Ms. Arista (Department Head and Special Education Teacher). The endeavour was part of the Cul-

ture Days - Unity in Diversity: A Collaborative Mural Experience and was introduced by Maria Liberatore (YCDSB Pathways to EmployABILITY teacher) and Mihaela Neagoe (Inclusion Supervisor, City of Vaughan).

This experience truly afforded us the opportunity to showcase the powerful expression and beauty of our neurodiverse students. Their perspectives, talents and individuality are on every inch of the mural and bearing witness to their art was a beautiful and awe inspiring moment!



Thanksgiving feeds Good Shepherd

Savannah Chu Morrison

St. Elizabeth C.H.S. has a longstanding tradition of contributing to the Good Shepherd Refuge's Thanksgiving dinner. This shelter addresses the issue of food insecurity in Toronto by serving approximately 1000 meals per day. As the largest free meal program in Toronto, the Good Shepherd serves seniors, people living on disability payments, people living in poverty, and homeless men and women.

For almost two decades, St. Elizabeth staff and students have been helping out in the days leading up to Thanksgiving by picking up a tin foil tray and then filling it with a full roasted chicken and mashed potatoes. Many also donate tins of gravy on the side. The food and nutrition classes generously contribute baked goods.

On Friday, October 10th, 2024, the St. Elizabeth community sent 60 large trays of dinner alongside many trays of dessert to the Good Shepherd. As St. Elizabeth students loaded the food trays onto the Good Shepherd's truck, there was a general feeling of gratitude for the opportunity to share what we have with those who are less fortunate. Thanksgiving is a time to open our hearts and

that is exactly what we did.

The Global Culture Club, who organizes this annual initiative, will be running another important event called Thinkfast. If you are interested in making a difference in our local and global community checkout the GCC instagram @ste_gcc



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PEP FILLS COURTYARD

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On October 10th 2024, at St. Elizabeth Catholic High School the students had high spirits because dancing, face painting, food trucks, and soccer could all be observed throughout the day at their annual Pep Rally. This was a lively day filled with entertainment which helped prepare the soccer team for their game and raise school spirit.

Pep Rallies have a major impact on students. During the beginning of the school year, students often become overwhelmed with the large amounts of school work. School is a significant cause of stress in students due to its high demands. When this oc-

curs, it is important for students to have an outlet to release their stress. The Pep Rally is an example of this because it provides students with time to reconnect with friends, display school spirit, and support the sport teams. The Pep Rally positively impacts students as it helps encourage students to support their school and connect with those around them.

This positive event took an immense amount of preparation which was organized through Mr. Layne's grade twelve leadership class. This class prepared banners, hosted the event, and worked at multiple stations throughout the day to ensure that the St. Elizabeth students had an enjoyable pep rally experience. Students who attended the

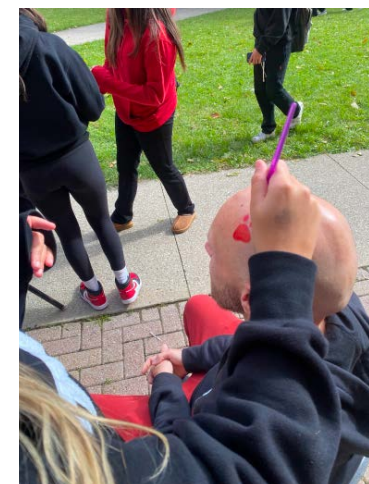
event needed to bring in a non-perishable food item that was donated to a charity. This helped teach the students the importance of helping those in need. By donating to charity, the students were able to attend the event.

On the day of the Pep Rally, the courtyard was filled with red, white, and black, the school's colours. Students visited the courtyard on their lunches with spirit wear intact to observe and participate in the multiple thrilling games available. In the courtyard, several food trucks lined the street with multiple dessert and drink options. The most enticing activity was the face paint station

This station was visited by most of the students who attended the event. Once they left the station, they could be found with a paw print, soccer players number, or fun design on their face to help display their school spirit. In the courtyard, live music was played by the RAP vocal and RAP music students to create an exciting ambiance. While the music was playing, games including panther pong and spikeball were monitored. This led up to the main event and increased panther spirit. Prior to the game, the RAP dance students contributed by performing multiple hip hop routines. These final moments

got the students excited to introduce the players. After the player introductions and school chants, the event moved to our soccer field. Once the game commenced, the students supported their team by watching the game from the sidelines.

Overall, the Pep Rally had multiple activities which made the popular event a success. The Pep Rally was an exhilarating experience which helped promote school spirit, positive mental health, and the importance of giving back to those in need!



Be Someone's Taco

Yuna Jeong

Many grade 9s have gathered around the third-floor hallway to write a short message about how they can provide service to their community. The students were influenced by St. Elizabeth's guest speaker, Sam Demma, as he spread Mental Health Awareness with his message of "Be Someone's Taco".

The phrase "Be Someone's Taco" came from Sam Dem-

ma's experience of his journey. He started by sharing his journey about how his hardships resulted in the lowest point of his life. Sam expressed his feelings of being lost and how he managed to overcome the challenges with the support of his friends and family. Due to the support of his loved ones, he was influenced to support others as well. When his friend was in a tough situation, Sam bought a taco meal for him

and his friend's wife. After Sam's friend got the taco, it helped him to be determined and persevere through the hardships in his life. With a touching story shared by Sam, the school has been inspired to use a bulletin board to create a Taco wall in the hallways. The wall consists of many students' messages about how they will start to be someone's taco and what act of service they pledge to do.

Although a taco may not cost a lot, it can make a huge impact on others' lives. Every taco counts so become someone's taco to support them during their hard times.



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PACKING HALLOWEEN

Carmel Acuzar & Sophia Agro

It's Monday morning of the last week of October when the school bell sounds. A *Ring!* cuts through the chatter, and the morning music begins to play, ♪ He did the Monster Mash / ~ The Monster Mash ~ it was a graveyard smash / ~ He did the Mash~ ♪ I always feel like somebody's watchin' me ♪ the rush to morning class begins as The Monster Mash and Somebody's Watching Me commence the exciting start of Halloweek!

From October 28th to the 31st, Halloweek played out, and St. Elizabeth's Student Council planned many exciting events for the week. Throughout the week, there was a Rubber Duck Sale during the lunches right outside the cafeteria. The table outside the cafeteria held a variety of cute and colourful rubber ducks dressed in costumes of superheroes, animals, jesters, and more! With the purchase of a rubber duck came a punch card. As the Holiday Rubber Duck Stand continues to appear during the holidays, the punch cards will follow, and each hole punched is an entry to win the end-of-year prize raffle! In addition to this stand, the Witch's Cauldron Raffle was also available to enter from Day 1 to

Day 3 of Halloweek. Students put their luck to the test as they bought a ticket, hoping to win a prize. Can you guess what it was? As the name of the Witch's Cauldron Raffle suggests, the prize was a Cauldron of delicious candy! Another fun event was pumpkin bowling, held in front of the cafeteria. It was an exciting game as students tried to knock down the pins of water bottle-painted ghost faces with the mini pumpkins. As these events took place outside the cafeteria, the GhostBuster Games, a Musical chairs event, was happening inside. Throughout the week, students were encouraged to submit their jack-o-lantern design to the box outside room 207, where, on Wednesday, Art Council provided the winner with a pumpkin to bring their vision to life!

On Day 2 of Halloweek, the Rubber Duck Sale and Witch's Cauldron Raffle booths continued alongside the newly introduced Halloweek Tattoos and Pumpkin Painting events! Student Council Members were stationed outside the cafeteria during all lunches, handing out temporary tattoos, paper towels, and water to apply them. Students were also encouraged to buy and decorate a fake mini pumpkin using paint pens. Inside the cafeteria, the Halloween spirit was bursting as the Mummy Wrapping Competition started up. Numerous students throughout lunch A to C participated in this thrilling

contest! Pairs of students went up on the stage and competed with a toilet paper roll. One pair would attempt to wrap the other in the toilet paper to mummify them, all while the timer ticks. The team that got the biggest cheer and had the most mummified person won the contest. The winners received candy, cheers, and congratulations from fellow students in the crowd. The Mummy Wrapping Competition was intense yet fun as it ignited the spirit of Halloweek!

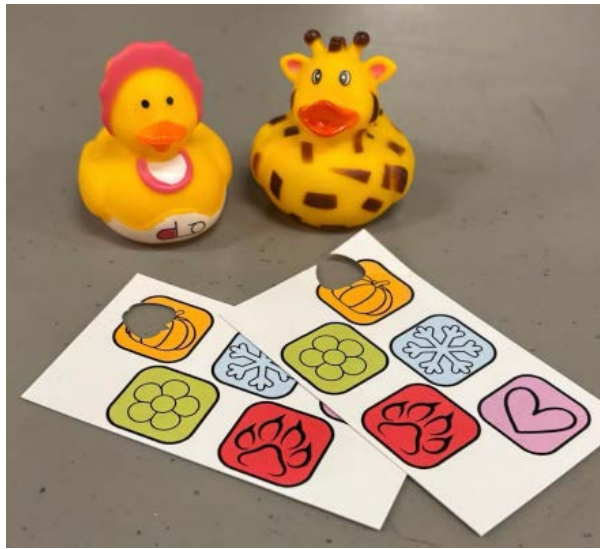
Before anyone knew it, the third day of Halloweek had arrived! Riddles were held on the announcements that morning. Any answers brought to the office entered the chance to win a prize, the winning class being announced Thursday! The Rubber Duck Booth and Witch Cauldron raffle, which were still going strong during the lunches, were joined by a Fiction Fortune Telling booth where tarot cards and future readings took place. Wednesday also brought about the Spooky Scavenger Hunt, where many Halloween-themed printouts were posted around the school hallways. Clues to the locations of these printouts were given on social media, and whoever found the items and brought them to one of the student council tables during any lunch period got to claim a candy prize!

The long-awaited day arrived, somehow coming too slowly and ending too quickly. It was finally Halloweek!

Laughter echoed through the halls as students shuffled into the school, donning wicked costumes. In the morning, something like trick-or-treating began throughout the halls as student council members handed out candy on each floor. The Witch's Cauldron raffle winner was declared over the announcements, and the long-awaited prize of candy galore was given to the winner. Costume Contests were held during all lunch periods in the cafeteria, and the winners were given candy, as the Rubber Duck Booth was operating for the last time until the next holiday season. Inside the cafeteria students screamed for their favourite costumes as dessert trucks were operating in the courtyard. Just outside the cafeteria, in collaboration with the Student Council and St. Elizabeth Media Council operated the Pedro Polaroid PhotoBooth. Each photo was only a dollar or two, giving those who wanted it a personalized memento. A teacher costume contest was also held, allowing students to vote for their favourite costume! Congratulations Mr. Baumgarten, for winning as Fred Flintstone!

The final carved Pumpkins from the Art Council's design contest were displayed outside the cafeteria adjacent to the photo booth, contributing to the creepily fun atmosphere. Halloweek shaped up to be jam-packed with so many fun activities!

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Debaters better get writing

Camryn Bland

Pro/Con Debate Tournament. How do you feel about celebrities endorsing politicians? What about the dangers of Halloween? I'm sure you have an opinion on these topics, but would you be able to write a 5-minute speech about them? This is exactly what the St. Elizabeth debate team did on October 26 at Brebeuf College School, and spoiler alert; they did an outstanding job.

In pro/con debate, there are three divisions, (novice, junior, and senior) and each are composed of 4 team members. In each division, there are 2 members on side pro and 2 on side con, who are sent out against other schools to debate relevant

and captivating topics. Similar to any sports team, this success did not come unwarranted, as our entire team worked long and hard to prepare for this debate, including Ms. Mansey, the team's great coach. Every Wednesday, the teams would meet to brainstorm and rehearse their speeches, improving after each practice.

After weeks of researching, writing, editing, and practice, it was finally time for the tournament. Our debaters sacrificed their weekend sleep-in to be at Brebeuf at 9 am, eager, yet nervous, to begin. The tournaments are made up of 2 rounds with a 5-minute prepared speech, 3 minutes of intense questioning (also known as cross-examining), and spur-of-the-moment rebuttals

This would then be followed by one improv round, which they only have one hour to prepare for with no devices/research. After

2 long, intense, prepared rounds about celebrities endorsing political candidates, it was time to hear the impromptu topic; Be it Resolved that Halloween does more harm than good. So, the race against the clock was on. With only an hour for eating lunch, catching up with teammates and debate-writing, you can imagine the stress felt by all parties. In the blink of an eye, time was up and it was time for the arguments to be presented and cross-examined.

In the end, our teams won 3 awards! Savannah Chu-Morrison won 3rd place for best debater in the novice division, our junior team won all 6 of their debates and came second in their division, and the senior team won 4 out of 6 of their rounds and came third

This was the best performance our debate team has done so far, and many more great things are

expected to come. Time to celebrate was in short supply, as the next topic our debaters must write about was released the same day; Be it Resolved that Western corporate media is primarily designed to manipulate, not inform, the public. However, congratulations are in order to our pro/con debate team and their coach, Ms. Mansey, for the outstanding performance! I guess it's time for the cycle of practice to start again. Debaters, you better get writing!



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Orange Shirt Day Standing Together for Truth

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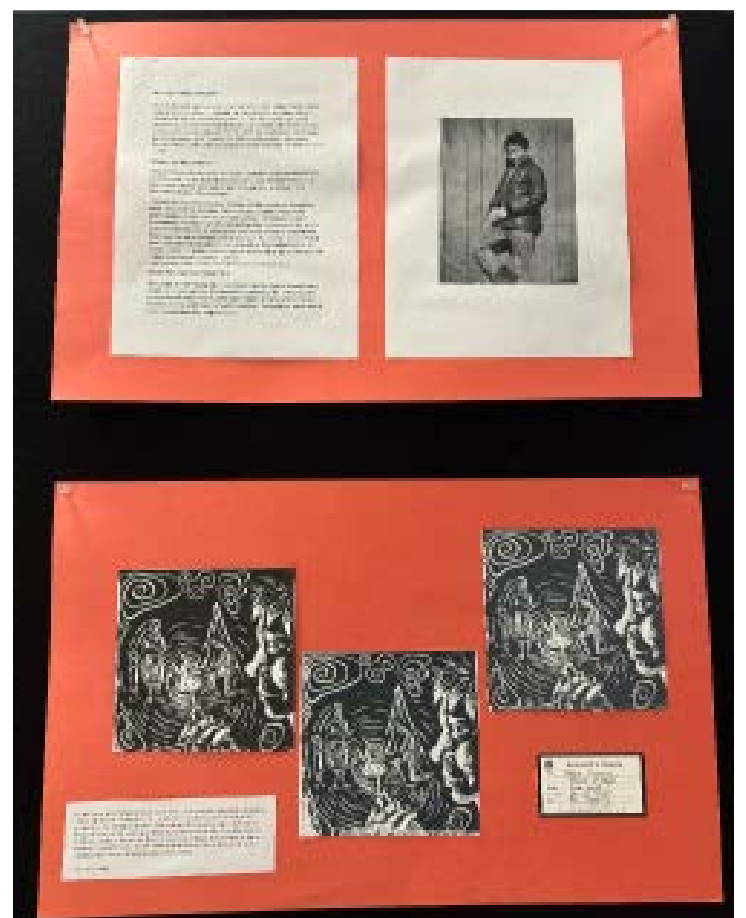


Monique Maghakian

September thirteenth marks the national day for Orange Shirt Day, as well as Truth and Reconciliation. It is a day that commemorates the Canadian Residential School system and the impact it has had on First Nations and Indigenous peoples. The date is significant as it is the time of year where children were taken from their homes and brought to the Residential Schools. It is also near the beginning of the school year, which provides the opportunity to contrive and establish anti-racism and anti-bullying policies.

The Orange Shirt Day movement was initiated in 2013 by Phyllis Webstad, a member of the Stswecem'c Xgat'tem First Nation community and a survivor of the Residential School system. In 1973, six-year old Webstad was stripped of her orange shirt on her first day at the Mission Residential School, located outside of Williams Lake, BC. Orange Shirt Day brings awareness to Indigenous children who had their culture and freedoms stripped away from them. In honour of the indignation suffered by Indigenous peoples, Canadians are encouraged to wear an orange shirt; a symbol of hope, reconciliation, and com-

mitment to a better future. We wear it in remembrance of the survivors and inter-generational survivors, as well as for the children who never made it home. We acknowledge their healing journey and listen to their stories with open hearts and open minds, which affirms that every child matters. Orange Shirt Day is an opportunity for First Nations, governments, schools and communities to come together in the spirit of reconciliation and hope for future generations. We stand together in pursuit of truth and healing, to listen, to learn, and to take meaningful actions to create a more just and inclusive society.



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RECONCILIATION

Threads of Remembering

I wear this orange shirt today,
but it's not just fabric,
It's filled with the cries of
children who lost their path.
It whispers of classrooms that
weren't meant to teach,
Of hands that longed for home,
but could never reach.
I'm not Indigenous, I'll never
know,
The depths of loss, the weight of
woe.
Their voices muted, their names
stripped bare,
And somehow, in this silence, I
hear them there.
How do I wear this shirt, knowing
what it means?
That every thread is tied to
broken dreams.
That children, just like me, were
told to forget,
Their language, their spirit—their
souls reset.
It's easy to say, "It wasn't me,"
To hide behind history and not
choose to see.
But today, I face what has been
done,
To listen, to learn, to be more
than just one.
Because this shirt isn't just for
show,
It's a promise that reconciliation
is something we owe.
It's a vow that echoes beyond
just one day,
The understanding that the hurt
does not go away.
So I stand here, as an ally, a
friend,
Not to pity, but to help and
mend.
To carry their stories, to spread
their messages wide,
To be the voice for those who've
cried.
I wear this orange, and it burns
in my chest,
A flame of remembrance, a job
to confess—
That we were wrong, that
silence is sin,
And now, with open hearts, we
begin again.

Woven in Orange Thread

Who were they? I wonder, as I
slip this orange shirt on,
Children with laughter that's now
long gone.
Echoes of footsteps, fading and
faint,
A history bound by dream's re-
straint.
What was lost in those days
turned to night?
Dreams, families, and children's
birthrights.
Lessons that scarred, words that
broke,
Stories that burned, hidden in
smoke.
When did it happen, this tearing
apart?
Not in some distant past, but
hearts still scarred.
A pain passed down, from then
to now,
A question we're only starting to
allow.
Where did they go, those voices
and songs?
To places that told them they
didn't belong.
Behind walls that whispered, be-
hind doors shut tight,
Where innocence disappeared,
out of our sight.
Why does it matter? Why should
I care?
Because their truth is the weight
we all bear.
Because healing begins when we
choose to see,
The hurt that lingers, the want
to be free.
And how do we move, with this
knowledge in hand?
We listen, we learn, we make a
stand.
We wear this orange not just for
today,
But as a promise to walk in a
better way.

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Madison Eirin

Breakfast for Everyone

NEWS



Kaaren Aryaan

At the beginning of the scholastic year, the Peer Ministry and the school came up with a meal plan known as the breakfast club which offered students a free breakfast in the morning. It started at the end of the month of September as a relatively unknown campaign yet the students and staff have embraced the activity in the morning and its construction of companionship within the school.

Many students learn that the morning crush is getting challenging. With mornings between getting ready for school, transportation and schedules, breakfast is the first meal to go. The Peer Ministry aims at providing a breakfast club that will make it possible for no student to go bare stomach all morning. In particular the free breakfast every morn-

ing is meant to provide students with the necessary energy during the day and make them willing and able to perform in the class.

Studies have shown that breakfast is one of the most vital meals, if not the most important meal, in a student's day. Eating a healthy breakfast each day can result in increased concentration, improved recall and therefore better learning. With this in mind, the Peer Ministry goes on filling a gap that exists in the school society. One of the volunteers said "Breakfast could really make the day and we felt that every student should be allowed to have his or her breakfast in the morning."

The menu for breakfast is basic but they offer a good variety which will suit everyone's preference and anybody that has a preference on what they take is sorted. Every student has an opportunity to take fresh fruits, granola bars, apple juice, and yogurt as they

start off their day. This is why for Peer Ministry, it is pertinent that apart from being healthy, what is offered should feel warm and welcoming in order to help promote the wellbeing of the student.

The most important benefit of the service is that it has helped to create a very supportive community called "The Breakfast Club". For so many students, it's now a pleasure to pop by the breakfast table in the morning. Not only do they get to get a meal but they get to interact with their peers and say hello to the friendly faces of the volunteers who make the program happen. This brief but significant interaction helps in making a good impression of the day with a view of putting and keeping the right culture of a school year.

"It's more than food," a Peer Ministry volunteer wished to comment. "This program has really got our school to become one big family as a school community."

Certain educators have willingly come forward to assist in service; this proves that the program enjoys great support at the school.

As for the further development, the Peer Ministry aims to increase the amount of services provided, and, in general, become more effective. "It feels great to know that there are so many opportunities for this program to expand," notes one of the student volunteers. They believe that people could sense that they are eating a delicious dish and it's quite surprising how such a meal would make such an impact. The breakfast club is about brunch and about standing together with each other which is why sometimes the best way to give back is in the morning.

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Warm Cookies Warm Hearts

Lorenzo Antonio Rivera

Every returning St. Elizabeth student with a stomach must have noticed the new catering company in the school's cafeteria, Just Catering. With this change comes the arrival of new and returning faces, but most importantly, the same warmth and care towards St. Elizabeth that the cafeteria has always expressed. The catering staff consists of Lisa, Carmela, Ivanna, and Wilma, together responsible for making the whole cafeteria service possible.

To begin, Carmela is one of the new faces to come along with Just Catering, however, the catering setting is nothing new to her. She has been working in school cafeterias for 40 years and counting. Beginning just West of St. Elizabeth CHS at Hodan Nalayeh Secondary School, she transferred to Cumber Valley Middle School and then AY Jackson Secondary School before transferring to St. Elizabeth this past September. Her first impression of the school is very positive, stating that this school is one of the best she has ever worked at, describing it as "excellent." Her message to the school community is simply to "keep up the good work," which, for the Panthers, should be no problem. If feeling adventurous or have never tried it before, Carmela's favourite item on the menu is the pasta, highly recommending it.

Furthermore, in the kitchen is where Ivanna usually works. She is also one of the new faces in the St. Elizabeth cafeteria, moving to Canada only 6 months ago from Ukraine. In Ukraine, she worked in catering for four years, so naturally she joined the St. Elizabeth cafeteria team. She is enjoying her time at St. Elizabeth CHS and says that the school community is "perfect", urging the students and faculty to always follow their goals. Regarding Ivanna's own goals, this school year she wants nothing but to grow and keep moving forward. While she is just learning English, her contributions are beyond words as she helps cook just about anything displayed in the front, notably the pizza and fries, which she recommends. On top of this, the newest member of the group, Wilma, just joined this November after several weeks of training and is excited to be a part of the team.

Up next, or rather, usually up front, is Lisa who students may remember from the past two years often working at the cash register and serving students their food. This year is no different, with the same goal of "making it through the year in peace and good health." Lisa describes the St. Elizabeth community as "warm" and wants nothing else but "for the kids to eat and be happy." Her message to the school community is to "enjoy life and live with no regrets," which she encapsulates as she has taken her two major interests, working with kids and cooking, and has made a career out of it. Just as Carmela, if looking for a food recommendation from Lisa, she would say pasta.

Therefore, upon buying food from the cafeteria, make sure to thank Carmela, Ivanna, Wilma, and Lisa, St. Elizabeth's wonderful catering team. This past September marks the beginning of a new chapter for St. Elizabeth through this new catering. To many, this change is quite a surprise, however once one gets to know this new company and the ladies behind the counter, it will have been a delightful one.



Ivanna, Carmela, Wilma & Lisa



JUST CATERING MENU		
PASTA Pasta in Tomato Sauce 6.00 Pasta in Alfredo Cream Sauce 6.00 Macaroni n Cheese 6.00 Spaghetti & Meatballs 8.00 Lasagna 8.00	A LA CARTE Chicken/Beef Burger 5.00 Fries 4.00 Poutine 6.50 Pizza Slice 4.50 Panzarotti 6.00/7.00 Beef Patty 3.00 Taco Bowl 8.00	HOT COMBO MEAL Cantonese Noodles & Sweet n Sour Chicken 8.50 Chicken Fingers & Fries 8.50 Roast Chicken & Potatoes 8.50 Pulled Pork & Rice 8.50 Sausage & Potatoes 8.50
WRAPS & SANDWICHES Chicken Caesar Wrap 7.00 Shawarma Pita 8.00 Chicken Souvlaki 8.00 Chicken Fajita 8.00 Quesadillas 5.50/7.50	BAKED GOODS Cookies 2.00 Brownies 3.50 Rice Krispie 2.50 Muffins/Loaf 2.50/3.00 Donuts 2.50 Chips 3.00 Welchs 3.00	BEVERAGES Water 1.50 Orange/Apple Juice 3.00 Canned Soft Drinks 2.00 Bottled Pop 4.00 Small Milk 2.00 Large Milk 3.00



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A New Way to Wear Poppies

Alysa Stoyles

Poppies are a powerful reminder of those that fought and died for us in World War I. Poppies as a symbol of war dates back to 1915, when Canadian Lieutenant-Colonel John McCrae wrote a poem, In Flander's Field, detailing how red poppies mark the graves of soldiers who died at war. However, it is only because of the tireless campaigning of Anna Guérin and Moina Michael that we wear poppies every year.

Guérin and Michael advocated for the wearing of Poppies to raise funds and remember soldiers. They organized the first Poppy Drive in 1921, selling silk poppies made by widows and children in war-torn France. In 1922, the first Poppy Factory was opened by George Howson, manufacturing poppies made by disabled veterans. Since then, distribution and manufacturing of poppies for Remembrance day has changed drastically. Workers manufacture poppies to be bought anywhere, from Walmart to Amazon to Costco.

However, poppies sold for Remembrance day have not lost their hand-crafted origins. Members of St. Elizabeth's very own Crochet and Knitting Club crocheted poppies to be sold in front of the cafeteria for Remembrance day. Over 100 poppies were crocheted by various members and were then given to the club's teacher supervisor, Ms. Coniglio, for the final steps of pinning each poppy to cards she designed.

Each poppy was sold for \$5.00. In total, 129 poppies were sold and \$645 was raised. Money was donated in partnership with Ms. Mansey, who obtains poppies from the Royal Canadian Legion and provides them to classrooms for students to purchase. Proceeds from the classroom donations and crocheted poppy purchases were combined together and donated to a local branch of the Royal Canadian Legion.

One of the club leaders, Sarah Link, discusses how creating the poppies was a very motivating process. Link states, "Crafting these poppies was very meaningful, but was also a fun craft that is simple and engaging for members." She hopes that crocheting these poppies has a meaningful impact on the community and can inspire others to get engaged as well.



Crochet Christmas



ORNAMENTS



The Knitting & Crochet Club spread Christmas cheer with their first ever 12 Days of Christmas Ornaments. Students solved clues each day to lead them to hand crafted Christmas ornaments. Students found a snowflake, star, candy cane, christmas tree, Santa hat, gingerbread man, penguin, wreath, bauble, stocking, angel, and snowman. Once an ornament was found, students were encouraged to share a photo with their prize to the club's Instagram account. Next year, the club hopes to hide even more ornaments throughout the building. Nothing warms our hearts more than St. Elizabeth Panther's Christmas spirit!



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9's Orient Themselves to Camp Olympia

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Isabella Carmen Rivera

From September 25th - September 26th, 2024, the Grade 9s went on their orientation trip to Camp Olympia. With the help of the St. Elizabeth staff and the camp counsellors, they were able to make those two days an unforgettable experience. The trip consisted of fun activities such as rock climbing, zip lining, treetop trekking, various sports like volleyball, basketball, and dodgeball, as well as a murder mystery. The Grade 9s also learned about survival skills - like making a fire - and team-building exercises that brought everyone closer together. All in all, considering the intention of the trip was to bond the Grade 9s and reduce their anxieties about making new friends, this trip did just that. This was the first overnight orientation trip St. Elizabeth has organized in 50 years, and seemed to be a success.



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Varsity Girls Continue to Bump Their Way to the Top

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Isabella Carmen Rivera

St. Elizabeth offers a multitude of sports teams for students year-round. This winter, the Varsity Girls' Volleyball team stands out with their passion and determination, proudly representing the sport. With resilience, sportsmanship, and teamwork, they are set to excel. Through interviews with the coach and team members, discover what makes this team remarkable!

The team's coach, Kristie Oppedisano, has been coaching intermittently for twenty-six years, as she desired to become coach ever since the ages of 10-12. Her favourite part of

coaching is "seeing the improvement of an athlete, both individually and as a team from the beginning to the end." Oppedisano would like to improve teammates' connections with each other and become more than just a team, but something closer. Unlike other teams she has coached, which are usually divided into juniors and seniors, this team includes girls of all ages. She is delighted to see them united by their shared passion for the sport.

Team Captain, Vrenaly Pedrosa, who plays outside and offside, is very devoted to volleyball, playing the sport for almost six years. Inspired by her mother, who also played in a varsity volleyball team, volleyball is more than just a hobby; it helps her grow as a

person on and off the court, as it holds a special place in her heart. This season, Vrenaly believes she can improve on communication as she says, "Volleyball is not just a sport where you go for the ball, you have to communicate with your teammates to make them work together as a team." Vrenaly is also excited about the new addition of junior players who bring raw talent and special skills.

Newest teammate, Jhamaila Feliciano, who plays middle blocker, brings new talent and personality to the team. She started playing two years ago, encouraged by her Gr. 7 coach. As her life back in the Philippines did not involve sports, volleyball has brought Jhamaila a newfound hobby and perhaps a

future profession. She does not just like the sport, but loves it as it teaches her lessons and helps her overcome challenges. Like her Captain, Jhamaila wishes to improve her communication skills and eagerly anticipates playing alongside her teammates, especially Captain Vrenaly.

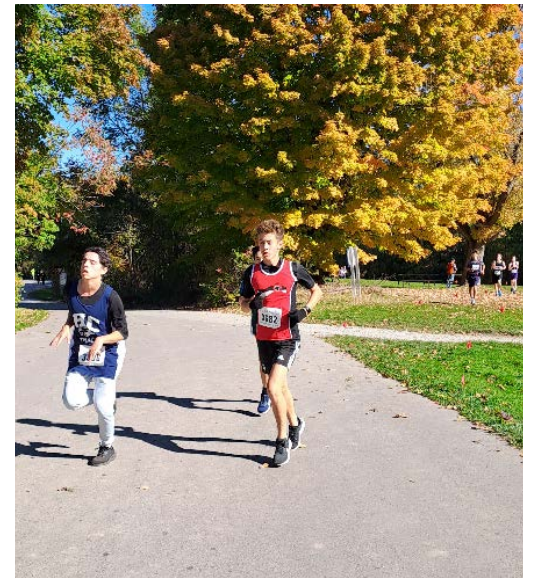
The Varsity Girls' Volleyball team has done an astonishing job as they have played multiple games and overall won half of them! As their season is progressing, they have many more games to play to feature the team's natural talent and hard work. The best of luck to them in their next games to come!

Crossing trails at Boyd Park

Sophia Travolo

The crisp autumn air was electric with anticipation as St. Elizabeth's Cross Country team took on the trails at Boyd Conservation Area for two exhilarating meets in October. On October 9 and October 17, student-athletes from all grade levels laced up their running shoes, ready to tackle the demanding courses that featured rugged terrain, steep inclines, and scenic views that made every kilometer worthwhile.

During the first meet on October 9, the team faced stiff competition from local schools such as Stephen Lewis, Huron Heights, and Bayview Secondary School, but their determination was undeniable. The 4, 5, and 6K races challenged runners not only physically but also mentally, as they navigated through the twisting paths of Boyd Park. Notably, junior star runner Max Feldman finished in the top thirty, clocking in at an impressive 20:29—a time that had teammates cheering him on. Grade 11 student Jered Apolinar finished in the top 110 out of over 300 grade 11 and 12 senior boys, setting the tone for what is expected to be his final year next year.



Let's Volley



The 2024 senior boys volleyball team had a great season and competed in tournaments at TDCH and Thornlea SS. We also ran a great house league on Mondays. Team members include:

Aggabao, Connor
 Alimojaned, Arvee
 Fetalvero, Jaren
 Burke, Joseph
 Oyco, Justin
 Brydges, Ted
 Barry, Gerard
 Capillan, John
 Choi, Joseph
 Rayos, Kyle*
 Oyco, Evan
 Habashy, Daniel
 Macabiog, Samuel
 Coloma, Zachary*
 Waithe, Juliano

Also, here is a list of coaches for the winter season:

Contacts:
 Jr boys basketball (Coach: Bruno Vono)
 Sr boys basketball (Coaches: Dom Cugliari and Laura Casinelli)
 Sr girls volleyball (Coach: Christina D'Alessio)
 Jr girls volleyball (Coaches: Laura Casinelli and Julia Cerundolo)



SPORTS

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TEACHER FEEL THIS WAY



JASON BAUMGARTEN

How did you decide to become a teacher?

Like many students leaving high school, I wasn't really sure what I wanted to pursue. After spending four years in university and two years in college, I still was trying to figure it out. Spending two years in the automotive industry and not really feeling appreciated, I decided to go back to York University and complete a bachelor in education.

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

If I was not an educator, I would probably be a police officer or in the wrestling industry.

Who would you say inspired you?

My inspiration came from my grade 8 teacher at St. Charles Garnier School in Richmond Hill. Mr. Davies taught his students about respect, integrity and perseverance. I hold all of these traits near and dear to my heart.

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

The most satisfaction I get out of this profession is when I see the student's engaged and enjoying the time they spend in my classroom. Making connections is very important to build a relationship and rapport with your students so they feel comfortable, connected and relatable.

What is the downside of your work?.

I do not see a downside.

What is the coolest thing about teaching?

Seeing your student's once they have graduated, return to St. Elizabeth CHS for a visit. I have had over a hundred students over the past 25 years return just to thank me and let me know how their lives have turned out. Nothing to me is more rewarding.

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

I would encourage them to follow their dream, but also let them know that nothing comes easy in life. Teaching is very demanding, not everyone is cut out for it. Though with desire, patience and understanding, it is the most rewarding profession.

Describe yourself in 5 words

Understanding, patient, caring, respectful and humorous.

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

a privilege, we must always remember that we are role models to our student's.

What do you want to do before you die?

I would love to visit Munich Germany during Oktoberfest. I may never return!!!!



TERESA SINISI

How did you decide to become a teacher?

Much of my experiences as a young teen steered me into opportunities to volunteer and work in areas that exposed me to working with young teens and it always felt very natural. Even though it presents its challenges, teaching has never felt like a job for me and I find great joy and satisfaction coming to work each day, even after almost 30 years.

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

Probably therapy or social work

Who would you say inspired you?

My grade 8 teacher was definitely an inspiration for me. She made learning fun and she had the ability to connect with us in a way that made us feel valued and loved.

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

I find the most satisfaction in working with colleagues that share the same passion for making lessons engaging and meaningful for our students. I especially feel accomplished when students come back and say things like, "I really enjoyed your class/that was a really good discussion we had today."

What is the downside of your work?

Being constrained to vacationing during peak times of the year

What is the coolest thing about teaching?

Everyday presents itself with opportunities to challenge yourself and potentially make a positive difference in someone else's life

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

Teaching has the potential to be so fulfilling because it allows you to learn and grow each day and inspire others to do the same.

Describe yourself in 5 words-

Goal driven, flexible, empathetic, patient, collaborative

What do you want to do before you die?

To conquer my greatest fear and continue to create beautiful memories with family

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TEACHER FEELTURE



BRENDAN COUTINHO

How did you decide to become a teacher?

I always worked with kids through camp or teaching kids to swim through my lifeguarding job and I always enjoyed seeing students start something new and learn these skills whether it was in the water or in music.

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

I never gave it too much thought as I knew in grade 12 I wanted to teach highschool music but probably something in business with a desk job.

Who would you say inspired you?

Definitely my parents and my 3 music teachers in high school. The work ethic that they each showed to put your all into something you love and make it more enjoyable is something I have taken everyday with me as I teach music. They all help harbour my love for music and gave me opportunities to create and play it at a high level.

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

Getting to see students start from scratch at the beginning of the semester not knowing music and not knowing an instrument to perform at a concert at the end of the semester.

What is the downside of your work?.

The time needed to be at the level and standard we are trying to set. To build culture takes time and balancing that with home is tough.

What is the coolest thing about teaching?

Getting to work with students and perform at festivals and concerts.

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

If you work hard, everything will come together. always put in your 100 percent effort into what you do with the students needs first and everything else after and the rest will sort itself out.

Describe yourself in 5 words

Hard Working
Passionate
Inspiring
Funny
Compassionate

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

Is the world's best job when you get to work with students working towards a similar goal (performances) and see the growth in yourself and the students.

What do you want to do before you die?

Continue to build a strong program and have students have a place where they feel they can call home away from home.



SANDRA CONIGLIO

How did you decide to become a teacher?

I always knew I wanted a career where I would be helping people in some way. Initially, I wanted to be a psychiatrist. I quickly realized I was horrible at Math. I changed focus and decided I wanted to be an English Professor. I really hated academic life, but loved being a teaching assistant in university. That's when I decided to be a highschool teacher, so I could work with students everyday.

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

I would like to write fiction, be a journalist, or a chef/baker.

Who would you say inspired you?

My Dad. He was an accountant, but he really loved literature, music, and culture. He loved learning and was what people refer to as a Renaissance Man. He always encouraged my studies and interests. I miss him a lot.

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

Connecting with young people; it keeps me young. I love to learn about new ways of teaching or technology and sharing that with my students and other teachers.

What is the downside of your work?.

I really hate marking. Grades are important, but sometimes students and parents can focus on the grade, and not the process of learning. I try to emphasize having a growth mindset (taking risks and learning from mistakes).

What is the coolest thing about teaching?

Running into students in the community who remember me or my class fondly (or not so fondly). Feeling like maybe I helped someone be a lifelong learner, reader/writer, or good citizen is pretty cool.

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

Run. I am only half joking. Find out what you love doing and find a way to make money doing it. Follow your heart. Test out different career options and don't ever settle for one job for life. Volunteer or do an internship to find a career pathway that suits your personality. If you decide to teach, make sure you have a deep love of it and learn to have a good work/life balance.

Describe yourself in 5 words.

I am a mommy, a nerd, sarcastic, a student, and creative.

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

not for the weak.

What do you want to do before you die?

Too many things: Be the best mom I can be to my son, travel the world, learn how to water colour paint, write a novel...

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Panthers Give Back Chaplaincy/Peer Ministry

Sofia Maietta, Natalie Mallia & Ms. Sangermano

The Society of St. Vincent de Paul Coat Drive: was back at St. Elizabeth CHS. From November 7th to 28th, students donated winter coats or accessories for all ages. As a school, we raised 175 winter coats, 65 winter accessories and a bag of clothes. St. Vincent de Paul gave those in need our materials only an hour after collecting our School's donations. The school spirit has never been brighter or more empowering, especially this holiday season.



York Regional Police Association Holiday Toy Drive: From November 12th to December 4th, with the help of Ms. Santapaga's grade 12 religion class, Peer Ministry hosted the York Regional Police Toy Drive here at St. Elizabeth CHS. Also known as a mountain of hope, this initiative helps to deliver new and unused toys or gift cards to families in need. Together the school community helped to fill over 4 boxes of toys, helping to brighten the lives of many families in our community this Christmas.



Panthers Give Back Chaplaincy/Peer Ministry



Sofia Maietta, Natalie Mallia & Ms. Sangermano

Tim Hortons Holiday Smile Cookie Campaign:

Peer Ministers volunteered to help Tim Horton's decorate Christmas Smile Cookies at Promenade Mall from November 18-24. Half of the proceeds made at the Vaughan and Richmond Hill Tim Horton's locations were donated to York Region Food For Learning which is the same organization that is used for the Breakfast Program here at St. Elizabeth. Thank you to everyone who participated in this event and to the support of all those who purchased cookies!

Sofia Maietta, Natalie Mallia & Ms. Sangermano

Thankful Thursday: Peer Ministry started an initiative called "Thankful Thursdays," where on the last Thursday of every month, we deliver a small message with a treat as a way to celebrate and express gratitude to all staff for inspiring our students and school community to live lives of faith, purpose, and joy. The messages aim to promote a positive growth mindset, mental wellness, and faith development. Our first message with M&M's, to signify how they are "Magnificent & Marvellous children of God." was delivered on Thursday, November 28th, 2024 to homeroom teachers, office staff, administration, custodians, EAs, and guidance. On Thursday, December 19, 2024, all staff were given candy canes. Candy canes flipped upside down resemble the letter "J" which is a reminder that Christmas is all about Jesus.



Panthers Give Back Chaplaincy/Peer Ministry

Advent Liturgy of the Eucharist

Celebrant: Fr. Augusto Menichelli



Sofia Maietta, Natalie Mallia & Ms. Sangermano



Advent Mass: On December 13th, 2024, we welcomed Father Augusto from St. Joseph the Worker Parish for our Advent Mass. Together, we gathered to celebrate and reflect on Advent a season of preparation and hope as we await the birth of Jesus. Fr. Augusto Menichelli also blessed basil plants that were seeded by our staff at the first Faith Day in September. Seed planting is a powerful symbolic activity that represents growth, renewal and the potential for positive change. Staff were invited to retrieve their plants, located under the hydroponic stand in the library for Christmas. A big shout out to Anna Garisto and the Student Services Students for taking such wonderful care of the plants. The seeds thrived under your care.



INSPIRING MURALS

Sophia Agro & Carmel Acuzar

Have you noticed the growing colours in rooms 327 and 328? The calming effect as you walk past, the smell of fresh paint. That's the Garden mural.

Last year, the Religion department requested that the Art department make murals for Ms. Sinisi and Ms. Frade's classrooms, rooms 327 and 328. Arts students were contacted and encouraged to participate in a design contest. A sketch of the murals was submitted, and the two favourites were selected to be set into motion. The murals were designed to have a profound quote added to them afterwards, anything the religion teacher of that classroom deemed fit for the mural.

The creation of both murals began under the organization of the Art Council, as small groups of students started blocking in sketches and colour pallets. The Garden mural of Ms. Frade's room, 327, is further along in its process than the mural in 328. The Garden has just begun to come alive as its colours leap out of the wall, and its tranquillity fans across the room.

The Garden, designed by Kiara Motta, was one of two favourites picked and has been a work in progress since last year. It has only recently begun to be worked on consistently. The Garden is to be a sand-coloured stone arch flanked by two renaissance-style vases, all of which encompass a dirt trail surrounded by swaying fields of green. The trail leads the viewer's eye towards the intricate mountains in the background.

The Quote for this mural has yet to be chosen, but it will undoubtedly ease the viewer as much as the Garden itself does. Much progress has been made as the Garden mural has been continuously worked on since the beginning of October this year.

To guarantee that those working on the mural are up to date on any changes Art Council implemented, and encouraged the use of shared notes on a Google Doc schedule. Wednesdays and Thursdays after school from 2:30 to 3:30 are set aside for mural work. The schedule helps see who is and isn't working on the mural on the designated days. After a group has finished their session, they update what was completed and what needs more work in the notes section of the doc, ensuring everyone is on track.

The work done on the mural is a student-driven endeavour. The group in charge that day is responsible for all mural-related activities such as clean-up, equipment organization, and any necessary teacher check-ins. The list of students who have dedicated their free time and skill to endure the Garden mural comes to life is a long one. It includes; Sarah

L., Kiara M., Kylee M., Hanna K., Sophia A., Isabelle A., Carmel A., Olivia G., Yumi T., Ella M., and Emily P. Of course, as time goes on, and the mural continues its path to completion, the list will grow, but for now these students have ensured its start.

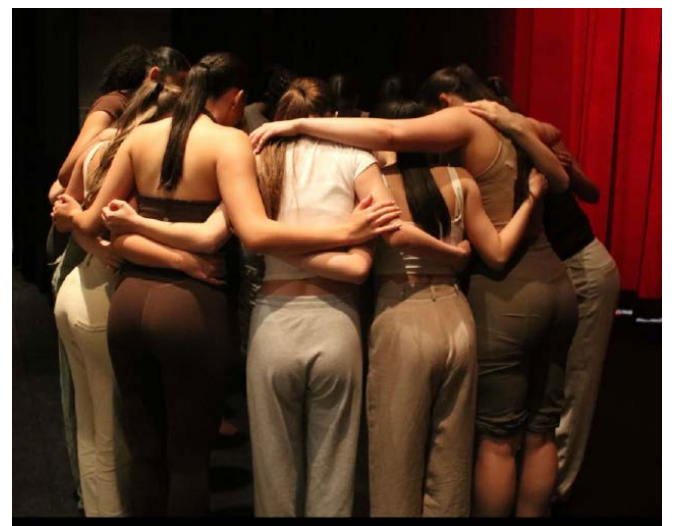
Jean Marco created the design for the second mural in room 328. It depicts a Stained-glass-esque motif of Jesus. Once completed, the mural will display an outline of Jesus surrounded by rays of a stained-glass window, standing atop rolling clouds. The Jesus mural was designed so that the Quote could be placed inside the figure of Jesus. The words would be warped, conforming to the figure and forcing viewers to take more time to understand the quote and its meaning. This encourages others to look at it longer and appreciate its beauty.

The second mural, the Jesus mural, has just started to be worked on this November, so there has yet to be much progress. Those currently working on it are Kylee and Kiara M. Due to the mural's late start in the year, the priority has been the Garden mural. The Art Council is comfortable enough to begin consistently working on the second mural now that the Garden mural is well within its start. As more and more students show interest in creating a mural, it's getting easier. Art is never constricted to one group or one time; the murals will be here after those working on it have graduated, surviving as a reminder of their time at St. Elizabeth and their contributions. Despite not being completed yet, the murals of rooms 327 and 328 are sure to inspire another creative kid to go off and make something of their own.





RAP Dance gives voice to homelessness



Paige Alexander

Homelessness is a growing crisis in Toronto, one that impacts thousands of lives daily and exposes people to hardships most of us cannot imagine. To address this pressing issue, the RAP dancers are preparing a powerful performance aimed at spreading awareness and encouraging compassion.

The show, occurring in January 2025 combines storytelling and dance to shed light on the harsh realities of homelessness. The dancers hope to inspire the audience to reflect on the systemic causes and personal struggles behind this issue and find ways to create change.

Homelessness in Toronto is primarily driven by economic challenges, particularly skyrocketing housing costs and a lack of affordable housing. Over the past 15 years, rental prices have surged, leaving many shelter users dependent on Ontario Works

or Disability Support. These programs, however, fail to keep pace with the rising cost of living, widening the gap between income and housing affordability.

The effects of homelessness are devastating, particularly when worsened by mental health challenges and addiction. In Canada, around 30-35% of homeless individuals live with mental illness, and 20-25% face the dual struggle of addiction and mental health issues. The longer a person remains homeless, the more likely they are to experience substance abuse, with addiction rates rising from 19% to 28.2% depending on the duration of homelessness.

Harmful stereotypes also worsen the experience for those who are homeless. Common misconceptions, such as the belief that homelessness results from laziness or poor choices, ignore systemic factors like economic inequality, housing shortages, and discrimination. This stigma discourages empathy and understanding, further isolating those already facing immense struggles. The RAP dancers' upcoming

performance brings the harsh realities of homelessness to life, telling powerful stories that highlight the human side of this issue. One narrative follows a young girl, overwhelmed by her parents' verbal abuse and unrealistic expectations, who is forced out of her home. She spirals into a cycle of drug use and homelessness, struggling to find her way out.

Another story centers on a single mother and her young daughter, who are forced to live in their car after the mother loses her job. Without a fixed address, the mother faces rejection after rejection while desperately trying to find work. In a heartbreaking turn, her daughter begins to pick-pocket to survive. Their paths eventually cross with the teenager's, leading to a small but significant act of kindness that underscores the power of hope and compassion in times of despair. As the mother's situation improves with a new job and stable housing, the teenager's future remains uncertain. The performance delves into the complexities of homelessness, showing

how some can find recovery, while others continue to struggle against overwhelming odds

Homelessness is not simply an isolated issue. It reflects broader systemic problems and economic hardships that require immediate action. Through their dance performance, the RAP dancers seek to give a voice to those affected by homelessness, breaking down harmful stereotypes and prompting the audience to reflect on potential solutions. By sharing these stories through movement, they hope to foster greater empathy and inspire real change.

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Find Yourself In Your Horoscope

By Elizabeth Guenkin



Aquarius (January 20 - February 18)

Your innovative ideas will make waves, so don't hold back. Use your vision to create positive change.



Pices (February 19 - March 20)

Your creativity will flourish if you follow your instincts. Take time to recharge and focus on the projects that matter most.



Aries (March 21 - April 20)

Step into the spotlight and lead with confidence. Trust your instincts, but don't forget to listen to others, too.



Taurus (April 21 - May 20)

Stability and creativity will go hand in hand for you. Stay grounded while embracing new opportunities.



Gemini (May 21 - June 21)

Your social skills will open doors, so don't forget to network. Curiosity will keep life exciting and surprising.



Cancer (June 22 - July 22)

Emotional growth is crucial—prioritize self-care and set boundaries. Don't be afraid to let people see the real you.



Leo (July 23 - August 22)

Confidence will take you far, but humility will help you go even further. Be bold but don't forget the power of collaboration.



Virgo (August 23 - September 22)

Your knack for organization will keep you ahead of the game this year. Stay open to change, as flexibility will bring unexpected rewards.



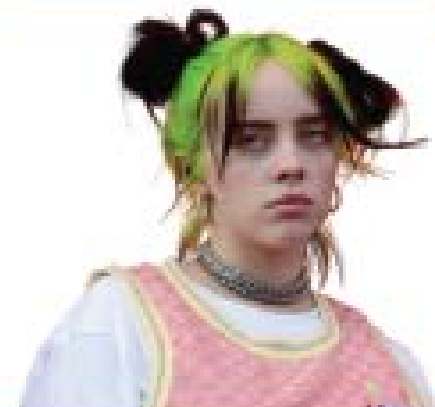
Libra (September 23 - October 22)

Focus on creating balance in your relationships and personal goals. It's time for love, harmony, and thoughtfulness.



Scorpio (October 23 - November 21)

Deep transformation is on the horizon—embrace the changes with courage. Trust your intuition; it won't lead you astray.



Sagittarius (November 22 - December 21)

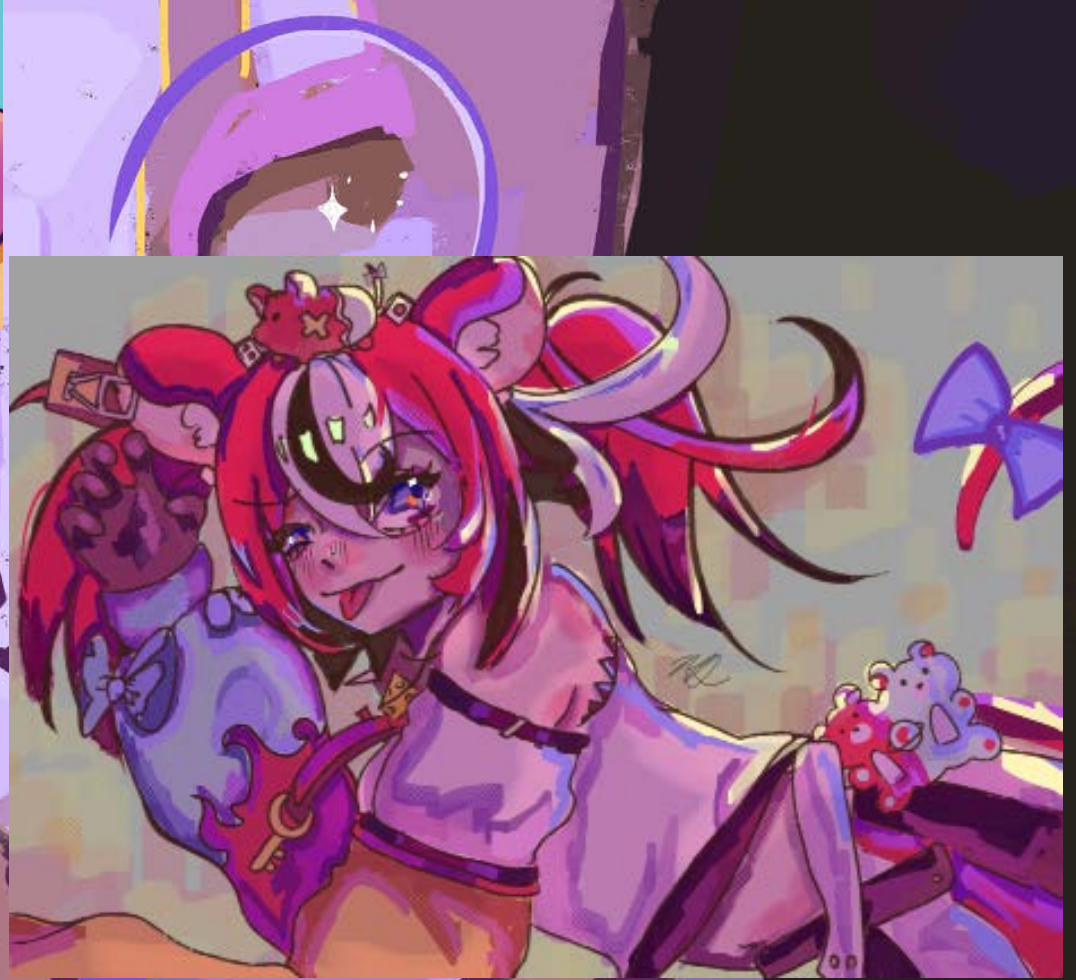
Adventure will shape you—be open to stepping out of your comfort zone.



Capricorn (December 22 - January 19)

Your dedication and hard work will pay off, so keep pushing forward. Celebrate your successes, no matter how small.





ARTIST'S CORNER



MIC DE MATAS

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PEDRO

WHAT'S COOKING

RICETTA DI KAAREN ARYAAN

Linguine Alla Sorrentina



Ready in 30 minutes

Serves 4 people

Ingredients

- Pasta: 300 g (Linguine)
- Shrimp: 300 g (peeled and deveined)
- Cremini mushrooms: 150 g (sliced)
- Salt: 1 ½ tsp
- Paprika: 1 tsp
- Black pepper: ½ tsp
- Chives: 10 g (chopped)
- Dehydrated vegetable mix: 15 g (containing garlic, onion, red & green bell peppers)
- Lemon: 1 ½
- Olive oil: 2 tbsp
- Butter: 15 g (unsalted)
- Cream (milk or heavy cream): 200 ml
- Parmesan cheese: 50 g (grated, plus more for serving)
- Optional garnish: Fresh parsley

Preparation

1. **Cook the Pasta:** In a large pot, add water to a boil and add 1 tsp of salt. Once boiling, add the pasta and cook until soft but firm. Drain the pasta and set aside, saving ½ cup of the cooking water.
2. **Sauté the Shrimp and Mushrooms:** One tbsp of olive oil in a pot over medium heat. Add the shrimp and season it with salt and paprika. Cook it for about a minute. Then add the sliced cremini mushrooms and chopped chives. Continue cooking for

3-4 minutes until the shrimp turns pink, the mushrooms soften, and the chives are fragrant. Remove the shrimp and mushrooms from the pot and set it aside.

3. **Make the Sauce Base:** Using the same pot, add the butter and remaining olive oil. Stir in the dehydrated vegetable mix and sauté for 1-2 minutes until aromatic. Squeeze in the lemon juices, add black pepper, paprika, and a pinch of salt. Make sure you stir well.
4. **Add the Cream and Parmesan:** Lower the heat and pour in the cream. Stir to combine, then let it simmer gently for 4-6 minutes until slightly thickened. Stir in the grated Parmesan cheese until melted and smooth.
5. **Combine and Serve:** Add the shrimp and mushrooms back to the pot with the sauce. Toss in the drained pasta. If the sauce is too thick simply add a little of the pasta water that was set aside earlier until the sauce has the right texture. Optional parsley, extra Parmesan cheese. Enjoy!

Tips

When preparing the dish the fresh shrimp, mushrooms, and chives should be used. Tempered ingredients make the dish tasteful and allow it to give it the natural taste of fresh ingredients.

PEDRO



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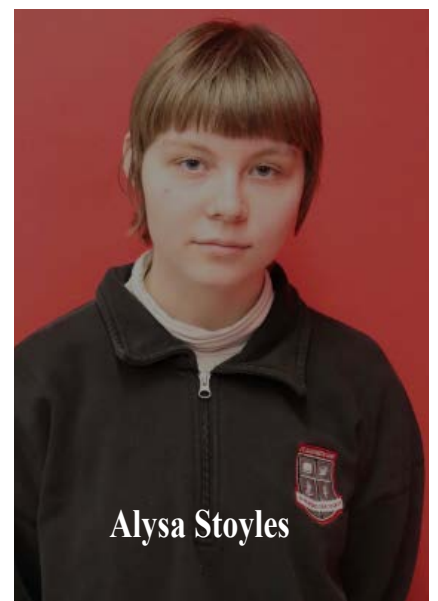
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PANTHER PROUD!