

LEP PRESS

LEP News | World News | Sports

Robotics Build Season Begins

By Emily Cooke

The Robotics team has been busy working on their robot for the 2019 Build Season. The theme for this year's competition is 'Deep Space,' presenting many new challenges to the team. This year they will participate in multiple competitions, including the Waterloo District Event (March 21-23) and the North Bay District Event (March 28-30). By placing in the top 80 between these two competitions, the team could move on to the District Championships in Mississauga in April. By placing in the top 30 from there, the team could travel to Detroit in late April for the World Championships. Wish the best of luck to the team as they continue working hard on their robot for these competitions!



Photo supplied



Photo supplied

Winter Athletic Success

By Emily Cooke

Our winter sports teams have been incredibly busy winning City, NOSSA and OFSAA Championships over the past several weeks.

For Girls' Volleyball, several banners have been brought home throughout the playoff season. The Junior Girls won their city final match to bring home the gold, while the Midget and Senior teams placed second overall in the city. The Junior and Senior girls both went on to place first at their NOSSA tournaments. The Senior girls are travelling to OFSAA in Burlington from March 4-6 to compete against other top teams in Ontario.



Photos supplied

Snow Days Galore!

By Gray Brogden

On Friday, February 15, Sudbury district schools suffered bus cancellations for the tenth time this school year. According to Kiss 105.3, this "ties the record for the most snow-days in a single school year". We are now up two days from last year, where buses were cancelled a total of 8 times. In the last 8 years, last school year and the 2012-13 school year were the only two years that came close to ten with 8 snow days a piece. With still roughly a month of winter to go, will this be the year for Sudbury to smash its previous snow day record?

School Year	Snow Days
2011-12	3
2012-13	8
2013-14	3
2014-15	1
2015-16	4
2016-17	6
2017-18	8
2018-19	11

List of snow days for Sudbury district schools in 2018-19

- November 27 2018
- December 21 2018
- January 8 2019
- January 24 2019
- January 28 2019
- January 29 2019
- February 4 2019
- February 8 2019
- February 13 2019
- February 15 2019
- February 25 2019

Information courtesy of <https://www.cbc.ca/news/canada/sudbury/school-bus-cancellations-numbers-northeastern-ontario-1.5005135> and <https://www.rainbowschools.ca/news/>

The boys' basketball teams have also had similar success, with the Junior Boys winning city championships, and the Senior Boys bringing home the silver medal. Both teams were able to bring home a NOSSA banner as they placed first at their respective tournaments. The Senior Boys' team is now travelling to Timmins to compete against other regional champions from around Ontario (OFSAA) from March 4-6.



Photos supplied

Our Knights Hockey teams have also had a successful season, with both the Girls' and Boys' teams winning city championships. The girls won the first two games of the three game playoff final against College Notre Dame to claim Lo-Ellen Park's first ever Division I Girls Hockey banner. The Boys Hockey team followed this trend with their insane series against St. Charles College, beginning with a two game deficit in the five game series. The boys came back to win the next three games to claim the city championship for the first time in over 30 years. Both teams will now travel to NOSSA from March 4-6 to compete for a regional banner.



Photos supplied

There has also been great success among the Swimming, Wrestling, and Curling teams this season. The swim team competed in their city final meet mid-December, and many swimmers qualified to move on to OFSAA in Toronto from March 5-6. All members of the Wrestling team were able to qualify and participate in NOSSA after successful city championships. The Curling A team finished as semi-finalists in the city finals tournament.

In addition to this, our Alpine Skiing and Snowboarding teams have also been busy in the past few weeks. Both teams participated in city championships in early February before moving on to individual NOSSA competitions. After great success at NOSSA, individuals of both teams were

Unsinned- Poem

Anonymous

Unsinned,
the air blows thin,
I feel it slid, slowly, alongside my skin
Reminding me of where I've been,
And what I've been,
What has been
To the time I had known that the air had
been sinned,
Not fresh to breathe for all within

The air is freezing, soft , and deep,
It sneaks a pink into my cheek
It thrusts a breeze right through my hair,
I feel the chills,
My body stills,
My mind begins to take a leap,
To all the memories I dare not speak

My thoughts are deep, dark, and sleek
The blue rushes, away, from my cheek,
My heart moves so fast, when everything is
so slow
My skin tenses,
I can not go,
I can not stay,
I am not here,
I'm fading away,

To the air that wasn't sinned,
Was an illusion,
From my within,
A dream,
A hope,
A fear,
A thought,

A memory,
Of what is not

The air is freezing, cold, and deep,
It sneaks a pink, into my cheek
It thrusts a breeze right through my hair,
I feel the chills,
My body stills,

I feel it slid, alongside my skin
Reminding me of where I've been,
And what I've been,
What has been

To when I couldn't breathe within

able to represent Lo-Ellen Park at OFSAA Championships at Osler Buff and Georgian Peaks.

The Nordic Ski team had an incredible season this year, from cities, to NOSSA, to OFSAA. At cities, the Senior Boys took the top five spots, the Senior Girls took the top four, the Junior Boys the top 3, and the Junior Girls the top 11 to bring home both the SDSSAA Boys' and Girls' Nordic Skiing banners. At NOSSA the trend continued as the Junior Girls' and Boys' A and Senior Girls' and Boys' teams placed first overall, with the Junior B teams both in second place. In addition, both the Senior Girls and Boys placed first in the relay races. The winning didn't stop there, however, as the athletes continued on to OFSAA in Collingwood. Here, the team placed:

- Junior Girls A - 3rd
- Junior Girls B - 5th
- Junior Boys A - 4th
- Junior Boys B - 14th
- Senior Girls - 1st
- Senior Boys - 1st
- Junior Boys Relay - 5th
- Junior Girls Relay - 3rd
- Senior Girls Relay - 1st
- Senior Boys Relay - 2nd

Overall the team brought home four banners, one for the Senior Girls' relay team, one each for the first place Senior Girls' and Boys' teams, and an overall banner for the Senior team due to their high performance at the meet.

These teams at LEP have had immense success in the winter season, and have represented Lo-Ellen Park well through travelling out of the city to showcase the incredible talent at our school. Congratulations, athletes!

Grab Life By the Poles

By Lauren Thomas

Let's face it. We live in the northern part of Ontario, where 4 feet of snow and below -30 degree weather can be expected every winter. For many people, all they want to do is stay inside with a blanket, coffee and Netflix; but that won't make the snow melt faster!

Basic scientific studies have shown that skiing, especially cross country, is extremely beneficial to individual health.

The word "ski" comes from the Norwegian word "skid" which means a split length of wood. Cross country skiing emerged primarily as a method of transportation across snow-covered terrains, but it later developed into a sport in the early nineteenth century. It was

The 8 Most Common New Year's Resolutions

By Jayde Hurley

1. Get in shape
2. Become more organized
3. Learn a new skill or hobby
4. Live life to the fullest
5. Save more money
6. Spend more time with family and friends
7. Travel
8. Read

Quote of the Month

By Jayde Hurley

"There are two ways of spreading light: to be the candle or the mirror that reflects it,"

- Edith Wharton

Fact of the Month

By Emily Cooke

Lake Superior is the largest freshwater lake in the world in area, and the third largest in volume, behind Lake Baikal in Siberia and Lake Tanganyika in East Africa.

also used as a way to efficiently hunt or gather wood in winter.

In the 1980s, researchers in Finland conducted a study to find factors that could predict longevity.

They followed approximately 2,000 men, and one of the most important

baseline questions was asking the individual how much he skied.

These researchers updated their study in 2017, 30 years later, and did a follow up on the original 2,000 men. One thing they observed was that men who skied were 16% less likely to die than men who didn't. Who knew! If you ski, you could live longer.

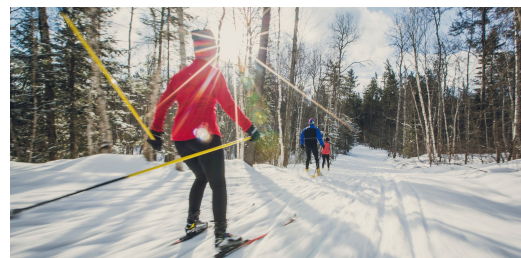


Photo from northeasternontario.com

Cross country skiers, let me tell you, are really cool. Don't get me wrong, alpine skiers are great too, but there are differences. Cross country skiers have the opportunity to go slow and appreciate the natural winter beauty around them, but there's also the choice to go fast. The physical benefits from cross country skiing are extremely well known. The average elite female skier carries 11% body fat, while the average elite male skier carries 5%. These percentages are extremely low compared to the average of other people who are considered to be athletic which is 17% for females and 10% for males. The number of calories burned while skiing is great for keeping athletes lean and fit! Therefore, cross country skiing is a great way to exercise but also have fun!

Because skiers use poles as a method of propulsion, the upper body gets much more of a workout compared to running or cycling. For example, when a skier is using the diagonal stride, the biceps and triceps are engaged to provide power to the poles. When the double poling technique is used instead, the core, pectoralis major (pecs),

deltoids (shoulder) and latissimus dorsi (sides of back) are also to put to work. And of course we can't forget about the legs. The quadriceps and the gastrocnemius (hamstring) provide the kick to propel the skier forward.

Regular physical activity increases the amount of mood-lifting endorphins that are released into the body. After just one energetic workout, think of how accomplished and happy you will be.

Here in Sudbury, there are so many opportunities for places to get out to experience the value of cross country skiing. Next time you'd like to enjoy the beautiful outdoors, grab life by the poles and try it out!

Sports Updates

Nordic Skiing City Championship Top Finishers

Junior girls 4km
 1st - Chandyn Bachiu
 2nd - Kalila Bachiu
 3rd - Maggie Parks
 Junior Boys 5.5km
 1st - Patrick Wiss
 2nd - Alex Lambert
 3rd - Austin Mashinter
 Senior Girls 5.5km
 1st - Jayde Hurley
 2nd - Nathalie Marks de Chabris
 3rd - Meredith Kusnierczyk
 Senior Boys 8km
 1st - Max Mahaffy
 2nd - Kendyn Mashinter
 3rd - Cameron Boland

Alpine Skiing City Championship Top Finishers

Boys Giant Slalom
 2nd - Tanner Spadafora
 3rd - Matthew Pilon
 Boys Slalom
 2nd - Tanner Spadafora
 Girls Giant Slalom
 2nd - Clara Dissanayake
 Girls Slalom
 2nd - Julia Prosperi

Midget Girls Volleyball

January 16 vs. Lasalle // Lost 0-3
 February 5 vs. St. Charles // Won 3-0
 February 14 Semi Final vs. Champlain // Won 3-0
 February 19 Final vs. Lasalle // Lost 0-3
 Overall: 2nd place

Junior Girls Volleyball

February 6 vs. Marymount // Won 3-0
 February 7 vs. CND // Won 3-1
 February 14 Semi Final vs. Confederation // Won 3-0
 February 19 Final vs. Lasalle // Won 3-0
 Overall: 1st place, NOSSA 1st place

Senior Girls Volleyball

February 7 vs. CND // Lost 1-3
 February 11 Quarter Final vs. Confederation // Won 3-0
 February 14 Semi Final vs. Horizon // Won 3-0
 February 19 Final vs. CND // Lost 0-3
 Overall: 2nd place, NOSSA 1st place

Tsunami Strikes Indonesia Once More

By Emily Cooke

Over the Winter break a tsunami hit the west coast of Java, Indonesia, marking the third major natural disaster for the country within the span of a few



Photo from cnn.com

months. Back in July of 2018 a major earthquake hit the island of Lombok, killing over 500 people and causing severe damage. In late September, the city of Palu was hit by an earthquake followed by a devastating tsunami, taking the lives of over 2,000 Indonesians and displacing ten of thousands more. This third disaster occurred on December 22, hitting South Lampung on Sumatra, and more devastatingly Pandeglang on Java. The death toll rose to over 200 people, with over 800 injured. Video footage was caught of the wave reaching a concert on the beach in which it took down the set and the band performing, flooding the entire concert.

It is believed the tsunami started from a landslide under the water caused by the eruption of Anak Krakatau. One of the many active volcanoes throughout Indonesia, it had been active for several months, and the landslide displaced the water to cause the large tsunami. This cause is not easily detectable by authorities, meaning there was little time to react before the disaster struck. It is also thought that the size of the waves was greater due to the full moon creating a higher tide.

This event reminds many of the 2004 Boxing Day tsunami that hit Sumatra after a magnitude 9.3 earthquake. Over 168,000 people died because of this tsunami in Indonesia alone, but they were not the only country in the Indian Ocean affected by it.

The damage caused by these tsunamis is extensive, and it will take a long time before all the repairs can be done to allow many locals to return home.

The History of Chinese New Year

By Jin Armstrong

Chinese New Year, or Lunar New year is a celebration that has been and continues to be celebrated in many places around the world. Chinese New Year is a celebration that originated in China and lasts for 23 days. Over the

Sports Updates (cont.)

Midget Boys Basketball

February 5 vs. St. Ben's // Won 60-25
 February 6 vs. Confederation // Won 66-40
 February 7 vs. St. Charles // Won 62-44
 February 14 Semi Final vs. Lasalle // Lost 48-56

Junior Boys Basketball

January 31 vs. Lockerby // Won 65-17
 February 5 vs. St. Ben's // Won 2-0
 February 16 Semi Final vs. Confederation // Won 60-36
 February 19 Final vs. CND // Won 54-37
 Overall: 1st place, NOSSA 1st place

Senior Boys Basketball

February 5 vs. St. Ben's // Won 70-23
 February 10 vs. St. Charles // Won 65-23
 February 16 Semi Final vs. CND // Won 58-44
 February 19 Final vs. Lasalle // Lost
 Overall: 2nd place, NOSSA 1st place

Girls Hockey

February 11 vs. St. Charles // Won 5-3
 February 19 Semi Final vs. Bishop Carter // Won 5-0
 February 20 Semi Final vs. Bishop Carter // Lost 1-2
 February 21 Semi Final vs. Bishop Carter // Won 7-1
 February 26 Final vs. CND // Won 2-0
 February 27 Final vs. CND // Won 7-1
 Overall: 1st place

Boys Hockey

February 11 Quarter Final vs. Bishop Carter // Won 3-2
 February 14 Semi Final vs. Horizon // Won 3-2
 February 20 Semi Final vs. Horizon // Lost 4-5
 February 21 Semi Final vs. Horizon // Won 6-2
 February 23 Final vs. St. Charles // Lost 0-1
 February 26 Final vs. St. Charles // Lost 0-3
 February 27 Final vs. St. Charles // Won 3-2
 February 28 Final vs. St. Charles // Won 5-3
 March 2 Final vs. St. Charles // Won 1-0
 Overall: 1st place

many years it has been celebrated there have been many conflicts about when Chinese New Year truly began. Unfortunately, its date of origin is still unconfirmed. However, it has been said to have started during the Shang dynasty between 1766 BC and 1122 BC. But, how did the celebration begin?

According to many Chinese legends and tales, Chinese New Year began with a battle involving a mythical creature known as the "year". The year looked like an ox with the head of a lion, and was believed to live in the sea. Every year on New Year's Eve, the year would come out and harm animals, people and their property. Eventually, people discovered that the year feared the colour red, fire, and loud noises. Therefore, for self-defense the people would post red Dui Lian in front of their houses, set off fireworks and hang lanterns at the end of the year.

The Chinese or Lunar New Year celebration has spread from Asia to other places around the world. Most countries will only celebrate it for one day instead of all 23. In 2019 Chinese New Year was Tuesday, February 5th. Chinese New year is assumed to be Saturday, January 25th in 2020. The day of the Chinese New Year is when most of the celebrations occur. Then, on the final day there is a lantern festival. Over many years this festival has had many meanings, celebrating family reunions and society. Some call this festival the Chinese Valentine's day. Long ago women wouldn't be allowed to leave their houses, but on this day they would roam freely. As some people may know, with every celebration there is a new zodiac symbol for the new year. The zodiac signs are the rat, the ox, the tiger, the rabbit, the dragon, the snake, the horse, the goat, the monkey, the rooster, the dog, and the pig. Hopefully we will continue to see Chinese/ Lunar New Year become more popular, not only in Canada, but possibly around the world as well.

Seven Tips for Life: Getting Motivated

By Gray Brogden

The classic teenage problem: motivation, or more specifically, LACK of motivation. Sure, we all have these great goals we wish to accomplice, huge plans for our futures, and yet it seems that more nights than not, many teens find themselves on their eighth episode of Netflix wondering why they can never get their homework done on time. Well, luckily, here are seven tips for getting motivated and chasing your goals!

1. Define your goals

The first step to breaking out of a rut is setting something to achieve. So, it's time to figure out what you want in life! Good grades, a job, a relationship, healthier friendships: whatever it is, it's time to figure it out.

Sports Updates (cont.)

Varsity Boys Curling A
January 9 vs. St. Ben's // Won 6-5
February 20 Quarter Final vs. St. Ben's // Won 7-2
February 20 Semi Final vs. CND // Lost

Varsity Boys Curling B
January 9 vs. Champlain // Lost 2-8

Coming Up
NOSSA Boys Hockey
NOSSA Girls Hockey
OFSAA Swimming

2. Start small

On that note, you should start by defining some small goals to help you reach larger ones. Say you want a 90% average on your next report card; well, the first step is to break it down into smaller everyday goals. For example, take more thorough notes in class, or do 30 min of studying for each class each night.

3. Write them down

Just as important as making the goals is remembering to keep track of them, so once you have your goals, you musn't forget to write them down. Use an agenda, journal, or even sticky notes on your wall, so long as they are somewhere you see them every day.

4. Think about it daily

Yes, every single day. An important part to staying motivated is thinking about your goals daily. Remembering what you're working towards will make it easier each day to find the motivation you need to to start achieving your goals.

5. Stick with it

This is the really hard part, I know. Sticking to your goals and remembering to stay motivated can be difficult, but by following these seven tips, you can do anything you set your mind to. Take it day by day, and don't forget to celebrate little milestones as well as big ones. You finished that math homework on time? Way to go! Give yourself a pat on the back!

6. Squash negative thoughts, and replace them with positive ones

Negative thoughts are motivation killers. It is very hard to feel good about yourself if your head is constantly filled with thoughts of "this is impossible" and "nobody will ever like me". The first step to thinking more positively is recognizing negative thoughts when they cross your mind. A good way to know if you're thinking negatively is to watch out for negative words such as can't, impossible, never, etc. The next step is to replace these negative thoughts with positive ones. Instead of saying "I can't" say "I will try".

7. Hang out with the right people

When all you are surrounded by is people not only not willing to change, but unwilling to help you in your goals, achieving said goals gets a whole lot harder. Try to surround yourself with people who have their own goals and who will push you to be the best you you can be!

Hopefully these seven tips have inspired you to make the change you've been thinking of! Be sure to check out next month's edition for another Seven Tips for life!



Photo by Emily Cooke

Eliminating Plastic: Choosing Our Battles

Editorial By Emily Cooke

As of late, a new trend in saving the planet has been growing: the replacement of plastic straws with paper straws, reusable metal straws, or no straws at all. The motivation by people to reduce their use of plastic in this way is admirable, but when you look at the impact it's having, it is minimal. Why are we fighting so hard to save our oceans by reducing our use of plastic straws when there is an even worse threat— plastic bottles? And what about plastic bags? Most plastic needs to be eliminated in our everyday lives to stop pollution in order to preserve our marine ecosystems, but 'plastic straws' is not the hill to die on for the fight against plastic when there are worse threats used constantly in our everyday lives.



Photo from [scoopnest.com](https://www.scoopnest.com)

Plastic straws are found abundantly in our oceans and on our beaches, but not as much as one would think. According to research by Bloomberg News, even if the 8.3 billion plastic straws that are found on beaches around the world were washed into the oceans, "they'd account for about .03 percent of the 8 million metric tons of plastics estimated to enter the oceans in a given year". In our oceans, plastic straws and stirrers account for 7.5% of the plastic litter. Adding up all plastic bottle caps, beverage bottles, lids, and other types of plastic bottles, they account for 35.1% of plastic accumulation in marine environments. In the comparison between the straws and bottles there is no question about which is more of a threat to our future. So why are we so hell-bent on getting rid of straws of all things?

It is easy to see that plastic use needs to be heavily reduced, and the biggest factor in the equation is plastic bottles, not straws. The biggest issue, however, is in looking at how to implement changes to fix this problem; we need to reach a consensus as a society in order to reduce plastic, which has proven to be a difficult feat over the last number of years. But why are we so against change? Why dose few people want to take the necessary steps to save the planet? A reason for this can be seen, though, in the perspectives and experiences of different people. Many people rely on their senses (specifically their sight) to convince them of the importance of an issue; many people don't see the damage their everyday plastic is causing. Even if people can see the issue, sometimes with no rules in place there is no motivation to change habits when it comes to using plastics like bottles and bags. We need to enforce further the importance of stopping use of plastic, because soon it will be too late, and people need to realize that.

Overall, actions need to be taken to stop plastic use globally due to the threat it poses to our marine environments. However, we need to be smart about which actions to take; many people will only stretch so far when it comes to lifestyle changes to accommodate the use of less plastic. If we stretch this with straws instead of something much bigger and more important like our use of plastic bottles, we will be too late to stop the effects of plastic from completely destroying our earth. With the developments in industry that we have seen in the past, I'm sure we can use our imagination to fully eradicate the plastic plague taking over our world. Changing our use of plastic bottles would carry so much more significance for our oceans, marine life, and the future of our planet, and could be done through worldwide cooperation if only we can highlight just how drastic our plastic situation truly is.

Puzzles

Lexi High

Sudoku (answers on page 10)

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

Word Search

Valentines Day Word Search

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

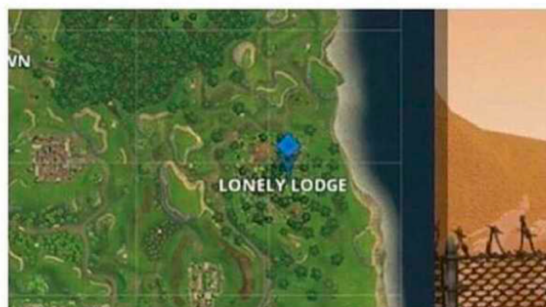
Heart
 Cupid
 Snuggles
 Hugs
 Kisses
 Love
 Friends
 Valentine
 Cuddles
 Roses
 Chocolate
 Romance

Valentine's Day Memes

By Jayde Hurley



Where I'll Be Spending Valentine's Day



Our Team

Special thanks to your LEP Press team:

Editor in Chief: Emily Cooke
 Managing Editors: Lexi High, Gray Brogden
 Sports Editor: Jayde Hurley
 Advertising Manager: Ella Cocco

Our contributors this edition:

Jin Armstrong, Gray Brogden, Emily Cooke, Jayde Hurley, Lauren Thomas

Check out our new newspaper stand in the main foyer for newest LEP Press editions!

Sudoku solutions

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

We Would Love Your Feedback

We want to improve the school newspaper, and would love reader feedback. If you would like, please fill out and tear off this form, and place it in the bin at our newspaper stand in the main foyer for us to read. Thank you!

How often do you read the newspaper? _____

What articles do you enjoy reading most?

☐ LEP News/Events

☐ World News

☐ Entertainment

☐ Sports

☐ Other: _____

What do you enjoy most about the newspaper? What would you like to see added/changed?
