



Santa Claus Is Coming To Town (With a Parade)!

By Ethan Kim (Grade 10)



The holiday season is one of the most important highlights at Del. Meeting with friends and family, creating lasting memories, giving/receiving gifts and presents, and simply displaying the holiday spirit are meaningful traditions throughout the community. Unfortunately, the Covid-19 pandemic caused some of these traditions to run short, one of which being Del's participation in the Santa Claus Parade. However, now that the pandemic is slowly settling down, the holiday spirit is waking up again, and it looks like Santa Claus is coming back to town!

In 2021, De La Salle is returning to the annual Santa Claus Parade. Students from Grades 9-12 in the music department will travel to Canada's Wonderland to be recorded performing Jingle Bells on Tuesday, November 16th. The parade will then be broadcast on Saturday, December 4th, on CP24, CTV and CTV2. By the time you're reading this, the parade may have already taken place. Del's return to the parade is vital for both students and the school as Mr. Shields, head of the Santa Claus Parade band, has stated:

"The parade is a great opportunity to promote the college and showcase the music department. We are returning because there was no parade for us last year due to COVID restrictions."

Speaking of the music department, the high-school students in the music program have worked hard to prepare for the performance. In addition to rehearsing during music class, the band also practices outdoors and sometimes outside of school hours. This allows us to simulate and

strongly resemble the actual parade, which is different from regular music class. As such, the students at Del feel confident and excited about the parade. Fisher Jessop, a trumpeter in the band, has explained:

"It feels exciting to prepare, knowing that in less than two weeks we will be recorded for national T.V. It is different from when I played in a concert band because of the scale of the audience. In previous years, there were only around 200 people in the audience during the concerts, which is completely different from now, where thousands of people will be watching us."

Typically, the Santa Claus Parade is held on the streets of Toronto, with the primary audience being the passing civilians and viewers. However, it's being broadcast on television this year, which is probably equally as daunting and exciting as playing on the streets. For most of the band, the parade is our first debut on T.V., so playing to the best of our ability will be a top priority.

Of course, for our first impression on T.V., the band will be playing and proudly advertising the school; but we also want to display our Del holiday spirit. At the parade, students will wear festive accessories such as Santa hats and reindeer antlers. In addition, students can decorate their instruments with festive designs (as long as we can still play our instruments without obstruction).

All in all, although the Santa Claus Parade is a little different this year, De La Salle will be back to show off our musical talent and holiday spirit. Hopefully, next year the world will return to normal, and we'll be back performing live on the streets of Toronto.

I.L.T, The Path To Student Freedom

By Delmalisa Cassule Chilombo (Grade 11)

As we all begin to experience a new and different year at Del, the school is also changing. Del has implemented something new into our schedules called Independent Learning Time, also known as I.L.T. I have interviewed two

Del students who have given their opinion on I.L.T. and the new schedule.

So far, a question I have asked two students, Nana and Sofia "What do you like best about the new schedule?" Nana said, "I.L.T. is nice because I can complete work and not have much to do when I get home." Sofia said, "More time for homework and going to tutorials during school hours." As students, I.L.T. has given us the ability to be able to socialize with others. Last year, many students did not have the chance to meet anyone outside their cohort and now are all able to meet each other and build healthier relationships with other peers. Students also enjoy the opportunity to have student common areas such as the arena and cafeteria, places where they could play a game of cards or a quick game of pool with friends. Quiet places like the heritage house is a place where students go for help or attend office hours. I asked Sofia and Nana if they use office hours, and they both said, "Yes, mainly the science and math office." Office hours are an opportunity to connect with teachers who teach specific subjects such as Math, English, Science, and Business. They can reach out for help, tips, and any general questions or concerns within the subject. Students may also use that space to complete homework and assignments for that subject. That way, students can ask questions whenever a question arises.

Although this may sound gratifying, students have also voiced their concerns about the cons of the new schedule. To begin with, many students have mentioned that having ten-minute breaks between classes is impossible because the student at that point has nowhere to go. If a student were to have a ten-minute break, there is no way to get to the arena and come back. There would be no reasonable point in doing that. Students, precisely grade 10 & 11 students, believe that only being able to leave campus at 2:30 p.m. and not sign out



in the school, feeling tired from a long day of classes. Students usually tend to encounter this issue when their last course of the day ends early, but they cannot leave. They also find other situations where only being dismissed at 2:30 p.m. can be complex. For instance, students often find themselves not signing up for clubs and extracurricular activities because of how long they must wait between their last class and the time a meeting starts. Many students who argue about this situation live further from the school, and transportation to and from school can be time-consuming.

Thanks to I.L.T., we are privileged to experience what a university schedule would be like. As the year progresses and for the years to come, students hope that the new schedule will benefit them and hopefully fit their needs better.

I'm Dreaming of A Covid Free Christmas

By Jaquim Magone Pedrosa (Grade 9)

Will Christmas ever be the same? I'm sure I'm not the only one wondering what Christmas will look like this year. Before Covid-19, Christmas was a special time to spend around friends and family, but somehow Covid-19 did what the Grinch couldn't... ruin Christmas. Due to the restrictions, many of us could not see loved ones, resulting in last year's Christmas feeling less special. After all, Christmas is best spent with loved ones, sharing traditions, and making new memories.

This year, it seems like we will be able to finally have a normal Christmas. But do people feel comfortable going to large gatherings again and travelling to see family members over the holiday season? Will they travel across the country and internationally? To find out, I interviewed students in

the school to see what plans they have for this Christmas season. Here's what they had to say.



Reuben Makmalan, Grade 10 student: "I missed out on many family traditions last year because of COVID-19. Usually, I would get together with my cousins and their families and have a big Christmas feast. This year, we are finally returning to this tradition since everyone is vaccinated and COVID-19 cases are under control. I'm very happy that we can get back to normal this year because Christmas didn't feel as special last year. I missed seeing my family and being able to make new memories with them."

Christian Paladino, Grade 10 student: "Every year, my whole family goes to my cousin's house to have a full Christmas meal. We exchange gifts, tell stories, and sing Christmas carols. Last year we couldn't have a big family gathering, so instead, we did an online family Zoom call. Although the

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Student Life / Inside Story

More Than Just A Red Beret

By Giulia Anobile Di Sapia (Grade 10)

The De La Salle Cadet Corps is arguably the most historical and important club here at De La Salle, dating back to 1911 when all students needed to be part of the Cadet Corps. Many cadets in the Canadian Armed Forces sacrificed their lives in the First and Second World War, and each year the school honours them on Remembrance Day. Many places around the school commemorate these students. One crucial area is the cenotaph (located in the hall of the auditorium doors), a monument that names all the students who have passed. As we walk by this daily, we will have a constant reminder of our brave school heroes.

The Cadet Corps was brought back to Del in 2004, and although it does not have any affiliation to the Canadian Armed Forces, the club has adopted key principles and practices that are modelled within the club. The uniform the cadets wear has significant meaning to the school. One of the many uniforms the cadets wear is the "garrison uniform," consisting of a black shirt, pants, and tie, commemorating the Brothers of the Christian Schools. The red beret represents allegiance to Canada. Lieutenant Colonel Nonato states, "We are not just a club; we add heritage and service to our school and country." The cadets are always dedicated to helping the school community in humbling and subtle ways that support and elevate many school experiences throughout the year. A few examples are open house, Presidents Day, Remembrance Day ceremony, school masses, the Santa Claus parade, and raising and lowering the flags every day, to name a few.

Helping each other out and working as a team are the main principles that the Corps demonstrates. "The Corps is a home, where you build character as a person, learn discipline, responsibility, and are able to work under pressure in many scenarios." Says Officer Cadet Fatigati, who has been in the corps for more than six years. As one of the smaller school clubs in terms of numbers, it is perhaps the mightiest and strongest of all. By being part of the group, you create bonds and connections with each member. Since the club is offered from grades 5-12, this allows you to make friendships with students outside your grade. The corps offers many unique activities that encourage you to try something new such as airsoft, rifle drill, and knot tying. The field training exercise (camping trip) is a challenging and rewarding experience where cadets participate in patrolling, building their A-frames, making rope bridges, intense hide and seek games, and more.

In conclusion, the Cadet Corps lives up to the school's motto, "enter to learn and leave to serve," enabling young people to become leaders of tomorrow.



Less Quantity, More Quality

By Antje Navarrete (Grade 11)

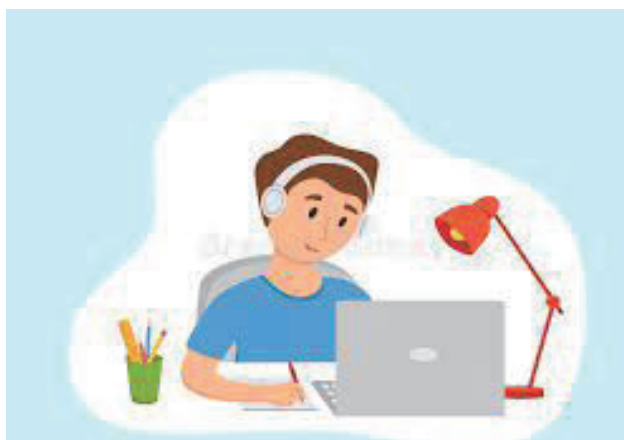
Because of the technological advance and growth of society overall, we are now in a decade where students must work harder than their peers to obtain a spot in the top universities. The pressure to enroll in more extracurriculars has increased exponentially. This is affecting the quality of the lives of many students as their schedules become cramped, leaving no time for relaxation, and the

rise in mental health issues has skyrocketed, marking a grave issue.

Whether it is the school itself reminding students to sign up for extracurriculars, parents who continuously prompt their children to volunteer, or coaches who encourage their teams to ensure they practice at least five hours a week, the amount of effort and time dedicated to these activities is taking its toll on adolescents. The idea that "doing more" will ultimately allow you to succeed in university and, eventually, the workforce stems from society, as attitudes towards schooling have shifted drastically from the past. Consequently, people overlook their mental health because it is no longer as important as doing well academically. Ruth McDonald, a Grade 11 student who is part of Duke of Edinburgh and does both rowing and swimming outside of school, claims that the pressure from school makes it feel as though "you're inadequate or not doing enough because you don't do as many clubs as possible. This is heightened when schools introduce awards for those who do more school extracurriculars." It is impossible to escape these beliefs, and it can often lead to feelings of deficiency and elevated stress.

When asked about how she is being affected by this, McDonald says that "it all adds more stress to my plate, and when you spread yourself too thin, it does mentally drain you." Now, students have to balance their school workload along with outside activities and finding jobs. Most of these are done only because it makes their resumes more appealing. Rather than focusing on the things they love and enjoy, students put aside their passions to start paving the way for their rewarding future. Teens stay up until 3 a.m. catching up on the homework they missed. They spend their weekends working eight hours and then rush to their soccer practices.

Quantity does not equal quality. The misconception that doing more is better may be true in the short run; however, it has consequences in the long run insofar that it decreases happiness levels and encourages stress to take over. Happiness cannot be bargained or bought; it can only build through the choices people make. Instead of attempting to please society with medals, awards, and achievements in categories of no interest to you, allocate your hard work to improving the quality of your life and set happiness at the top.



Flex Mod Or Regular Schedule?

Alexandra Giust (Grade 10)

With Covid-19, everyone has had to change their way of living, including Del staff and students. One of the biggest impacts has been the change of the high school schedule at Del. At the start of the 2021 academic year. The school changed to the Flex Mod schedule. This schedule was implemented at Del to embody a university-style schedule, making students ready and prepared for university life. But how are Del students and staff finding this change? Do they enjoy it, or do they want the regular schedule back? And how does Del's schedule; compare to other schools?

Also, new, the Toronto District School Board (T.D.S.B.) follows a new modified semester system. Each semester includes four courses with two classes for one week and two other classes the next week. These two weeks rotate throughout the semester. Each class period in this schedule is two and a half hours or 150 minutes. At the end of the semester, T.D.S.B. students switch to the remaining four classes.

Overall, Del students have very positive opinions about

the new Flex Mod schedule. We can infer that the Flex Mod schedule is working in our favour compared to other modified high school schedules in Toronto.

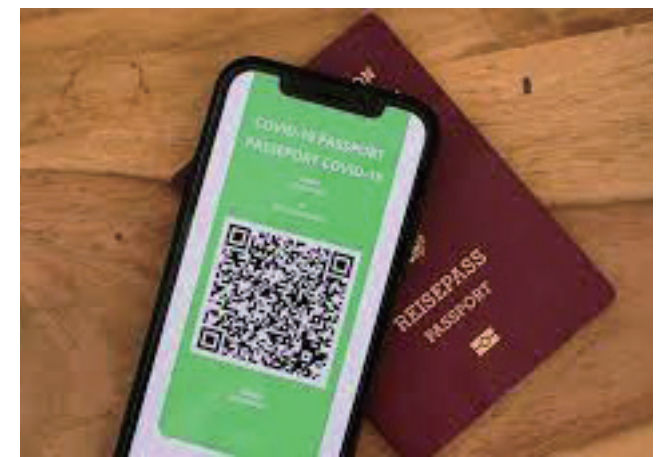


Flex Mod, DEL

Vaccine Passports: Have They Been Flying With The Canadian Population

By Alessandra Cameron (Grade 11)

Doug Ford unveiled the highly divisive plan for Ontario's vaccine passport rollout on September 1st. Residents of Ontario have been required to produce proof of vaccination beginning September 22nd to eat inside restaurants, go to gyms, and go to theatres, among other places. Vaccine passports will allow us to return to some semblance of "normalcy" in our lives. Vaccine passports are controversial; some believe they infringe on privacy, while others say they are a great idea.



On October 8th, the Ontario government announced that it would be lifting capacity at several settings, excluding restaurants, requiring proof of double vaccination. For many sports fans, this meant being able to see their favourite teams play at total capacity. However, many restaurant owners were upset by the announcement. Many feel it is unfair that a building could have over 20,000 people while not at total capacity.

Vaccine passports have had a significant impact on student life as well. To attend Del, students must now show proof of at least one vaccination. To participate in sports teams and excursions like St. Francis Table, students must be fully vaccinated.

I had the opportunity to question Mr. Vlahovic about vaccine passports, their effectiveness, and how he believes they will affect our school community.

Q: How do you think vaccine passports will affect us in the short and long term

A: In the short term, they have motivated people to get vaccinated. There have been noticeable increases in people getting vaccinated. Long term, the vaccine passports will allow provincial governments, which direct public health units, to reduce restrictions for those fully vaccinated.

Q: How will Del being fully vaccinated benefit our school year?

A: We do not want to have community transmission within our school; that means students infecting each other, their teachers, or their families. The vaccines have been shown to work remarkably well. Vaccines reduce the severity of symptoms, and vaccinated individuals are much less likely to transmit the virus. We are at school enjoying in-person classes. Students are once again enjoying being part of a team and clubs. Being vaccinated helps this happen. If the health care system gets overwhelmed, if more people get seriously ill, requiring hospitalization, we will not be in classrooms, or on the sports fields, and

Inside Story

The Plaid Revolution

Abbey Villasis (Grade 11)

Fashion is a wonderful thing. It's a revolution within itself, with plaid being a staple to designers ever since the late 1920s, beginning with Burberry then being adopted by the ever-ingenious Coco Chanel. "Plaid soon became a popular choice for Catholic schools looking to implement uniforms. By the end of the 1960s, plaid skirts were a visible indicator of young women attending private prep schools. The pattern is currently making a preppy comeback. Brands such as Chanel, Chloé, and Celine worked plaid into their Fall/Winter 2019 collections in bourgeois styles." (crfashionbook.com).

Our school's uniform options are pretty vast for those of you who may not know; they go way beyond the possibilities of simply green blazer and grey kilt (Alright, maybe not past the blazer, but then again, not much does surpass Del's notorious green blazer). You see, last summer I did something unconventional. I decided to buy a very exotic item from Skye Marika, a recent De La Salle graduate. Why? Well, for the simple reason that these green kilts are no longer being produced...subsequently raising its appeal. It's common knowledge that anything "vintage" is always held to a higher standard. Those of you who have watched Gossip Girl know what I'm talking about. It's shows like this that have raised the bar for everyday schoolwear, especially in private schools. Fashion is supposed to be fun, and it's always important to keep in mind that there are never any rules. However, the play completely changes within the school, but, if anything, this only presents itself as a fascinating challenge.

If there's one thing I hope remains with you from this article, let it be this: We should utilize the variety of school wear options available to us and cut short this chain of wearing the same fashion choices day after day. As designer Bill Cunningham once said, "Fashion is the armour to survive everyday life."



The Underdog Subjects

By Brooke Bischoff (Grade 12)

"If you don't go into sciences or business upon graduation, you won't make any money, won't have a job, and will be set up for failure." This is the message that is consistently conveyed to today's youth in school systems around the world. Whether this is true or not, it is evident there is a consistent push for students to obtain a business or science degree upon secondary education as it is claimed to be a "safe" and "innovative" field, otherwise seen as a field of the future. With the job market becoming more competitive than before, having a degree to get a job is of most importance. However, getting what is deemed a "marketable" degree is assumed will allow students to get better jobs quicker. What if this isn't the case?

In conversation with Ms. Williams, one of the guidance counsellors at Del relayed vital information pertaining to what most students from Del pursue in post-secondary education: "Most of the time its sciences that students end up going into, with some students looking to pursue

more specialized science fields such as engineering, and health sciences. However, a good group of the graduating class is also seen going into commerce and business programs." When asked if this commonality among all graduating classes was discouraging, she stated, "It's frustrating seeing students go into programs they feel they have to go into such as commerce and sciences, rather than obtain a degree in something they want to go into. University is such an important time when students can discover themselves and should be seen as an opportunity to explore what a student likes and enjoys." Influences come from all around telling students what to do and what not to, and in terms of choices dealing with career paths, this can be detrimental. Teachers may be passionate about specific topics they teach. Parents may want the best for their child, but pursuing something of no interest to the student isn't necessarily the best choice to set up students for failure. These are the common trends of influence, but why do people think that business and science are the best?

With schools being a leading factor in the frenzy of getting into top business and science schools, degrees such as humanities and arts have been framed as "bird degrees," ones that "don't take too much energy" and can't get you a job later on. Mrs. Meli, one of the Art teachers at Del, claims the complete opposite, "Students, as well as parents, need to realize how lucky they are to be in Toronto and its multitude of opportunities in the workforce. There is a responsibility for teachers when it comes to helping students decide on an undergraduate degree. They need to determine what careers can come with certain fields, even if it takes a traditional pathway. Art, as well as any other degree, applies to many different fields." Most of the time, students seek to expand their resume through subject boot camps and many other one-month courses that help them secure a job rather than a multi-thousand dollar degree. "There is so much more for art and humanities than people perceive," stated Meli, "there needs to be more exposure for students, and that's what the education system lacks. Students need to take advantage of what's out there and see what they are truly interested in rather than appealing to parents, educators, and more."

In pursuing a humanities or arts degree, students gain a multitude of skills such as being able to be career-ready, offer skills that apply to any field, and depending on the person, pursuing a humanities or arts degree allows one to do what they love. With humanities and arts degrees offering concentrations such as English, art, political science, and more, tools such as writing, public speaking, creativity, formulating ideas to be turned into essay's, allows humanities and arts graduates to graduate with a broad sense of knowledge whereas business and science majors tailor to one kind of graduate, that being one with narrowed tools and skills. With the workforce becoming more advanced, degrees that are more humanities/arts-driven will be needed rather than a business or science degree for the sole fact that being able to think critically, creatively, and empathetically will become some of the most important needed skills. Moreover, why should society have this narrative that humanities and arts degrees are worthless if it is the complete opposite? Education in itself should be cherished and treated with great responsibility. Therefore, any degree achieved should be appreciated and should be seen as creating and helping students to be the workers of tomorrow.

Behind The Scenes at DEL

By Nikeya Thomas (Grade 11)

Do you know all the people that work at your school? Have you spent any time getting to know these people? If you answered no to any of these questions, you are in luck because I have taken the time to do it for you. Everyone is losing out since there are some very wonderful folks working at Del who go unnoticed. Del would not function as well as it does without them. They ensure that the food is made and ready for the start of each day, that all tables, chairs, and common

start of each day, that all tables, chairs, and common spaces are clean, and that all our technology concerns, whether at home or school, are resolved in a timely manner. They should be praised more for their work for our school; they are gems hidden in plain sight.

It is easy to go through life not knowing who does those tiny things that make your life better; for example, Gilda has been working here for approximately four years, and many people are still unaware of who she is. Because she is such a fascinating person, and she does what she does because she loves to make us happy through her cooking and other small deeds. The amount of time and effort she puts into her meals every day demonstrates how much she genuinely cares about every one of us. You never know what you can learn about someone unless you ask some questions. There was so much I did not know about her, but the most intriguing fact that I did find out was that she used to act in Italian sitcoms. When asked about what she would change in the school if she could, she said, "I would love there to be a culinary course during the day rather than an afterschool club, where students can learn a lifelong skill." This displays how she genuinely wants us to do well and cares for us.

The quiet ones always do the most surprising things while still being the kindest people you will ever meet. James has always been one to keep to himself, but that does not falter him and how well he does his job. Like Gilda, he has been working here for four years now and is unknown by some student and staff bodies. People who take the time to get to know him will discover that he is motivated, enthusiastic about his career, and once a Lasallian in the Philippines. He finds the setting comfortable, not too stressful, or overwhelming, which is remarkable to hear given how many kids he must deal with all day and how loud and boisterous we can be at times. However, he never complains. James has been here since I was in grade nine, and I have often wondered what he would be doing if he was not working here. It turns out he is interested in the trades, notably landscaping and farming, which are things he picked up from the Philippines. These could be expanded on now that he is in Canada. There is something about silent folks giving you the wisdom that sinks more profound into your soul because it is powerful. He stated that the best course of action for the generation is to "be honest." There is no need for an explanation because the image speaks for itself.

I saved the greatest for last since I had no idea who this guy was until my computer broke, but if that wasn't a bonding experience, I don't know what is. Stacy is one of the nicest people you'll ever meet at Del. During my conversation with him. I realized a few things. He is very down-to-earth and easy-going. Further, he is extremely ambitious; he even has a martial arts facility in Toronto, founded in 1997 and has been operating for the past many years. He once told me that his finest quality is his ability to educate, of course, apart from his other amazing qualities. He has been working here for the longest out of the three. For him, it has been eight years now, and he has been in I.T. ever since he was ten or eleven years old. It became his hobby ever since his mom left him with a friend of hers at the University of Waterloo, and he instantly became heavily interested.

These are just a few wonderful people who work at our school and go unrecognized, so please say hello to them when you meet them in the corridor or the I.T. office. Our school would not be the same without them, so make sure they receive the gratitude and affection they deserve.



Small Business's Getting Smaller

By Matthew Viera (Grade 12)

Owning a small business and competing with bigger chains can already be a difficult challenge, but when you add a pandemic on top of that, it is impossible to sustain it. As more people receive the vaccine and restrictions are lifted, small businesses may have a chance to thrive once more as many Del students are eager to finally stretch their legs after being locked up for so long.

Throughout the pandemic, there have been four lockdowns, all of which had decreased the number of people willing to shop locally, thus leading to a lack in profit and closure of many businesses. Online shopping is more convenient to customers and was a solution for some small businesses, but this is not an option for all firms that wish to sell their products. On top of that, Amazon dominates the online shopping industry, as over 200 million people subscribed to Amazon Prime in 2021. Due to this, Amazon overshadows small businesses making it difficult for many to survive from just online profits. Overall, these conditions made for a unique experience for local firms.

Every business has had a unique experience over the pandemic, specifically looking at Courage My Love, a local vintage store based in Kensington Market. When the owner, Cece Scrive, was asked about her experience during the pandemic, she said, "It was weird because I'm usually here in the market every day, and in 48 years, we never closed." After restrictions were lifted, Cece mentions how "...trying to catch up was very hectic, and I'm still trying to catch up. Before the pandemic, I would get supplies for the store every other day, but now I only go once every week, which is a weird feeling." Change is extremely intimidating because if products change, then customers might not be too happy. However, change in this case is warranted; stores must meet the lockdown restrictions set in place. Despite these unpredictable alterations, Courage My Love remains persistent and adapts. Cece went "on Instagram and Etsy right away, so we figured out ways to do things and make a little bit of money." Cece is an example of how small businesses can make their own rules and adapt to their customer's needs faster than any chain company. This is where small businesses will always win.

The government did release a grant system to small businesses that were forced to close for the lockdowns to ease the stress from the pandemic. Grants do not need to be repaid, but you do need to be eligible to receive a grant of \$10,000 to \$20,000. In contrast to what one would believe, only more frustration came from the system. Cece did not think the government did an adequate job as she applied for two grants and "received the first grant and got approved for the second grant but saw no money still!" Fortunately, Cece did not need the second grant, but many businesses did need them and received nothing. The owner of Kensington Fruit Market, Linda Vieira, brings up an excellent point about how "...the government can't help businesses make a profit, only provide enough to survive." Unfortunately, it would be too idealistic to hope that the government would fully support small businesses, mostly since people scam the grant system.

As students, we all have those days where we do a lot of shopping and spend our time eating at our favourite restaurants. Therefore, a larger amount of their profit relies on us and the outings we have with friends; we help these businesses survive. Consequently, companies tend to advertise towards younger crowds. Grade 12 student, Olivia Iafano, shares her input on how she further helped her local businesses. "My sister and I bought all of our Christmas presents off of Etsy from small businesses because the pandemic made it so hard for small businesses." Although businesses cannot make their entire profits online, ordering products is still an excellent way to support companies that are closed in person. Olivia also expresses her worry by noting that small businesses "are taking more risks because they are desperate not to go bankrupt." Businesses must risk shortening their staff which will affect their efficiency in performing services and the quality. This could harm the customers as they prefer faster services with excellent quality. Nevertheless, this is a risk that businesses must make to keep their company alive.

This pandemic has shed some light on how crucial the functioning of small businesses is as people's entire livelihoods are put at risk. It may be surprising to see how easy it can be to support your local business. Ordering from them regularly, leaving a good tip, or simply writing a good review can go a long way.



Sympathy:

To compose our section, writers were encouraged to compose a piece vis-à-vis whatever was on their mind... Just by chance, most were poems, and these quickly translated into a collection of poems. Our artists delivered nothing short of beauty in regards to their own life experiences, ranging from the loss of a desired emotion to the different challenges races face. Feelings of agony and helplessness tend to go most unnoticed at this time, although they are unfavourably common during this point in the school year. Soon, we realized that this thread had weaved its way seamlessly throughout the entirety of these works. This helped us land on the title, 'Sympathy.' Our hope is that this anthology will evoke a familiar feeling for all of us. Mankind's journey towards the different levels of heartbreak are all intertwined, may it be by the hands of identity loss or a sense of estrangement. The study of this anthology reveals that almost nothing is outside the realm of possibilities. With that said, The Arts & Letters section is proud to present Del's first poetry anthology, entitled, Sympathy: "A Collection of Poems." Peace and love, Abbey & Antje

The Smile He Gave Her

By Abbey Villasis (Grade 11)

Maybe it was a beautiful thing
that she felt unloved.
How was it possible that she felt on top of the world
but also like she was drowning?
She was always patiently awaiting the unexpected
it was the only thing that made her feel fulfilled.
Unfortunately
the downfall swam right past her
when the only time she ever let herself
feel beautiful
was when she was wearing the smile he gave her.

She would ride these waves
of insecurity and unfulfillment
the most when she was alone.
It was at those times that she would drown
and lose herself the most,
and in a few moments
her shiny bubble of "jois-de-vivre"
that lit up her whole world would collapse.
These waves then led to the fall
of her favourite concept;
She told herself that
perhaps
it was the kind of love
that only existed
in the beauty
of the moments
that they had spent together.
It might not have been the first time
she had ever felt unloved,
but her heart
did break the most for him.
Because as she would come to learn,
she could not conjure him
to grant her

the kind of love that she
so desperately desired.
It was the aftermath
of their cyclonic depart
that taught her
it wasn't him who was meant to rebuild her;
But, that he was her
wake
up
call
to finally
swim to her island of love that always existed within and
floated around her.

A Cube

By Abbey Villasis (Grade 11)

A wooden cube;
Solid through-and-through.
Firm-without rind.
Sturdy enough to carry a house,
Scary enough to frighten an ant.
A glass cube;
The still-life of the renaissance;
The modern renaissance of my heart.
Four-cornered on every side,
Lays in cosmic shards of the chambers in part.
A plastic cube;
Smaller and replicate often,
As a new emotion takes form.
Only growing rougher, shinier, and less opaque.
Oblique,
Perhaps even picturesque?
But,
Still empty and hollow.
Like oblivion,
I'm reminded of what I've felt.
Oblique,
Perhaps even picturesque?
But,
Still empty and hollow.
Like oblivion,
I'm reminded of what I've felt.

Giant Lobster Wreaks Havoc!

By Nicole De Jesus (Grade 11)

I am a lobster,
in a menial lifetime,
working to make things hurt less.
I thought
if I wore
red pants,
and a red shirt,
no one would notice
that I'm just human.
I am the odd one.
yet it is easy
to feel so lost,
and blend
into mediocrity.
I don't know
who I am.
the things
that had felt so important,
didn't matter.
one day,
in bare feet
with a bare mind,
I dove into the sea
with my head
plunged
into the water,
I felt relieved,
I could finally cry
and no one would notice...
the conversations under the sea
were all as dull
as the ones on land.
the voices all came
and went,
individuality
blended
and blended
and

blended.

Dandelion Fields

By Akanksha Fernando (Grade 11)

These dandelion seeds,
Are blown away with a child's breath.
The heart's true desire,
now in the hands of the wind.
This wish,
plants itself far away.
Will it blossom?
Some shrivel up and die.
Some bloom.
Some only exist within a utopian realm.
I wish for,
and you wish for,
These flowers to be real.
Because a field of dandelions belongs to us all.

I am Indigneous

By Niyeka Thomas & Britanya Bailey

My hair was so very long, long to the ground.
It flowed like the waters, it blew like leaves would on a tree,
It was kept ever so neat.
Until you cut it free, you stripped me of my hair.
My name, and my rights, you told my parents I was alright.
They spent the next years frozen in spite. Only to never see me again.
There were only so few that survived those nights, but some are too scared to share the might
And open the eyes to those who might dehumanize the rights of those who deserve to be free.
I am indigenous, so say my name; it's Phyllis Webstad, the one who started the orange shirt day.
I am indigenous, so say my name; it's Gregg Deal, an artist who spreads awareness by painting and dancing on the streets.

I am indigenous so hear my voice, think of the tears of those who didn't have a choice but to fly high without their names being heard.

I am one of the many you have found and not the last.

I am indigenous.

This poem was written by my fifteen-year-old sister, Britanya Bailey. It is such an inspiration to me since I completely identify with it. As a person of colour, whose ancestors were stolen from their homelands and were taken to places where they were mistreated and abused. Living in a country with a history of stealing from others allows me to sympathize with the Indigenous peoples. I believe that Canadian-Indigenous injustice is under-reported, which I find quite disappointing. Their voices have the right to be heard, just as anyone else's. I believe this piece reflects upon this in a great manner. It sheds light on a situation that has been previously dismissed and still continues to be swept under the rug.

I Can't Help Myself

By Taylor Ahn (Grade 11)

I'm a machine that attempts to sweep away a pool of blood every day,
Only to have the blood pool back out onto the white surface of the floor
No matter how many times I try to make it go away,
It always returns
People stand and stare through a glass box,
but no one comes to aid
"I can't help myself," I explain
How content I was to clean something for once
Now encountering a never-ending mess
Feeling so tired
Really falling apart
So fed up, frustrated
A mess that I can never clean
My joints so rusty, my blood-stained body I am the mess now
I just couldn't help myself!

Nobody Cares

By Louisa Troian (Grade 11)

Do you think that people really care about what you do?
No one is watching.
You think they fall and swoon
As you run around the world?
They're trying to live their own lives
You self-absorbed fool.
It doesn't matter if you stain rivers red
With tears cried from your arms
No one's looking at you.
Why are you crying?
You pitiful fool.
Don't you know how wonderful it is
To be forgotten by the world?

Hestia Is Possessing My Candle

By Louisa Troian (Grade 11)

The candle sits on my windowsill.
The flame flickers as the breeze blows through.
The draft raises the hair on my arms.
The night is quiet as death.
Should I go?
It calls to me
The dark a lullaby I can't ignore.
But the glow is on my face
And it's ever so warm
A hand-sized hearth for me to curl up nearby.
"I want to go,"
I whisper to the wind
But my legs don't move
And my hands stay still.
Maybe one day I'll go
And explore the world out there
But the flame is so warm in the comfort of my home
And fire is such a pretty thing, isn't it?

The Votes Are In!

By Felicity Kannu (Grade 12)

On September 20th, 2021, a school-wide vote took place for the candidates representing St. Paul's Toronto, a federal electoral district in Toronto that has been described in the House of Commons of Canada since 1935. Although none of the student body can vote, this vote allowed students to express their choice of representation for the district. Along with providing this experience, the vote permitted students to see how DEL's opinions are split regarding politics. This is especially interesting as many of the grade twelves will have the opportunity to vote soon and impact Canadian politics. Thus, these election results will provide an insight into future De La Salle voting trends.



While talking to students about who they support and voted for, the most popular answer was Carolyn Bennett, who represents the Liberal Party. When speaking to Rena Hajjar, a grade twelve student, she expressed that "The Liberal party represents the most values that I agree and support." Carolyn Bennett's campaign emphasizes the essential role of citizens in our democracy, and she believes that good public policy comes from listening to those with expertise and those with lived experience. On the other hand, while talking to Finn Ashworth, a grade twelve student, he stated that the Conservative Party was what he felt represented the people of Toronto the most. Stephanie Osadchuk represents this party and stresses the importance of mental health and working within the health care system to help those in crisis. Once the Toronto election results were released, with the

majority of voters choosing the Liberal Party, it was clear Carolyn Bennett's campaign had reached and impacted the most people. From her work to improve relations with Indigenous people to her stance on protecting our planet from climate change, she gives many compelling arguments that the student body saw on why she's fit for this role.

Divide In The Canadian Elections: Why?

By Andrew Batelli (Grade 11)

Trudeau wins another minority. The last two Canadian elections have been minorities which shows some bitter division within the population. This brings up questions in the country like, what is it that people are looking for, and what do we see in the future for next elections? These are the questions I asked with the former civics teacher Mrs. Solda. She tells me there are multiple reasons for the extreme split in the way Canadians voted. She started by stating, "Covid-19 has made the government very involved in everyone's life and what freedoms they have day to day." She followed by saying, "this means that people are feeling more strongly toward their governments and what they are able to do." She continues by saying, "this is why we saw so many voters turn toward more radical parties that are much farther towards one side than the two major parties." She couples this with the fact that "the two major parties are trying hard to steal voters, but they end up both sitting in the middle and leaving more extreme people for the smaller parties to pick up like the P.P.C." When asked about what the future elections could hold? She said that "we need to wait another four years to be able to tell, but it all depends on how strongly the Liberals pull us out of Covid-19," she proclaimed. She finished by saying, "Trudeau had a rough start to his new term regarding Truth and Reconciliation and had the halo effect. So, I believe he can win, but not much will change."

Canada and The War In Afghanistan

By Jack Berkman (Grade 11)

On September 11th, 2001, the Twin Towers were hit by planes. A week later, American President George W. Bush signed a form to authorize force against those responsible for the attack. Nearly 20 years later, the last U.S. troops left on August 30th at 11:59, Kabul time. He called on America's allies to help them in the War Against Terror. Canada answered the call. From 2001 to 2014, they provided logistical, naval, air, and troop support. 40,000 Canadian Armed Forces service members served during that time, and 158 died during that time. Canada also spent an estimated \$3.6 billion in international assistance.

Canada helped with humanitarian issues such as building schools and providing health care. Canadian troops also helped with protecting key locations and supporting their American counterparts. They also were part of battles in the southern Afghanistan province of Kandahar trying to push the Taliban, the terror group, out.

The war also reinforced the fact that Canada would answer the call for the help of all nations. "The war in Afghanistan forced us to put our money where our mouth was. We had to stand firm in our convictions." Says Lieutenant Colonel Nonato, who served there from June of 2008 until January of 2009 and is a teacher at Del. "I met people from all over Canada, all the way from B.C." remarks Lieutenant Colonel Nonato "All these people were working together for Canada's efforts."



Current Events

How Covid-19 Has Changed the Landscape of Elementary Special Education Programs

By Sofia D'Ambrosi (Grade 12)

Any teacher would agree that the transition to online learning was difficult as it completely changed the education world as we know it. Many students found themselves distracted and unmotivated while in the online classroom, as video chat does not prove to be the most effective way to learn. These difficulties were only increased and magnified when applied to neurodivergent children as their education program focuses heavily on structure and stability to maintain the focus and motivation of the child. However, Covid-19 stripped them of this security which initially created many challenges for these students. I spoke with a special education teacher to help further explain her perspective.

Q: Describe a "day on the job" pre-Covid...

A: I work with students from kindergarten to grade eight. I withdraw them from their classrooms to work individually or in groups of up to six, depending on their needs. I offer them support based on their areas of need. Some have a diagnosis when they enter the Core Resource program, while others do not. I see them on average 2-3 times a week, but I try to see students with higher needs more often. Unfortunately, the frequency they receive support is limited because I have been the only Core teacher in my school for the past five years, and my schedule did not allow me to service my students as much as I would have liked to. As a Core teacher, I work with E.A.s (Educational Assistants), who help support our students with the highest needs. I also write I.E.P.s (Individualized Education Plans), perform academic assessments, create E.A. schedules, and work with School Board Consultants who provide programming suggestions for our students. These consultants include Speech and Language Pathologists, Occupational Therapists, Behaviour Consultants, and Programming Consultants. My job also requires me to attend various meetings and services, regularly communicate with parents, and communicate daily with my Principal.

Q: How does teaching children with special needs differ from that of a neurotypical child?

Well, all children have strengths and needs, whether they have an official diagnosis or are neurotypical. When they have a diagnosis, I use teaching strategies that will be more effective in helping them learn based on their unique profile. There are a multitude of strategies which can include; use of visuals, the use of manipulatives or the use of assistive technology. I administer specific programs to help students develop stronger reading skills. I remediate, which means that I support "fill in the gaps" for students by reteaching material that they should have previously learned. For our students with higher needs, I work on alternative individualized programs which the Educational Assistants execute.

Q: When Covid first hit, what resources were you and your students given to help adjust? Were they effective?

When we went online, the school board provided some digital resources such as lesson plans, activities, worksheets, visuals, and videos to help us deliver the online program. Nevertheless, we also spent countless hours creating many of these materials on our own. Fully accessing the online program was difficult for many of my students who lack the self-regulation and attention skills required to sit at a computer for extended periods. It was even more difficult for my higher needs students to access their programs online because they were wholly reliant on their parents to administer them since their E.A. could not work with them. Delivery of an online program was particularly challenging for students on alternative programs that require 1:1 support and are hands-on learners or non-verbal. In addition, several of my students attend outside centres that further assist them, such as Intensive Behavioural Intervention (I.B.I.) programs for children with Autism. Due to Covid, many of these centres were entirely shut down, leaving families wholly reliant on online schools for support.

Q: During the Second Wave of Covid, what changes were made to help accommodate your students?

Last year when schools were shut down from March to

June, students who could not access and benefit from online learning had the option of attending school in person. This was extremely beneficial for my students as we continued to work on their programs and ensured that they did not lose any previously acquired skills. It also provided support to their parents for at least part of the day. Many parents of students with special needs previously felt very stressed as they are not trained teachers or E.A.s but were "tasked" with working with their children to deliver the school's programs. In addition, many children with special needs have siblings, who, although are neurotypical, still require individual guidance and support from their parents, especially during online learning. Therefore, allowing high-needs students to attend school in person was critically important for them and their families.

Q: Do you think the programs and policies that the Government and School Boards currently have in place are most beneficial to students with special needs?

In my opinion, there needs to be an increase in government funding to Special Education so that School Boards can hire increased staff (teachers and E.A.s) to help deliver the many available programs for our students. Even though my roster of students increases every single year, my school's teacher and E.A. allocation have not increased until this year. This was very frustrating and made teaching my students effectively very challenging.

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Residential Schools in Today's Society

By Delmalisa Cassule Chilombo (Grade 10)



Residential Schools. One of the most tragic and mournful events in all of history. Back in the 1800s, outsiders to Canada, such as the Europeans, created residential schools. Residential Schools were boarding schools for First Nations children where Euro-Canadian and Christians would attempt to shape every First Nations child into the ideal 'White Canadian.' The government did this because they believed in "educating" them.

The residential school system vigorously separated First Nations children from their families and homes for a long time. The system stripped them of their cultures, beliefs, languages, and heritage. The children were to abide by stringent rules, and if they were broken, they would suffer profound consequences. Many children faced drastic amounts of abuse and changes that the way they looked before compared to the result would leave you in shock. They were forced to cut their hair, they couldn't wear their traditional clothing, and their names were changed.

Although the residential school system happened a while back and closed down a couple of years ago, some survivors live and stand in today's society. Former students of residential schools have spoken out on the horrific physical, sexual, emotional, and psychological abuse at the hands of the residential school staff. These survivors are now demanding justice. An example of this is Truth and Reconciliation Day. Truth and Reconciliation Day, also known as "Orange Shirt Day," reflects and remembers the lives of those affected by residential schools. They and their families and all the First Nations groups, including the Metis, Indigenous, and Inuit peoples. When we honour this day, we are expanding our knowledge of the unfortunate events in our country.

Another way that residential schools have affected today's society is by the number of documents and paperwork that have resurfaced from many people we deemed important. Now, people like Ryerson and Jarvis are linked to residential schools. A little while back, when the news first came out, the statue of Ryerson outside of the university was vandalized and then taken down at a later date. Now the university will have to change its name out of respect.

Although all of this happened a while ago, this still affects the lives of many people. This land was theirs first, and many people struggled to acknowledge that. But now, we

have the power to understand that this was wrong and to stand alongside First Nations People in their time of hurt.

How Greta Tunberg Has and Will Change the World

By Hannah O'Keeffe (Grade 10)



Greta Thunberg, Swedish Climate Activist, was discovered when she was only fifteen years old, sitting outside the Swedish Parliament protesting climate rights.

Greta was born on January 3rd, 2003, in Stockholm, Sweden. Greta's family is not shy to the public eye, with her mother being an opera singer who has performed for Eurovision and her father an actor. She was diagnosed with Aspergers and selective mutism during her teens, considered an autism spectrum disorder. She fostered a deep interest in one thing; climate change.

Her interest began when she was eight years old. After becoming passionate about the issue, she began adjusting her habits. She knew that airplanes emitted massive quantities of gas and refused to travel by plane. Similarly, with livestock, she became vegan, not consuming any animal products.

In September 2018, she began a "School Strike for Climate Change," protesting outside the Swedish parliament. Her movement quickly gained international attention, as she was covered by journalists and news sites worldwide. After adjourning her strike, she continued her "School Strike for Climate Change" every Friday, missing school to stand up for her beliefs. She began her organization inspired by these Fridays, called "Fridays for Future." Their website states their order as; ensuring climate justice and equity, keeping the global temperature from rising above 1.5 degrees Celcius, and listening to the best science available.

Since her beginning in 2018, Greta Thunberg has become a household name in climate politics. With her strong passion and targeted comments, she has become a controversial figure over North America, with former U.S. President Donald J. Trump mocking her on his Twitter account, which at the time amassed over 60 million followers. Everyone who knows her name has an opinion on her and her movement, whether positive or negative, is another topic.

Greta Thunberg is the definition of "No one is too small to make a difference." The Conversation offers up a unique take on the changes she has had to society. It's called the "Greta Thunberg Effect." While it doesn't happen immediately, those who are more aware of her are more likely to make an effort to aid in climate change, even in small ways, such as wasting less food or being conscious of the amount of energy they use. Those who hear her story know that she was once ordinary and find her inspiring because she has made such a severe impact on the public view of climate. The study they took even showed that this effect was similar for all age and political demographics. The more people engaged with the course of climate, the more influential people, such as government officials, will feel pressured to act.

To save the earth, we need figures such as Greta Thunberg to influence public change. While we are headed in the right direction regarding our actions, we need to completely rearrange the public conscience. Grade 10 Student, Leela Sinha, says she combats climate change by "walking or using public transport as much as possible." I encourage you to research and learn about how you can impact and help reverse the effects of climate change!

This Show's A Remake?

By Brooke Bischoff (Grade 12)

Film director Martin Scorsese once said: "movies touch our hearts, awaken our vision, and change the way we see things." Messages portrayed on the screen can resonate with viewers and keep storylines close to our hearts. A new frenzy of reboots/remakes has clung to the entertainment industry, allowing viewers to revisit storylines and has benefited the business exponentially. Has this frenzy been of benefit for all?

In conversation with Peter Hill, Director of Programming at Corus Entertainment, a proper understanding can be made about this new remake craze. "From a nostalgia standpoint, there is great fun in providing an audience with a chance to revisit a popular storyline. Franchises such as 'Star Wars' carry with them a huge built-in following, and creating a remake offers a new chapter in a great way." With the remake phenomenon taking the entertainment industry by storm, viewers can dive into some of their favourite storylines again and enable the production studios to provide secure stories that once did well. "From a business standpoint, reboots, remakes or sequels allow the investment in a production to be made based on a 'proof of concept' with a track record of success," commented Mr. Hill, "a good story, well told will always win!"

Since this remake frenzy began, audiences' reciprocation to this new age in entertainment has been overwhelming. According to Olivia Wooton, from The Depaula Newspaper, "of the top twenty highest-grossing films of 2019, three of them were not some form of a remake." Although remakes are a safe bet to make, many viewers compare them to the classics and can be made unappealing to younger generations. When asked if they enjoyed watching remakes, five out of forty students from Del in all grades claimed they liked reboots, yet the rest expressed major dislike in this new culture. Some said the storylines of the past were "boring" and "overused." Since remakes tend to focus on the generation it originally was geared to, bringing remakes back for the generation it was successful towards doesn't mean it will be as compelling to today's younger generations. A win for one generation can't be a win for all.

In this new era of remakes, it can genuinely be seen how far we had come from the time when these classics have initially been on the air. Derogatory language, racism, inequality, and gender stereotype portrayals all were encompassed in the shows of the past; how could we have been so blind to these injustices? Avery Bailey, a grade eleven student from Del, commented, "Gossip Girl, recently was remade with a newer generation. The old Gossip Girl showcased a mainly white cast with little equality and diversity. The new remake shows a vast amount of inclusion by showcasing different communities and so much more! Even though the remake was a bit unoriginal, I loved to see the diversity incorporated!" Along with improving as a generation, a plus to having so many remakes out on television networks and viewing platforms these days is creating conversation among family and friends. "My dad is a huge Star Trek fan, and when the reboot came out, I watched it with my dad and found that we could bond over one of his favourite shows," commented Matthew Li, a grade twelve student at Del.

Furthermore, it is safe to say that revisiting classics brings some sense of enjoyment to all viewing audiences and, if anything, allows viewers to check up on their favourite characters!



Keeping Up With The Trends

By Sophia Silva (Grade 11)

Being part of this new generation means that most of us spend a reasonable amount of time on social media. Do you ever find yourself scrolling through your "For You" page on TikTok, overwhelmed by the numerous trends that seem to be becoming popular or seeing influencers become, as our generation calls it, "cancelled?" I'm here to keep you up to date on today's trends ranging from M.E.T. Gala outfits to TikTok.



Fashion: Haven't you heard? The '70s to '00s are back and better than ever. 2021 might as well be a time capsule when it comes to fashion! If you've found yourself feeling nostalgic while on social media or seeing how people are dressed on the streets, you're not alone. This year, we are seeing many trends introduced by huge names in the early 2000s like Christina Aguilera, Britney Spears, and many more. Today News tells that "what results is a hodgepodge of familiar trends, spanning from the disco decade to the early aughts, with some modern-day updates in prints, hemlines and the like." Though not all of the trends are making comebacks, most are, like large hair clips, low rise jeans, and much more. Keep an eye out because you never know what you might come across!

Events: The M.E.T. Gala has struck again. One of the biggest nights in fashion was cancelled last year due to the pandemic but has made a comeback in 2021. This year's theme, "In America: A Lexicon of Fashion," exhibited many tributes paid to former trendsetters and historical figures of America, like Audrey Hepburn, Marilyn Monroe, or Elvis Presley. The huge event had many outfits, from black and white tuxedos to large ball gowns.

Movies: For all you Marvel fans out there, "Shang Chi and the Legend of the Ten Rings" is out in cinemas now. The new film starring Canadian actor Simu Liu made over \$21M in its third weekend out in cinemas. "The latest Marvel film is now the highest-grossing domestic release of 2021." Whitten S. (September 26th, 2021) CNBC. This new movie is a massive step for Canadians in the entertainment business. It allows the Canadian market to start to be explored deeper by both the viewers and the industry. The movie has added more diversity to the industry, as Shang Chi has a predominantly Asian cast and director. This movie, along with "Black Widow," "Wanda Vision," "Falcon and the Winter Soldier," and "Loki" helped the Marvel Cinematic Universe earn 21 nominations for the People's Choice Awards.

Tik Tok: "I'm passing the phone to someone who" is reading this article. This Tik Tok challenge has become one of the most prevalent challenges with over 13.9 million views. It calls upon friends and family to call out each other's habits or funny moments by simply "passing the phone" to one another. Over the pandemic, Tik Tok has become a huge platform for teenagers and adults to express themselves or even take a break from the stressful world. This Tik Tok trend was one of the many trends that went viral worldwide and allowed people to get to know each other better in silly ways.

How I Got On To A Sports Reality T.V Show

By Liesel Munar (Grade 11)

Early this year, I filmed Season 4 of a youth-oriented sports reality T.V. show called "All-Round Champion." Ten elite athletes have only three days to learn each sport with help from the sports leader and sports star. I learned about the show through Karate Canada as a top athlete and decided to apply because it was an opportunity to show the world what Karate's about while learning and competing in other sports.

The application process involved: a written Q & A, videos of our training/competing, a video of why we wanted to be in the show, and online interviews. When I interviewed a fellow cast-member and the first-ever Para-athlete to compete on the show, Rebecca Mideros, on how she got accepted, she said, "A woman ... who worked for casting on the show reached out to me through an Instagram D.M... [she] asked me if I wanted to apply since she stumbled across my name on the Ontario Para Ski Team website."

I also interviewed the casting coordinator and producer, Josh Tavares, about the application process. He explained, "This starts with the casting producer/director narrowing down the options to a shortlist to show to the series producer ... then picks their favourites and brings them to the network where they make the final decision. Ideally, we have an equal mix of U.S./Canadian, male/female, ten interesting new sports, and a good mix of ages. Athletes also need to have an impressive sports resume, know how to tell stories, and are not shy in front of the cameras!"

Tavares also shared, "It's a lot harder to be on the show than people think - long hours on set, followed by homework and trying to still have a social life. It can be a lot ..." Mideros added, "There's no question I would go back without hesitation, and I wouldn't change a thing."

Mideros's advice for anyone interested: "... don't be afraid to try new things because you never know what you can do unless you go out there and try it for yourself. Don't hold back from challenges. Face them head-on cuz in the end, if you succeed, it feels great, and it's even more fun to work hard and prove others wrong."

My advice to those reading this: Be courageous; it's never too late to accomplish your dreams. Try out for that sports team, join that club, audition for that role. But remember to want it. You must want to achieve the goal. You must want to improve. You must want to learn. Keep on pushing and never lose hope; you just might take away more than what you came for.

Although the air date of Season 4 in Canada is still unannounced, it premiered in the U.S. on September 7th, 2021. The season finale aired on November 16th, 2021, but can still be streamed anytime. If you love reality tv, sports, or competitions, watch All-Round Champion now!



Book Recommendations Based On DEL Student's Favourite T.V Shows

By Beatrice Dimmock (Grade 10)

Everybody loves a good T.V. show, there is nothing more relaxing than cozying up to watch your favourite show, but reading can be just as great when reading something you love. While interviewing Del students in grade 10, it was interesting to learn everybody's different tastes and opinions regarding television. Whether it's funny shows like "The Office" or "Modern Family," or more intense shows like "Money Heist" or "Grey's Anatomy," it was clear that Del students' two favourite genres are drama and comedy. The consensus was that students like newer shows instead of older ones in the drama and comedy genre. Similarly, the books they liked followed the same patterns.

In the comedy genre, the most common favourite T.V. shows include "The Office," "Modern Family," "Brooklyn Nine-Nine," and "Friends," as one may say... the classics! A comedic or humorous book that I would recommend geared more towards younger students in this genre would be Carl Hiaasen's "Flush," a New York Times bestseller about a young boy who lives in Florida with his parents and sister and has some quite funny moments. It explores his experiences in the Florida Keys with his family, but things change when his father gets put in jail.

Many people I talked to said that their favourite T.V. genre was drama. They like the ups and downs and the way you grow attached to a story. Sofia Iglesia, a grade ten student, said, "I find drama shows exciting to watch because of everything that's going on." Some favourites were "Money Heist," "Greys Anatomy," and "Outer Banks." A book I would recommend would be "One of Us Is Lying" by Karen McManus. This book is a young adult mystery drama about someone who suddenly dies in afterschool detention. It follows the story of four very different high school students who are being investigated for the murder of their peer. It is a thrilling easy-read story that you will love.

If you are not looking for a novel and would rather have a shorter read or a comic, I would suggest the Archie comics: A hilarious series of comics following a group of friends. A graphic novel I would recommend in the drama section would be "Through the Woods," a book by Emily Carroll compiled of 5 spine-chilling but amazing short stories that will blow your mind!

To wrap things up, those are some books I recommend based on your favourite shows. There are many great books out there to enjoy, just like T.V. shows, and these are



Covid-19 And The Closure Of Del Theatre

By Matteo De Francesca (Grade 10)

Del has a very successful theatre production. Each year it is directed and produced by Mr. Luchka. Many students from all grades participate in Del's Theatre productions either as an actor or backstage help. As well, former Del students also help out with teaching choreography and other related matters. When Covid-19 hit, the primary production in progress, Les Misérables, was cancelled, and sadly, there has been no production in the last two years. There is no doubt that there are many adverse effects on students by not participating in Del Theatre. Many students in the Del Senior School were closely involved in the productions over the years to pursue acting or producing careers, but these plans were derailed due to Covid-19. Furthermore, many students were drawn to Del for the sole purpose of its theatre program. Even for the students in the audience, missing this big cultural and social event has been a major loss.

Audrey Cheng is a grade 10 student who has been at Del since grade 6. Audrey has participated in the productions at DEL in grades 6, 7, 8, and now 10. In grade 6, she did not have a lead role in "Oliver Twist." Still, she immediately became a lead the following year in "Mary Poppins." This year, she will participate in the theatre production, "A Musical Theatre Revue." Audrey was negatively affected by the theatre closing as she could no longer express herself through acting and singing. It is as if a part of her was taken away.

Cara Loganadhan, a grade 12 student who has been at Del since grade 5, has been involved in the theatre productions in grades 5, 6, 8, and 10. Cara was very excited about her acting role in 2019 and worked very hard, even taking extra singing lessons. "I was upset about the closure of the play in grade 10 as it was my first solo, and then I did not have that opportunity due to Covid-19. Then, further into grade 11, we had no play, and I had no big outlet for stress relief, which was what the play was for me, as it allowed me to express my creativity." Cara continues to say, "I'm very thankful we have the play this year even in a smaller light, but I'm very upset about all the time with the play that was taken away. Especially since it built such a connecting community with the junior and high school kids which I had been a part of since grade 5."

I have been acting in the theatre every year that I attended Del. Before Covid-19 restrictions. I was a cast member in theatre De La Salle in grades 5, 6, 7, and 8. These plays were "The Pirates of Penzance," "Oliver Twist," "Mary Poppins," and "Les Miserables." The cancellation of the theatre has had a substantial negative impact on me because the outlet that has always provided me with a creative channel from my rigorous academic studies was taken away. I am very excited and thankful that school is

going back to normal because that means that the Del theatre productions will also be back to normal!

The Basket Project: Helping The Homeless

By Sofia Llewellyn (Grade 12)

This past summer, three current Del students found a way to give back to their community during Covid-19. Sophia Bucciarelli, Yubine Lee, and Sofia Llewellyn were the first managing interns of The Basket Project, a nonprofit organization founded in April 2020 by three De La Salle Alumni, Alex Mastromarini '19, Nathan Lee '19, and Jack Tomé '19. The goal of The Basket Project is to provide relief and protection from Covid-19 to the most vulnerable segment of society, the homeless population, by raising funds and resources to assemble baskets containing personal hygiene products.

The Basket Project was founded because of three people's passion for philanthropy. Nathan, Jack, and Alex all believe that their motivation for this initiative was their high school experience at Del. They had various opportunities to volunteer and interact with dozens of charitable organizations. Nathan remarked that after volunteering, "You leave feeling fulfilled, and that was why we wanted

to continue volunteering."

The Basket Project has raised well over \$27,000 and has delivered more than 1,300 baskets to fifteen organizations across Toronto, Hamilton, Oshawa, and Vancouver. They have had numerous accomplishments; however, Nathan stated that a major one was "being able to continue sustaining the livelihood of The Basket Project past the five-to-six-month plan that we had initially had." The expansion of The Basket Project happened more quickly and on a much larger scale than they could have imagined, which allowed them to make a real difference in the community. Jack commented that it was incredibly fulfilling to know that "...we put our stamp on the city and left a mark."

Another milestone this organization had was the recruitment of their first managing interns, Sophia, Yubine, and Sofia. They were fully responsible for the Toronto division, including fundraising, marketing, sourcing products, and basket deliveries. By the end of the internship, they raised over \$4,500 and delivered 300 men's baskets to Covenant House Toronto and 300 women's baskets to Sistering and Nellie's Administration. Sophia stated that she loved "Being able to see the impact we were having on our community." Additionally, Yubine remarked that through the basket deliveries, it was "...nice to see that we could help because they needed the supplies, especially the female hygiene products."



As expressed by Jack, the problems facing the homeless population will never end, no matter how much money is pumped into it. Nathan stated that their plans going forward are for The Basket Project "...to exist beyond the pandemic and its needs, and it can adapt to the changing needs of the homeless population, and maybe even other populations in need of support." The Basket Project will continue to impact both those volunteering and those that receive the baskets. The founders and the managing interns of The Basket Project have truly demonstrated what it means to be a Lasallian, embodying the Del motto, "Enter to Learn. Leave to Serve."



Eight Great Volunteer Opportunities

By Hannah O'Keeffe (Grade 10)

The Ontario government requires at least forty hours of community service work to graduate; however, universities appreciate more. Volunteering helps communities connect and thrive off of each other. A Deloitte survey shows that 77% of nonprofits believed that to improve their businesses, skilled volunteers would help, and 74% of people believe that their volunteerism provides an improved sense of purpose. Whether you are looking for

Off-Campus/ Honest

experience to add to university applications or help people in need, here are some great volunteering opportunities to get you started.

Volunteer for Dog Walking

Love Dogs? Want to keep up with your Fitbit? Over the age of 16? Zoomies is for you! As an initiative started during Covid-19, Zoomies offers free dog-walking for those incapable due to heightened risks. Volunteers sign up on their website and wait to be matched with the perfect dog by the initiative's team. Zoomies is available all over Ontario and in any neighbourhood, depending on where those in need are located.

Run A Children's Book Drive

Having run one successful drive myself, I can say that not only is this effective, but it is a surprisingly simple process. One great organization is The Children's Book Bank, and they hold book drop-offs every other Saturday. To get started, read the regulations for donatable books, create a poster or post on social media, and wait for the books to start flying in. Families often have books from when their children were younger that are lying around and are in good condition, so your friends and family are a great place to start.

Love To Get Your Hands Dirty?

Evergreen Brickworks offers a variety of volunteering opportunities. You can help run festivals, support urban agriculture, and aid in urban activation. Located close to the heart of Toronto, the T.T.C. has a stop at the Evergreen parking lot, making transportation easy for those who cannot drive themselves. This specific opportunity is great for nature-lovers, as Evergreen owns a large expanse of unharvested land, adding docks, and paths for hikes, walks, and bike riding.

Help Save the Planet

L.E.A.F. (Local Enhancement and Appreciation of Forests) assigns volunteers to plant and mulch native vegetation. They are actively encouraging citizens to make a change in climate change. If you don't like getting your hands dirty, you can help photograph their events or contribute to their blog.

Interested in Healthcare?

P.U.M.P. (Prospective Medical Professionals) has an opportunities page offering volunteer and intern opportunities to teens and youth interested in healthcare. Ages differ depending on each hospital or practice, and some even cater to children as young as 13. These opportunities offer excellent learning opportunities, mentors, and expertise.



The Season of Giving

By Vanessa Cuiuri (Grade 12)

As the Christmas season approaches, charities and nonprofits peak in their yearly trend cycle. In times of holiday, moral responsibility and virtuous intuitions propel charitable attempts and influence a surge of donations and volunteers. However, as the holiday season ends, so does our onus to give, yet the causes remain rife and extensive. The shift toward Christmas being regarded as a cultural phenomenon generates the construct of giving to be a momentary and fleeting service, rather than acknowledging it as a tenet of goodwill toward all. Moreover, the Christmas season is critical for charities, most of which depend on Christmastime donations to keep them afloat. However, charities at Christmas must compete with the glitzy celebrations and ornate decorations that distract us from the true meaning of the Holidays.

Centuries of cultural evolution have expanded and manipulated the paradigms in which we view and celebrate Christmas, and with the growing prevalence of consumerism, we have conflated Christmas charity with gift-giving. Instead of focusing on virtuous traditions, we focus on gift-giving to satiate our empathetic considerations. As most are resting, relaxing, and celebrating during the Holidays, an influx of charity requests coupled with a sense of guilt may impel people to share their financial and material abundances. Thus, explaining the psychology of Christmas giving, for we, as a society, do not take the initiative to be charitable unless we are at a lull in our daily distractions or are being convinced by the surge of nonprofit marketing. Viewing charity services as one-time acts rather than long-standing issues evades the premise that the social problems that seek donations and volunteers do not disappear the rest of the year.

Furthermore, Christmas is a competitive marketplace, for much attention is given to large charities, while the small and medium-sized ones fall into the back of agendas. The minimal funding small organizations receive must be poured into marketing and strategizing, feats that are not always successful if they do not have a high public presence. Continually, the stream of donations over a short period disrupts the financial balance and creates the mismanagement of cash flow during the quieter times of the year.

Charities are undoubtedly grateful for the Christmas rush, but making this outpour a year-long practice is imperative. We must shift toward a common culture that makes active and practical attempts to make charity and service a year-long commitment. In doing this, we can replace charity as a response to fill societal expectations into a genuine humane reaction. To do so, we should adequately equate our efforts individually and communally and centre our empathies under the Lasallian credo to "Enter to Learn and Leave to Serve."

Image from The Toronto Star Santa Claus Fund, an initiative seeking to provide children under 12 with a gift to open during the winter holiday season.



A Perfect Gift

By Tea Cvetkovik (Grade 10)

Trying to find the perfect gift can be one of the hardest tasks you will have to do. With Christmas nearing, I have you covered. I have compiled a list of perfect gift ideas for the people in your life this holiday season.

During the holiday season, cards are being passed out left and right, but nothing is more unique than a handwritten card. A personalized touch to go along with all these gifts is a heartfelt message on a homemade card. This can be as simple as drawing a Christmas tree on a white piece of paper and saying, "Merry Christmas." It truly is the thought that counts, and taking the ten extra minutes out of your day will mean a lot to the person receiving it.



For Mom

A heart-shaped cake:

It is always lovely to receive a cake, but even nicer when it is homemade. Making a cake can be challenging for some, but it truly is the thought that counts. A special touch is making the cake into a heart by cutting it to the best of your abilities. Fun fact, if the cake falls apart, it's perfect for cake pops.

A necklace or bracelet:

A gift your mom can hold with her wherever she is. Adding "mom" or your initials can be a special touch.

A paid spa trip:

This gift will not only relax your mom but will also get you on her good side.

For Dad

Favourite Perfume/cologne:

Why not get your dad something he will use every day. It's as simple as going to his closet and finding his favourite scent.

Sports tickets:

Cheering for your favourite sports team is such a rush. Who knows, maybe the second ticket will be for you.

A set of funky socks:

Add a bit of colour to your dad's wardrobe with socks of all different colours and patterns. From bright oranges to spicy peppers, there are socks for everyone.

For Siblings

Favourite sports jersey:

A fun way to stand behind your favourite team, and even start some friendly rivalry with friends and family over the best team.

New shoes:

Everyone loves a new pair of shoes. Just remember to get the size right by comparing similar models and fits.

A google home:

This can assist them daily with the weather, time, and other random questions and doubles as a speaker.

For Best friends

A photo book of all your memories:

Having a book with all your favourite memories can be one of the most sentimental gifts. Printing photos can be an inexpensive way to show your appreciation. Adding a caption to each photo can bring your book to the next level.

A piece of clothing they wanted:

Off-Campus / Sports

This may sound simple, but it can go a long way. They will be happy to know you truly know their style.

A piece of jewelry:

Jewelry has become popular among both genders and is always a classy gift. If you want to take it one step further, you can get a matching one for yourself.

Warm socks with hot chocolate:

To get into the season, you can create a goodie bag for your friend. Nothing beats sitting on the couch watching a Christmas movie in fluffy socks and drinking hot cocoa.

For Teachers

Shopping for a teacher can be demanding as you know them in a professional setting. Opting for a gift card from a store they like can be a good alternative.

A gift card for those early morning coffee runs:

Some caffeine for the early morning prep or late-night marking sessions goes a long way. You have got your teacher covered with this gift.

An Indigo gift card for all their reading needs:

Books can be tough to shop for, so it can be easier to give a gift card if you don't have a specific book in mind.



The Best Pizza in Toronto

By Nicholas Dellelce (Grade 10)

For the last two years, I have been on a mission to find the best pizza in Toronto. With the number of pizza places in Toronto significantly increasing in the past few years, finding the best pizza is a big task. In this article, I will be sharing my findings from my last two years of pizza hunting.

First of all, what makes a pizza good? As everyone knows, a pizza is made up of four fundamental ingredients: sauce, crust, cheese, and toppings. Most pizza aficionados can agree that the two most essential parts of a pizza are the sauce and the crust. I believe that the sauce is the most crucial part of the pizza. It's the main component of the

flavour. It is also important to note that white-base pizza is not a pizza. White-base pizza is flatbread! In general, a good pizza is good all-around and has high-quality ingredients.

I have tried over 40 different pizza places in Toronto, and I have made a list of the best pizza places in Toronto based on the restaurant's taste, convenience, look, and vibe.

1. Maker's Pizza

This is the pizza place that started the wave of pizza places opening in Toronto. They were the first ones to boom in popularity. They have an all-around good pizza, though it is a heavy and greasy pizza, which is fine if you like your pizza that way. However, they have one glaring issue that is their customer service. They, by far, have the longest delivery time of any pizza place I have been to.

Overall Score: 7.5/10

2. North of Brooklyn Pizza

Another well-known pizza place, North of Brooklyn, is the only pizza in Toronto unique to any other restaurant. If there were a Toronto-style pizza, this would be it. The only issue with their pizza is doughy; however, some people prefer a doughier pie. They also have the best side out of any place on this list, their amazing garlic knots. Delivery time is quite long; however, it is shorter than Maker's.

Overall Score: 8.5/10

3. Pizzeria Libretto

They have a good pizza; some may say it is excellent; however, it is by far the most overrated pizza place in Toronto. The only plus is that they put parmesan on their pizza. Many people act like this is the best pizza they've ever had; however, they are just blind-sighted since it is the fanciest restaurant on this list.

Overall Score: 6/10

4. Pizzeria Oro Di Napoli

One of the lesser-known pies in the Toronto pizza scene, Oro Di Napoli, is the best Italian-style pizza in the city. They have no flaws besides that there is only one location. It just comes down to what you prefer: Italian or American-style pizza.

Overall Score: 8/10

5. Badiali Pizza

This is a hidden gem of the Toronto food scene. They have one location, pickup or dine-in only, and you are only allowed four slices for pizza. This is my favourite pizza place and the closest pizza in the city to a New York-style pizza. One of the tastiest pizzas I have ever had, definitely the most delicious in Toronto. Their only flaw is their lack of delivery; however, their pizza more than makes up for it.

Overall Score: 9/10



De La Salle's Newest Addition

By Felicity Kannu (Grade 12)

With new staff coming to the school this year, we have gained many incredible additions to the faculty. After having to find a new coach for the basketball teams, Del acquired Jay Hook for the position to run and oversee all the teams. Mr. Hook is a former professional basketball player who played in the NBA summer league and went along to play professionally in Argentina, Mexico, and Chile. Although he only started playing in 8th grade, he had a natural affinity for basketball and immediately fell in love with the game. Mr. Hook went on to play at the University of Tulane which he chose not only for its academics but also because of its status as a division one basketball school. After playing for Tulane, he played in the summer league for the Pelicans alongside many current NBA stars such as Devin Booker. Mr. Hook continued his journey by playing professionally in Latin America until he was injured which led him to his current job as a coach. He stated that he immediately took the job when it was offered to him as it sounded like a great opportunity. As for his future at the school, Mr. Hook said that while he plans to stay here, as he loves the students, his goal is to coach at college or at a professional level.



With the plethora of new rules, regulations, and protocols introduced worldwide to manage the pandemic, many activities that previously ran are in jeopardy of being taken away. While vaccines are being distributed more and more around the world, many are still concerned about the safety of participating in activities like sports. Luckily, at Del sports and clubs have made a full return ensuring students can get the most out of their school years. With this new opportunity to learn from such a high-level player, we can be thankful that in all this chaos we can have such incredible resources available to the student body.

Sports Psychology: An Athlete's Saviour

By Connor Sparkman (Grade 12)

As of 2017, the NHL (National Hockey League) requires a Sports, Performance, or Mental Psychologist ready for every team and athlete when needed. This is how the stigma surrounding mentality and mental performance goes away. Subjectively, the mental aspect of a sport outweighs the physical aspects. There is no such thing as Kobe Bryant without his mentality, just as there are no 20 Grand Slam wins by Djokovic without his mental clarity and precision. The most prestigious athletes from sports like tennis, golf, volleyball, soccer, swimming, rock climbing, basketball, baseball, hockey, and more, use mental coaches and performance psychologists to improve their overall performance. You can have a fantastic tennis player, but with a bad mindset, they go nowhere. These psychologists also speak to athletes about their mental health and how that relates to their actions on and off their sports fields. Sair Fine Shepphird, Ph.D., says "By discussing their mental health concerns, they have opened the door for athletes of every age and background to seek help for theirs" (November 2018, Kirsten Weir). Think of sports psychology as a tool or a practice drill. You want to build muscle, you lift

weights every day, you want to be the best swimmer, you practice every day, and if you want to have the best mental mindset and mentality you can have, you work on it every day. Sebastian Ezman, a hockey player, and student at De La Salle says that “the mindset in sports is everything, I’ve seen guys have one bad play, and they play like the game is over.” You cannot deny the fact that the mental aspect of sports is so crucial, and it is the secret key to athletic success. Madison Sparkman, a provincial swimmer for J-Dolphins, says that “if I am not mentally prepared for a practice or race, then I am not physically prepared either.” Many competitive swimmers warm-up before a race; however, the elite swimmers spend most of that dedicated “warm-up” time focusing on their mindset going into the race. As Mr. Vhalovic would say “Your only motivation is yourself.” Sports psychology helps develop that. If you are an athlete and ever have the pleasure of working with a sports psychologist, they will teach you everything you need to learn about your mind and how to precisely perfect your athletic concentration, composure, confidence, consistency, compassion, and commitment. It is worth every second.



Sport's Are Back At DEL

By Samuel Mazza (Grade 12)



In March of 2020, sports were suddenly brought to a halt due to the rapid spread of Covid-19. The pandemic shocked the athletic community, leaving most teams with mid-season cutoffs. The Del athletic community was taken by surprise, as the pandemic let down many avid athletes that were looking forward to playing in the upcoming spring season. The pandemic took a toll on everyone as it took away the student’s ability to play school sports. Adam Watts, a student of Del, spoke briefly about how the absence of sports impacted him during covid, and he said, “I felt I didn’t have any time to distress and escape from the stressful school year. I found myself not being able to focus and be productive when it was time to do work because I felt like I was stuck in a rut.” Many students resorted to staying active at home in their own ways. When asked about his at-home workout routine, Joseph Giordano, a Del hockey player answered, “during the absence of sports I began to workout in my home gym more often, as well as playing basketball with my brothers outside.” While students found ways to stay active at home, it still did not help the students that missed playing team sports. Playing as a team with their closest friends can be a way to destress for many students. A Del student when asked how the lack of physical activity through team sports affected their mental health, answered, “it did more than I expected, I felt like I was missing something and had no outlet. I used team sports to clear my mind, have fun and also help manage my stress and anxiety. Without it, I had to come up with different ways to manage my mental health.” After all the trials and tribulations Del students had to face during the pandemic, this year, with a few modifications, sports were able to return to school. With protocols in place to ensure everyone’s safety, Del is able to return to and finish

the much-awaited sports seasons. Some of the protocols put in place by the school are proof of vaccination and filling out a quick covid screening form pre-game and before practice. As well as, minimizing contact between players as much as possible, this means all sports played must be modified to be non-contact. With these few modifications, it helps everyone stay safe and allows sports to resume at Del. After sports getting the green light, Del did not waste any time getting back into it with sports starting immediately in September. When students were asked how the return to sports felt, Johnny Baglione, another Del hockey player, answered, “it felt amazing! It was truly a surreal experience when I first stepped on the ice. In a way, it almost felt like I was learning the sport again after being away from it for so long, but it didn’t take too long to get the hang of it again.” Michael Charavalatti, a Del golf player stated, “I am really looking forward to the golf team in the spring. Since I came to Del, Covid-19 has prevented the season from happening. So, I am pretty excited to finally be a part of the team this year.” The sports teams at Del are managing the Covid-19 protocols really well. Have fun out there and keep safe Del!

Lakers Gamble on a Bunch of Veterans.

Kenny Le (Grade 12)

The Lakers gamble on a bunch of veterans to help LeBron James and Anthony Davis advance to the finals in the playoffs. For a team that is a title contender because of the blockbuster trade of sending their young talent of Kyle Kuzma, and other role players to the Washington Wizards. In return, the Lakers received veteran superstar Russel Westbrook. During the opening preseason of the NBA, the Los Angeles Lakers showed a poor result with being last and having the worst record of the 2021-2022 NBA preseason. With an average age of low to mid-thirties of their players on their current roster, could the old age of their superstars be the biggest opposing threat of winning another NBA Championship?



Lebron James is 36 years old, Russel Westbrook is 32 years old, and Carmelo Anthony is 37 years old. The youngest superstar of the 2021-2022 Los Angeles Lakers is center/power forward Anthony Davis, at 28 years old. While the superstar of the Dallas Mavericks, Luka Doncic, is only 22 years old. During the NBA preseason which began on October 3rd, 2021. The Los Angeles Lakers started the preseason with a record of six consecutive losses, which puts them 0 and 6 at the beginning of the preseason. This gives them “the worst record of any team in the exhibition season” (Pelton, 2021). The only other title-contending team that they faced during the preseason was the Brooklyn Nets. Within these first six games, they lost by an “average of 15 points per game.” (Pelton, 2021)

The Los Angeles Lakers have had a track record of their superstars being injured during the regular season, and eventually missing the playoffs due to the severity of the players’ injuries. Before the Lakers faced off against the Golden States Warriors on October 8, 2021, during a press-conference LeBron James confesses that he doesn’t “play the game thinking about injuries.” (Mcmenam, 2021) Last year the Los Angeles Lakers were the 7th seed in the Western Conference, and during the last game of the regular season last year “Lebron James went down after rolling his ankle.” (Rivera, 2021) The 2021-2022 NBA season will be Lebron James’ 19th season playing, and the numbers will keep on rising. With the addition of Russel Westbrook this year Lebron James should have his regular-season load management be cut in half. Now, there is another superstar on the team. Without Lebron

James, the Lakers seem to struggle during the regular season, and the playoffs, as he is the centrepiece of this team. During the Lakers six consecutive losses during the preseason this year, “Lebron James played just 73 minutes over three of the Lakers’ six games, and the team was plus-17 with him on the court, per NBA Advanced Stats.” (Pelton, 2021) Statistically, it shows that the presence of Lebron James does matter on the court, even though there are two other superstars on the team. By risking the chance of giving Lebron James more minutes during the regular season could result in the same outcome that the Lakers had last year.

So, what is the most important factor that the Lakers should consider if they want to go back to the finals and potentially win another championship? Well, according to Del’s very own NBA pro, Jay Hook. He played during the 2015-2016 NBA summer league for the New Orleans Pelicans and is currently the coach of the U14, Junior, and senior girl’s basketball team. He believes that “age is always a factor, with the Lakers the biggest thing for them is going to be rest. I think the regular-season record may not going show exactly how good they actually are because they are veterans, they do have maturity on their side.” Rest seems like the Lakers’ best chance of getting ready for the playoffs this year and allowing their veterans to be ready for the future challenges of the playoffs. Furthermore, student Massimiliano Paraninfo, Grade 12, does not “think they will win a championship any time soon because they are only investing their time in three amazing players.” The Lakers seem pretty good on paper, however, will that translate to reality as the season continues?

Competing In Sports Without Lacing Up

Jaquim Magnone Pedrosa

If you think that sports are just for jocks, think again. Introducing Esports, a competitive multiplayer video game community played in front of spectators. Esports is the new way to play for all. Before, people with mobility issues were limited in the variety of sports they could play, but advances in technology level the playing field.



Some people have never felt comfortable joining teams at school because they feel that they don’t fit in. According to the American Psychological Association, children that feel socially rejected have a higher chance of feeling the effects of anxiety, depression, jealousy, and sadness. Esports is a way for kids to connect with others, be part of a community, and feel accepted. By incorporating Esports into schools it gives kids a chance to get involved with the school community while doing something they love. Not only does it give kids a chance to join another school team, but it also teaches kids skills like leadership, listening, communication, time management, and sportsmanship just like traditional sports. Esports can teach kids important skills for the future and can also become their career. Universities like the University of Toronto and the University of British Columbia offer Esports teams and scholarships. There have been many tournaments with millions of dollars to be won and it continues to grow annually.

Keagen Smith, a 19-year-old from Windsor, Ontario, first got into gaming at the age of two. At the age of 13, he quit the sport he loved, hockey, and switched over to playing it on a screen. In an interview with Alana Hadadean, of CTV Windsor, Keagen’s mom said, “He learned communication, he learned teamwork, support, loyalty, and leadership. Everything we put him in hockey to learn he learned through gaming. So at the end of the day, I can’t get mad at him about that, he learned everything I wanted him to learn.”

Sports/Honest Breakman

Keagen, from the age of 18, has joined two Esports teams. Altiora and Parabellum Esports. While playing for these teams he has earned approximately \$24,800 in three tournaments across the world. Who says someone from the Del community can't be the next world champion of gaming?

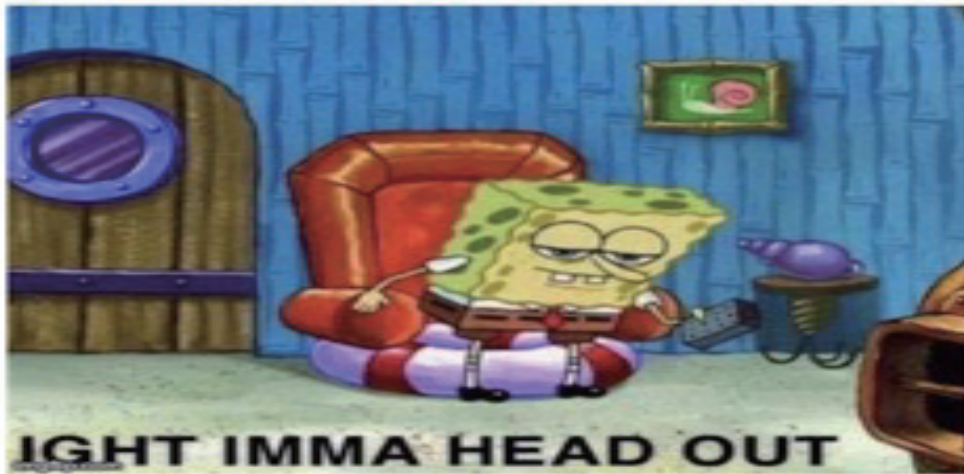
Many students said that having a Del Esports team would be a great addition to the extracurriculars offered at Del. Given the feedback from these students, do you agree that Del should have an Esports team? Let the school know.



DEL Meme's

By: The Communications Technology Class

WHEN THE CAF COOKIES ARE GETTING SMALLER EACH YEAR



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