

OAK LEAVES

A Tale of Two Graduates

By Scott MacDonald, Grade 12



Emma Grierson and the student council, S. Slovak

As we navigate this unique school year, the experiences of De La Salle students in grades 5-12 have been unusual to say the least. With a whole new schedule, online learning, and ping-pong in the arena, pre-pandemic Del is starting to feel like a distant memory. With that in mind, I spoke with grade 8 student Michael Di Biase and grade 12 Student Council President Emma Grierson to reflect on their time at the College.

Interview with Emma:

Scott: After 6 years at the College and a heavy involvement in student life, what has been the most rewarding part of your time at the school?

Emma: The most rewarding part of my time at Del has been being a part of the student council. When I was in the junior school, I always looked forward to school-wide events that the head girl and boy would organize. So, when I became old enough to run for council, I knew I wanted to do the same things for my peers and the younger students. Hearing students get excited for events and attend them, especially this year, makes all the hard work worth it.

Scott: What did you think high school would be like when you were in grade 8, and how accurate were those

thoughts now that you've lived through it?

Emma: I honestly thought high school would be like the hit movie series "High School Musical," which I can attribute to my sister and I's serious love for that franchise. Though there were some parallels, and a little less singing, high school was better than my expectations. Grades 9 and 10 were close to what I expected them to be but when the latter half of high school hit, it started to resemble my Disney dreams (again, less singing).

Scott: After being Vice President last year and President this year, what advice would you give to younger students who may be interested in running for student council in the future?

Emma: Just do it. It seems so daunting when you think about all the responsibilities that are asked of you and all the work you have to put in, but it is totally worth it in the end... A lot of people are intimidated by the speech you have to make in order to participate in the election, but don't let this be the reason you don't get to do something that interests you. Additionally, people seem to think that they have to be in the older half of high school in order to run, but this isn't true! Run for the positions you're eligible for as soon as you want to. Don't let being the youngest scare you, I promise it's not bad! Don't believe people who say the student council is lame, it's totally cool. Warning though, when you get on the council everyone will miraculously try to be your friend in order to attempt getting the benefits that come with being on council (R.I.P. student council lounge). Overall, I would totally recommend running for the student council to anyone who's interested in leadership!

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Self-Love Amidst the Social Pressures of School

By Skye Reid-Calder, Grade 12

Walking through De La Salle's crowded hallways on my first day of Grade 9, I was nervous and excited with so much hope for what I would experience. When it came to lunchtime, the cafeteria was so crowded so I sat alone and this began my further descent into low self-esteem.

Starting high school most people hope to "fit in," to be accepted, to be wanted.

It is deeply disappointing to have so much hope for a new start to make new friends then feeling it all fall from you. You see the number of people talking to you as a representation of your success and value as a person.

Initially, we seem to want to please others at the expense of ourselves, losing ourselves to what we think others would want us to be. The problem is that, at times, we can let others dictate how we should feel about ourselves when people are temporary. They come and go and while some can stay a lifetime, eventually everybody dies. You are you from the moment you are born to the moment you die. You see your life through your eyes and your experience of others is built upon the foundation of your feeling of self. Your value in yourself should not be dictated by anyone other than you. What matters most is how you feel about yourself; not how other people feel about you.

Continued on pg. 2



Hug yourself every day; you're worth it, Shutterstock

A Simple Thank You

By Adele Lopes, Grade 12

Dear De La Salle Teachers,

In these unprecedented times- *shakes head* that won't do. How about in these challenging times? These horrible and utopian times? Too pessimistic.

However you want to label this moment in our history that started March of 2020, it has made us all uncomfortable. Whether that is adapting to a new way of life that includes social-distancing, mask wearing, or having a fear of large groups, we have all been stressed emotionally and mentally. As Del students, we are incredibly lucky in our position during this pandemic since our administrators adapted quickly and successfully to the new reality imposed upon us. We were swiftly given new schedules and online learning tools so that we could continue to learn and eventually "leave to serve". The novelty of it all was fascinating at first, and then tiring. We persevered and persisted and here we are today.

There is one group of people that have held the threads of our school community online. To our dedicated and amazing teachers: thank you.

Thank you for trying to make us laugh with your online jokes. Trust us, we do laugh even if you do not hear it. Thank you for putting up with our array of technological and Wi-Fi issues, and being empathetic during the process. Thank you for learning a whole new method of teaching and keeping us engaged while adapting to this new online platform. Thank you for bringing your enthusiasm and passion for your subjects into the virtual classroom. We feel your energy through the screen and see your dedica-

tion towards bridging the gap between us. Thank you for understanding our problems at home, and how they impact our school life now that the two are intertwined. We appreciate when you understand why we can't have our cameras on, why we can't talk too loudly, or when we need a few days extension. Thank you for introducing us to your children and pets and letting us introduce ours as well to brighten our online days.



The Heritage House on a snowy day, Adele Lopes

No matter what happens from now until "normal" we know we are in good hands. You have worked tirelessly for us, and we know that we will be prepared for wherever our future takes us. Without your guidance, your openness to answering all our questions- academic or not- we could not have thrived during this pandemic without you. Thank you for keeping the Del community alive through your online classrooms.

Months lie ahead, and more challenging times than those we have faced. However, this is where we learn about ourselves, our ferocity and willingness to adapt. We all really miss being on campus and cannot wait to see you in person. Thank you for everything you have done.

Sincerely,

The De La Salle Student Body

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Student Life



Walking outdoors, TravelCouples/Getty Images

Get Out and Get Active!

By Alessandra Cameron, Grade 10

Physical activity is more important now than ever. On January 7th, 2021 Ontario's government announced that students will continue to learn online until January 25th, which ultimately was extended to February 16th. Being out of school and in lockdown can really take a toll on physical, mental, and social health. Now more than ever it is challenging to get outside and stay active, but taking a 20-minute break from the computer screen could improve your day! Physical activity can help to improve spiritual and mental health as well.

Finding things that can help to stay physically active in lockdown may be hard at times. I got a chance to ask Mr. Iantosca some questions about staying active during lockdown.

Alessandra: What things can students be doing to stay active?

Mr. Iantosca: Just moving around! Get creative with it too. Even if it's helping to shovel snow or running around in the backyard. Do things that you enjoy. Students should challenge themselves and log their progress so they can see

their improvement and stay motivated.

Alessandra: What resources can students use to find activities?

Mr. Iantosca: YouTube, Fiton has great workouts for everyone at every level and social media like Instagram can be a good resource too.

It is important to have some form of activity each day. There are many ways to make physical activity fun while following precautions. One way is to video chat with friends while working out or going for walks. This could help physical health while also improving social health, which is another thing affected by lockdown.

I also had the chance to ask Grade 10 student Hannah Bowman about how lockdown impacted her physical health.

Alessandra: What kinds of things have you been doing to stay physically active?

Hannah: I've been doing workouts with my hockey team over zoom. They're a lot different than in person and being on the ice, but at least it's something to do and I can still be active. I also like taking walks and talking to a friend at the same time. I've also gone skating a few times, but it's hard since you need to book times.

Alessandra: What do you find is the most challenging part about staying active in lockdown?

Hannah: Probably the motivation to stay active since I don't have anything to look forward to or work towards.

Staying active can be hard at times but can be super beneficial to get through these unprecedented times. Even if it's small walks around the block or 5-minute workouts, do your best to move around while staying safe! It's important to get out and get fresh air as it can easily make your day better!



The Heritage House one overcast morning, Daija Pilgrim

Applications, Graduation, and Aspirations

By Daija Pilgrim, Grade 12

From September through December, grade 12 students focused on university selections. After deciding, the application process came next. I've interviewed a few students, Mitchell Bradbury, Caitlin Kotsiopoulos, Michael Danfulani, and Amanda Klunowski, to gather some information about their experience:

How did you find this year's university selection processes? (including virtual tours, Zoom meetings with representatives) In your opinion, was it an easy process? Why?

Mitchell: It was disappointing that I couldn't go visit the universities in person, but there are opportunities to learn about a university through webinars and virtual tours. It was easy in a sense that all the information was readily available, but it was to set out time to really learn about university outside of your program of study.

Caitlin: I found the university selection process this year to have both good and bad things about it... [S]ince I applied to the US, it was not mandatory to take my SATs because of the test optional policy. However, what wasn't so great was that I couldn't see most of the campuses in person. Virtual tours are not going to give you the real feel of the campus and I believe actually going there and spending time there will help more in the decision-making process.

What are your feelings about having almost completed your final year at Del?

Caitlin: I've waited my whole life to graduate high school, and while I'm very excited for the future, I didn't realize how much I would miss high school. As annoying as it is, it's always fun to complain about assignments, teachers, and classes with your friends, as well as be in a smaller, safer space. So, I think it's bittersweet coming to the end of my time at Del.

Michael: It honestly doesn't feel real my last year at Del. While I am ready to leave, I still have a great attachment to the students, teachers, staff, and the school as a whole. Through the past 4 years, I truly believe that Del has made me into a better person, and that the lessons I've learned will stick with me for the rest of my life.

What will you miss most about the school?

Amanda: I will miss all of my friends and close connections with some of the teachers that have been there! I've been through a lot throughout my years at Del, and if it wasn't for those people, I don't think I would have succeeded the same way I have.

Michael: I will definitely miss sports the most at Del. I was also able to make connections with people that I never would have without basketball. Laughing, crying, and celebrating with all my friends is definitely something I will miss.

Any goals or aspirations for the future?

Amanda: This may sound boring, but I am aiming to go to law school! So, I am definitely in for the long haul after I graduate. I hope that I can also do a few study abroad/exchange programs at the university once the pandemic dies down as well.

Michael: My goal right now is to make the varsity basketball team at Ryerson since they're a top ranked Ontario team. If that doesn't go well, I would get my degree in computer science, and develop video games.

Regardless of the circumstances, the Del spirit has prevailed. The lessons we've learned and the friendships we've made will have a long-lasting impact on our lives. Thankfully, we still have a few months ahead of us before we say our final "farewells." Until that time comes, we will continue to learn, grow, and share in order to become stronger leaders, anticipating an auspicious future.

A Tale of Two Graduates, cont.

By Scott MacDonald, Grade 12

Scott: To conclude our interview, what made you come to Del and what made you stay until the end?

Emma: Truthfully, 11-year-old me didn't have much say in which school I attended. The reason I stayed so long though was because of the people I met here. While it sounds cheesy, the friends I made will honestly be some of my best friends for life. The school community is so strong here and your peers are always there for you when you need them. Being a grade 12 at Del feels so surreal for grade 7 me, the wait was totally worth it!

Interview with Michael:

Scott: As your time in junior school nears its end, what is one piece of advice you would give to yourself on your first day knowing what you know now?

Michael: One piece of advice I'd give to my past self would probably be to start projects well before they're due, so if it comes down to the last minute, at least you have a start. Also, I'd tell myself not to bring a binder for every subject.

Scott: Are you excited to start high school next year? Why or why not?

Michael: Yes, I am pretty excited. I don't think it will be too different because we are already doing some grade 9 classes, but starting a new year always makes me nervous and excited.

Scott: What did you expect Del to be like when you first came, and how has it been different, if at all, from what you imagined?

Michael: I thought Del was going to be a very hard, strict, 2-hours-of-homework-a-night school. So far, I've learned how to manage my homework and it has been a lot more fun than I'd envisioned. The teachers are nicer than I expected, and they're very understanding.

After speaking with these two students, what stands out to me most is that despite their differing perspectives, they both appreciate the good times they've had and continue to be optimistic for the future. The strength and unity of the De La Salle community has been put on full display throughout the pandemic, and these conversations serve as a reminder of what we have to look forward to upon our return to campus.

Self Love Amidst The Social Pressures of School, cont.

By Skye Reid-Calder, Grade 12

Self-love is an important thing although it may sound intimidating and even impossible. Maybe it's strange to think that it's possible to love yourself when you've only ever thought to love others. Maybe it's easier to think of it as self-worth or self-confidence. Whichever way you think of it, self-love isn't something that happens overnight, it takes time and it starts small. It starts by appreciating the qualities that you do have. Feeling comfort within yourself. Seeing value in your life and the person that you are. Recognizing and knowing that your feelings and needs are worthwhile. Being your own source of validation. Knowing the truth that you are enough exactly the way you are regardless of whether or not people can see it. Here are some ways to improve your level of self-love: start by nourishing your body with nutritious food and exercise; start identifying what you have to be grateful for and start a gratitude journal; express yourself through the arts, writing, music; accept and embrace both what you love and what you don't about yourself; shower yourself with affirmations, and watch online videos about self-love and self-confidence. These are all places to start. It's never too late to become the person you truly are. You can begin healing, growing, and flourishing now. You will know you are there when you're able to see who you truly are and accept it all. Self-confidence is possible. Self-love is possible. And it always gets better.



All you need is (self)love, Shutterstock

Inside Story



De La Salle's Main Building on a snowy day, @delasalle via Instagram

The Del of Tomorrow

By Mr. J. Voutsinos

Dear Students,

I hope you're all keeping well during these unprecedented times.

While my contact with you has been limited this year, please know that the small talk we make when passing through the halls, or the conversation at the doors in the morning means a lot to me. I know we all can't wait to get back to some sense of normalcy; it will come soon; there seems to be some light at the end of this long tunnel.

By now you've probably heard that the school is looking to adopt a new timetable. I wanted to break it down for you so you would have an idea of what to expect going into the next school year.

I should first point out that this year's timetable has nothing to do with future schedules. It was implemented as a COVID timetable so that classes could seamlessly bounce back and forth from full online to full in person learning if necessary.

Let's begin with the improvements to the Junior School schedule. All Junior School students will begin class at the usual time (8:10-8:25am), and class will end everyday at 3:15pm. We've stretched the day from our old schedule so that we can offer a 40-minute recess everyday, and a community period once per week for all grade 5-8 students. We've also introduced a drama course, and all music rehearsals will now take place during the school day, instead of after school.

The high school on the other hand will get a significant upgrade. We are not just looking to improve the academic program; the goal is to create an unmatched student experience so that you're ready for anything life throws at you once you graduate. The new timetable model is called a FlexMod schedule and it will allow you to get additional academic support during your school day, offer you the flexibility to complete most, if not all your work during the school day, and it will give you the power to make your own decisions on how to spend your time. The schedule will run on a 5 day schedule (Monday to Friday) and the high school day will end at 3:05pm.

Before I get into all the exciting changes, I want to first tell you what won't change.

First, our extra curricular program will be as robust as ever. While our athletic offerings will remain virtually the same; we've made a conscious decision to improve upon and offer more nonathletic options.

The second important thing that won't change is the level of care and accountability that all the adults in the building will direct towards you. Vigilance regarding the uniform, maintaining our electronic device policy, and ensuring all students arrive to class on time will continue to be priorities. While it sometimes may not seem like compassion when you're being sent to the office for a uniform slip, the self discipline that we work hard to instill within you is something you will greatly benefit from for years to come.

Finally, and most importantly, we will never waiver from our commitment to offering a real Catholic education. A program that fosters Christian virtues and principles inspired by Lasallian teaching will undoubtedly lead to a fulfilling life that goes far beyond any Calculus lesson. My apologies to Mr. Sourial.

Let's get to the exciting improvements. As mentioned,

our academic program will get a significant upgrade. The first major change you'll notice is the length of each class. Class time will now depend on the subject. Some classes may be as short as 30 minutes, while others will range from 40-80 minutes, with some labs going even longer. Most classes will be approximately 50-60 minutes in length, which is a far better approach than the old one size fits all model. With the time change, most students will have 5 classes in a day depending on the grade.

In the new model, lesson delivery will now depend on the type of class being offered. We are pleased to introduce two new types of classes: lecture and discussion classes. In

most lecture classes there will be approximately 35-65 students and all lecture classes will have 2 teachers assigned to the room. There are renovation plans for this summer to ensure we have rooms large enough to accommodate a larger class size. Lectures will be limited in grades 9 and 10, with more being offered in the senior grades. A lecture experience will be of great value to you, especially those going off to university where some lectures will have hundreds of students in rooms that are larger than our auditorium! We have no intention of having classes that size, our goal is to help you become accustomed to the teaching method, so that you are best prepared for university. Most classes will also take advantage of traditional style classrooms which is the type of class you are already familiar with. Labs will also take place in this format with no more than 24 students in a lab. Finally, a smaller discussion class is also being introduced. Discussion classes may have anywhere from 8- 16 students. This class size will be mainly used for discussion groups, giving students an opportunity to have dialogue with their teachers and ask questions in a smaller class size. Depending on the subject, a course may take advantage of one, two, or all three types of classes in a week. For example, a Science class will have one lecture, one lab and one discussion class each week of the school year.

The FlexMod timetable includes Independent Learning time, which is similar to the study periods grade 11 and 12 students would have had in the old schedule. The major difference is that instead of having full 75-minute periods off, most class breaks will range from 20 - 60 minutes which will be spread out throughout the day. The big improvement here is, instead of just sitting in the cafeteria waiting for class to start, we'll be able to offer you a number of opportunities when you don't have class. Moreover, although grade 11 and 12 students will have more Independent Learning Time, grade 9 and 10 students will also have this time built into their schedules.

Independent Learning Time will give you the opportunity to get additional support from your teachers. All departments will have teachers assigned to offices that will be available throughout the day, and you'll be able to drop in anytime you don't have class for extra help or enrichment.

If you are looking to work out during your breaks, that will be available as well. All exercise equipment and an indoor and outdoor court will be open all year long, everyday throughout the day, so that you can play a pickup game of basketball or go for a workout between classes.

For those of you who want to get some work done, there will be plenty of space available on campus to work on a group project with your peers or complete your homework to free up your evening. The decision will be yours to make and we hope that depending on the time of year and amount of work you have, you'll learn how to manage your time most effectively so you can avoid those late night cram sessions.

Finally, some other options may be meeting with a counselor in the Student Services office, visiting the chapel to quietly pray or to join an already scheduled class mass. You may also have opportunities to have club meetings if enough students are available. Of course, if you just want a break, you'll be able to socialize with your friends as well.

To make this all happen, we have decided to utilize the arena in its current form for another year. We will also have the newly renovated Del Centre available. While we know our hockey players will be saddened to hear this

news, the building will now be used everyday, all day by all students, something that was not being done in the past.

I hope that this helps ease your minds about what school will be like next year. If you still have questions, you are invited to pass by my office anytime, or you can pass by the student services office to speak with a counsellor. If you have any suggestions on how to improve upon what we're doing, please do not hesitate to pass by and share some ideas as well.

Thank you for taking the time to read this. Hopefully, you all see that these changes are being made to improve your overall experience at school. Our overall vision is to create a welcoming campus where students aren't rushing to leave, full of things to satisfy everyone's interests. In September, this vision will become reality and we can't wait to get started! Stay well and we look forward to the day when we'll be able to have everyone on campus all day long!

Live Jesus in our hearts, forever!

Sincerely,

Mr. Voutsinos

Boycotting Big Box Brands

By Amelia D'Alessandro, Grade 12

Over the course of the pandemic, the estimated total of small businesses set to close in Canada, according to the Canadian Federation of Independent Businesses, is a staggering 225,000 (Retailer Insider, 2020). Toronto itself is full of independent businesses, including restaurants, book stores, clothing stores, hairdressers and many others that have been forced to shut down once again due to the second lockdown of the pandemic. However, big chains and corporations like Walmart have simply cut down on their capacity and have put in "stricter" guidelines.

Small businesses were already hard to sustain in our economy before COVID, and now during COVID, Toronto has seen many storefronts close due to lack of income because of closures and restrictions. Not only has this had an impact on income for small businesses, but this also forces everyone to rush to and rely on their local Walmart, Costco, or Home Depot and shop at this one place, seeing as it is the last resort.

We, as a generation, have the role to be a conscious consumer and support our local businesses rather than giant multi-million dollar corporations. One of the ways you can be a conscious consumer is to find the local alternative. An example of this is when you decide to eat out at a restaurant. Although a big chain might have great food, local restaurants can be much less popular and have amazing food that you would not have found otherwise. Another way to be a conscious consumer is to avoid fast fashion. Fast fashion retailers cut quality, worker fairness, and eco-friendliness out of their means of production in order to meet the demand for mass quantities of clothing to sell. There are multiple alternatives to fast fashion. One of them is to find small local clothing stores to purchase your clothes from. You can find many local businesses on social media, recommendations from friends, or familiarizing yourself with your neighbourhood shops. Another alternative is to shop second-hand, finding a second home for clothes and not using any more resources to make them. This has a positive effect on the environment, as you are recycling material as well as lessening the demand for material to be produced.

When you shop local, you help the economy, support someone's business in the effort of promoting their dream and their livelihood. It is crucial that we support local businesses not only throughout the pandemic but also for long after.



A Walmart storefront, Gene J. Parker/The Associated Press



The Good, The Bad, and The Graphic Design: Social Media and How We Get Information

By Bianca Tri, Grade 12

If you're a social media user, you have witnessed an influx of informative accounts run by either graphic designers or people who are acquainted with Canva's free subscription. Instagram stories have become a place for not only short videos of your pets running around, but the equivalent of The Great Alexandrian Library. We can learn just about anything in the world with a brief skim over ten slides of informational, colourful images. It's PowerPoint activism.

Gil Scott-Heron declared in the 1970s, "the revolution will not be televised," and he was right; the revolution will be Tweeted, it will be offered in bite-sized feed posts on a widespread scale for the masses. Now, the inherent purpose of informative posts and accounts on social media, with a heavy focus on Instagram, is not dubious; its purpose is to teach. It's when these posts are the only way people educate themselves that a problem arises. Absorbing the information with little effort makes the posts so alluring and what makes reading professional works of literature so hard. We observe gross oversimplification, lack of references, and little to no accountability when people bring up the previous two points. With such a large amount of information being put out by these coalitions of informers, naturally, wavering trends may arise.

It's no coincidence; Instagram activists with large followings use the same corporate made-for-social-media formats of design that are created to sell a product. The relationship between the information and the design is non-existent. Terry Nguyen of Vox states, "The most striking graphics stood out in my feeds, almost like an advertisement." There's a danger in this as well because perhaps someone starts an account one day and decides to spread a malicious agenda sugar-coated with blocky, colourful letters and muted warm tones in the same vein as Glossier ads — what then? Further, these accounts may grow so influential that postings can become lucrative. Many social groups start their own initiative to produce clothing, phone cases, wall posters (sustainable, eco-friendly, profits going towards charity AFTER processing fees, of course) in the name of contributing to the causes they represent. The commodification of progressive politics is ironic, but it does not come as a surprise.

With great exposure comes great potential for the trivialization and (sometimes unintentional) commodification. Along with social media groups profiting on the world's trauma, Zeba Blay of the Huffington Post comments on the phrase, "arrest the cops that killed Breonna Taylor," stating, "There are people repeating the phrase in one social media post while calling for the abolishment of police and the criminal justice system altogether in another. So, where do these people truly stand?" It's a valid critique of the seemingly baseless activists on social media who seem to contradict themselves at every turn, dragging along their 10k engagements with them.

To entertain the other side of the conversation, art has always reflected the time it was created in. Art has always been political. The repurposing of corporate design can be a good thing because it ensures that social media users can use their posts as a springboard into further research or that you learn one little new thing a day. However, talks about social issues should not be that "one little thing" that is easy for us to digest. Accessibility is intentional to make the information intelligible for people of any educa-

tion background; however, some topics should not be watered down. These conversations are supposed to be uncomfortable, and we should question everything we see until we have further investigated ourselves.

To conclude, we need to be careful of the information we consume on social media. Infographics like the ones we see on Instagram are beneficial in their own ways, but we cannot ignore how quickly these sources can become disreputable. When the algorithm of a platform is concerned, posts will be made to work the system in its favour. Though, the line between using the system for good means and contributing to the problem is not black and white. Be compassionate towards the world's issues, but be intelligent as well.

Staying Green In Quarantine

By Giulia Di Fonzo, Grade 12

From baking banana bread to tie dying t-shirts, the pandemic has sparked new hobbies, but are there more eco-friendly ways to go about these activities? This list will inspire you to stay green during quarantine, and find more eco-friendly habits that will better our earth.

Re-Think Your Plate

The easiest way to put sustainability into action is making small, yet effective changes to your meals by eating more plants, buying zero-waste food products, and integrating activities such as Meatless Mondays into your schedule. This is the perfect opportunity to start learning how to become a culinary master of vegetables and plant-based alternatives such as tofu, beans, and quinoa. Instead of going for the plastic-wrapped chocolate bar or candy, reach for an apple since it is completely compostable. By opting for more plant-based meals rather than meat products, you are helping reduce carbon dioxide emissions from the food industry.

Buy From Local Businesses

Buying produce from local markets or opting for locally sourced products in your grocery store will reduce transportation emissions. Although it may be easier to order items from Amazon, purchasing products from local businesses through thrift stores, garage sales and eco-friendly clothing brands, will decrease your ecological footprint. Online thrifting stores such as Depop and Poshmark are platforms in which you can easily sell and buy used clothes online, without the extra waste obtained when purchasing new clothing pieces from large brands.

Reuse, Reuse, Reuse

Say no to single-use plastics. Instead, use canvas or reusable shopping bags to hold your groceries. As well, combat unnecessary waste from food delivery by opting out of plastic cutlery on the order in favour of washable utensils at home. Further, rather than using single-use face masks, invest in reusable ones that can be washed and used again.

Build a Green Garden

Whether you build a small garden in your backyard or an herb garden on your windowsill, this task will greatly decrease your carbon footprint. Since plants naturally clean the air, replenish nutrients in the soil and support biodiversity, your garden will thrive in no time.

Educate Yourself on the Environment

Once you have returned from your nature walk or exercise session, educate yourself on current environmental issues with documentaries on sustainability, harmful industrial practices, and climate change. Films and TV series such as Our Planet, David Attenborough: A Life on Our Planet, and Before the Flood explain the impacts of our current practices on the environment, biodiversity, aquatic life and climate change.

This list is just the tip of the iceberg on sustainable actions. Now that many of us now have the free time to try new hobbies, we must consider the environmental effects of our everyday activities and develop new methods to become better stewards of the earth. After all, a good planet is hard to find.

To Follow One's Heart, Or Follow the Money?

By Vanessa Cuiuri, Grade 11

By examining societal standards, it is clear that higher education is correlated with increased worth and reward. With respect to high school students opting to seek post-secondary education, this prompts students to adjust their passion and interests to align with the reputation of their desired field of study. It is subconsciously implemented into our values as students that specific areas of study are more desirable than others, and once the veil over this initial belief is lifted, the hidden reasoning becomes starkly and consistently obvious: which field will allow you to make more money. Society has shifted the intent of post-secondary schooling from a means of further enriching your knowledge into a necessary step in becoming a 'valuable' member of our standing social and economic structures. Now, not attending post-secondary schooling is a sign of social deviance. The urgency of being a profitable value to society is force-fed to young adults as an expected societal norm.

It is a widespread anxiety among teenagers to definitively decide on their college or university route, explicitly starting with choices surrounding course and program selections. In our volatile teenage years, we are coerced into choosing the outlook of the coming decades of our lives, solely relating to and revolving around our roles as members of the workforce. Demand for different academic majors correlates with industry growth, which fast tracks the decisions of mass bodies of students into following a major with a desired and prodigious reputation, rather than regarding their passions and interests. This causes university to be treated like a business decision, where students are a product that is entering a market and are only valuable if they meet certain criteria. Due to this pushed narrative, it is common for university graduates to regret their initial decision, with 62% of them saying they would change their majors if they could go back (Best Colleges, 2020). Regret in early life decisions and low career satisfaction has been proven to spiral into mental health issues relating to the loss of autonomy and indebtedness to inadequate work values (Talk Space, 2018). It is essential to balance the projections of your future in the early schooling stages to ensure life and career satisfaction and not submit to the pressures of a commercially exploitive world.

Our society has made it so that following your passions is attainable only if you hold a certain level of privilege. Studying at university in general, and especially via a route that prioritizes your passions rather than financial security, is a privilege that is not bestowed unto all. Hence, the desirability and importance of money that has been systemically imposed in society is an inevitable conductor in the school to career pathway. This concept creates an inescapable cycle, where students must follow the socially accepted career path due to the financial stability it will provide; thus, employing the maintenance of the market.

The primary purpose of life has been deduced to acting as a functional member of society through a life of work and is deemed acceptable and normal. Atop the dire standard of submitting your life to constant work, society has made working a despised and tedious object. In order to restore meaning to life apart from work, it is essential to promote a new fabric of the economy and workforce that holds value to the varying passions of life.



Scale weighing the value of money over heart, Frits Ahlefeldt

No Stars for Hollywood: Responses to Climate Change in the Entertainment Industry

By Amy Richard, Grade 12

Media allows artists to comment on human experiences and issues when words alone are insufficient. Specifically, films and other visual media can be an effective tool to call audiences to action against an important problem or issue. However, this industry that is notorious for making bold claims remains largely unchecked by activists on its harmful contribution to climate change.

Productions such as Earth Matters highlight the dangers that our planet faces against climate change, such as wildlife habitat loss and pollution. Each production relies on participants that outnumber its main cast and directors: designers, electricians, carpenters, and other labourers are all required for success. Even in the era of CGI, we cannot evade the waste associated with these projects.

The entertainment industry has recently been the target of climate change activists following the increased research detailing the realities of its environmental footprint. On average, the entertainment industry in the United States produces 700 films and 500 television series in a year. Movies with a \$50 million budget tend to produce around 4,000 metric tons of carbon dioxide. According to a study conducted by the British Film Institute in 2018, a single hour of television produced in the U.K. produces 13 metric tons of carbon dioxide. As well, a 2006 UCLA study reported that 8.4 million metric tons of carbon dioxide were produced by the California film industry. As a whole, the U.S. film and TV industry produced 15 million tons that same year.

Production companies, including 21st Century Fox, aim to offset this by tracking carbon emissions and identifying areas to reduce carbon emissions and improve energy efficiency through third party sustainability contractors.

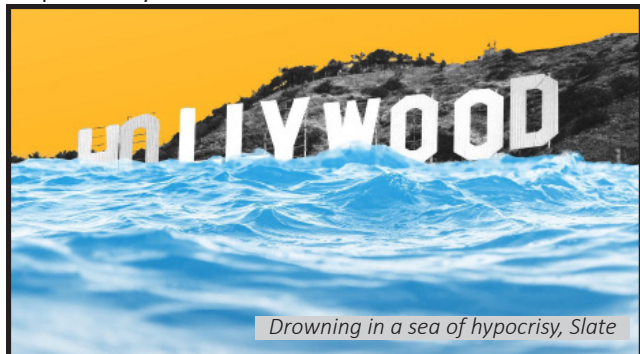
Similarly, in order to cut down on transportation emissions, CBS Entertainment integrated fuel-efficient hybrid vehicles to their processes in 2011, which has the potential to reduce transportation-related carbon emissions by 50%. They also offer extra incentives such as priority parking to employees who carpool and use hybrid vehicles to shuttle across studio land.

Additionally, production companies filming in populated areas work with local recycling programs to donate a portion of the set. For instance, Sony Pictures has prevented 90% of the waste from its California headquarters from reaching landfills since 2011.

Some TV shows have transitioned to paperless workspaces, others use compostable plates and utensils at craft services, and many donate money to help preserve the Amazon rainforest.

Companies such as Walt Disney Studios and Sony Pictures Entertainment promote year-round efforts, including efforts towards using more sustainable products on sets. However, this is not enough to solve the problem.

We are faced with this common problem: the industry is influenced by audiences, and most viewers will not go out of their way to see a sustainably-made film without interest in the subject matter. Grade 12 student, Rachel Glover, echoes this sentiment: "There are a lot of major issues that they choose to focus on but they still manage to ignore the one that could destroy us in the coming years." These changes may in fact be inconsequential when devising a long-term plan to combat global climate change. There is a lot of potential for influencers in the industry to both advocate for and practise sustainable habits, since many in the entertainment industry are those with the resources to promote long-term change. If they refuse to make this change, perhaps the viewers must demand such changes instead of allowing the industry to evade their responsibility to our environment.



Drowning in a sea of hypocrisy, Slate

Test Taking During the Second Lockdown: Tips and Tricks for Seeing Success

By Amanda Klunowski, Grade 12

Still facing online classes, it can be difficult to maintain proper study habits in the new term. Follow these useful tips to help maximize your success in the second term:

Tip #1 – Limit Your Distractions

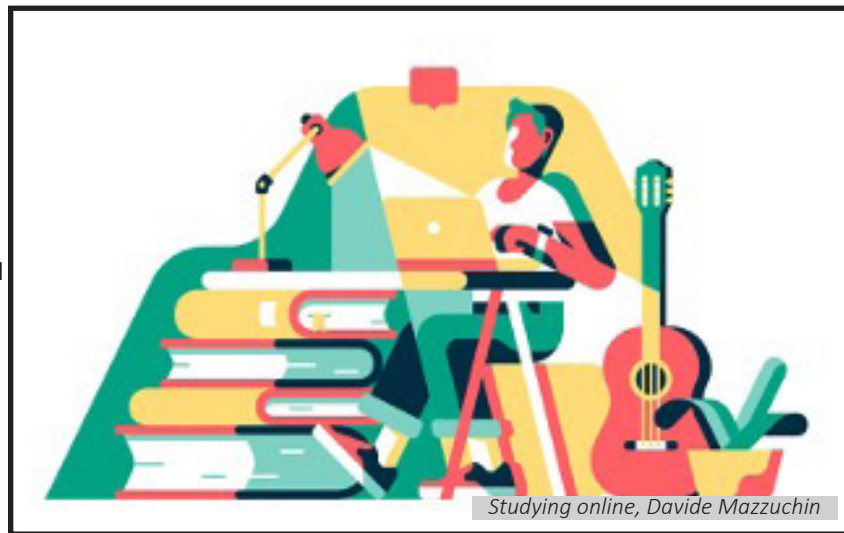
This tip may seem like a no brainer; however, many students find that when they are trying to study, it is nearly impossible to stay focused on the task at hand. Grade 12 student Madison O'Brien notes that her online studying habits are "fairly dilapidated" and that it is "difficult to stay focused". According to experts, it is impossible for us to multitask or work in a room full of distractions because our brain is simply unable to handle all the stimulation in one go. This means that studying in a crowded area of your house or with all of your devices right next to you is probably not going to yield you the best results. The best thing you should do is create your own space within your house where you can spread out all of your material in order to tackle everything you need to know, while also ensuring that unwanted intruders don't disrupt you.

Tip #2 – Start Early

Procrastination is something that many students are totally guilty of. We are often bombarded with numerous assignments and tests in the same week along with regular homework tasks, which often makes us wait until the last minute to start studying. Grade 12 student, Daija Pilgrim notes that, "when there's an upcoming test or quiz, I try my best to start my studies as early as possible" and adds that it, "includes reviewing older material, until I work my way up to the newest." A good motivating factor would be to use rewards as a way of getting quality studying in, as it will force to focus on starting the material earlier in order to achieve the end goal you desire.

Tip #3 – Take Breaks

After studying for a long period of time, it is important to take a few minutes to breathe and recharge. Grade 11 student Jenna Payette prides herself on, "keeping a routine and waking up early like it's a regular day." Sticking to a routine is a good base-level tactic that will help to keep



Studying online, Davide Mazzuchin

you organized and allow for allocated breaks when necessary. Experts say that by taking breaks and doing things like exercising or eating a snack will increase the quality of your study time, as it allows your brain to decompress from all of the stimulation that it has undergone. So, don't feel guilty if you want to take 20-minutes to go for a run, or if you feel like you need to take a nice bath, do it! These activities will only help your productivity, and decrease your stress (just be mindful that you don't take too many).

Tip #4 – Make It Fun

Just the thought of having to study for tests often makes students feel disgruntled and stressed. This type of thinking can actually be very destructive to your ability to retain information, as a negative mindset won't push you to make good studying choices. To combat this, experts say that you should try to engage in "active studying", which incorporates things like mind maps, active recall, and practice testing to ensure that students don't burn out when hitting the books. Grade 12 student, Katie Grierson, notes that she likes to, "make it fun by listening to music while studying for the first bit," and that she will, "gradually ease [herself] out of it," until she is 100% in study mode. Moreover, another method that could be beneficial to creating a fun and positive study experience is group study sessions, as it can help to generate good conversation about material and enable the use of active learning by talking everything out.

These tips will help you get those much-needed good grades during the rest of our online school period, and help you form better study habits going into the second term.

Online Testing: For Better or For Worse?

By Amelia D'Alessandro, Grade 12

Ontario's second lockdown has brought many struggles to its residents - the biggest issue being online schooling. With the rise of cases after Christmas, students in Ontario returned to an entirely online few weeks of schooling.

With this extension, midterm evaluations were cancelled, but teachers continued their testing after January 25th. With remote learning, this brought the challenge of testing students. How would teachers evaluate students and guarantee that there were no outside sources being used to complete the evaluation?

Some of the advantages of online school means flexibility for time of testing. With no struggles of commuting to Del during your free periods, you have the extra time to complete missed assessments or use a little extra spare time to finish up a test. As well, online tests can be marked much easier. If there are multiple choice or matching questions, the answers can be put into Microsoft Teams and once the evaluation is completed, you can get your answers almost instantaneously. Finally, some teachers have decided to do more application-based testing, meaning those of us who struggle with multiple choice have a chance to still do well on the test.

However, there are some disadvantages to online assessments. The first being that technology is always prone to malfunctions. Sometimes

MS Teams does not always cooperate, or other times it is your device that decides that it will not work five minutes before a test. Another con to online testing is that if you are not given the option to show your work but rather just write down the answer, the answer becomes only right or wrong. Additionally, teachers may struggle with the fact that they do not know that your answers are completely and only yours, possibly making the assessment worth a little less.

Overall, there have been both pros and cons to online testing. It allows more flexibility to write the examinations and easier marking, but comes with the cost of technological errors and little to no room for part marks. The question is, will teachers continue online testing when we make our return back to school?



Studying online, Adobe Stock Images

Co-Curriculars



Students at the Del 2017 Meagan's Hug, delasalle.ca

The Students Powering Meagan's Hug

By Nicole DeJesus, Grade 10

As Valentine's Day approached, the Lasallian Youth Team wasted no time in taking advantage of the holiday. They worked diligently to create a 'Valentine's Day Cookbook' to raise money for Meagan's Hug, the charity at the heart of De La Salle College. Every student at De La Salle is familiar with the influential fundraisers the school throws, but who is behind them and why are they important? I interviewed two leading members of Meagan's Hug to get a behind the scenes look at how these fundraisers are operated and how students can get involved.

When Meagan Bebeneck passed away due to a brain tumour at age 5, her mother decided to honour her by founding a charity to help children with struggles similar to Meagan. Since then, De La Salle has raised thousands of dollars for the initiative. I spoke to grade 12 Aidan Dignam, one of the leading students in the Meagan's Hug initiative, about what Meagan's Hug is. He said, "the biggest thing that describes Meagan's Hug is the word 'hope.' The ultimate goal of Meagan's Hug is to provide hope to the children who are just like Meagan." The money raised by this charity goes towards life-saving research and helps honour Meagan's legacy. Aidan believes that the charity unifies people from different backgrounds who are passionate about the same cause. "We have been able to become a tighter knit community by working together to push for a change," he wrote. Aidan is a critical player in Meagan's Hug due to the time and effort he dedicates to being an active member of the De La Salle community. He thanks Meagan's Hug for giving him opportunities he otherwise

felt he would not have had access to.

Another influential student is grade 11 Elena De Tommaso; she has had a leadership role on the Meagan's Hug team for about 2 years. A student on the team described her as 'super-inclusive,' which is very fitting because Elena places great importance on having a strong community around Meagan's Hug. "Meagan's Hug is truly a community of hope and unity... It is such a rare organization where we as students are given the power to have a real change and impact," Elena wrote while describing the initiative. Along with the other grade 12 heads of the Lasallian Youth Team - Amoren Politano, Taylor Dellelce, Aidan Dignam and Gabriel Azoubel - Elena focuses on getting the community involved to make fundraisers possible.

Members of the initiative have said that their representatives always make sure that everyone is able to input their ideas. However, it is not just the leaders that make it possible, but also the students who participate.

Every student that contributes is an integral part of why Meagan's Hug thrives at De La Salle. The backbone of charity at De La Salle College is the talented and compassionate students who work tirelessly on fundraisers. In Elena Detommaso's words, "The ideas and efforts that are contributed by the team are what makes our work for Meagan's Hug possible." The time students put into fundraisers is rewarded back to them in the way that they help improve the lives of children who need support the most.

So, how can you support Meagan's Hug? The best way to be a part of the Meagan's Hug initiative is by joining the Lasallian Youth Team, which is a great way to be an active member of the school's community. Other ways to get involved are to donate, participate in fundraising events, and spread awareness.

The Lasallian Youth Team's Christmas Initiative

By Felicity Kannu, Grade 11

This winter season the Lasallian Youth Team organized some helpful initiatives to help ease the stress of the holidays. Activities such as, making Christmas cards, making winter kits for the homeless and helping organize the school's donation to the food bank took place within the club this season. These initiatives paved the way for a

great start to the clubs 2021 plans!

The Out of the Cold movement took on the responsibility of making Christmas cards, and helping curate the winter kits for the homeless. Participants in this section of the club printed and folded Christmas card images to help brighten up the recipient's holiday season. Some even wrote personalized messages wishing whoever received the card a merry Christmas.

The second activity that took place within the Out of the Cold initiative was making and collecting winter kits for the homeless. These kits included basic hygiene items such as toothpaste, toothbrushes, and soap. However, in addition to these items, the kits also included newly added objects such as hand sanitizer to help the receiver stay safe and healthy during pandemic.

Lastly, the Food Drive initiative was responsible for helping spread awareness, collecting and sorting food donation, and brainstorming ideas on how to get more students to donate. Veronika Washington, a member of the Lasallian Youth Team who helped out with the Out of the Cold initiatives stated that "I was super excited to help collect the food and take part in such an important initiative since it helps so many people". The team members worked alongside Mr. Iacobazzi to organize this so they could give the food and money to the Good Shepherd Ministry.

Altogether, the Lasallian Youth Team showed an incredible effort in alleviating the stress some people face during the holiday and winter season, and made an overall great impact of the lives of many.



It's Cool to Be an Eco-School

By Tatiana Rountes, Grade 10

Are you truly aware of the impact you have on the environment? From what you eat to what you wear and just about everything in between impacts the environment. The Eco Team is a club within the senior school, with two meetings held bi-weekly to accommodate different schedules. Topics such as environmental issues, how we impact the environment, what we can do to help the environment, and more are discussed in these meetings. The Eco Team educates its members on environmental matters and encourages its members to share how you can become more environmentally friendly with their school community, family and friends. The Eco Leads invite members to contribute their own ideas and opinions on these matters,

and as grade 12 Eco Lead, Nicole Watson encouraged members in the first meeting saying, "If there is an initiative you care about or something that you would like us to do, please come talk to us...This isn't just about us talking at you guys, it's us all working together to try and be more environmentally friendly in any way we can."

The goals of the Eco Team are to educate and raise awareness for environmental issues through virtual meetings, to participate in interactive eco-activities, hold weekly eco challenges, and participate in making sustainable crafts. The sustainable crafts are activities that Eco Team members can participate in to sustain and benefit our environment, all while having fun. For the first sustainable craft challenge, the Eco Team will be creating tote bags with upcycled t-shirts, which is a great way to recycle and create something new, rather than throwing out something old and producing waste. Another one of the Eco Team initiatives are the weekly challenges. At the end of every meeting the Eco Leads will provide the team with a simple challenge that members can participate in to be more environmentally friendly. Team members interact by posting photos and messages to the challenge channel, showing their progress, participation and ideas. The first weekly eco-challenge is to have at least one meatless meal, the Eco Team is encouraging people to reduce their overall meat consumption to reduce their ecological footprint.

During the Lent season, the Eco Team has proposed another initiative: the food waste and plastic fast. In this challenge, the Eco

Team focuses on reducing plastic packaging and food waste produced by one's household, with students encouraged to share these challenges with their families so that they can participate together. They are also encouraging the school community to monitor their plastic waste and food waste this spring to help make the environment a cleaner place for everyone.

All of the Eco Team's initiatives with the guiding of Ms. Di Prospero, Ms. Pollock and Eco Leads, Taylor Dellelce, Guilia Di Fonzo, Maja Vlahovic and Nicole Watson, has ignited a passion in all of the Eco Team members for improving and sustaining the environment. Join the Eco Team in keeping the Earth clean and green. After all, it's the only earth we've got.



Arts & Letters

Poetry

In his essay 'A Defense of Poetry,' English poet Percy B. Shelley describes poetry as such:

"A poem is the very image of life expressed in its eternal truth."

In his poem 'The essence of the poem', Palestinian poet Mahmoud Darwish writes:

"The road to meaning, however long and branching, is the poet's journey...What is meaning? I don't know, but I may know what its opposite is: thinking that nothingness is easy to bear."

Poetry, however, must be read to be understood. In this section, we are featuring some excellent poetic works from students at Del.

Mend

By Brielle Robillard, Grade 12

Sometimes

I wonder if storms

Are the shatters of a breaking world

That refuses to break

What if we too

Refuse a storm

But let it bang on our walls

Not to hear the lightning

But to feel the rain

Books

By Audrey Burns, Grade 7

Like a sage, each one tells a story

Different tales of heartbreak and glory,

The creaks and cracks of a book spine

Open to reveal daring accounts, descriptions so divine,

They shriek for attention on the shelf

With a bang and whoop, it calls to itself.

Chandelier

By Matteo di Salvo, Grade 7

With the flick of a switch, the room fills with light,

No longer in darkness, but brilliant and bright

Your crystals they dance and dangle like drapes,

And on the wall, project diamond-like shapes

When I walk past you and create a light breeze,

The sound of clinking and tinkling makes me freeze

You hang from the ceiling and flutter and whisper,

Soft like butter and light as a whisker

As we gather for this meal, our colourful tear

Is you chandelier.

Finding New Meaning

By Daija Pilgrim, Grade 12

Spending a lot of time indoors

Was enough to make me scream

The feeling of isolation

Please wake me from this dream

I needed to be amongst people

By socializing and being part of a physical group

This endless feeling of monotony

Trying to break from this time loop

Now I've come to terms with how things are

They're like this for a reason

Accepted as the new normal

It won't change by next season

So, I've resolved to do my best

To find balance and contentment

Living each day with purpose

And not engaging in resentment

I am a lot better than I was

You know, when this whole thing started

I discovered things about myself

That I have officially embraced, wholehearted

Language

By Brielle Robillard, Grade 12

The music that touched God's ears

Left your soft spoken

And broken mind

The cracks find themselves a refuge

To the warm sheets

On a winter day

That we call words

I must believe in the part of life

we call human connection

I must believe that the light heaviness

of communication and thought

Resonate

This mystery

This misery

This house of cards

Can't be touched

Without falling down

Can we knock on

Balance and divinity

And ask questions

Or will the answers

Make everything near collapse

Make all change come to a stop

Like a river we flow and connect

To one another

Giving water to the foundations and roots of our future

Through language we can touch abstraction

Without distraction

And call this human condition of a refuge

A home

Candle

By Isabela Reichmann, Grade 7

It sings and dances when it is lit,

although you will not see it sit.

They are so bright,

they look like a star.

We will watch its flames flicker

and admire its spark.

It will drip and drop

until it stops.

Or maybe you want to end it quick

just a fwoop or a swish of wind and there goes the last light of it.

Paint

By Maeve Kilroy-Kuske, Grade 7

The walls seem to like me,

But the people don't really.

They choose me on a whim,

Not always from within.

I liven up a space,

even if it's a waste.

I can do more than look nice,

I can also make you look twice.

I come in with a bang,

Sometimes like a fan.

I make you feel happy,

Almost yappy!

I can pop, I can brighten,

But most of all I can enlighten.

With my pops of colour,

I can distract from others,

Never worry about drawing

Or cawing again.

Standing on the Widow's Walk

By Isabelle McCormick, Grade 7

I've stood upon the Widow's Walk

Many a stormy night,

When Winds are high

And the sea is all affright.

I wonder if my poor sailor

Should live to tell the tale,

Of his latest journey

Through the calm and through the gale.

I wonder what he's seen,

All the many sights.

I wonder what he thinks

On those sleepless nights.

Is he still alive,

Shall he see another spring?

Who knows but God

What tomorrow will bring.

So, my poor sailor,

Think of me,

Standing on the Widow's Walk,

Staring at the Sea.

The Child is Father of the Man

By Elise Cressatti, Grade 12

Every second,

With experience as the father

And ourselves as the mother,

We birth a new self

For the sake of Darwin's evolution,

And we gaze proudly down at our inbred spawn

Despite the fact that it will soon grow

To see its parents as Neanderthals.

Life serves in its austere offices,

And we carry ourselves to term.

Who Am I?

By Mary Ho, Grade 12

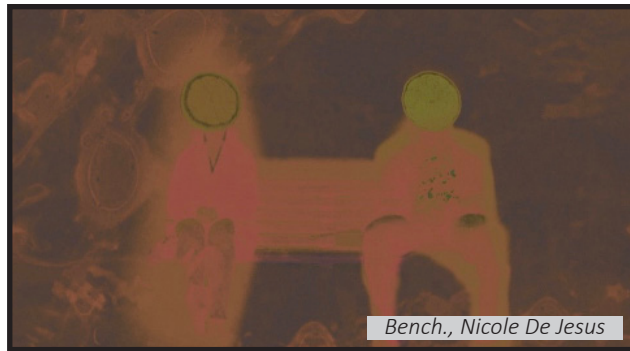
Another day passes by before my eyes. The day feels so long yet time flies faster than I think it should have. Everyday feels the same as the day before, the lifeless gray clouded my perception. Waking up feeling purposeless, something in my life needs to change but what am I supposed to do now? I feel so trapped...

Dear younger me,

We are all gifted with the opportunity of transforming ourselves and most importantly improving our perspectives on life. For some time, I wanted to transform my outlook on life and to break the bad habits I found myself falling into. It occurred to me that I wanted to change but for some reason I did not care enough - and this was a result of being numb from living in my comfort zone for too long. Self-doubt and the fear of the unknown were the two emotionally driven blockages between me and my goals. If you want to stop living an unfulfilled and empty life, you have to become a different person and challenge yourself. In order to fight for the life that you want, you have to overcome your doubts that surround your goals and become mentally resilient. Stop being bound to comfortability. Find your new norm and surpass your limits. Pain and suffering comes with a new opportunity for strength and knowledge. You are stronger than you think you are. Awareness and accountability are the first steps to become susceptible to any change. Envision the best version of yourself whether you'd be successful, resilient, confident, peaceful, grateful, and use the idea of your higher self to become a better person each and every day. When you're facing a moment of wanting to fall back into your old habits that aren't good for you- ask yourself, "what would the best version of me want me to do right now?" Your past self is your only competition and you are in control of your life. This will take lots of practice but it is important to not let unfortunate events hijack your state of mind. Life will be harsh no matter who you are, the best thing you can do is to prepare for the rough patches with your inner strength.

All in all, the real change comes from you. There is no

secret to it. It is encouraging to hear people say sweet and nice things about you when you're going through a hard patch in life but who are you without these people in your life? You are you and you are in control of how you react to situations. Oddly enough, happiness comes from discomfort. Adapting and embracing discomfort develops mental fortitude and stability. By removing that mental bandaid that covered your insecurities and weaknesses, you'll realize that you underestimated your abilities and were more than ready to conquer life.



Bench., Nicole De Jesus

That Great Green Multitude

By Andrei Lambert, Grade 12

The trees swayed and shifted above me, in great colour, as I sat cross-legged on the sturdy bench which they protected. Sometimes, a soft laughter from not far away came to my ears; other times the wind carried a rushed schoolboy through a great green multitude of trees. Peace abounded. I recall with fondness the frisbees, those mobile couplings between us, and the spell of wonder that the House cast on you, and the peaceable hello uttered by a passing-by teacher, so glad to see you in the flesh. We bravely attempted new ways to offer smiles to one another; it was a time of creativity.

Still, an artist who wields a pencil cannot paint, creative though he may be. Our days at school were refreshing and joyful by the new awareness of beauty that privation causes, yet wrought in a certain pensiveness. Maybe it was an ideal combination.

I used to think the auditorium during assembly was too crowded; but now I realize it was spacious, large, airy. There is real freedom in communion—patting a friend on the back, hearing the latest news in what was really the last seventeen hours, being united in prayer. It did not matter that we were packed together: that great green multitude was a moving heap of life.

Presently, we may say that all the problems of domesticated schooling serve to heighten our anticipation of a school return. I asked several grade 12 students what they most long for that used to exist in their daily lives. Giacomo De Stefano laments that real discussions are difficult in unreal environments, where persons become little icons in a neat row (each with its own distinctive letters, of course). Rachael Bowman stresses that it is online school that is consuming in its monotony, tiring in its leisureliness, while the old days were energizing in all their business and fervor. Elliot Evans remarks that he misses the smaller friendships, the offhand conversation, the jovial exchange, yes, even the table tennis matches with whoever was willing—the little things that punctuate a student's life.

Nevertheless, the undesirable can bear desirable fruit. If school days were a time of creativity, home days are a time of discovery. Hate can turn into love, as it was with running for Adele Lopes. We now perceive the luxury in certain practices which we took for granted—even the wonderful act of sleep, as Gaetano Rispoli notes, in an artful blend of frivolity and frankness.

As graduates, we face a very great task—no, a mission, and that is to enact the motto of the college: Signum Fidei. We have not yet had the opportunity to go out in the world and serve; but we certainly, and boldly, can be signs of faith. I am thinking now of all the student tutors who give to the young, in imitation of St. De La Salle; of all the virtues I find in my close friends whom Del has given me; of that collective good will which goes beyond duty or 'niceness'; and I go back again to that great green multitude, that mass of praying souls—yes, hundreds of bodies—and all the unseen love and gratitude within and between them.

Short Stories

A short story is a narrative composition in which authors must create an entertaining account, usually in a single scene, in the fewest words possible. In this section, we are featuring some excellent short stories written by Del students.

The Touch of Death

By Sydney Murray, Grade 9

Timothy Adams laid with his head pressed to the cold marble floor of the New York City bank. He had come back from a weekend with his buddies, when he headed to the Bank to deposit the money he had won from their poker game. Just as Timothy was leaving, three men in masks barged in and declared in the most audacious tones, to get on the floor. As they proceeded around the bank, it was painstakingly clear that they intended to take hostages.

Poor Timothy laid there distraught, for through all the chaos, he could only remember the accident he had caused with a deer while driving. With blurred vision, and a feeling of sickness from the drinks he had earlier that day, he watched the deer collapse to the road, for what felt like an eternity. He did not leave his car though, as Timothy felt fear welling up inside about what he would find if he did. Why did the poor creature not move contemplated Timothy? It had legs to run and eyes to see but it chose to stand still and meet its demise.

The robbers corralled the tellers and bank-goers, gagging them. To the right of Timothy, the largest of the three men was ushering an elderly lady off the floor and ordering her to stand with the others. But the woman did not move, and she crumpled as a gunshot rang out in the air. For these men, it appeared that a hostage was no more than a body and as they continued to gather people around the bank, the merciless shootings continued, only strengthening Timothy's assumption.

Another masked man now stood in front of Timothy dragging him off the floor. The bystanders stood there staring as Timothy stayed with his feet glued to the floor. It was not out of stubbornness or pride, but pure fear that prevented Timothy from moving. He had legs to run and eyes to see, but Timothy chose to stand there and meet

his demise.

Timothy Adams was simply one man in the whole scheme of the world. He spent his last day getting drunk with his friends, playing poker, and accidentally hitting a deer. Not until the late evening did Timothy know that he would meet his end. Wise people usually say, "live each day like it's your last." If Timothy knew that his final hours had arrived, would he have lived them differently?

Adam Paul

By Arman Pakravan, Grade 9

As Adam Paul woke up next to his broken television, he felt a huge headache. The last thing he remembered was pouring that powder into his beer at the party the night before. Walking to the kitchen, he saw that most people had left already. He struggled to avoid the piles of beer cans and empty bottles of spirits when he couldn't even balance. When he opened his fridge, all he saw were empty pizza boxes and crumpled up bags of potato chips. With an empty fridge and an empty stomach, Adam looked for clothes to wear to the beer shop. As he checked his phone, he was reminded that he had his audition at noon. No time for breakfast!

Looking at his home screen of him and Ellie reminded him of the thrilled look she gave him when the man on TV had called out the same numbers on his lottery ticket about a year earlier. They were 19 at the time. One year later, a decade had seemed to pass. To that day, Adam didn't understand why Ellie left him. They were young, in love, and now they were rich. Adam even quit university after they won the lottery to be with her and start a life of acting. Apparently, it was something about money changing him that broke her heart. Adam claimed that he had moved on from Ellie, although his search history said otherwise.

It wasn't just Ellie though. Over the months, Adam's brother, sister, parents, and best friend stopped talking to him. All of them felt entitled to a cut of his winnings and blamed Adam for every problem they had. Adam wouldn't stand for this, moved away into a party house in California, and made tons of friends. Yet he felt like the loneliest person in the world.

Adam picked up clothes from the floor. They were soaked in soda, but they would have to do. He wasn't tipsy anymore and no longer had the taste of beer in his mouth. More importantly, he could think properly. The last time he felt like this was before Ellie left him. Everything seemed to change after he won that lottery. When Adam left his house, he noticed a hooded man who seemed to be walking toward him. He didn't pay attention to the man as his stomach rumbled. As Adam walked down the street, he spotted a few homeless people. One of them noticed his soaked-up clothes and grimaced. Adam mumbled, "Rough night." The man nodded knowingly. Adam knew he was infinitely wealthier than them, but he felt a strange connection. He felt alone and had forgotten what happiness felt like. He thought of sitting down with them but remembered his audition. As he neared the beer shop, he saw the hooded man was still following him and was picking up speed. Adam ignored that as he had a very weird thought. Everything fell apart after he won that money. Maybe money was creating these problems. Maybe that ticket worth millions of dollars was actually worthless. That was Adam's last thought before he heard a gun cock behind him.

As the police were zipping the body up, a young officer asked, "Where was the bullet wound?"

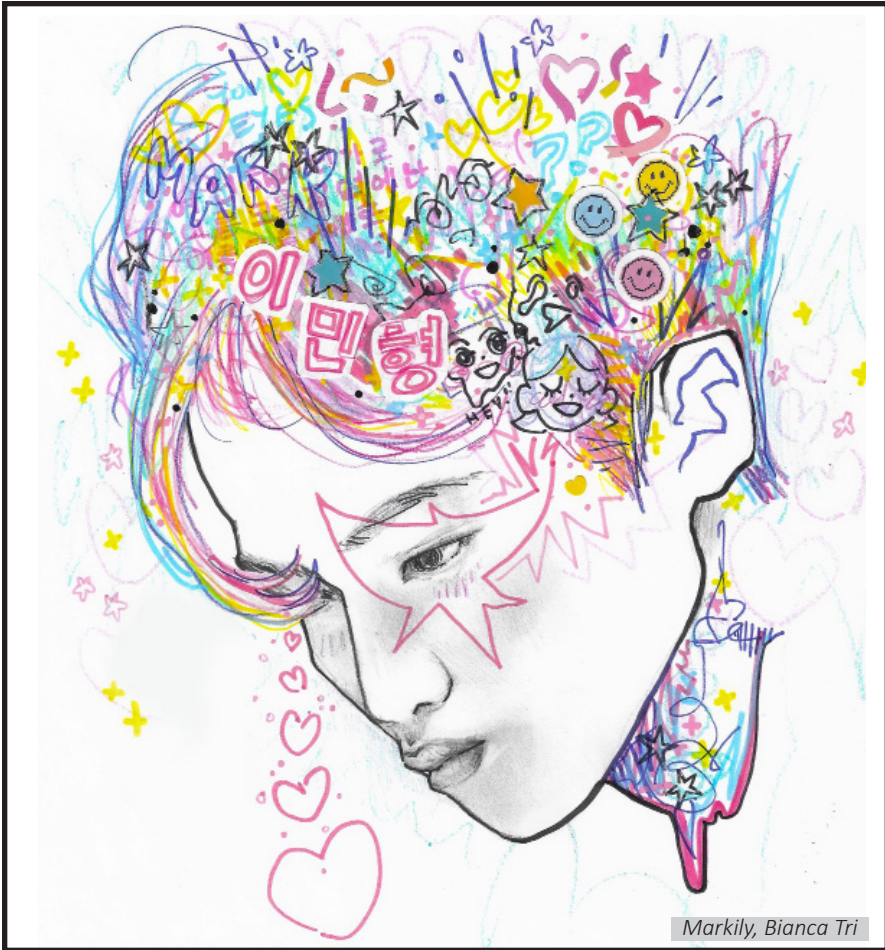
An older looking officer responded, "Right through the back of the head. Just another junkie though. It's a real shame. They always end up this way."

The younger officer frowned. "It's sad this happens to them. They're poor and can't do much, so they turn to drugs and alcohol. Wouldn't happen if they just had more money."

Arts & Letters

Visual Arts

Visual art can take many forms, such as paintings, drawings, digital art, photography, photo manipulation, and sculpture. In this section, we are featuring some excellent pieces of artwork made by students at Del.



Markily, Bianca Tri



In the winter, Jack Campbell



Flower on a Tree Branch, Briana Oliveira



Minecraft Bee, Nicole Watson



Paper Mache Flowers, Hannah Bowman



On the Prioritization of COVID-19 Vaccines in Indigenous Communities

By Elena De Tommaso, Grade 11

As resources are scarce and communities are left vulnerable it is the duty of our government to aid those most unprotected. Unfortunately, the Indigenous communities of Canada have struggled greatly and have been deemed high risk of catching COVID. With minimal and inadequate housing, income, clean water, and health and social services, their populations, on and off reserves, call for improved pandemic relief from the government.

Despite attempting to provide proper safety measures within rural and remote Indigenous communities, it is not enough to keep the people on the land safe long term; vaccine prioritization is the most effective solution. The Indigenous Services Minister, Marc Miller, alongside the federal government, has been working to prioritize vaccinations for Indigenous people. Our federal government has an obligation to reconcile the past treatment of Indigenous groups and is making an effort to ensure these groups are heard and given the proper resources. In company with Canadians over the age of 80, front-line health workers, and those who live and work in long-term care homes, the National Advisory Committee on Immunization suggests that Indigenous adults should join the list of those receiving the vaccine in the first phase of its rollout.

Dr. Tom Wong, Chief Medical Officer of Public Health at Indigenous Services Canada has been working with urban partners, urban Indigenous partners, local health departments, and the provinces and territories to fight for First Nations, Métis, and Inuit groups to be included in the first phase of vaccine rollout. He added, "In some jurisdictions, they are already making plans in the coming days and weeks to actually support First Nations, Métis, and Inuit in those downtown, inner-city, hard-to-reach areas to actually offer the vaccine."

In coming up with a rollout approach, the Moderna vaccine has been approved ahead of the Pfizer vaccine due to its more suitable conditions. The rural communities do not have the resources to accommodate for the Pfizer vaccine, and the Moderna vaccine can be stored at lower temperatures and for a longer time. Moreover, a timely and efficient administration of the vaccine and a high vaccine uptake is vital for these free vaccines.

Indigenous Services Canada's (ISC) vaccine plan includes a plan for the atypical characteristics of the clinics within the community, the geographical isolation, and culture and risk factors. Key obligations involved in this plan are building trust, ensuring that all Indigenous groups receive the proper education on the vaccine, and adapting to the conditions and needs of the communities. The ISC is working on developing the infrastructure these communities need to sustain the vaccination rollout, in addition to procuring supplies that these on-reserve communities lack.

It is crucial that these communities receive compensation and representation for past injustice and improper treatment. Reserves are scarce in resources and are in need of assistance. With the virus disproportionately affecting these communities, efforts to achieve herd immunity, vaccine safety, and equitability of access to vaccines are at the forefront of this undertaking.



FSIN Chief Bobby Cameron, Dave Parsons/Global News



The Canadian and American Flags, Simply Creative Photography

Canada VS the United States: Electoral Systems

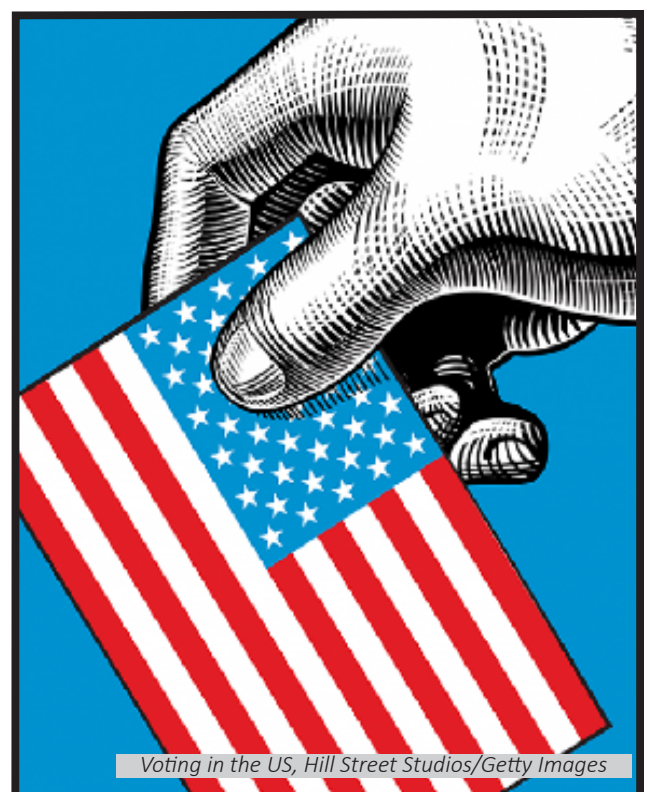
By Mateo Baldocchi, Grade 10

Though the Canadian and American electoral systems have many differences, their similarities ultimately unite them under the common goal of democratic leadership. Both systems are a democracy; therefore, a leader is elected through a vote by the people. Independently, both systems have qualifications to be elected head of the nation. For example, the Prime Minister needs to be bilingual in English and French. The Canadian electoral system has one elected leader for each party in the running winning them a seat in the House of Commons. Whichever party wins the most ridings will have their party leader elected as Prime Minister.

In the American electoral system, each state is entitled to 538 electors, comprised of 435 representatives, 3 electors, and 100 senators. To win the election the Republican and Democratic candidates aim for 270 votes, and whichever candidate receives 270 electoral votes will become president. The number of electors per state is based on the population, the largest being 55 electoral votes and the smallest being 3 electoral votes. After each decennial census, the number of electoral votes in each state is changed. If a candidate wins a state then it gets all of the electoral votes for that state. For instance, if a candidate won California, they would receive 55 electoral votes; alternatively, if a candidate lost California, regardless of the difference in votes between themselves and their opponent, they receive no electoral votes.

Consequently, some states are perceived to be more valuable than others. It is even possible to lose the popular vote (receive under 50% of the votes) and still win the electoral votes required for presidency. Some argue that there is a bias for states with large electoral votes because a state with only 3 electoral votes versus a state with 55 electoral votes will have significantly less influence in deciding the next president. It's even possible for a candidate to win only 11 of the 50 states and win the presidency. In American politics, states are titled as either safe states, which have long histories of voting for one political party, and "swing-states," which hold no historical loyalty to one particular party.

In conclusion, both systems successfully elect a leader, chosen for and by the people, to guide the nation and support the interests of the majority.



Voting in the US, Hill Street Studios/Getty Images

The Capitol Has Fallen

By Zachary Leveriza, Grade 11

Throughout the past month, the people of the United States have been more divided than ever. The results of the recent election left many Trump supporters denying the final results that Joe Biden would become the 46th president of the United States of America. While many had rejoiced in this victory, other people decided to express their anger and rejection of the results in an extreme fashion.

On January 6th, 2021, the U.S Capitol in Washington, D.C. was invaded by a mob of rioters who violently stormed the Capitol. As a result, 5 people died with one of them being a Capitol police officer. About 140 Capitol Police Officers were injured and 15 of those were hospitalized with severe injuries.

The initial reason for the gathering was to protest the results of the election. Former President Donald Trump encouraged his supporters to gather at the White House to protest what he falsely claims was a rigged election. On December 30th, 2020, Trump tweeted, "JANUARY SIXTH, SEE YOU IN DC!" encouraging more people to show up at the rally to fight for their freedom. Thousands of people had shown up in support of the president's message "to fight" as they would all march to the Capitol.

Moments after Trump addressed the crowd, chaos had begun to arise from the rally as they were heading towards Capitol Hill. A pipe bomb was detonated near the headquarters of the Republican National Committee and another was found near the Democratic National Committee. Rioters had broken into the building as law enforcement officers were outnumbered.

Over the past month, several arrests and other punishments were made for the people who participated in the riots. About 52 people were arrested on sight, but as of February 1, 2021, 228 people from 39 states were arrested. However, much of the responsibility and consequences mostly affected former President Trump. In a BBC article, House Democrats have said that he must be convicted for the riots because he is "personally responsible". They also believe he should be disqualified from running from office again due to possible treason from his "incitement of insurrection against the republic which he swore to protect." House impeachment managers have planned to use Trump's words and video from the riot to prove how he "lit a spark for a furious and violent crowd." Donald Trump is the first U.S. president to be impeached twice.

Not only did Trump receive most of the blame for the Capitol riots, but the police also faced much criticism from the people. An article in USA Today says that the Capitol police failed at their main job of preventing any intrusion or other disruption from entering the building.

They were overwhelmed as they brawled with several rioters. It seemed too easy to have their line of defense breached. Some have also compared the use of force during the capitol riots to the conduct of police during protests for social justice. Sources from NBC have expressed outrage for a supposed double standard that if the protesters were mostly people of colour, the treatment from police was suggested to be much more aggressive with more force.

This is one event that will have a major impact on U.S history as it received worldwide attention. While the order has been somewhat restoring and the people involved received the consequences, there is still a great amount of tension that has infected the nation.



Promotional image for Soul, Pixar

Soul: Pixar's First Black Lead

By Felicity Kannu, Grade 11

Have you ever thought about what makes you feel fulfilled? What your passion is? Why that passion called to you? Well throughout the movie Soul, an explanation for all the above, or as the movie refers to it "your spark" is provided. During the film, Joe Gardner played by Jamie Foxx, Pixar's first black lead, is taken to a form of afterlife called "The Great Beyond" where he discovers that before souls go to earth, they must discover their "spark".

Released on December 25, 2020, the movie features the voices of many well-known and famous actors such as: Jamie Foxx who plays the main character and Tina Fey who plays one of the souls in the "Great Before", the place souls live before coming to earth. Soul immediately received great reviews from critics and was praised for being a movie appropriate for all ages that conveyed such an important message; every life has a purpose, whether you're following your dream or just doing what makes you happy.

Though the film primarily focuses on Joe and his storyline, the movie features many other characters whose stories are just as important for the message of the movie. One character in particular that stands out is Dez, Joe's barber. An important conversation that takes place between the two characters which allows the audience to gather that though Dez seems to be the happiest and most fulfilled person Joe knows, being a barber was not his original dream. Originally Dez wanted to be a veterinarian, however, he found being a barber was a more practical job, but revealed that he found a lot of happiness from this career anyway. This conversation communicates such an important theme for the rest of the movie, and highlights that there are many different fulfillments from life.

In addition to the movies praise for such important themes, Soul made headlines for being the first Pixar movie to have a black protagonist, and Pixar's first black co-director. Kemp Powers made history for the company for being the first black director when his co-director, Pete Docter asked him to join the team. Docter states that after having Kemp challenge and raise questions about the character Joe, he knew he had to bring Powers on board to direct the film with him. Along with being the first black lead within Pixar movies, Soul is also the fourth American animated film to feature a black lead. Moreover, to ensure the writers and producers were telling the story from an authentic point of view, the company brought in consultants of different genders and ages to gather their opinion of the various scenes to see whether they were accurately telling this story.

Overall, the touching, uplifting, and moving, movie conveys an important message concerning the significance of finding your passions, and is a worthwhile watch for anyone craving an escape, or a new outlook on life.



The 1964 'Beatles for Sale' album cover, Robert Freeman

The Beatles: Not Just a Band for Your Grandparents

By Nicole De Jesus, Grade 10

When it comes to bands that can be described as "cool", the Beatles are likely not the first band that comes to mind. In fact, they might not come to mind at all. One could say that The Beatles have not been cool since bell bottoms and phone books, yet their music still possesses great significance almost 50 years since they disbanded. Now you may be wondering, what is it about The Beatles that makes them so special?

One thing about The Beatles' career is that it was productive. Despite only being together for eight years, they wrote over two hundred songs! And trust me

on this one, no two songs are alike. The Beatles have been credited with pioneering genres such as metal, experimental music, and hard rock - not bad for four guys. Many do not realize that beyond the Beatles' most recognizable songs, they also have an array of innovative songs which have yet to be topped. They truly have a song for every person, no matter what genre you prefer. I would recommend you listen to 'A Day in the Life', 'Eleanor Rigby', and 'Helter Skelter', because those songs challenge the conventions of what a Beatles song really is, and were the foundation of metal and hard rock. They also happen to be some of my favourites. Notably, The Beatles were not only trailblazers with genres, but also with social justice.

In 2020, protests for equality were prevalent and unbeknownst to some; these current protests are actually quite similar to those of the 1960s. Although the Beatles are known mostly for their bowl cuts, they were huge advocates for human rights - a controversial stance at the time. In 1964 they signed a contract stating that they would never perform at a segregated concert. As it happens, the song 'Blackbird' was written by Paul McCartney as a song of support and encouragement for the American civil rights movement in the '60s. To continue, The Beatles also made progressive songs supporting the feminist movement. In many of their songs they wrote about independent women. During the 1960s, women were commonly portrayed as weak which upheld negative stereotypes, when The Beatles wrote songs about headstrong women they contributed to the changing view of women in the media and in society. As a band with a primarily female audience, sending this message to their fans helped break cultural norms of the time and earned them the title of "proto-feminists", a term for those who represented values such as equality between genders before the formal term "feminism" even existed.

The Beatles never failed to follow their own path, which is what makes them so unforgettable. These days their music is seen as antiquated but I disagree, and suggest you listen to a few of their songs. Many artists today, such as Lady Gaga and Tame Impala, still draw inspiration from The Beatles, and Paul McCartney from The Beatles has since collaborated with artists such as Rihanna, Kanye West and Jay-Z. As time progresses, the messages of Beatles songs constantly find new meanings. 'Blackbird' was originally written in support of the civil rights movement, but now it

is a rallying cry for some communities. I think The Beatles had a wonderful way of creating music that could be enjoyed as an experience rather than simply being instruments and words.

Twitch: The Future of Live Digital Content

By Katie Grierson, Grade 12

With the boredom that has inevitably accompanied the isolation of quarantine, many people have turned to sources of entertainment to pass the day. Traditional platforms such as Netflix, Disney Plus, and cable television have maintained their reputations of being effective pastimes; however, isolation has fostered the rise of unconventional entertainment platforms, namely Twitch.

Twitch is a live streaming platform owned by Amazon that was created in 2011. This platform offers a wide variety of live streams, with over 3 million broadcasters, the majority being video game-focused content. The viewer can watch entertainment, whether it's a gamer playing Valorant or a chef explaining a cooking recipe, in real time and engage with the content creator through a chat. When asked why he watched streams, grade 12 student Michael Danfulani said, "the streamers are either funny or they're really good at the game and I can learn from them."

While Twitch has maintained a growth in popularity since its creation, there is no denying that its usage has recently boomed due to the COVID-imposed quarantines. Between March and April 2020, time spent watching gaming content on Twitch increased by 50%, and currently there is an average of over 1.3 million people using the platform at any given point of time. Viewer counts of streamers have drastically increased over the last few months, and there is no clearer example of this than the growth of the streamers part of the Dream SMP.

The Dream SMP is a survival multiplayer Minecraft server that has become popular on Twitch over the past year. The 33 members of the server are all popular streamers, its most well-known being the owner of the server, playing under the pseudonym Dream, who hit 18 million YouTube subscribers in February. The success of this SMP on Twitch is evident when examining the record-breaking view counts the live streams receive. For example, TommyInnit (a member of the SMP) peaked at around 650,000 viewers during a recent live stream. To put that in perspective, Madison Square Garden seats only 20,000. There are many reasons behind the massive popularity of the Dream SMP: the credibility of streamers, the production of daily content, or the variety of streaming styles. However, the main source of its popularity can be found in its unique 'lore'.

Unlike other servers or streams, the Dream SMP uses the game of Minecraft as a stage to play out a complex and dramatic storyline full of different plotlines, and the viewer can choose whose perspective to watch from. With many different 'seasons', each with a new plot, the streams have become a live and interactive TV show. Viewers root for their favourite characters and are kept on the edge of their seat about future streams just as they would when watching Netflix. Although this is not the first example of content creators developing original narratives within established video games, the Dream SMP has undeniably attracted a new crowd of viewers to Twitch.

It should come as no surprise that Twitch has become more popular over quarantine. Unlike other entertainment sources, Twitch combines entertainment with human connection. Watching a streamer live and being able to interact with both the streamer and fellow viewers in real time brings a distinct feeling of community that Netflix cannot offer. While this is attractive to people in isolation, only time will tell if interactive entertainment will remain in demand after we return to the "new normal."



Twitch logo, Twitch



Canadian landscapes, Matthew Berger

Canada: More Complicated than America

Thinks

By Matthew Berger, Grade 12

Although American portrayal of Canadians has long since ventured past the ideas that all Canadians do is eatoutine and navigate on the backs of polar bears, as a semi-frequent user of the Internet with an inclination to stay involved in the happenings of the world, I often notice a tendency for many American news outlets, particularly the more progressive ones, to lean toward a portrayal of Canada as nothing more than a vision of what our neighbours down south should strive for.

Now, this is not to say that all American platforms do not cover Canadian content accurately; however, I find the issue most present on social media sites, where the body of a news article is often stripped away, and we are just left with a headline that often paints a picture much more glamorous than it really is.

This, in combination with having our news cycle exist in the shadow of America's global importance means that while Canadians may be well acquainted with American politics, the opposite is not necessarily true. Thus, the attempt to cater to an American audience with little knowledge of the intricacies of Canadian governance and day-to-day operation is the reason we are left with Canada being glorified in this oversimplified picturesque sort of way, as a place with no real issues and the answer to all policy questions.

On social media, the comments section is home to most of this glorification, where posts often garner repetitive reactions along the lines of:

Why haven't I tried to get a visa yet?

Or the slightly more humorous,

Is anyone who lives in Canada open to adopting me?

Or perhaps the more deprecating:

I wonder what Canadians must think of us

Though these deductions may be in good humour, and the imprecise headlines do not impact Americans who have no need to know every intricacy in how our country functions, I believe these assumptions are the most problematic for us Canadians at home.

Omission of these small details, as seen in a headline reading: 'Canada designates the Proud Boys a terror group' while neglecting to mention members of the group disrupted a Mi'kmaw ceremony, or applauding our multiculturalism when Indigenous communities lack clean water can quickly

lead to misinformed and overly optimistic perspective on the challenges that face our country daily.

After all, if everything is running smoothly, what need is there to change it?

Finally, even though I realize there may be credence to simply distilling this problem as part of a grander issue of shortened attention spans and a need for constant updates about what is happening in our world, perhaps at the very least this gives a concrete example on the importance of reading beyond the headline.

Will the Vaccines Ever Roll Out?

By Maja Vlahovic, Grade 12

As of March 25th, 2021, the Ontario population has received approximately 1.75 million vaccine doses. That leaves millions of people awaiting a life-changing inoculation, evidently putting much pressure on our government systems to expedite this process. In the face of heavy criticism, the Ontario government has delegated the vaccine roll-out plan to be decided individually by each of the 34 public health units throughout the province. Each region will be responsible for their own plans to administer and deliver the vaccine to residents, after the government has approved of their roll-out plan. The main structure for vaccine roll-out is to vaccinate the most vulnerable populations as priority citizens. The Ontario government is expecting the subsequent health units to follow in the spirit of this roll-out plan, with vaccines being given to each region depending on their population sizes.

As of this week, Ontario residents should expect a substantial vaccine supply to be shipped to Ontario. The province will eventually be shifting its focus to the next stage in the vaccine roll-out, once long-term care homes residents and employees have all been inoculated. For big cities such as Toronto, it is difficult to progress from stages as quickly as other health units, due to the large proportion of the vulnerable population. Ontario's chair of the board of health, Counselor Joe Cressy, states that Toronto is slow-moving to transition to the next phase of vaccinations because of the high number of people, "qualify for phase 1 because they are more vulnerable" (CBC, March 3rd, 2021).

These setbacks are expected, but as the Ontario government has established an online booking platform to organize distribution and management, this process is moving forward. Specifically pertinent to high school students, we can expect to receive the vaccinations in the 3rd phase, with adults aged 59 years and younger. Vaccines will be administered to those under 59 through mass vaccination sites, such as Canada's Wonderland.

Mass vaccination sites will be established to rapidly inoculate large groups of the population in a specific public health unit. For example, the Canada's Wonderland parking lot will be converted into a "drive-thru" style vaccination site for community members of York Region. As of March 26th, Canada's Wonderland will become a mass vaccination site for those 70+ and other priority citizens in Phase 1.

Evidently, there is much riding on the effectiveness and ability of the Ontario public health units to vaccinate such a huge population. While we should take these plans as what they are, hopeful and increasingly procedural, it does not mean that vaccinating the entire population is impossible. All we can definitively conclude from this new information is that COVID will not be going away quickly, and we may have to wait a few more months before giving our friends and family those long-awaited hugs.



Available vaccines being rolled out to Ontario residents, CTV News

"Oh Canada" – How the All-Canadian NHL Division is Making Sports History

By Amanda Klunowski, Grade 12

Canada's favourite sport is back! Less than 6 months after the Tampa Bay Lightning hoisted the coveted Stanley Cup, the NHL officially started its 2020-2021 season, this time with an interesting twist. For the first time in their 104-year history, the league is hosting its first "All-Canadian Division", which will comprise of all seven Canadian franchise teams in a 56-game regular season format. This historic change, while exciting in nature, is a testament to how much the ongoing pandemic has changed the way sporting events have run in order to keep the players safe and the game on people's televisions. Because the Canadian government felt that it would be unwise to open its borders for any league play (including the likes of the NBA and the MLB), it came as no surprise that when the NHL was gearing up to start the new season, they were barred from having international travel between American and Canadian teams.

With that in mind, it is necessary to make light of the fact that the inclusion of this new division is only temporary, as the NHL wants to revert to a normal schedule and division set-up for the following 2021-2022 season. Regardless, this colossal change has many players excited, with Maple

Leafs' captain John Tavares calling it, "a unique opportunity for something that can be really special," and Edmonton Oilers captain Connor McDavid noting, "You look at some of the rivalries, some of the matchups, I think it can make for a pretty exciting division." McDavid isn't wrong, and because the division is smaller this year, it allows Canadian teams to be able to develop those fun, yet intense rivalries within the league – especially since most teams will be playing each other 9-10 times this year.

Moreover, the new all-Canadian division will allow for an

increased opportunity for a shot at the Stanley Cup, as a new playoff format has been made in order to account for the lack of international travel. Instead of the normal format, the first and second round of the playoffs will be played within each NHL division, which means that there will be one guaranteed Canadian team in the semifinals. Grade 12 student Matthew Sardellitti notes that

this opportunity allows him to, "pay attention to other Canadian teams which I haven't much in the past like Calgary, Vancouver and Winnipeg." Who knows? Maybe one of those teams will be the ones to go all the way. With that being said, this new format doesn't guarantee that Canada could end its 28-year championship drought, but it does make things a little easier. So, whether you're rooting for the Leafs, Canucks, or even the Montreal Canadiens, this season is sure be an exciting one for the history books.



Rival Leafs and Oilers players, Nathan Denette/The Canadian Press

Off-Campus

The Future of the Olympics

By Bianca Tri, Grade 12

With countries around the world either introducing new restrictions, or easing existing ones up, a big question mark is floating above the heads of avid sports fans. With many left wondering “what will be happening to the 2022 Olympics?”, the topic of its future is more complex than it seems.

China is slated to host the Games in Beijing in the next year; however, following reports of abusive behaviour towards Uighur minorities, several Canadian MPs have signed a letter urging the Olympic Committee to move the event. On the more extreme side, a coalition of 180 human rights groups called for the boycott of the Olympics entirely. Critics argue that while politics and sport must not always have to mix, we are being faced with a matter of human rights violations and genocide.

Where do we go from here? With Canadian representatives declaring their stance against the games being hosted in Beijing and the current state of the pandemic, nothing is too sure. Perhaps in the coming year, Canadian teams will pull their participation and halt the Olympic dream for now, or perhaps we will go through with our attendance in an effort to unite the world once more despite all the turmoil we have gone through in the past year.



Visitors to the 2022 Beijing Games venue in Chongli, Ng Han Guan/The Associated Press



Raptors Recap

By Alessandra Cameron, Grade 10

The Toronto Raptors, or for now the TampaBay Raptors, have had a rough start to their season. After playing 44 games, the Raptors are 18-26, making them 11th in the Eastern Conference. The team has relocated to Amalie Arena in Tampa Bay, Florida, due to Canada’s COVID travel restrictions. Raptors president Masai Ujiri said this on relocating to Tampa, “We commit to continuing our work together, planning for a safe return to play in Toronto. And as an organization, we remain committed to doing all we can to promote and demonstrate public health measures to help combat the spread of COVID-19 in Canada... For now, I’ll ask you to cheer for us from afar, and we’ll

look forward to the day we are all together again.” Starting guard, Fred VanVleet, has proven himself as a key asset to the team’s success. In his 5th NBA season, VanVleet has averaged 20.1 points, 4.3 rebounds and 6.4 assists per game, leading the team in points per game. On February 2nd, in a game against the Orlando Magic, VanVleet managed to score 54 points: the most points to be scored by an undrafted player, a career-high, and a new Raptors franchise record passing former Raptor DeMarDeRozan’s 52-point game. Chris Boucher, from Montreal, has also shown himself to be valuable this season on the defensive and offensive sides of the court. Boucher leads the team in blocks, averaging 1.9 per game. He also is 2nd in rebounds per game, averaging 6.4. Boucher has also proven himself to be efficient from behind the 3-point line and under the basket. During the off-season, the team lost starting center Marc Gasol and center Serge Ibaka, leaving a void in the team’s core and center spot. Although losing two key players, the Raptors acquired new talent such as new starting center Aron Baynes, Yuta Watanabe and DeAndre’ Bembry. The new members have all contributed to the Raptors’ success. On March 25th, the Raptors traded guard Norman Powell to the Portland Trailblazers for Rodney Hood and Gary Trent Jr. Although having a rough start to the season, the Raptors aren’t out of playoff contention just yet, and are just four wins away from the 6th spot in the East. After a 9 game losing streak, the Raptors have finally found some luck, winning 135-111 against the Denver Nuggets, on March 24th. Raptors fans hope to see this continued success for the team.



Raptors guard Fred VanVleet, Mike Ehrmann/Getty Images

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Thank you to all of our contributors to the spring edition of Oakleaves!

Humans of Del / Honest Brakeman

Humans of Del

By Elise Cressatti, Grade 12



BRADEN WORMSBECHER

Question: What's the best piece of advice you've ever received?

Answer: That mean voice in your head that insults you is awfully confident for something that's literally never done anything in its life except be mean.

Q: Would you be a main character or a background character if you lived in a TV show?

A: I'd be the hacker man in any spy movie. Just doing hacker things. My one line will be "I'm in" after slapping my keyboard a few times.

Q: Who is your favourite philosopher?

A: Ummm... I think I'm taking a class on this? I can't really remember any...

Q: What's your worst procrastination horror story?

A: Speed-running an English essay from start to finish in about 2 hours over the summer because I forgot about it. I don't even think Mr. Lombardi realized it, but, uh, hey sir I guess you know now.

Q: If you were to come back to teach at Del, what would you teach?

A: Definitely computers/computer science because in grade 6 I made a Lego machine gun with Diego for one of the projects and I fully intend to influence the kids to also build and program weapons. What do you mean Del won't hire me for this? Fine, I'll just teach them how to do the other coding stuff.

Q: Are you a morning person or a night owl?

A: I go to bed late and wake up at normal times. Help.

Q: What's your favourite book that you've read in a Del class?

A: Nothing has ever topped reading *The Hobbit* I'm grade 6 with Mrs. Suddaby. She had to read it to two classes so the name Bilbo was stuck in her head and that's how our class fish Blueberry was reborn as Bilbo.

Q: Pineapple on pizza: delicious delight or culinary crime?

A: Pineapple on pizza is absolutely delicious and anyone who disagrees can also catch these hands.



JOSHUA LI

Question: What's a phrase or quote you live by?

Answer: Popcorn is prepared in the same heat, in the same pot, with the same oil, but they don't pop at the same time. Don't compare yourself to others, your time to pop is coming.

Q: If you could only drink one beverage for the rest of your life, what would it be?

A: Health wise it would obviously be water, but if I want to enjoy my now shortened life: sweetened coconut water.

Q: Would you be a main character or a background character if you lived in a TV show?

A: Main character; I'm literally on an undercover mission right now.

Q: What's your worst procrastination horror story?

A: I had a presentation due at the same day from a module that I didn't know existed that was within a folder I had never seen in my life.

Q: What's your favourite book that you've read in a Del class?

A: *Death of a Salesman*



MR. LOMBARDI

Question: What's a phrase or quote you live by?

Answer: I have two very different quotes that I live by:

"I believe that reading and writing are the most nourishing forms of meditation anyone has so far found. By reading

the writings of the most interesting minds in history, we meditate with our own minds and theirs as well. This to me is a miracle." -Kurt Vonnegut

"Every pizza is a personal pizza if you try hard enough and believe in yourself."

Q: What's your worst procrastination horror story?

A: I once left a project on the Titanic until the morning it was due in grade 5. My Mom was disappointed, but then called my school and told them I was sick before helping me finish the project. Thanks, Mom!

Q: Would you be a main character or a background character if you lived in a TV show?

A: I think I would be a main character. Action and fun times (usually at my expense) seem to follow me around!

Q: What's your favourite book that you've taught to a Del class?

A: *Brave New World* with the grade 12's.



CAROLINE WATSON

Question: What's a phrase or quote you live by?

Answer: "If you don't have your tools, you are a tool. Don't be a tool!" -Mr. Kulenkamp, said to my class very often

Q: Would you be a main character or a background character if you lived in a TV show?

A: Background; I only exist to steal peoples fries, but I'm okay with that.

Q: Are you a morning person or a night owl?

A: Night owl! Nothings better than crawling under the covers and scrolling on your phone until you can't keep your eyes open.

Q: What's your favourite book that you've read in a Del class?

A: You guys read the books? JUST KIDDING ;) Probably *The Outsiders*, because it was a really good book and we got to watch the movie after and see young Tom Cruz.

Q: Who is your favourite philosopher?

A: Aristotle, of course! If I remember one thing from grade 7 religion, it's Aristotle.

Q: Pineapple on pizza: delicious delight or culinary crime?

A: DELICIOUS DELIGHT! I don't under why people get so mad at others food preferences; just stay out of my business and let me enjoy a decadent Hawaiian pizza.

Why 2020 Was the Best Year Ever

By Scott MacDonald, Grade 12

As I sit here at my desk, outraged with Time Magazine labeling 2020 the worst year ever, I feel compelled to tell the world why the opposite is in fact the case. By examining the 4-month long March break, the massive boom in masks, Lysol, and Clorox sales, and the political stability in the United States, I will prove that 2020 was the best year ever – and no other year even comes close.

To begin, we had by far the longest March Break in history. As soon as the government announced schools would be closing and asked everyone to stay home, I realized I hit the jackpot. I immediately packed my bags and booked a roundtrip flight to Italy for \$13.99. Once I arrived at the airport, I met up with my good friends Doug Ford and Jus-

tin Trudeau, they told me all about their early April Fools prank and we shared a laugh about how gullible Canadian citizens can be. Over the coming months, we basked in the sun and spread love by trying to hug as many people as possible. I think the reason people claim 2020 was bad is their laziness. It's not my fault they don't seize opportunities and choose to stay at home all the time on their devices.

Secondly, masks, Lysol, and Clorox saw a massive increase in sales! Once again, this was another amazing opportunity to do the right thing. I decided I would save my neighbours the 10-minute drive to Costco by buying all of the masks, Lysol and Clorox. They understand the concept of supply & demand, so naturally I charged them \$20 per mask. I then took all the money I made and invested it into Clorox. I felt like I was Michael Burry in 2008!

Finally, our neighbours down south in the United States have never been more united! After the corrupt democrats tried to rig the election, the truth was revealed and President Donald J. Trump won in a landslide victory, securing peace in the nation for many years to come. In fact, there wasn't a single protest against any kind of injustice whatsoever. We are so lucky to live in a society devoid of hate and ignorance! Thousands of people gathered to celebrate the fruits of 2020 every day, with some of them even wearing masks over their face – now that's a cool fashion trend that I want to keep going through 2021.

So, by examining the 4-month long March Break, the massive boom in masks, Lysol, and Clorox sales, and the political stability in the United States, I have proven that 2020 was in fact the best year ever. Here's to hoping we see many more years just like it!

Honest Brakeman

DEL TRIVIA: Are You Smarter Than An Oakleaves Writer?

By Zachary Leveriza, Grade 11

Test your knowledge of all things Del with this Oakleaves edition's round of Del Trivia! You can finally use all the knowledge you've picked up from asking your teachers about themselves to stall class, or all the fun facts you've learned from reading the grade 7 De La Salle pamphlet projects in Mr. Scarfe's classroom. Once you think you've gotten 100%, flip to page 16 to check your answers (and complete the crossword while you're there).

1. Where was St. Jean Baptist De La Salle born?

- a. Paris
- b. Quebec City
- c. Reims
- d. Normandy
- e. Milan

2. When was De La Salle founded?

- a. 1900
- b. 1851
- c. 1871
- d. 1943
- e. 1799

3. How many students are currently enrolled at De La Salle?

- a. 750

b. 680

c. 520

d. 490

e. 810

4. Which teacher attended Del?

- a. Mr. Pede
- b. Ms. Katz
- c. Ms. Williams
- d. Mr. DeSanctis
- e. Mr. Kulenkamp

5. Which teams won a championship in the 2019-20 athletic season?

- a. U14 Boys Basketball
- b. Sr. Boys Basketball
- c. Jr. Girls Volleyball
- d. a and c
- e. All of the Above

6. What special days do we have a schedule "B"?

- a. Halloween
- b. Founder's Day
- c. Terry Fox Day
- d. Advent Mass
- e. Remembrance Day

7. Mr. Russell was a catcher for MLB ace Max Scherzer.

- a. True
- b. False

8. All countries have a Lasallian institute EXCEPT:

- a. Hong Kong
- b. Japan
- c. Egypt
- d. Germany
- e. Panama

9. Who knows more languages?

- a. Ms. Francis
- b. Mr. Bellisario
- c. Brother Domenic
- d. Mr. Hunt
- e. Mr. Pupo

10. What is the nickname given to Del students who have attended from grade 5-12?

- a. Grade 5 survivor
- b. Rookie to Vet
- c. Strong soldiers
- d. Most resilient
- e. Lasallian

Answers on page 16

Del Horoscopes

By Skye Reid-Calder, Grade 12



Aries (March 21st—April 19th)

Energetic and impulsive Queen/King! You would think being at home would make you less angry but with all the technical difficulties from online school, it's hard not to explode when your internet kicks you out of your meeting. You even once screamed at your laptop forgetting you were unmuted. Another time you accidentally unmuted yourself playing your favourite angry rap music for your class. Your teacher must've been as angry as the music. Take some time-out to recuperate for some self-care which will allow you to come back stronger than before. *To-Do: go for a bike ride!*



Taurus (April 20th—May 20th)

Stubborn and reliable Taurus. There's nothing you love more than eating and sleeping and online school has provided tons of opportunities whether it's been snacking during Chemistry or opening your 8:45 philosophy meeting only to go back to sleep. There's no longer a reason to fear change since it doesn't seem like we'll be changing from online school anytime soon. During this time, challenge yourself. You like being comfortable but it's important to get more comfortable with being uncomfortable. *To-Do: order a pizza!*



Gemini (May 21st—June 20th)

Curious and adaptable Gemini. People think you're two-faced but they're wrong, there is a whole facial spa full of faces each with their own desires. One face wants to be productive but another face wants to watch Netflix, another wants to FaceTime friends etc. All these faces turn into 3 am cramming sessions which doesn't make any of your faces camera-ready for Monday's 8:45 math lesson. Declutter and organize, you'll find that you'll feel more balanced and harmonious. *To-Do: take a relaxing bath!*



Cancer (June 21st—July 22nd)

Cancer, so imaginative and sensitive. You used to think that nothing was more comforting than your home only for it to become the reason behind all your tears. Not being outside in so long has almost made you forget what made you cry in the outside world... But then you just remembered and now you've started to cry. People care about you more than you think. If you reach out you'll be surprised at how much time people have for you. *To-Do: make some art!*



Leo (July 23rd—August 23rd)

Proud and optimistic Leo. Online school has given you a chance to productively see your reflection via the video screen in the bottom corner. With hardly anyone turning on their camera who could miss your self-proclaimed MS Teams ready face! Of course, there are those rare occasions where you pretend your camera's broken because you're a hot mess but you still wouldn't consider yourself anything less than hot. Get innovative with reconnecting to your extroverted side. Express yourself and make new and deeper connections. *To-Do: call your friends!*



Virgo (August 23rd—September 22nd)

Analytical and kind Virgo. You're always organized with your whole day planned out even including the technical difficulties of Del's poor internet expected to take up approximately 6.5 minutes and 10 seconds if you include the pixelated unfreezing. So much routine that you even still ask if it's okay to go to the bathroom during online class. You can be self-critical which stifles your creativity. Accept the messiness of your creative side and go wild with it. *To-Do: read a book!*



Libra (September 23rd—October 22nd)

Social and indecisive Libra. The hardest choice has been deciding whether you hate online school or really hate online school. Shopping online seems more fun than listening to another English lecture about the same storyline. Almost reminding you of the same repeating day of quarantine or that the characters can make decisions in one chapter that take you a month to make. Besides your indecisiveness, you have a gift for dispensing words of wisdom. Your advice helps people more than you realize – keep spreading it. *To-Do: try a new recipe!*



Scorpio (October 23rd—November 21st)

Passionate and intense Scorpio, wouldn't home be a refuge to someone as secretive and introverted as you? Hard to sting people when you have to be 6 feet apart. But you've made the best of it, only turning on your camera to give an intense focused glare then disappearing with a click. Nothing more mysterious... or the fact that you rarely turn on your camera yet are somehow always watching. Looking for your next virtual victim? Remember to release grudges and let things go. Be more vulnerable to show others your true self. *To-Do: listen to your favourite music!*



Sagittarius (November 22nd—December 17th)

Adventurous and freedom-loving Sagittarius! Online school has definitely not stopped your desire for adventure. Thinking you could say you left your homework at home when you're in fact at home wasn't your most successful adventure. Although pretending glitch so you could play your favourite video game did work that one time. Remember to take time for a breather and to relax. Meditation is a great way to center yourself and contemplate. *To-Do: take a nap!*



Capricorn (December 22nd—January 19th)

Responsibility and devotion is a Capricorn mood. Online school just hasn't lived up to your workaholic fantasies. Whether it's wearing clothes unrelated to work or being taught through a device normally used for entertainment, online school just can't replace the rejuvenating feeling everyone thinks you feel sitting at a desk taking notes. Some people think you're as interesting as the paper you're writing on. Don't listen to haters; remember how capable you truly are. Continue to work hard and it will pay off. *To-Do: bake a cake!*



Aquarius (January 20th—February 18th)

Aquarius, known for being idealistic and unique. There's nothing more unique than learning at home but the ways you've been dealing with it are even more unique. Whether it's putting on crazy backgrounds during your teams meeting or taping your phone to the ceiling to make a socially distanced dramatic "driver's license" Tik-Tok. Your quarantine has definitely been "unique." You can be skeptical and overthink things. Oftentimes, the answer is quite simple, unlike the calculus homework you've been putting off. Don't let paranoia get the best of you. *To-Do: watch a movie!*



Pisces (February 19th—March 20th)

Pisces, so intuitive and creative. There's nothing more creative than thinking you could actually attend online school without drifting off into a daydream. So much so that eating pie becomes a more interesting thought than calculating pi. You've even missed your 12:05 online class contemplating Salle the Squirrel actually getting a tail. Is it even possible to be late for school when school is taught at home? With your imagination anything is possible. Always recognize your true potential. With your imagination and creativity, you can create amazing things! *To-Do: watch the Raptors!*

Zodiac images, Cheri Marshall/thepostathens.com

Honest Brakeman

Del Memes for Del Teens

By Christopher Prangikos, Grade 12

Let's face it: this past year has been rough, and more than ever, we need something to laugh about. Thankfully, our generation has a vast wealth of technology at our fingertips, and we use it to make silly relatable jokes on the internet. So in tribute to these "unprecedented times," here is our finest selection of Del-themed memes.

PING PONG



CHESS



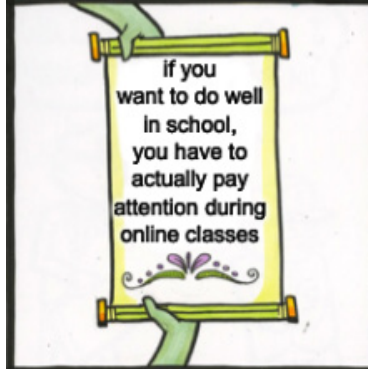
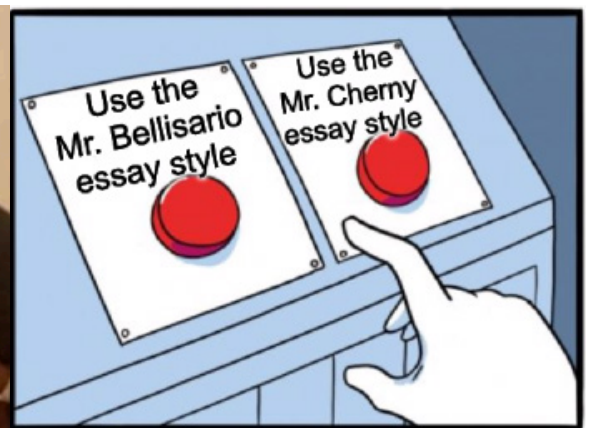
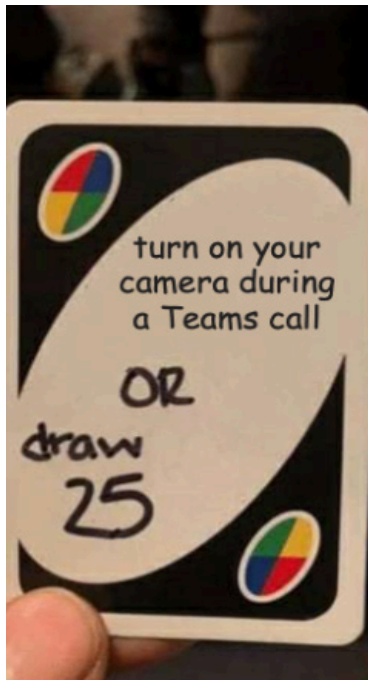
COMPLETING WORK



BADMINTON IN THE ARENA



DID YOU DO BEDMAS??? $6 + 2 \times 2 = 16$



CROSSWORD: All About Del

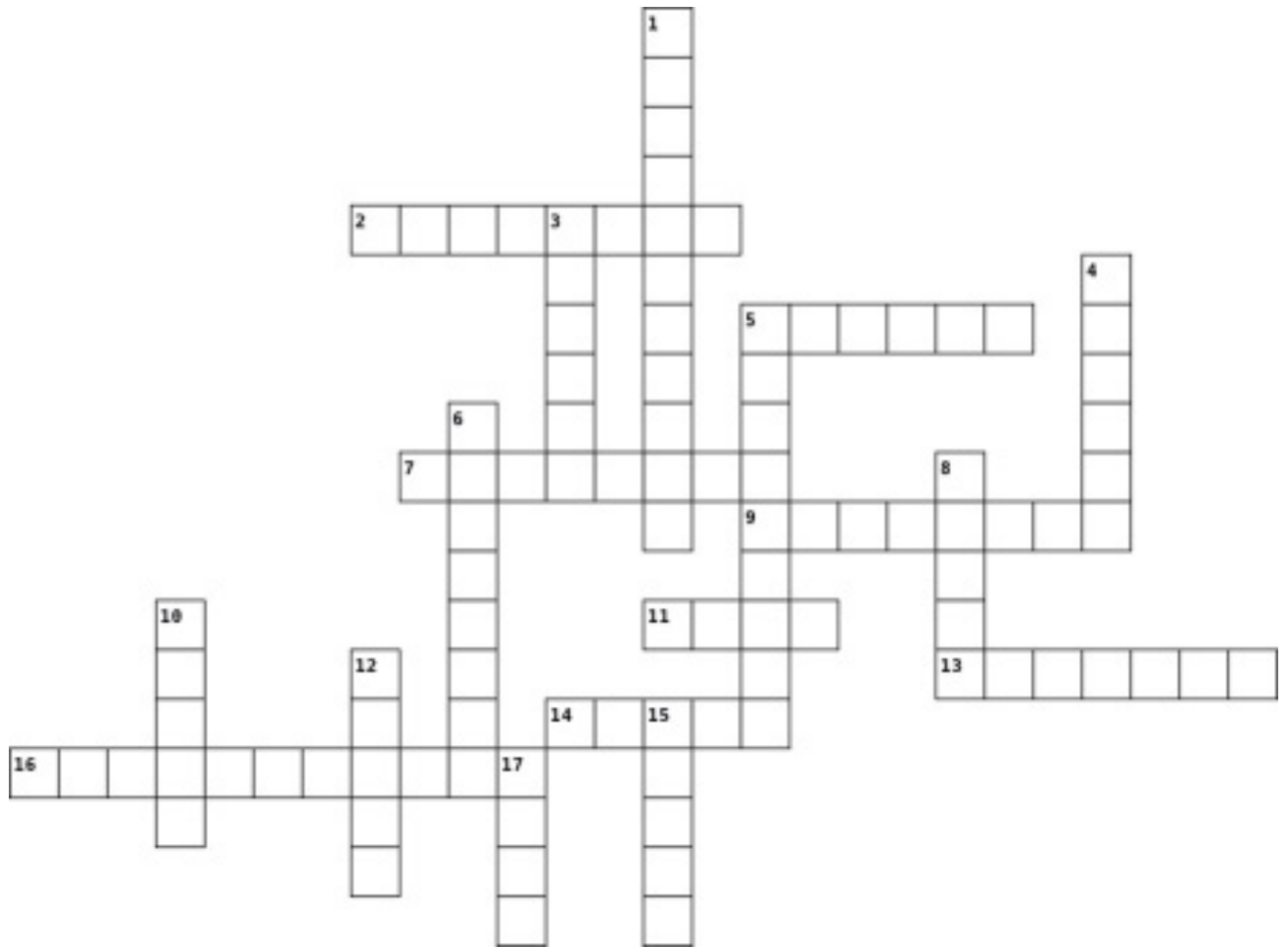
By Elliot Evans, Grade 12

ACROSS

2. School "nickname"
5. Club formed in 1905 in cooperation with the Canadian military
7. House which was originally built for Senator John Macdonald in 1930
9. School mascot
11. "When in _____"
13. Sharelife Day funds go to our sister school in this country
14. Occupation: Stone _____
16. Phrase labelled on some Del Blazers

DOWN

1. A day celebrating the legacy of the patron saint of teachers
3. Ms. Kim, Mr. Iantosca, Ms. Berardi
4. Mass is held in here
5. Parmesan person (former teacher)
6. Former alumni with a TV show about being a teacher
8. Brothers who coach basketball
10. The Matrix, Speed
12. 3 of these is trouble
15. "Leave to _____"
17. Like the American and Canadian competition: Lasallian _____



Del Trivia Answers: 1-c, 2-b, 3-b, 4-a, 5-d, 6-e, 7-a, 8-d, 9-c, 10-a