

LEP PRESS

LEP News | World News | Sports

An Amazing Year for Flag Football

By Emily Cooke

The Girls' Flag Football team headed into playoffs undefeated, winning all six of their regular season games. Getting a bye for Quarter Finals for their amazing finish, the girls were set to play their Semi Final game on Tuesday, October 30 against Lockerby at 2:00pm. Due to inclement weather, however (too much snow on the James Jerome field), the game was pushed to 1:00 pm on Wednesday, October 31. The change in plan didn't affect the girls play, however, as they beat Lockerby 7-0 and were set to play Finals the following night (November 1). Facing Lasalle at 7:00pm, the girls played a hard fought match, but fell 16-3 in the end. The girls had an amazing season, ending 7-1 and bringing home the silver medal.



Photo supplied

Quote of the Month

Jayde Hurley

"We're all travellers. Some of places, some of hearts, and some, of memories." - Unknown



Photo by Olivia Taylor

The Halloween Dance

By Olivia Taylor

On October 25, our school had the annual Halloween Dance which started at 7:00 pm and lasted until 10:00 pm. It took everybody a little bit of time to get started, but once they did everyone had a blast! There were so many amazing costumes and there was a great, happy vibe. As per usual, the Student Council went all out in decorating the cafeteria, filling it with streamers and balloons and creating an amazing haunted hallway that you had to walk through in order to get to the dance.

They also did a fantastic job on the snacks, having homemade cookies and muffins, dozens of juice boxes and a huge bowl of candy and chocolate set up for people to take what they please, though it didn't last very long. Towards the end of the night, a dance off was held between Rebecca Wiseman and Brenyn-Lee Marcoux, and while both of them were very impressive on the dance floor, Brenyn ended up winning with the most applause. Overall, the Halloween Dance of 2018 was a huge success, and a big thanks goes out to the Student Council for putting in so much effort into making everything perfect!

Boys' Football Playoffs

By Emily Cooke

The Boys' Football team finished their regular season 3-2, and headed into playoffs on Friday, October 19. Their Semi Final game was against St. Benedict's, and the weather conditions were frustrating; with strong winds and rain, visibility was reduced and the boys had trouble controlling the ball. They fought hard, but in the end lost to St. Ben's 43-1 after a great season.

Reach For the Top Season Starts Out Strong

By Gray Brogden

On Friday November 2, Lo-Ellen Park's Senior Reach for the Top team travelled to Sudbury Secondary School for their first tournament of the season. The team went undefeated, winning each game by a minimum of 70 points. The team ended the day with a total of 1940 points, throughout their 8 games played.

This is the first of three tournaments the team will play throughout the season. With hard work and lots of practice, the team hopes win the city championships and advance to regionals, to be held in Scarborough in early spring.

This year's senior team includes members: AJ Lecour, Paul Ashley, Matthew Rigg, Matthew Merrylees, Louie LeRiche, Daniel Musico, Ian Gibb, Eric Dissanayake, Ice Chan, Olivia Taylor, Mira Elstub and Team Captain Gray Brogden, led by faithful coach

Photo supplied



Lo-Ellen Park's Poetic Adventures

By Gray Brogden

On Thursday, November 1, the Lo-Ellen Park poetry club took a trip downtown to the Sudbury Theatre Centre and McEwan School of Architecture. In the morning the club sat in on a workshop as part of the fifth annual Wordstock Literary Festival. The workshop featured authors Sarah Selecky and Kevin Hardcastle, as well as spoken word poet Tanya Neumeyer. The session was moderated by Sudbury's former and fourth poet laureate Kim Fahner. Each guest gave a reading from their latest pieces in addition to discussion about theme, character, and what it means to be a writer. After a quick lunch, the club explored downtown, visiting the various murals put up by the nonprofit organization We Live Up Here. After numerous photo ops, the group ended their day at Laurentian's McEwan School of Architecture, where they were given a tour by Dr. David Fortin, the school's director.

Wordstock is a Sudbury literary festival that has been an annual event in the city since 2013. Sponsored by the Rotary Club of Sudbury, Wordstock affords people the opportunity to learn about literary arts and connect with some of Canada's most innovative authors. A combination of book readings, writing workshops and poetry events, Wordstock has something for everyone. It is also the instigator of the Sudbury Youthwords writing contest, which sports two categories: poetry and short fiction. In each category there are first place and runner up prizes. The 2018 poetry prizes were both awarded to Lo-Ellen Park students, and members of the poetry club, Samuel Leach Jarrett and Gray Brogden, for first place and runner up respectively.

A New Season For the LEP Swim Team

By Lauren Thomas

With the fall sports coming to a close as the weather gets colder, one particular sport is starting up their new season inside the warmth of the Laurentian University swimming pool.

The Lo-Ellen Park swim team had their first practice of the 2018-2019 season on Monday, October 21, and they are off to a great start. Head coach Alison Gomm is proud to say that "last year we had the largest team we've had in years and this year's looks to be even larger".

The swim team is coached by Ms. Gomm, community coach Connor Watson, and LEP 2018 graduate Kelly Thompson.



Photo from clipart-library.com

Horoscopes

By Ella Cocco

Aries (Mar 21 - April 19)

An action-packed month awaits your sign. Planets will enter a cosmic dance weaving in and out of retrograde slowdowns which can switch up your vibe without your notice.

Taurus (April 20 - May 20)

This month the sun will circulate through your 7th house of one-on-one alliances and el sol will move to your 8th house of intimacy sparking intimate alliances; whether it be business, romance, or a connection between kindred spirits.

Gemini (May 21 - June 20)

Brace yourself for a roller coaster of a month. It's the month of the annual summit between the sun and Jupiter in your astrological house of relationships; giving opportunity for Geminis to achieve "power couple" status.

Cancer (June 21 - July 22)

Don't get too comfortable, Cancer! November is full of comic activity that will keep your sign on the go. Since an extra layer of intensity could blanket your sign, try to keep a handle on your moods and reactions.

Leo (July 23 - Aug 22)

The November 7th Scorpio new moon is an ideal time for you to pause and attend to your personal life. Make a dedicated plan to self-care and downtime for your busy schedule.

Virgo (Aug 23 - Sep 22)

This month your calendar will be packed to the seams with events, since the sun rests in Scorpio, your third house of socialization.

Also, prepare for the Scorpio new moon and look for a vibrant conversation that could spark a new collaboration.

We are so grateful for their contribution as they generously volunteer their time and expertise to the team.

Even though practices have already begun, all students are still encouraged to come out and try a practice with the team. Swimming is a low impact sport, but it is an amazing aerobic and cardiac exercise. It's an easy and healthy sport for anyone to get in to, and like most other individual sports such as nordic skiing, athletes that train and compete with clubs outside of school compete in an "open" category. However, an interesting fact about this sport is that synchronized swimmers and triathletes have to race in this category as well, not only competitive swimmers.

With a strong mix of diverse swimmers, will this be the year we add a new swimming banner to the rows of athletic accomplishment in our Knights' house?

Support your fellow Knights as they rule the pool at Cities on December 12 and at OFSAA, at the Pan Am pool in Scarborough in March.

Here are some weird but true facts about swimming!

- Believe it or not...swimmers actually do sweat in the pool
- Swimming uses nearly every muscle in the body. Who says that swimming isn't a real sport?
- Benjamin Franklin invented swim fins
- An olympic-sized pool (50 m - such as the one we have at Laurentian) can hold 700 000 to 850 000 gallons of water.
- Breaststroke is the oldest stroke out of the four (freestyle, backstroke, butterfly and breaststroke)
- The first cruise ship with a swimming pool was the Titanic

Bake Sale For the Disasters in Indonesia

By Nadia Hamada

On September 28, Palu, Indonesia was hit with a 7.5 magnitude earthquake. Shortly afterwards, a devastating Tsunami followed, leaving the city in ruins. Thousands are dead and more are missing. Lo Ellen Park's Me to We club wanted to help, so they took initiative and put on a bake sale. The bake sale began November 30 and ended on Halloween. Me to We members brought in a variety of baked goods, and there was something for everyone. From cupcakes, to cookies, to vegan haystacks, to Indonesian spring rolls. The bake sale was a huge hit. In the end, Me to We raised a total of \$550. All of the money from the bake sale will be sent to Indonesia to aid those affected by this tragedy.

Horoscopes (cont.)

Libra (Sep 23 - Oct 22)

Enter this month expecting many transitions. Three planets are moving in and out of retrograde and two are changing their position in the cosmos to new zodiac signs which could off balance your sign.

Scorpio (Oct 23 - Nov 21)

Hello fresh starts! On November 7th the Scorpio new moon will occur, acting as a cosmic new year for your sign; filled with new goals and personal dreams. Jupiter will also enter your constellation this month for the last time until 2029 so don't hold back!

Sagittarius (Nov 22- Dec 21)

Clean out your closet! This month is filled with huge happenings. Namely your ruling planet Jupiter will start its visit to the Sagittarius constellation this month sparking a fresh chapter in your life.

Capricorn (Dec 22- Jan 19)

Close your eyes and let it go! Jupiter, the planet of growth will shift to your cosmic house of closure allowing your sign to "sort the crops" and evaluate everything you've created.

Aquarius (Jan 20 - Feb 18)

Mars is wrapping up a long visit to Aquarius which will catapult your personal goals. This will be amplified by Jupiter's visit to your 12th cosmic house of career allowing your sign to soar to the top of the charts.

Pisces (Feb 19 - March 20)

Expand your limits Pisces! This month the sun will rest in your cosmic house of expansion which will fuel your confidence to take a leap of faith. Take time to explore all your options and widen your focus.

Seven Tips For Life: Fighting Winter Blues

By Gray Brogden

Photo by Olivia Taylor



With the winter weather descending upon us, it's easy to catch the all too familiar winter blues. When the snow starts falling and you have to don 15 layers just to get to school, of course your mood is gonna swing down. But don't worry, seven tips is here in a hurry, with helpful tricks to stave off those winter blues.

1. Keep active

If you're an outdoorsy person, or an outdoorsy athlete, it can be hard to find ways to continue your activity once the ice and snow set in. But don't let it stop you! It's important to stay active throughout the winter and there are plenty of ways to do so! Try joining a gym, bowling league or even a dance class. And retreating indoors is not the only option either. Taking up ice skating, skiing, or snowboarding are also all good options.

2. Eat healthy

This comes up frequently in my 7 Tips, but it is so important. Healthy eating is the key to healthy living, and winter is the perfect time to try out new dishes. Who says comfort food can't be healthy; try a veggie-filled hot soup or a fibre packed chili to get you through these cold winter nights.

3. Keep warm

No one likes cold; I mean no one. The cold just bums people out, so naturally keeping warm is key to fighting those winter blues. Make sure you stock up on blankets and fuzzy socks for the chilly nights. Dress for the weather: trade in those summer flip flops for some sensible winter boots, and don't forget a warm winter jacket!

S'mores Bars Recipe

By Stephanie Suitor

Are you missing all those summer campfires with delicious s'mores? Well, you can make them in right in your kitchen with this easy recipe!

Ingredients:

- 14 whole graham crackers
- ¾ cup butter
- ⅔ cup brown sugar (packed)
- ½ cup milk
- ½ tsp. Vanilla
- 1 ¼ cup (2 & ¾ cups) graham cracker crumbs
- 2 ½ cup (10 & ½ cups) semi sweet chocolate chips
- 3 cups mini marshmallows

Prep:

Preheat the oven to 350F and grease a 9" square pan

Line the pan with parchment paper so that paper hangs over the side of the pan

Line the bottom of the pan with single layer of whole graham crackers

Instructions:

- In a saucepan, melt butter and stir in brown sugar, milk and vanilla until dissolved.
- Remove from heat and stir in graham cracker crumbs
- Spread half of the graham mixture over the lined pan
- Sprinkle with a third of the chocolate chips and half of the marshmallows
- Top marshmallows with another layer of whole graham crackers and spread the remaining graham mixture over top
- Top with another third of the chocolate chips and the remaining marshmallows
- Finish with a last sprinkle of chocolate chips and bake for 12 minutes (until marshmallows have browned)
- Let cool completely before cutting

Photo from bettycrocker.com



4. Stay connected

When it's cold and drab, no one wants to go out, but if you end up getting stuck inside all the time, it's easy to feel alone. That's why it is so important to stay connected, and I don't just mean via social media! Go out! See your friends! Schedule a coffee date or a board game night; being with your friends and remaining social is sure to knock those blues out of your life!

5. Make a book and movie list

Even if you're going out to see your friends, you will probably still get stuck indoors some of the time, but that's no reason to be bored! Create a book and movie list of all the stories you want to get through by the end of winter. This way if you are ever feeling lost for what to do when a blizzard hits, you can just pull out your list and escape to a different world for a bit.

6. Try a new hobby

Winter is also the perfect time to try out new hobbies. Have a blizzard Sunday where going outside is clearly not an option? Try taking up sewing or baking or drawing. There are a million ways to spend your days, you just have to find the hobby that speaks to you!

7. Lighten up

With the daylight hours shrinking, one of the biggest depressing factors of winter is the lack of light in our lives. Try adding an extra lamp to your room, make sure you open your blinds throughout the day, and try brightening up your room/house with some fun bursts of colour like yellow, orange, and green. All these tricks are sure to brighten your mood.

Hopefully these tips have chased some of your blues away! Be sure to check out next month's edition for another Seven Tips for life!

The Russian Intervention in Ukraine

By Eli Paibomsai

This is fairly older news, however, it is something that needs to be touched upon. While the US fears of Russian intervention in their elections, Russia has already done that to the neighbouring country of Ukraine. Ukraine, a fairly peaceful country, has seen the loss of an entire peninsula, 10,000 civilian casualties, and some separatist controlled states, and to this day, the conflict rages on. In a 2014 coup of the pro-Russian government, a newer government was put in place. This government wanted to strengthen ties with both the EU and NATO. This is where Russia butted in. Russia, following the coup, said that the Crimeans wanted to be part of Russia. This was followed by Russia mobilizing their army and annexing the Crimean Peninsula. Ukrainian soldiers did not give up key strategic positions, however, with many of them staying within army and naval bases. The Russian special forces simply waited them out. To most of the world, Crimea

Sports Updates

By Jayde Hurley

City Championships

- Midget Girls' Basketball - First Place
- Junior Girls' Basketball - First Place
- XC Running - First Place
- Senior Girls' Basketball - Second Place
- Girls Flag Football - Second Place
- Senior Boys' Volleyball - Second Place

NOSSA Championships

- XC Midget Girls - First Place
- XC Midget Boys - First Place
- XC Junior Girls - First Place
- XC Junior Boys - First Place
- XC Senior Girls - First Place
- XC Senior Boys - First Place
- Senior Boys' Volleyball - First Place
- Junior Boys' Volleyball - Second Place
- Girls' Basketball - November 16-17

OFSAA Championships

- XC Midget Girls - Second Place
- XC Senior Girls - Seventh Place
- XC Senior Boys - Fifth Place
- Senior Boys' Volleyball - Nov. 22-24

XC Individual Top Finishers

- Avery Sutherland - NOSSA Midget Girls 1st place, OFSAA 11th place
- Kalila Bachiu - NOSSA Junior Girls 1st place, OFSAA 25th place
- Nathalie Marks de Chabris - NOSSA Senior Girls 1st place
- Augustin Marks de Chabris - OFSAA Senior Boys 33rd place

Winter Sports Starting Up

- Girls' Volleyball
- Girls' & Boys' Hockey
- Nordic & Alpine Skiing
- Boys' Basketball
- Curling

Varsity Boys' Hockey

- November 5 vs. Lasalle // Lost 3-7
- November 8 vs. Espanola // Won 4-2
- November 10 vs. St. Charles // Lost 2-1
- November 15 vs. Horizon // Won 3-0
- November 19 vs. Lively at 8:40pm at Carmichael Arena
- November 28 vs. Confederation at 8:30pm at TM Davies
- December 10 vs. Bishop Carter at 8:40pm at Carmichael Arena
- December 12 vs. Manitooulin at 4:30 pm at NEMI Recreation Centre

is considered of special status but is still part of Ukraine, but to Russia, Crimea is part of Russia.

This also sparked the war in Donbass, where pro-Russian separatists began military operations against the Ukrainian government. Ukraine has the 29th most powerful military in the world, so beating the separatists should have been fairly easy. This however, was not the case, as the second most powerful military in the world, Russia, was sending munitions, military-grade guns, explosives, anti-air guns, and tanks to support the rebels. These were delivered via unmarked vehicles and planes. The war raged on. However, the stress on Russia was increased when Malaysia flight 17 was shot down while flying over Ukraine, killing all 283 passengers on board on July 4, 2014. This resulted in many sanctions on Russia, despite Russia claiming they had no involvement. The war, with Ukrainian forces and the separatists at a stalemate, still rages on to this day. A very recent event that is tied to this is the killing of a Ukrainian journalist. She was against the pro-Russian separatists and was very vocal about it. Sadly, on November 4, 2018, she died from injuries from acid being thrown on her three months previously.

The Biggest Craft Fair LEP Has Ever Seen

By Emily Cooke

The annual Lo-Ellen Park Christmas Craft Fair is an event that thousands of people in Sudbury look forward to every year - and that is not an exaggeration. This year, a record 4700+ people attended the Craft Fair, which took up two full floors of the school, including the Intermediate Gym and the Cafeteria. It



Photo by Emily Cooke

started on Friday, November 9, and remained open until late Sunday, November 11. With many vendor booths set up, no two selling the same thing, there was plenty to choose from for shoppers to get an early start on their Christmas shopping. The money raised, from both admissions and the vendors themselves, goes towards funding for our athletics, and the Craft Fair is the biggest fundraiser of the year. If you didn't get to attend this year, be sure to keep an eye out for timing next year - it's a craft fair you definitely won't want to miss!

Sports Updates (cont.)

Varsity Girls' Hockey

- October 25 vs. Lasalle // Won 11-0 (exhibition)
- October 25 vs. St. Ben's // Won 11-1 (exhibition)
- November 14 vs. Lasalle // Won 8-0
- November 15 vs. Bishop Carter // Won 7-1
- November 22 vs. St. Charles at 3:30pm at McCrory Countryside #1
- November 26 vs. Lockerby at 3:30pm at McClelland Arena
- December 5 vs. CND at 3:30pm at McClelland Arena
- December 10 vs. Horizon at 3:00pm at McCrory Countryside #1
- December 11 vs. Bishop Carter at 3:30pm at Centennial Arena

Midget Boys' Basketball

- November 26 @ CND at 5:00pm
- November 27 vs. Confederation at 5:00pm
- December 4 vs. Lasalle at 5:00pm
- December 6 vs. St. Charles at 5:00pm

Junior Boys' Basketball

- November 27 vs. Confederation at 6:30pm
- December 6 vs. St. Charles at 6:30pm
- December 11 @ Lasalle at 6:30pm
- December 13 vs. Hanmer at 6:30pm

Senior Boys' Basketball

- November 26 @ CND at 6:30pm
- November 27 vs. St. Ben's at 8:00pm
- November 29 @ Macdonald Cartier at 6:00pm
- December 3 vs. Lasalle at 6:30pm

Midget Girls' Volleyball

- December 6 vs. Horizon (location - Lasalle) at 9:00am
- December 12 vs. St. Charles at 4:00pm
- December 17 vs. Lasalle at 4:00pm
- December 18 @ Champlain at 4:00pm

Junior Girls' Volleyball

- November 27 @ Lockerby at 5:00pm
- December 3 @ Confederation at 5:00pm
- December 10 @ Lasalle at 5:30pm
- December 12 vs. St. Charles at 5:30pm

Senior Girls' Volleyball

- November 27 @ Lockerby at 6:30pm
- December 3 @ Confederation at 6:30pm
- December 10 @ Lasalle at 7:00pm
- December 12 vs. St. Charles at 7:00pm

Wall-E, Insight to Our Future?

By Jayde Hurley

The Pixar film *Wall-E* was written with no political or human intention, yet it may be very well perceived as a symbol of both. The plot features a love story of two robots, Wall-E and Eve, in a future world. In this future, humans have run the earth dry of resources. They now live on a flying ship (called Axiom) that is controlled by robots, who do everything for the humans. In this scenario the humans are literal blobs of existence that are unable to move, think, or feel on their own. This

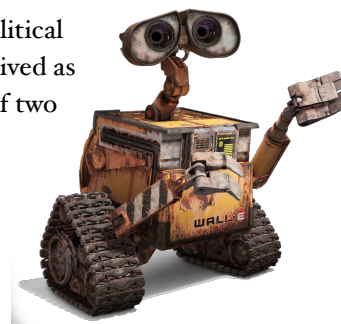


Photo from disney.wikia.com

movie addresses many contemporary issues in our society including: over-reliance on technology, rising issues with consumerism, global warming and our treatment of the environment, our eating habits, rising obesity levels, loss of sincerity within humanity, and the desire for the easy life. It touched on all the things that we as humans take for granted every single day.

The question is, though, is *Wall-E* really wrong?

It is not questionable that our (westernized) culture has moved towards a more technologically determined world. For a statistic: the number of people who own cell phone increased by nearly 200% between 2002 and 2010. If we have seen this kind of technological development in a matter of 8 years, is it really that improbable that in 700 years we could be living on the Axiom? I don't believe so. Our highly dependent technological society is not only affecting us humans, but the environment as well. Carbon dioxide levels are now higher than ever before, and our planet's average temperature is up almost an entire degree. We humans, who are 0.01% of all life on the planet, are responsible for the death of 83% of wildlife, and 50% of plants species here on Earth. If we have managed to do this already, can you imagine how easy it will be to ruin the rest of the world's wildlife? We're already more than halfway there. This is what has come of our consumerism, of which 68% of the US economy is composed.

Is it possible that we could become these blobs who are incapable of moving? I believe so. Today, over 30% of Canadians are obese, 5x the 1980's statistics (6%). Statistically speaking, if this increase is to continue it will only take us 490 years for all of society to be obese. Beyond physicality, could we really be heading into a society with such little sincerity? Many would argue that it's possible. As youth have more access to technology a mental health crisis is escalating, hitting numbers never seen before. The average person's socialization is seriously lacking, we are going out less, paying less attention when we are out. That's the world today, folks.

So, is *Wall-E* really that wrong? No, I don't think so.

Puzzles

Lexi High

Word Search

Winter is Coming

D	X	N	S	F	D	Z	M	J	M	R	P	L	E
L	N	D	T	B	I	X	T	Z	Y	J	D	T	B
S	D	W	O	S	Y	R	L	D	N	J	A	M	N
T	S	I	O	Y	O	R	S	M	M	L	B	G	I
N	G	N	B	S	P	R	X	T	O	M	D	C	N
A	R	T	O	D	N	N	F	C	S	Q	E	N	K
P	N	E	R	W	J	E	O	T	Q	N	C	T	M
W	N	R	F	Z	F	H	T	T	A	H	O	X	N
O	D	K	J	R	C	L	X	T	I	O	X	W	V
N	Y	D	B	T	A	Q	A	L	I	W	C	Y	P
S	N	T	O	Y	Y	C	L	K	O	M	K	K	J
B	V	H	Z	W	N	Y	S	N	E	J	V	D	G
G	J	R	P	N	Q	K	S	N	V	R	Z	X	J

Find:

Hot Chocolate

Ice

Coat

Snow

Snow Pants

Boots

Chilly

Frost

Mittens

Snowflake

First Snow

Scarf

Winter

Sudoku (solution at bottom of page (8))

2		4	8		6			3
		9	2	1				
5	1		3		9			
8	2	5					9	6
		6				3		
1	4					5	2	7
			7		3		6	8
				4	1	2		
9			6		2	7		4

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4	5	7	2	8	6	1	3	9
9	3	2	1	4	5	7	8	6
8	6	1	3	9	7	2	5	4
7	2	5	8	6	9	3	4	1
1	8	3	5	2	4	6	9	7
6	9	4	7	3	1	5	2	8
2	4	6	9	7	3	8	1	5
5	7	8	4	1	2	9	6	3
3	1	9	6	5	8	4	7	2

Sudoku Solution