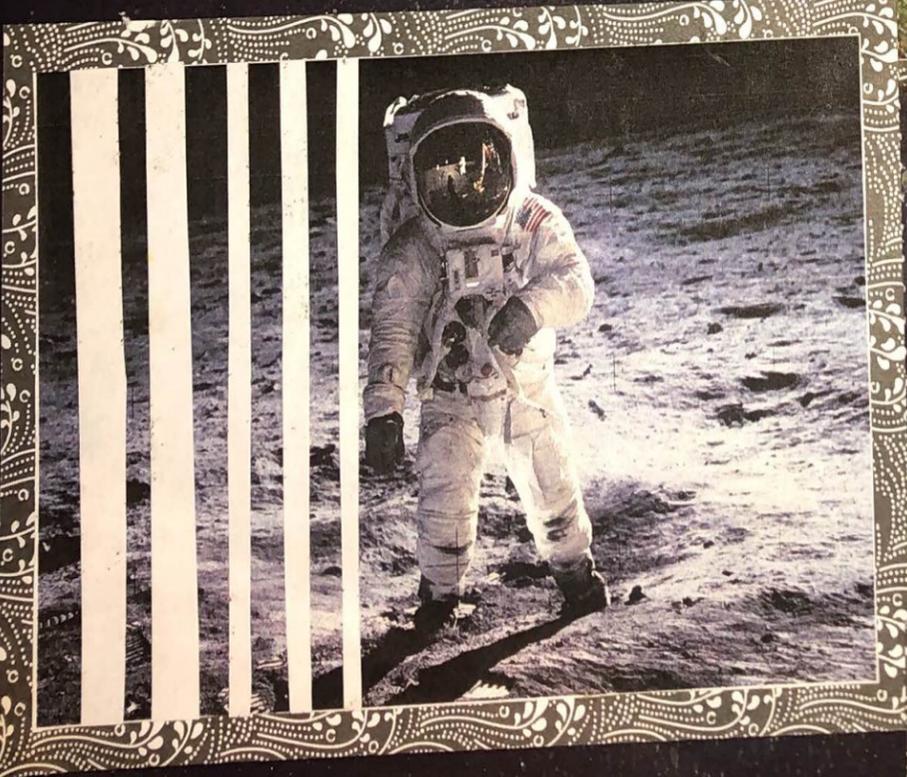


**ONE SMALL  
STEP FOR  
STUDENTS...**

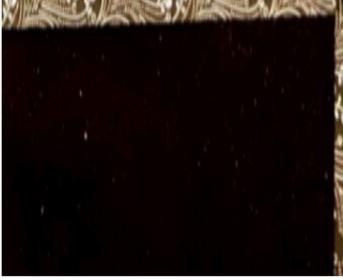


**ONE GIANT  
LEAP FOR  
ST. E. TIMES**



NEWS

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DOMENIQUE AMMENDOLIA

The new pop up shop at St. Elizabeth's has arrived! In its soft opening, the St. Elizabeth's store is servicing students who not only buy their products but also those who sell, promote and contribute to it as well. The store sells all articles of uniform clothing as well as branded athletic wear, St. Elizabeth's merchandise, old school yearbooks, miscellaneous school supplies and candy! The uniforms sold at the store are donated by students and families from the school community and the money goes back into the store and to the life skills program. The store is run by Ms. Pacitti and Ms. Fonseca, functional life skills

teachers, and by Mr. Donato, Asd itinerant teacher, as well as Asd and functional life skills students. The store helps students to understand the fundamentals of running a business. Student learning and growth is the store's primary priority. The shop teaches students responsibility, numeracy and life skills. Also, by interacting with customers, the store provides an opportunity for students to improve their social skills and promote inclusivity within our school. The store gives students a workplace environment to learn and increases their social communication skills. The store is open and running but the date for its grand opening is to be announced soon. Don't forget to come by and see the St. Elizabeth's shop and support our school community.



PHOTOS: DOMENIQUE AMMENDOLIA & CORNELIA ESANU

# An Intuitive Mind for a Serendiptous World

MARCO DONATO

Ours is a great school community, and if you walk the halls of St. Elizabeth CHS, with attentive eye towards it's nooks and crannies, you cannot help but reflect on and enjoy the promise of a tomorrow that is colorful, that is meaningful and that has its own light to shine. It is the people in this community that have become the pillars of an education

that will serve well the needs that are to come. How can I say this with such conviction? Well, even today, our nooks and crannies, filled with students, secretaries, teachers, administrators, custodians and "cafeteria ladies", the conversations, the dance, the art the music, the sounds of weights lifting and dropping, the sight of the young running and jumping, the soft touch of an assistant guiding, and the strong voice of principals encouraging, all point to a "good" that lies deep in our hearts

and runs freely in our veins. What is this "good" you ask. There is an answer. Though it may be mysterious, it is so tangible; though at times it may be silent, it is also quite loud; though its sight may go unnoticed, its presence is felt for days on end; and though it is uncalculated and unexpected, its response in smiles brightens your day. Our St. Elizabeth CHS community, takes every opportunity to say hello to our Special Needs Students; we often go out of our

way to pat them on the back, to exchange a smile, to ask "how's your day today". We come in and out of our school store, give props, make a purchase and share a giggle. The reach of our good will and good action is what remains to us a mystery, a silence, a blind side; and so let us invite you in; trust your intuition, say hello, and let this "good" bring new life in your life.

# FEED THE SHEEP

KEARA SOOSAITHASAN

From Monday, November 18th to Wednesday, November 27th, a group of St. Elizabeth students got together to host a Food Drive for the Vaughan Food Bank. This Food Drive Committee decided to take a different approach to encourage students to bring in food by focusing on Jesus' message to Peter to "Feed My Sheep." Every homeroom class was given a sheep with the responsibility to be a shepherd and take care of that sheep. This motivated many students to bring in food as they came to the realization that just as sheep need others to care for them we too need to take care of each other. In addition, one of the days students were given the opportunity to fast during their lunch to join in solidarity with those that are hungry by experiencing how they live and to give students a better understanding as to why they should bring in food. In the end, students were able to fill 8 bins with food and the Food Drive was a big success.





EMMA GIORGI

Monday October 28th kicked off St. Elizabeth's Halloweek, a student council organized, fun-filled week full of Halloween themed activities. Beginning on Monday and concluding on Halloween Thursday, there was plenty of fun for the whole school to take part in! The first day of Halloweek was black and orange shirt day. Students were given the opportunity to show their Halloween spirit by dressing up in their favourite spooky colours. As well, on Monday, fun games ran by student council were in the cafeteria during all three lunches. Tuesday was accessories day. This day allowed students to pair their uniform with halloween pieces like cat ears or a witches hat. Once again, during lunch, students were given the chance to participate in a pumpkin decorating contest! Moreover, student council hosted a fall bake sale on Wednesday. Outside of the cafeteria, they offered various types of yummy, festive, treats. Inside the cafeteria, more halloween games continued, giving participants the opportunity to win candy. Finally, Halloween was in full force on Thursday. Students were welcome to dress up in their best costumes. Those with the most creative costumes could go up on the cafeteria stage for the annual costume contest. The crowd judged the best costume through cheers and applause, leaving one person victorious for each of the three lunches. This year's winners included; the joker, a homemade spider-man and a bedsheet ghost! Ultimately, student council produced a successful and fun Halloweek that brought great spirit to the students and overall environment of St. Elizabeth!



PHOTOS EMMA GIORGI

# NEWS



On Sunday November 4th I participated in the Up CN Tower Climb for United Way. United Way is a nonprofit organization that works to identify and resolve pressing community issues and to make measurable changes in communities. I participate in this event yearly as I believe it is a good way to give back to others and support the community. My mom's company sponsors me for the climb, allowing me to fundraise. Once I am part of their fundraising team I asked people to sponsor me. I got my friends, family, teachers and acquaintances to donate and I raised \$500 dollars for United Way. The stairs are open from 6am to 10am. On the day of the event I woke up at 4 so I can be downtown and ready to climb by 5:30. There are so many activities in the morning to help get people awake and moving such as stretching, dancing and zumba. During that time you warm up and get your wristband. Finally at 6 it was time to climb the stairs. The CN Tower has a total of 1,776 steps and 144 flights to the top. During your climb you are not allowed to bring anything into the staircase, no water, no phone etc. You pass through a metal detector to make sure you don't bring anything with you. The most important thing during the climb is to pace yourself or it becomes challenging. This year I finished the climb with a time of 19:34, beating my record by nearly 2 minutes. Overall, it was a very nice day and is a great way to participate in the community. For anyone that has the opportunity to participate in such an event I would recommend they take it because it true is the experience of a lifetime.





# FORGET YOURSELF & CONNECT WITH OTHERS

**CORNELIA ESANU**

On Thursday November 28th I volunteered in the annual Salvation Army Christmas dinner. I love to do this every year as it is a good way to give back to society and promote holiday cheer. This has been my third year involved already. This event is hosted at the Salvation Army Toronto location. Every year I join my mom's team company as a part of a team player to help others. We get to the set up the place at around 3pm to get it ready for later in the evening. First thing we did when we got there was spilt up the jobs. Some people were assigned to prepare the food while others had to clean, organize, set up and think of activities. Our second task was to clean, this included sweeping, mopping, and setting up the space and decorating it with holiday ornaments.

Next, we organized a room of donation items into categories based on the recommended age group. There was holiday music in the background that really helped us get into the "giving" holiday spirit. Next we prepared a few activities such as bingo and charades for everyone to participate in later in the evening.

Finally at 6pm, people started showing up. We played games, waiting for more people to come as well as for the dinner to be ready. Everyone had so much fun, a lot of laughs and holiday cheer was exchanged. At 7pm, dinner was ready and it was time to eat. We prepared baked chicken and turkey, mashed potatoes, cranberry sauce, and caesar salad.

While eating people were laughing, sharing stories, and caroling. It felt as if we were all one big family. The night wrapped up at around 9pm and it was time to say goodbye to everyone. I love to help out with this event which is part of the reason I get so excited for it yearly. I believe that we all should help the community in one way or another. It helps you forget about yourself and connect with others. I would strongly suggest that people help out in their community to experience this type of gratification.



# ARTS & LITERATURE

## SHOWCASING VOCAL TALENT

ALEXIA FRANCISCO

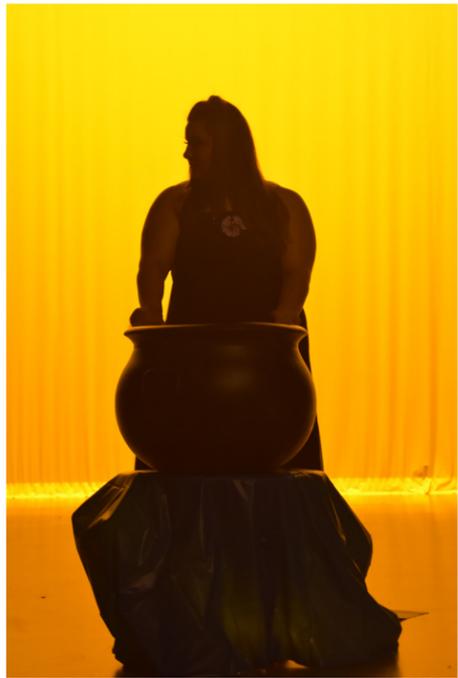
On October 24, St.Elizabeth's vocal program displayed their annual vocal night at the YCDSB Center for the arts. Vocal night is held annually having a new theme each year. This year's theme was songs from the silver screen. This event allows Regional Arts vocal students such as, Nicolina Bozzo and Julia D'Ascanio to showcase their passion and talent.



PHOTOS ALEXIA FRANCISCO

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**BROADWAY BOUND  
A NIGHT UNDER  
THE STARS**



**RUBY SZCZUR**

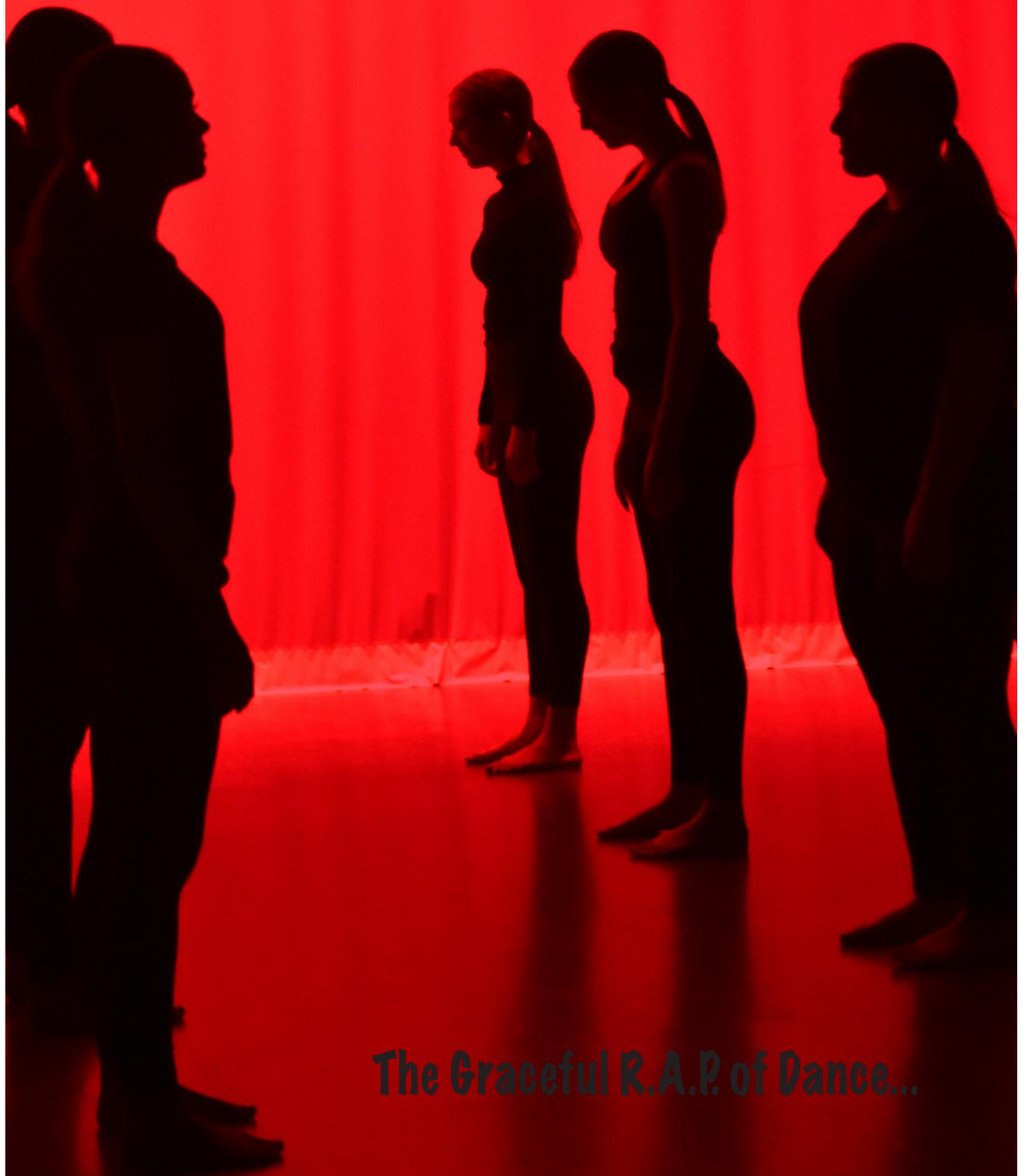
On November 19, St. Elizabeth's grade 11 RAP vocal program presented their yearly Broadway Bound "A night under the stars" in support of 360 Kids. The event featured a wonderful musical, vocal and dancing performances learned while completing their triple threat unit. Special thanks goes out to Ms. Mansell, Ms. Jaworskyj, Ms. Bharat and Ms. Di Millo.



**PHOTOS:  
ALEXIA FRANCISCO**

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# **GRADE 10 CHOREOGRAPHY SHOW & SOCIAL DANCE**



*The Graceful R.A.P. of Dance...*

**PHOTOS ALEXIA FRANCISCO**

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**PHOTOS ALEXIA FRANCISCO**

ARTS & LITERATURE



A FAIRYTALE CHRISTMAS CAROL



PHOTOS ALEXIA FRANCISCO



# TEACHER HEREFUTURE



**LORA SCODELLARO**

**How did you decide to become a teacher?**

I know this sounds cliché but I knew from when I was small playing with my dolls that I wanted to be a teacher. I would set them up as a classroom and begin teaching them anything. In elementary school, I would always give up my recess to help any of the teachers mark or set up classroom activities. I was always told I had the patience to be a great teacher.

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

Something to do with culinary. I love being in the kitchen. A Personal Shopper doesn't sound too bad either.

**Who would you say inspires you?**

My children inspire me. They keep me grounded and they bring me joy every day. They are filled with hope and see the good in everything and everyone. They possess a pure heart and gentle soul and I'm so proud of all their accomplishments.

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

What gives me the most satisfaction is seeing my students actually absorb the lesson at hand. Seeing that "ah-ha" moment that lights up in their eyes. When they walk out of class after my lesson and say "thank you...today was great". What an incredible feeling to know that students look up to me for advice. Also, when they inadvertently call me "mom" instead of "miss".

**What is the downside of your work?**

Of course...who likes the marking!

**What is the coolest thing about teaching?**

In my department it's the cooking labs I set up for the students. I get to come to work and be in the kitchen and watch my students create awesome dishes. The eating part is not bad either!

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

If you feel like it's your vocation...go for it. It is a fulfilling career but you have to do for the right reasons. It requires a lot of patience and flexibility.

**Describe yourself in 5 words.**

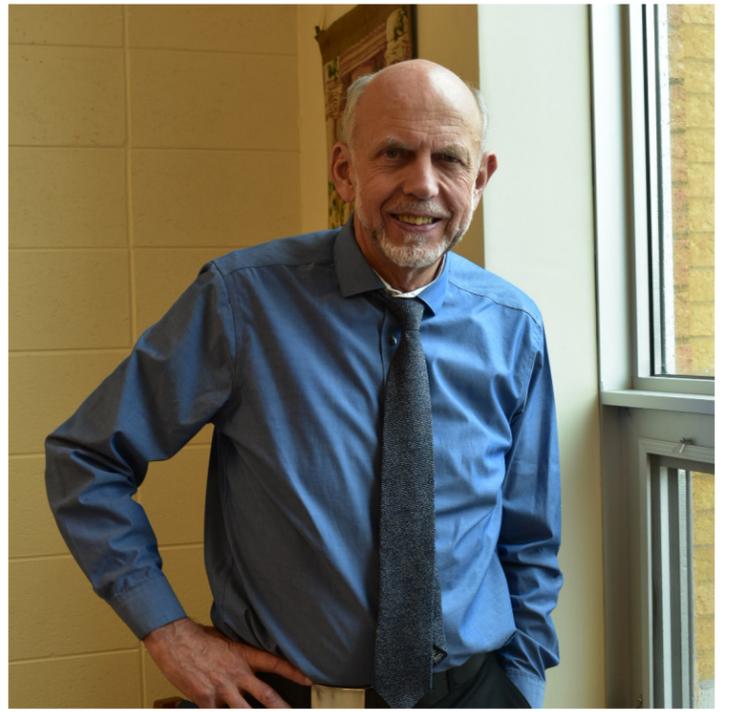
Caring  
Honest  
Sarcastic  
Determined  
Driven

**How would you finish this sentence?**

Being a teacher is .....challenging these days. But when you get to really know your students, they will work hard for you and they leave a lasting impression on you.

**What do you want to do before you die?**

Cook a meal with Jamie Oliver in his English Farmhouse.



**FRANCIS COFFEY**

**How did you decide to become a teacher?**

What a great question! Not what got me thinking about becoming a teacher, but HOW I decided, how that decision happened. In a nutshell, I didn't become a teacher because of any experience or realization. In fact, my experiences and insights were really leading me in another direction. I had thought I would be a religious leader of some kind. I was having so much trouble with my life that I thought I could use my search as a way to help others who were also struggling, basically about belief and good living. I was working like it says in the gospel, asking God to help me with the little faith that I had. I had always been given the impression that religious leadership was for those who had a strong faith and perfect life. But in fact, it was weak faith and my moral failures that kept leading me to looking for more faith and pursuing compassion and justice. Of course, my approach and attitude didn't leave those in charge very comfortable. They felt my faith wasn't strong enough and my good example wasn't dramatic enough to be a leader. Or at least all I thought I had to offer was questing and looking for light in not having it all together. So, as a result, I had to start from scratch to find a place and context where such search and weakness could be accepted and even an advantage. As a result after I finished my degree in religious studies and philosophy at St. Jeromes at the University of Waterloo and I got a chance to teach at a private Catholic High School in Kelowna, BC, I jumped at the opportunity. It was there that teaching got hold of me – in fact, it was the students and the community who supported this small high school which awakened my excitement for teaching. Here searching for answers and living a faith as a quest for answers as we all worked to be a little better became not a liability like it was in positions of leadership, but a real advantage. In a way that situation decided for me. In this way its more like a calling where I got chosen by teaching and students....and I believe by God for this work, even because of my doubts and weaknesses.

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

I have never stopped in some way being a servant of the three other great passions of my life: researcher and student, communications worker and analyst, and community animator. Outside these activities, I don't really think I would be at home. In fact, I have incorporated each of these into my primary work of nurturing faith and the discovery of goodness in weakness through teaching and schools. For some years I have been developing ways that communications of all kinds involves the work of faith: no one risks showing their communication or receiving it without drawing on faith in

some way. From that, some day there might be a book of some kind.

**Who would you say inspires you?**

It's the life of students in their search – and when I say 'student' I don't just mean those in school up until they graduated: study and reflection is much bigger than schooling. Pretty well everyone I talk to is working on some idea about life that they have thought about and are trying to develop. This inspires me; the growth and development that is pushing everyone to act. Very concretely, besides the students I am presently teaching and serving, I have the wonderful grace of contact with many students from all the years I have taught.

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

'The work I do' is a pretty loaded concept. The best part of the work I do is to do nothing. The best part of my work is the learning and growth that others are doing. What I do is only important if it sets people up, gives people a little space, clarifies their situation a little, gives them some ideas and new practices....that help them learn, grow, develop who they are and what they are doing. When I see this, I feel the promise that is at work in this event we call teaching. Sometimes, it is satisfaction, but my feeling suffers whenever I focus on that. I have come to qualify my desire for satisfaction. I know that I can be more interested in my satisfaction than in what is happening for either the student, the learner, or even the situation in which I am working with its signs of energy and success. Maybe, it's the effect of experience and perhaps, perhaps a little wisdom, but it seems much better to aim at living with a promise that what I am doing will pay dividends in the life of the students and the community, even the children and grandchildren of my students. Promises are something God offers, satisfaction is only from conditions I can sometimes supply.

**What is the downside of your work?**

I am not sure it is a downside, this needing to live a promise of success in working on conditions, but it certainly is a place of effort without having clear rewards soon, or even ones I will ever see. The best of teaching is that I will never see what could come from it and so I can concentrate on just doing what I can do now with the resources I have. I often think of that saying of Mother Teresa, "Instead of looking for results, look to be faithful to what you believe." In other words, its being faithful with God's love in the downside of things, that is, in my own search for faith and for goodness in my disbelief and even weakness as I work with others in their own search and growth. Isn't it in this that we find the Christ, the One who reveals God in our humanity even to the point of being a divinity that we share. With this 'grace'

I can find God in the work of students learning, above all in dealing with impediments and challenges. Lately, by sharing a little in the dis-attention of ADD and ADHD with students, I have been able to learn how Jesus pays attention to Our Father in such need to focus with one priority, with what God is already doing, and with how I can participate in that by taking on the 'attention deficits' of my students. With this, a downside becomes a way to life.

**What is the coolest thing about teaching?**

In the work itself, I continue to find – after starting to teach some 44 years ago (with long interludes of other work and studies) that my teaching changes, not only from knowing the material better but also finding the truth of what I teach in the lives of young people who are in fact some 50 years younger than me. More and more I teach the truth I find in those I teach. It is a beautiful thing that they let me speak to them in what they are living as a place of learning and growth. There, I feel I touch God.

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

Be sure to start from something YOU are living so that you will be able to relate with what your students are living in their learning. And able to endure the very real challenges of education in every era. After all, it is teachers who keep teaching alive – not professors or faculties of education, not school boards or even diocese with their Catholic schools – working with students and insuring, even fighting for conditions that will permit them to do that work.

**Describe yourself in 5 words.**

I am moving forward drawn by the light.

**How would you finish this sentence?**

Being a teacher is ..... a work of great risk driven by a faith in the most important work of all: that growth of others in which God in this humanity touches us always

**What do you want to do before you die?**

I want to make my expenditure of energy in teaching and supporting new life be a place where my dying is giving life, and hopefully revealing life to those I meet...to find more of resurrection in 'teaching,' in any one of innumerable forms.

**PHOTOS ALEXIA FRANCISCO**

# HOROSCOPES

HOROSCOPES ISABELLA CIARLANDINI PHOTOS ALEXIA FRANCISCO & MARCO DI FABIO



“I don’t believe in astrology; I’m a Sagittarius and we’re skeptical.”  
Arthur C. Clarke

**Sagittarius Season (November 22-December 21)**

Congratulations! You’ve all managed to survive Scorpio season. With the harsh season behind us, the relief of Sagittarius season is right ahead of us, and there sure is a boatload of positivity that comes with it. Sagittarius is ruled by Jupiter, which signifies luck and abundance. This sign really gets things flowing, allowing for big thinking, exploration and adventure. Scorpio season was heavy on all of us, filling our heads with certain thoughts, feelings and responsibilities we were barely capable of controlling, causing us to think rather than act. Now that we’ve reached Sagittarius season, get ready to bust down the door and throw open the windows on your outlook and remind yourself that there’s a whole world out there, beyond your perception. Challenge yourself and do the things you’ve feared during Scorpio season. Get that university application in, apply for that job, tell that person you love them, because if you don’t, you’ll regret the uncertainty you’ll be left with. Remember, don’t fear failure, challenge it and work to your fullest potential... You’re bound for success, you just have to trust the process and go for it. There’s no time to waste this season, make the most out of it! Below is a personalized quote that uniquely fits your horoscope sign during Sagittarius season.



**Aquarius:** “If you chase after everything at once, you stand a good chance of ending up empty-handed.” Tadahiko Nagao, Kokology: The Game of Self-Discovery



**Pisces:** “Wisely and slow, they stumble that run fast”.  
Shakespeare, Romeo and Juliet.



**Taurus:** “You cannot find peace by avoiding life.”  
Michael Cunningham, The Hours



**Gemini:** “The very essence of romance is uncertainty.”  
Oscar Wilde, The Importance of Being Earnest and Other Plays



**Cancer:** “Courage is grace under pressure.” Ernest Hemingway



**Leo:** “Be steady and well-ordered in your life so that you can be fierce and original in your work.” Gustave Flaubert



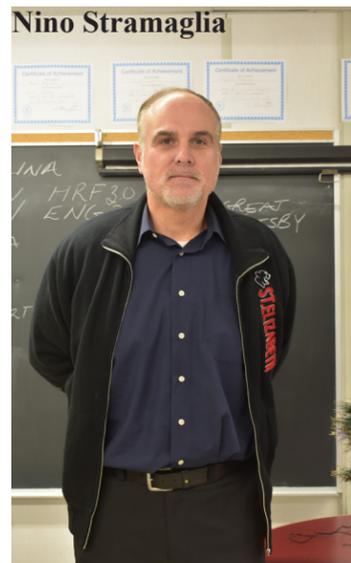
**Virgo:** “Your silence will not protect you.” Audre Lorde, Sister Outsider: Essays and Speeches



**Scorpio:** “Time passes so fast. Make time to be still.” Lailah Gifty Akita



**Libra:** “Life is like riding a bicycle. To keep your balance, you must keep moving.”  
Albert Einstein



**Capricorn:** “But better to get hurt by the truth than comforted with a lie.” Khaled Hosseini



**Aries:** “It is better to be hated for what you are than to be loved for what you are not.”  
Andre Gide, Autumn Leaves

# HEARTBEAT



RUBY SZCZUR & MS. ROTONDO

The Religion Department kicked off Heartbeat presentations on November 25th at St. Elizabeth. Ms. Santapaga arranged for 360 Kids to speak to students about their organization. 360 Kids is an organization that focusses on the needs of kids who find themselves struggling within various relationships.

The mission of 360 Kids is to help youth overcome crisis and transition to safety and stability. Their vision is to see that all kids have access to a safe home. The speakers: Aurela, May and Sydni focussed on the different types of relationships and the way in which to have healthy relationships. They quoted Al Capone who said, "I'd rather have four quaters than one hundred pennies" to emphasize that it's the quality and not the quantity of relationships that matters. Deanna Romano commented, "It was interesting to see that our perception of relationships are based on romantic rather than other types such as: teacher, parent or friend, when we should value all relationships."

They spoke about the boundaries and the way to assert healthy boundaries by using "I" statements. During the presentation, Natalie Pileiggi and Deanna Romano stood facing eachother and the speaker had them decide what they considered a safe boundary. The distance reflected the level of safety and the level of friendship. Students were also asked to text questions and the speakers addressed their concerns while respecting their privacy.

One question posed addressed a student's feelings about how their friends were all in romantic relationships and they were not. Aurela and May addressed this by saying that this person should embrace the relationship they have with themselves as this is the most important relationship.

The beauty of 360 Kids is that kids can ask questions at anytime as they make texting avaiable. So if you are in need of assistance do not hesitate to text your question!



PHOTOS: ALEXIA FRANCISCO

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# STIGMA CAUSES ANGUISH IN CHILDREN WITH MENTAL ILLNESS

LORRIANE SALVADOR

Moral stubbornness eliminates opportunities for growth. This is true of the stigma surrounding mental health. Unattainable expectations encourage unrealistic behaviour. Moreover, internalizing stigmas minimize the opportunities to heal. In and of itself, as long as intergenerational differences are unaccepted, trauma is inevitable. Unattainable expectations en-

courage unrealistic behaviour. This is true of second-generation Chinese-Canadian children. Shame evolves when imperfections are unaccepted and expectations are not met. Lindsay Wong states, "It was taught to me that it only affected weak people." The belief of bringing dishonour to the family enables fear of mistakes and mental illness. Chinese-Canadian citizens, when shamed for mental illness, feel helpless. The stigma of mental illness affecting weak individuals causes anguish in children as they strug-

gle to find help in an environment that does not acknowledge mental suffering. The lack of support and conversation around mental wellness, worsens mental illness and causes continuous turmoil. Also, failure to ignore stigma leads to the inability to seek help.

Internalizing stigmas minimize the opportunities to heal. This is true of second-generation Chinese-Canadian citizens. Inability to accept mental health issues as an illness causes mental destruction. Lindsay Wong states that her family went through tremendous lengths to hide her aunt's psychotic break that shut down Vancouver's Ironworkers Memorial Bridge on Canada Day in 2008 as she threatened to jump. Failure to pursue professional help for fear of becoming a disappointment derives from accepting the stigmas of mental health as the truth. Hesitation to accept mental

illness leads to mental downfall as guidance is not considered. To misunderstand mental illness is human nature, to ignore mental illness is futile. Therefore, unwillingness to realize the truth of mental illnesses cause suffering.

Unattainable expectations encourage unrealistic behaviour. Moreover, internalizing stigmas minimize the opportunities to heal. As long as intergenerational differences are unaccepted, trauma is inevitable. In and of itself, to think that superstitions are of greater value than truth is pernicious.

# UNNECESSARY VIOLENCE PUTS ATHLETES AT RISK

MARCO LARUFFA

Reducing violence should be a main priority of life. This is true in sports. While physical contact is inherently part of football, unnecessary and flagrant hits must be eliminated. Moreover, fighting in ice hockey is outdated, serves little to no purpose, and should no longer be a part of the National Hockey League (NHL). In and of itself, violence in sports unnecessarily puts athletes' lives at risk, and stricter punishments should be put in place for those who fail to obey league regulations.

While physical contact is inherently part of football, unnecessary and flagrant hits must be eliminated. This is true in the National Football League (NFL). Dangerous tackles occur far too often. Players are getting injured far too often. As a result, players are being separated from the game far too often. On September 26th, 2019, Derek Barnett of the Philadelphia Eagles was involved in a completely avoidable head-to-head collision with Green Bay Packers running back Jamaal Williams. The former was inexplicably not ejected from the game nor was he suspended, while the latter was forced to leave the game on a stretcher and was rushed to a nearby hospital. Unfortunately, this is one of several severe injuries that occur on a weekly basis in the NFL. The league needs to enforce stricter consequences in order to protect their athletes. If not, players will continue to be placed into dangerous and potentially career-ending situations while playing the game they love. Not only would lengthy suspensions temporarily remove offenders, it would send a clear message to players to think twice before making a play. Hockey is also a sport where violence can be

reduced significantly for the benefit of the players' safety.

Fighting in ice hockey is outdated, serves little to no purpose, and should no longer be a part of the NHL. Unlike football, two players fighting in hockey is currently not against league rules. It may seem that two players voluntarily dropping the gloves should not be a problem, as they only have themselves to blame if injuries ensue. However, the downside of fighting far outweighs the benefits.

On April 15th, 2019, 33-year-old Alexander Ovechkin fought 19-year-old rookie Andrei Svechnikov during a playoff game. This unnecessary altercation left the teenager concussed and forced him to miss the next six games. When asked if fighting is still a necessary part of the game, former NHL superstar Rod Brind'Amour stated, "Not really. Probably not." Although the frequency of fighting has significantly decreased over the past few decades, players continue to get serious brain injuries that last a lifetime. Banning fighting would not only reduce the number of injuries, it would not make the product any less entertaining nor would it reduce ticket sales. Therefore, violence in sports needlessly puts players in danger, and offenders should face dire consequences.

Violence in sports unnecessarily puts athletes' lives at risk, and stricter punishments should be put in place for those who fail to obey league regulations. While physical contact is inherently part of football, unnecessary and flagrant hits must be eliminated. Moreover, fighting in ice hockey is outdated, serves little to no purpose, and should no longer be a part of the NHL. In and of itself, player safety should be the primary concern of professional sport's leagues worldwide.

# EQUALITY: RIGHTFULLY SEEN & HEARD

KYREL FLORES

Gender roles are an oppressive social construct that facilitates the notion that an individual must behave accordingly to their sex. This is true of gender inequality. Manhood is bound by a narrow and repressive description characterised by violence, sex, and aggression. Moreover, stigmas fabricated by the traditional culture that glorifies men creates an invitation to accept cruelty. In and of itself, cultural ideals places rigid structures on gender, conceiving a spectrum that individuals must strictly follow.

Manhood is bound by a narrow and repressive description characterised by violence, sex, and aggression. This is true of men. To be accepted and recognized as man, men must conform to the expectations of society. Dr. Robert Blum, lead researcher for the global early adolescent study, states, "While we found young girls often suffer significantly, contrary to common belief, boys reported even greater exposure to violence and neglect, which makes them more likely to be violent in return." By excluding men and boys into the equality equation, a systemic cycle of misogynistic behaviour is manifested, as men learn aggression and project it towards women. Women are then compelled to be submissive. Accordingly, men are taught to be afraid of weakness and fear. They are taught to mask their true selves in order to conform to a preconceived notion of masculinity, suppressing them from forming their own identity. Thus, gender stereotypes stifle humanity by restricting individuality. Moreover, prejudice and bias will continue to be internalized as long as the patriarchy favours men's comfort and ambitions over women's, rather than equally recognizing both sexes.

Stigmas fabricated by the traditional culture that glorifies men creates an invitation to accept cruelty. This is true of women. Women are compelled to buy into the binary notion of femininity and display compliance and docility.

Nadia El-Dib was shot twice, and afterwards, stabbed 40 times by her ex-boyfriend after she refused to be together with him. After interviewing her friends, Molly Hale states, "Other women in her circle said that Mr. Bettahar had also displayed troubling behaviour toward them, but they didn't take it seriously enough to report him to the police." This highlights the unfortunate reality that women often remain complacent in their own dehumanization, as men exhibiting violent behaviour is a widely accepted norm. Once women stop satisfying the men in their life and refuse to cater to their fragile egos, women feel the brutalizing effects of defiance. This illustrates that men will often perceive women as commodities to satisfy their needs. If these needs are not met, they resort to how society has programmed them to behave: exhibiting aggression. Subsequently, gender inequality is not only a political conversation, but the lives of women being shaped by misogyny since childhood, and the daily reality of living in fear.

Though there are barriers to achieving equality, these barriers can be destroyed. Manhood is bound by a narrow and repressive description characterised by violence, sex, and aggression. Moreover, stigmas fabricated by the traditional culture that glorifies men creates an invitation to accept cruelty. Thus, cultural ideals places rigid structures on gender, conceiving a spectrum that individuals must stay within. In and of itself, gender equality can not be achieved lest each gender feels rightfully seen and heard.

# EDUCATE SO AS TO ELIMINATE BARRIERS

SASHA KERR

Stigma creates suffering. This is true of mental health stigma. Moreover, discrimination toward mental illness exists. In and of itself, lack of acceptance and support for mental illness means we will continue to live in a world where differences are boundaries.

Differences, if not accepted cause suffering. This is inhumane. Stigma begins with youth. This is true of mental illness found in children. Mental health affects children leading to suffering and pain. The Provincial Center of Excellence for Child and Youth Mental Health states, "Between 15 and 20 percent of children and youth suffer from some kind of mental health problem, yet

only one in six actually get the help they so desperately need." Mental health affects people of all ages and causes immense suffering for many. All people have differences, it is true, but differences are what make us unique. Mental illness needs to be treated equally and the gap between physical and mental illness should be bridged. However, a stigma exists because people cannot physically see the illness.

Stigma exists due to a lack of education and begins with youth. School programs, educational lessons, and guest speakers can help kids better understand mental health. Differences need to be accepted or living in a world of equality is unattainable. Also, discrimination needs to be prevented.

Moreover, discrimination toward mental illness exists today. This is true of hatred towards the suffering. Stigma creates unfair, inhumane,

and untrue information about people with mental illness. The World Health Organization states, "The single most important barrier to overcome in the community is the associated discrimination towards persons suffering from mental and behavioural disorders." Mental health discrimination creates suffering for the victim, their loved ones, and their co-workers. Breaking the stigma begins with accepting differences and not blaming people for their feelings.

Society needs differences as they are not a barrier, for barriers keep people apart. Never should a person feel pain inflicted by another human. If society fails to educate people about different mental illnesses, a world of acceptance and support is unattainable. Stigma is broken and discrimination is prevented through education, acceptance, and care. Lack of support and re-

sources for those struggling reflects society negatively, not the individual suffering.

Therefore, stigma needs to be prevented so suffering stops. Lack of support and acceptance for mental illness means we will continue to live in a world where differences are boundaries. Differences, if not accepted cause suffering. This is inhumane. In and of itself, stigma causes suffering.

# DON'T JUST FOCUS ON PLASTIC

CATHERINE MARQUEZ

A Canadian ban on plastic bags is futile. This is true of plastic product ban. Banning plastic bags results in insignificant changes. Moreover, a plastic bag ban intensifies environmental damage. In and of itself, as long as one focuses on banning plastic bags alone, the world will not change.

Banning plastic bags results in insignificant changes. This is true of plastic product ban. Marine life receives little help from a Canadian plastic ban. Canada, when compared to European countries such as England and Spain, contributes four times less in mismanaged plastic with only 0.01 million metric tonnes of plastic. This

suggests that Canada is not a major contributor of mismanaged plastic, therefore, emphasizing that a Canadian ban on plastic bags results in little impact on overall ocean waste and marine life. Despite being a good way to prevent water pollution, banning plastic bags is minor compared to better waste management and recycling programs, and stricter littering prohibitions. Even if every country bans plastic bags, it would not make a difference since less than 0.8% of plastic mass in the ocean pertains to plastic bags. The belief that ocean waste will be cleared by banning plastic bags is ignorant. Also, a plastic bag ban will only cause more devastating

effects on the environment. A plastic bag ban intensifies environmental damage. This is true of plastic product ban. A Dalhousie University study shows that a double increase in paper bag consumption as a result of plastic bag elimination, leads to larger emissions of CO2. Larger emissions of CO2 increases climate change as it absorbs solar energy and traps it close to the Earth's surface, causing the greenhouse effect which makes Earth warmer. Climate change is more destructive as it impacts the world as a whole and not just marine life. Instead of banning plastic bags, Canada can do better in following Sweden's lead in incinerating waste. This is more beneficial as it

would create a power source for the community while capturing airborne toxins, limiting toxic runoff, and significantly reducing the volume of waste. As long as one fails to consider all consequences of an action, change will not be apparent. Therefore, to think that a plastic ban will have a transformative impact on the environment is to display futility.

As long as one focuses on banning plastic bags alone, the world will not change. Banning plastic bags results in insignificant changes. Moreover, a plastic bag ban intensifies environmental damage. In and of itself, banning plastic is futile if it is centred on plastic bags alone.

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# SOCIAL MEDIA ALTERS EMOTIONS

CORNELIA ESANU

The rise of the use of social media brings many negative consequences along with it, altering brain function. This is true of the influence of social media. The use of social media causes a negative effect on the brain resulting in a drastic increase in stress. Moreover, social media causes mood alteration for the negative emotions social media causes one to experience. In and of itself, as long as one uses and abuses the accessibility to social media, it brings negative consequences such as altering brain function through increase of stress and mood alterations.

The use of social media causes a negative effect on the brain resulting in a drastic increase in

stress. Social media is commonly used to vent, it is sought out by researchers at the Pew Research Center that this negativity induces more stress than it relieves. In the survey of 1800 people, Pew Research Centre reports that women are more stressed than men. In addition, twitter was found to be a significant contributor to their increase in stress because it increased their awareness on other people's stress. The presence of social media affects the quality of conversations people are having. Negative conversations alters brain function causing stress forming a domino effect leading to mood change, anxiety, depression and ultimately addiction. The influence of social media can and potentially will lead society to its downfall just from the stress and its leading consequences. How-

ever, mood alterations can also be caused by the negative feedback drawn from social media.

Moreover, social media causes mood alteration for the negative emotions social media causes one to experience. A decrease in self-esteem causes a negative impact on the brain, altering moods and creating mood swings. Researchers that conducted a Facebook study stated, "When Facebook users compared their lives with others' seemingly more successful careers and healthy relationships, they feel that their own lives are less successful in comparison." This shows that even positive posts can be very damaging. Negative conclusions from posts cause mood alterations that can lead to a feeling of loneliness, a buildup of envy and a thought of worthlessness.

Social media causes mood alterations, decreasing one's self-esteem, harming the brain. Therefore, stress and mood alterations caused by the abuse of social media harms natural brain activity.

As long as one uses and abuses the accessibility to social media, it brings negative consequences such as altering brain function through increase of stress and mood alterations. The use of social media causes a negative effect on the brain resulting in a drastic increase in stress. Moreover, social media causes mood alteration for negative emotions social media causes one to experience. In and of itself, social media can be detrimental to brain function which is evident through the increase of stress and mood alterations that are already evident in society.

# Decriminalization Leads to Recovery

PAULINA LEXANOVA

To think that drug addiction is a criminal problem rather than a health-care problem leads to suffering and death. This is true of non-violent drug offenders who serve jail time. Addressing addiction as a mental health issue rather than a criminal issue results in recovery. Moreover, criminalizing and stigmatizing individuals at risk of an overdose is ignorant. In and of itself, as long as drug addiction is regarded as a criminal problem, Canada will remain ignorant to the truth that recovery prevails with health support and decriminalization.

Addressing addiction as a mental health issue rather than a criminal issue results in recovery. This is true of non-violent drug offenders who serve jail time. When addiction is regarded as a criminal-law problem rather than a health crisis and a national tragedy, suffering ensues. Garth Mullins, a member

of the Vancouver Area Network of Drug Users, states, "Spending money on police and jail is very, very expensive, and very, very bad for health outcomes. Spending money on health-care services is much more efficient." Although decriminalizing drugs appears to be a dangerous and counterproductive regulation, the truth is that while addiction may lead to crimes, it itself is a health-care issue. When people who suffer from addiction are treated like criminals, the argument for decriminalization is proven as jail time is costly, and the return on investment is negative. The need for recovery is disregarded as health-care in jails are lacking, for one, and the chances of rehabilitation are non-existent. Decriminalizing drugs leads to less money spent on persecution and more money spent on support. Advocacy for drug decriminalization enables people who suffer from addiction to be given a chance at a life they

deserve, that is, through recovery. Moreover, individuals at risk of an overdose who are stigmatized and criminalized is ignorant.

Moreover, criminalizing and stigmatizing individuals at risk of an overdose is ignorant. This is true of non-violent drug offenders who serve jail time. Recovery will never be obtained so long as stigma and criminalization obstructs a public health response to addiction. Over 4500 people have died from drug overdoses in B.C since 2016. It is ignorant to think that people who suffer from addiction are encouraged to seek help so long as addiction is not thought of as a public health crisis. Those at risk of an overdose face a large obstruction in seeking recovery, that is, stigma. People in need of help are often prevented from the health support they require due to persecution, and social rejection. As long as addiction is not perceived as a health-crisis, people who expe-

rience addiction will remain as criminals, leading to dire consequences. Addiction has the capacity to affect anyone, and decriminalizing drugs changes stigma and criminalization to acceptance and recovery. Stigma and criminalization discourages those that suffer from addiction to seek help and results in dire consequences.

As long as drug addiction is regarded as a criminal problem, Canada will remain ignorant to the truth that recovery prevails with health support and decriminalization. Addressing addiction as a mental health issue rather than a criminal issue results in recovery. Moreover, criminalizing and stigmatizing individuals at risk of an overdose is ignorant. In and of it self, to think that Canada's drug crisis is more of a criminal-law problem than a national tragedy is to remain ignorant to the truth that decriminalization leads to recovery.

# SAVE ECOSYSTEMS--BAN PLASTIC PRODUCTION

VANESSA GIGLIO

Problems arise from the use of synthetic materials. This is true of plastic pollution. The ignorance of consumers and recycling companies are creating an abundance of waste. Moreover, the destruction of ecosystems are a direct result of plastic pollution. In and of itself, the misuse and resultant pollution of plastics can only be eliminated through the ban of plastic production.

The ignorance of consumers and recycling companies are creating an abundance of waste. This is true of plastic recycling. Insufficient amounts of plastic waste from consumers are being converted through recycling processes. Murat Yukselir from the Globe and Mail states, "Every year, 3.3 million tonnes of plastics are discarded in Canada. 2.8 million tonnes of the discarded plastics went into landfills." Landfills are filling with plastics as a result of lazy and poor recycling

initiatives, but also as a result of overuse from consumers. There is too much plastic waste being produced and a lack of initiative coming from recycling companies to dispose of this plastic waste properly. Plastics may be convenient, but there is nothing convenient about plastic pollution. Thus, the solution cannot be put on consumers to reduce their plastic consumption because majority are unwilling due to convenience. Furthermore, the recycling companies that consumers trust are failing and no sufficient results are being seen from any other solutions. This is why the government must place bans on plastic production; to eliminate the problem of consumer use and recycling processes entirely, if not, consumers will continue to utilize plastics and the same recycling issues will be present. Therefore, a ban on plastics is the only effective solution to fixing problems pertaining to the overuse and recycling of plastics. Also, plastic waste is contributing to the harming of ecosystems.

The destruction of ecosystems are a direct result of pollution. This is true of plastic pollution. The production of plastics are contributing to irreversible effects on the environment. Catherine Mckenna, the Minister of Environment and Climate Change states, "We've all seen the disturbing images of fish, sea turtles, whales and other wildlife being injured or dying because of plastic garbage in our oceans... Canadians need to act." The longer these ways of managing plastics continue, the greater the impact will be on ecosystems. The current approach involves a linear system of producing plastics, overusing these plastics, irresponsibly disposing of these plastics and thus resulting in an abundance of pollution. As plastic pollution accumulates, all life suffers. The constant attempts to fix these problems continually fail and Canadians need an approach that will succeed. Canada must implement a plastic ban to prevent further destruction at the cost of innocent lives. A change

in the linear system must be made, converting to an environmentally friendly circular-system where all products are biodegradable and return to the earth.

As long as plastic production continues, the environment will resultantly suffer. Therefore, a plastic ban is essential in reversing the destructive effects of using plastics on the environment. The misuse and resultant pollution of plastics can only be eliminated through the ban of plastic production. The ignorance of consumers and recycling companies are creating an abundance of waste. Moreover, the destruction of ecosystems are a direct result of plastic pollution. In and of itself, a ban in plastic production is the only way to eliminate the harmful environmental effects caused by the ignorance of consumers and recycling companies.

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