

LEP PRESS

LEP News | World News | Sports

Reach For the Top Wins Again!

By Gray Brogden

On Friday, March 29, the Lo-Ellen Park Senior Reach for the Top team attended its second tournament of the year. Originally supposed to be held on February 15, the tournament had to be postponed due a snow day. The team travelled to St. Benedict Catholic Secondary school for a day of trivia and fun, complete with a pizza lunch. The Knights were undefeated as they faced off against opposing teams from Lockerby, Sudbury Secondary, Espanola, Lasalle, St. Charles, St. Ben's and Marymount. The team finished the day with 7 wins and a total of 1,520 points. Their highest scoring game was 350 to 210 against the home team of St. Ben's.



Photo by Gray Brogden

The team will be heading to the City Championship in two weeks time, hosted by Marymount. Should they continue their unbelievable winning streak, they will not only take home the City Championship trophy and title, but will win a spot at the Provincial Championship in Scarborough later this spring.

Quote of the Month

By Emily Cooke

"We may encounter many defeats but we must not be defeated," - Maya Angelou



Students Say NO!

Photo supplied

By Gray Brogden

On Thursday, April 4, 2019, students all over Ontario banded together in a group effort to protest the changes to education recently announced by Premier Doug Ford. A student-run organization entitled *Students Say No* organized a province-wide student walkout. This meant that at 1:15 pm students all over the province were observed walking out of their classrooms to walk the streets of their cities. It is estimated that over 100,000 students across Ontario participated in this walkout.

The recent changes announced by Ford's Progressive Conservative government are plentiful. It was announced that the government intends to cut back funding for education in the arts, as well as special needs programs, mandate four e-learning classes per student to be able to graduate, ban cell phones from classrooms, revert math and sex-ed curriculums to older models, and increase class sizes. The last change, of raising the cap for class size, has been widely criticized. Many teacher unions and school boards have warned that this will result in thousands of teaching jobs lost.

Lo-Ellen Park students were proud to join the more than twelve

Ask Ms. Peloso

By Benjamin Corrigan

This edition's 'Ask Ms. Peloso' will be on the subject of the cold and flu. Although not a typical time for flu season, Ms. Peloso is suffering through one, and wanted to give some helpful advice for the next time you get the flu.

Dear Ms. Peloso,

What advice or suggestions do you have for getting over a flu/cold?

"The best way to get over (or prevent) a cold or flu is water. Yes, just that, water. Staying hydrated is the biggest factor that will determine how fast you bounce back from a cold or flu. Cold water, hot tea, fruit, water up the nose, water in a humidifier, water is the cure. You see, when your cells don't have adequate amounts of water their performance is hindered and you need your white blood cells to be at their peak performance when recovering from an illness. Your white blood cells will find and destroy any harmful microbes (pathogens) floating around (river rafting) in your bloodstream. And just like that little punk who knocked you off your raft the summer you turned 12, white blood cells always get their man (or woman). Water also ensures that your mucus keeps running, and that's a good thing. Clearing mucus from your nose means less congestion, one of the awful symptoms of colds and the flu.

In addition to drinking plenty of water, here are some other things that are proven to help you recover from your germ infested state:

- Rest. Get a lot of it. At least 8 hours of sleep per night. Naps don't hurt either.
- Stay away from the clinic. Chances are you do not need an antibiotic. Most colds and flus are viruses and cannot be treated with antibiotics.
- Let fevers burn away the germs during the day so long as they are not too high. I like to keep my fevers set to about 38°C for maximum benefit. Anything higher than that should be controlled with a fever reducing medicine.

While water isn't a magic fix, it is possibly the best way to help your body recover from an illness. See you at the water fountain."

Ms. Peloso

Sudbury schools and over 600 schools across Ontario in the protest. At 1:15 LEP students walked out of class and gathered on the front steps of the school. Along with signs reading various slogans such as "Our education is not the place to make cuts!", and "E-Learning means Less Learning!", Lo-Ellen Park students also led chants such as "Students say No" and "Save our Schools". One grade eleven student, Sabiqah Shafaat, said she thinks "the walkout on April 4th was important not just important, but essential." She continued, "by walking out, students made themselves heard, and that's as much as we can do. Now people know what we want, and what we are capable of."

Lo-Ellen Park students who took part in the walkout were marked absent for fourth period and were not allowed to return inside the school building for the remainder of the day.

Europe 2019

By Abby Smith



On March 6, 2019, a group of Lo-Ellen Knights traveled to Europe to learn about many different ancient monuments, as well as different cultures. In their travels to Italy, students got to take a boat ride to the island of Capri to do some exploring. They visited many different places, including the city of Pompeii, as well as the famous Mount Vesuvius, the Colosseum, the Roman Forum, and finally Vatican City, the smallest country in the world. In Spain, students got to try some of the memorable Churros and chocolate, as well as some exquisite Spanish cuisine. They were able to visit the beautiful Park Guell, and La Sagrada Família, a church still under construction, both designed by one of the most famous architects in Spanish history, Antoni Gaudí. Even though there were several delayed flights and many students unfortunately fell ill, the travellers most definitely went on the trip of a lifetime.

Photo supplied

Daisy Jones and the Six: Book Review

By Abby Smith



Photo by penguinrandomhouse.com

Daisy Jones grew up in the shadows. Her parents didn't care about what she did, she had no siblings or friends, and she had a wild personality. Billy Dunne was the complete opposite of Daisy. He had a loving mother, a younger brother, and enough friends to last a lifetime. However, the two did have one thing in common: their love for creating music. *Daisy Jones & the Six* is a beautiful book about love, lust, and most of all, rock and roll. Told in the format of a podcast, here is the story about how they became the most iconic band of the 70's. Rating this novel 5 out of 5 stars, I think it's a read many will enjoy.

DISCLAIMER: Even though this was written as an adult novel, it is filled with many situations teenagers can find themselves relating to.

Seven Tips for Life: Job Interviews

By Gray Brogden

One of the many joys of high school is applying for and hopefully getting your first job. Whether it's because your parents want you to, you want the experience, you want to save up, or you want to be able to hit the mall after school, getting a job in high school can be a lucrative and beneficial experience. However, getting a job isn't always the easiest thing. And one of the most difficult parts of the process is the job interview. So this month in *Seven Tips for Life*, we will be discussing seven ways to nail that interview.

1. Dress the part

To be taken seriously at any sort of professional meeting, it is important to look the part. We may be told to never judge a book by its cover, but in the real world, that is not always the case. How you look can make a huge impact on a future employer, so be sure to dress nicely. Avoid jeans, yoga pants, and leggings, and pick something a bit nicer than a t-shirt. Be sure to wear a coordinated outfit, that says "look at me, I am professional!"

2. Body language

Another important part of your appearance is your body language. To look professional, make sure you sit up straight and make eye contact with your interviewer. Bad posture is an easy way to mark yourself as unprofessional.

3. Actual language

Just as important as body language is the actual language you use during your interview. You want to sound just as professional as you look. Use complete sentences, try to avoid saying "um," "so," and "and" excessively. You should also refrain from using slang, and never, ever swear during a job interview.

4. Know the job

To always be prepared going into your interview, be sure to know the company and the job you are applying for. Do some research beforehand so you know who the important people and place of business are, the job title you are applying for, and what kind of tasks you will have to do in order to fulfill the job requirements.

5. Know your resume

Another key ingredient to being well-prepared for your interview is knowing your own resume. Your interviewer will often ask you about your past work and volunteer experience, your schooling, and other features you may have listed. Make sure you are able to discuss each one comfortably. It is also a good idea to bring an extra copy of your resume with you, so if your interviewer cannot find yours, you have one available for them.

Girls Hockey Team Makes History

By Jayde Hurley

This past season the Lo-Ellen Park Girls' Hockey team made Knights history. For the first time ever, the girls won both the city and NOSSA championships. This young team traveled to Midland last month to compete in the A/AA all-provincial division at OFSAA. Moving past the round robin and multiple overtime games, the girls found themselves in the OFSAA final. After a great game, the girls lost in overtime, bringing home the silver medal.

Nordic Ski Team Dominates at OFSAA

By Jayde Hurley

This year the Lo-Ellen Park Nordic Ski team made history, bringing home four championship OFSAA banners, tripling the school's previous OFSAA banner count. Through this three-day event, the team brought home 35 OFSAA medals, 17 of which were gold. Individually, the team had 12 athletes in the top 20, 6 of whom also broke the top 10. Though there is no specific award for this, the Lo-Ellen park team was the overall best high school Nordic Ski team in the province. The Senior combined team claimed the overall Senior banner, with the Senior girls winning both the team distance and sprint event, and the Senior boys winning the team distance event and finishing second in the team sprint event. As well, the Junior girls stood on the podium with a bronze medal finish in both the sprint and distance team events.



Photo supplied

6. Prepare questions

It is fairly standard for an interviewer, at the end of an interview, to ask you if you have any questions for them. You should. By asking questions, you show that you are serious about the job and are eager to learn. So be sure to prepare a few questions beforehand, and always prepare multiple in case one or two are covered by the time you get to ask.

7. Send a follow-up letter

Lastly, one way to distinguish yourself from other applicants is to send a follow-up letter. This is a fairly simple device that will make you stand out in a potential employer's mind. In this letter, you should thank the interviewer for taking time to talk to you, mention one specific thing that you are capable of doing related to your conversation with the interviewer, and specify that they should not hesitate to contact you if they have any further questions.

I hope these seven tips for life will prove themselves useful in your next job interview! Be sure to check out next month's edition for another Seven Tips for Life!

A Long Winter

By Jayde Hurley

Coming on to the fifth month of thick, skiable snow, it is more than fair to conclude that it has been a very long and dramatic winter here in Sudbury, Ontario. With 70% more snow than the average year, many are afraid the snow may never leave. Thus far this year, 95/114 days had snow, with a streak of 17 days at one point. On top of the extreme precipitation, Sudbury was also destroying records in the coldest temperature category, having windchills down to -50°C this winter. Both January 26th and 28th set new records for cold, with temperatures as low as -36°C. Between both of these extremes, school kids enjoyed the record-breaking number of snow days, having 12 days off this year.

LEP Swim Team at OFSAA

By Lauren Thomas

After dominating city finals back in December, the Lo-Ellen Park swim team made their mark on the OFSAA championships at the Toronto Pan Am Sports Centre March 5-6.

The team, which had more than 30 swimmers this season, sent 12 swimmers to OFSAA to compete, accompanied by the other Sudbury school teams, and many amazing coaches. That is the highest number of swimmers the school has sent to OFSAA in over a decade.

Sports Updates

By Jayde Hurley and Emily Cooke

Nordic Skiing OFSAA

Junior Girls Individual finishers

Chandyn Bachiu - 15th
 Kalila Bachiu - 17th
 Maggie Parks - 21st
 Amanda Symington - 26th
 Lauren Fearn - 27th
 Jill Kusnierczyk - 31st
 Avery Sutherland - 36th
 Sydney Brooks - 46th
 Mikayla Oommen - 65th
 Brooke Vrbanic - 92nd

Junior Boys Individual finishers

Patrick Wiss - 5th
 Austin Mashinter - 10th
 Alex Lambert - 20th
 Eran Burse - 55
 Kai Nener - 74th
 Eston Stiller - 90th
 Oliver Côté - 99th
 Quinn Roos - 109
 Griffin Jones - 124
 Jack Moskalyk - 133

Senior Girls Individual finishers

Jayde Hurley - 4th
 Meredith Kusnierczyk - 11th
 Natalie Marks De Chabris - 16th
 Fiona Symington - 32nd
 Delaney Bourget - 109

Senior Boys Individual finishers

Kendyn Mashinter - 4th
 Max Mahaffy - 6th
 Augustin Marks De Chabris - 10th
 Cameron Boland - 18th
 Jacob Pilon - 31st

Team distance event finishes

Junior Girls A - 3rd
 Junior Girls B - 5th
 Junior Boys A - 4th
 Junior Boys B - 12th
 Senior Girls - 1st
 Senior Boys - 1st

Team sprint event finishes

Junior Girls A - 3rd
 Junior Girls B - 7th
 Junior Boys A - 6th
 Senior Boys - 2nd
 Senior Girls - 1st

Grade 9 student, Ali Bertrim, was the top finisher for Lo-Ellen, placing 2nd in the Girls' Open 200m Individual Medley, and 4th place in the 100m fly. Ali is also a nationally-ranked competitive swimmer outside of school. As well, Jordan Burke competed in his last OFSAA in the para division, and Lo-Ellen Park wishes him well with his future plans.

Head coach Alison Gomm encourages any and all students to come out next year and try out the swim team. Practices will begin in October and are once a week, usually in the evening at the Laurentian University pool. Swimming is a great endurance sport to help prepare athletes for ALL sports!!

Stop the Spread

By Benjamin Corrigan

An important reminder for this upcoming summer is to be aware of the invasive species that may occupy your campground or lake. There are

many aquatic animals who have travelled to Canada by ships overseas and

invaded local lakes through various methods. More specifically, the spiny water flea is an extremely small crustacean which was accidentally introduced to Lake Ontario in the 1980s. Its native home is in Europe and Asia, where it lives in freshwater lakes and relies on zooplankton for food. Since introduced to Canada, the spiny water flea has invaded many smaller lakes throughout the country, attaching to small fishing boats and transferring into other lakes; however, they also rely on strong water currents and wind to travel. The water flea is able to reproduce sexually and asexually which has a high rate of multiplication, which no other native species can match to compete for dominance. Other risks that the spiny water flea poses to the ecosystem include the fact that since there are so many water fleas, they eat a lot of the zooplankton around them, leading to a 40% decrease. Furthermore, because of their small size, they can easily be missed on fishing equipment of boats which makes it easier for them to be spread to other lakes. The question is now, how can you prevent the spread of the spiny water flea? Well, there are a couple of ways. First, become educated. This includes knowing what spiny water fleas look like and what their impact is on ecosystems. Second, prevent their spread. The best way to prevent the spread of water fleas is to dry off fishing equipment after use (including your boat). The combination of pressure-washing boats and leaving them to dry is the most effective way to remove all stages of life of the spiny water flea. Finally, if you do see a spiny water flea, reporting it to Invasive Species Ontario will ensure proper action can be taken.

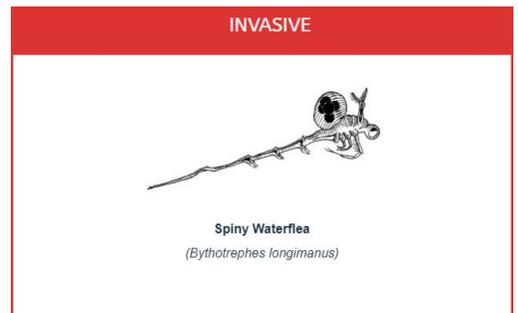


Photo by invasivespecies.com

Sports Updates (cont.)

Upcoming spring sports

- Track and field
- Badminton
- Softball
- Rowing
- Tennis
- Soccer

Senior Girls Soccer

- Thursday, May 2 vs. Lasalle at 2:00pm at James Jerome
- Tuesday, May 7 vs. St. Charles at 3:30pm at James Jerome
- Monday, May 13 vs. Confederation at 3:30pm at James Jerome
- Tuesday, May 14 vs. College Notre-Dame at 6:30pm at James Jerome

Senior Boys Soccer

- Thursday, May 2 vs. Lasalle at 3:30pm at James Jerome
- Monday, May 6 vs. St. Benedict at 5:00pm at James Jerome
- Tuesday, May 7 vs. Lockerby at 6:30pm at James Jerome
- Monday, May 13 vs. Horizon at 4:00pm at Horizon

Puzzles

Lexi High

Sudoku (answers on page 7)

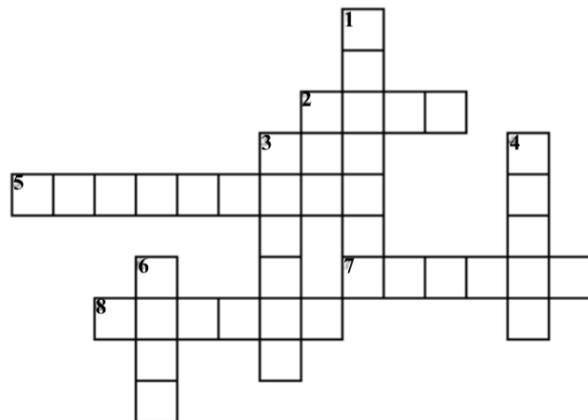
					1	5		
			5				7	9
2			8		9		3	
5			3			7	9	
3								6
	9	7			8	3		5
	6		9		4			7
7	4				3			
		2	1					

Easter Word Search

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

- | | | |
|--------|-----------|---------|
| Easter | Egg | Rainbow |
| Bunny | Lamb | Basket |
| Hunt | Chocolate | Candy |
| Hope | Chicks | Flowers |
| Spring | Bonnet | |

Easter Crossword (answers on page 7)



Across

2. What Easter symbolizes
5. Something you eat on Easter
7. The season that comes after winter
8. This holds your Easter eggs

Down

1. They pop up in spring
3. A holiday in April
4. An animal that visits you on Easter
6. It is fluffy and relates to Easter

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:

Gray Brogden, Benjamin Corrigan, Lexi High, Jayde Hurley, Abby Smith, Lauren Thomas

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

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

Across: 2. hope, 5. chocolate, 7. spring, 8. basket
 Down: 1. flowers, 3. easter, 4. bunny, 6. lamb

Crossword solutions

Sudoku Solutions

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?
