

# TheRoyalGazette.

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## The Start of Something

pg 7

Ancaster High's second theatre production of the year brings the beloved Disney classic to the stage.

New!



### High School Repairs

An in-depth look at Ancaster High's renovation projects. **pg 4**

### Midterm Madness

How to make the most of your midterm grades - even if they aren't the best. **pg 12**

### Mental Health Week

AHS's annual all-out initiative for mental health returns! **pg 14**

# This Month's Top Stories

Get the most important articles right away. Here are some of the **top stories of this month.**



Angelo Musitano, Pat Musitano's younger brother, was the victim of a similar shooting in 2017.

## Hamilton



Above: Pat Musitano leaves Provincial Court in this 1998 file photo. (Ted Brellisford/Hamilton Spectator)

### Who Might Want Revenge?

The Musitano crime family has no shortage of enemies. Known for multiple bombings in the 1970s, and hits on other mobsters in the 1990s and 1980s, it's conceivable that the attacks on Pat and Angelo Musitano are a result of retaliation for old wrongdoings.

## 1995

the year Musitano inherited ownership of the Musitano crime family from his father, Dominic.

**Hamilton mobster Pasquale (Pat) Musitano became the latest** victim of a gang-related shooting in Mississauga, Ontario on April 25, 2019. The 51-year-old heir and current head of the Musitano crime family was quickly rushed to hospital after police responded to a 911 call on Hurontario Rd., where Musitano was found.

Musitano was attacked just outside the office of his lawyer, Joseph Irving, who was working for the alleged mobster as a connection between him and local construction company Havana Group Supplies, the latter of which is currently entangled in a \$110-million fraud investigation. Musitano was released from hospital on May 8th, although the motives behind this shooting remain unclear. One man has been charged with attempted murder so far, and police are still looking for two more, who are su-

spected to have already fled the country.

The shooting comes hot on the heels of another assassination attempt 2 years ago, which resulted in the death of Musitano's younger brother, Angelo Musitano. Weeks later, Pat Musitano's house was shot up as well as a warning. These crimes are both involved in the recent resurgence of mob activity in the GTA.

Antonio Nicaso, a professor at Queen's University and expert on organized crime, says the shooting of Musitano comes at no surprise, especially after recent attempts on his and his family's safety.

"He was trying to hide. He was moving from one place to another," Nicaso explains as to why Musitano was living in Mississauga at the time.



# Canada



The Federal government plans to place more restrictions on e-cigarettes, such as limiting the concentration of nicotine and regulating vape shapes and sizes so they cannot be hidden.



**Above:** Soldiers work to hold back floodwaters on the Ottawa River in Fitzroy Harbour, Ont., on Monday. (Sean Kilpatrick/Canadian Press)

**Heavy seasonal floods have forced** several thousand Canadians living in Ottawa, Quebec and New Brunswick to evacuate, as the government deploys over 2,600 soldiers to help with the historic flooding in these areas—more than are deployed overseas. Sandbags are currently being used to hold back the floodwaters, as this year's floods are expected to be some of the largest in history.

Prime Minister Justin Trudeau emphasized the role of climate change in contributing to larger and more extreme floods and weather events in Canada. This year, water levels in Ottawa and Gatineau, Quebec, are expected to rise by as much as 50 centimeters. The government is predicting losses of as much as \$1 billion for homeowners this year.

For the 2019 flood season, Quebec reported some 10,000 people evacuated, and 9,900 homes either flooded or surrou-

nded with water. In New Brunswick residents are being allowed to return home, but sewage and waste still needs to be cleaned up in the aftermath of the floods.

Meanwhile, states of emergency have been declared in 35 areas so far. Some officials have doubts in the ability of sandbags to stop the water, as sandbags become less efficient the more water they absorb. This year, 1 million of them have been deployed on the banks of the Ottawa River to protect citizens against the rising water levels.

Currently, the deployed soldiers are helping build dikes, assemble sandbag barriers, and remove sandbags which may have been contaminated with polluted waters after flood water levels dipped. In New Brunswick, flood levels have begun to recede, although many major roads still remain underwater.

Flooding Pushes Out Thousands from Homes in Quebec, Ottawa, New Brunswick

## And In Pop Culture...

The 2019 Met Gala brought show-stopping looks from all across the entertainment industry, all dressed to fit this year's theme: camp fashion. Pictured here are Cardi B and Lady Gaga's outfits on the red carpet.



World

Shooting at Colorado STEM High School



Quick Facts

**WHAT:**  
A shooting at a specialized science and engineering high school.

**WHEN:**  
May 7, 2019

**WHO:**  
Devon Erickson (18) and Alec McKinney (16)

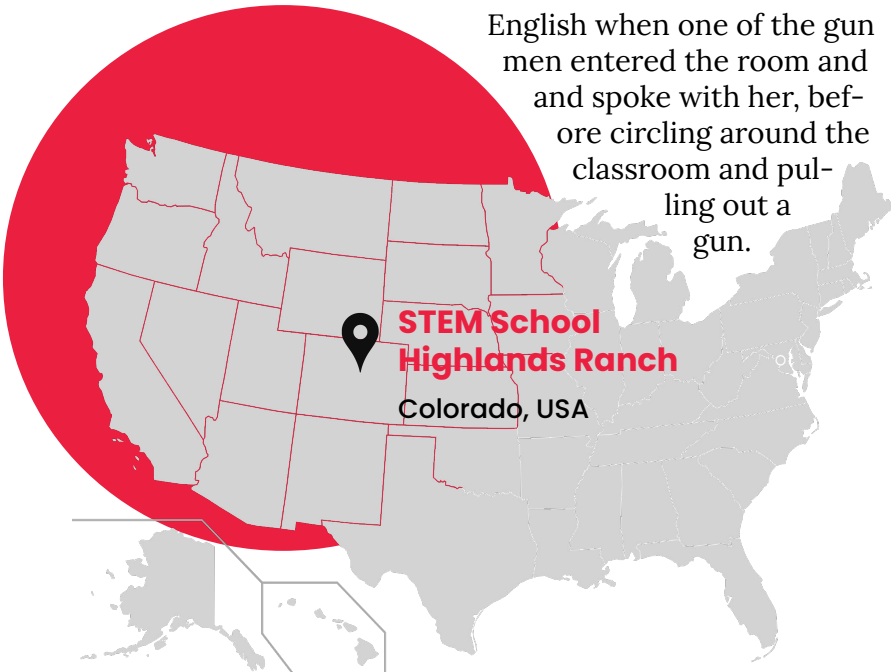
**WHERE:**  
Highland Ranch, CO

**Above:** Mahesh Anandan picked up his three children after a shooting at STEM School Highlands Ranch near Denver, where nine students were shot, one fatally. (Nick Cote/New York Times)

**Students at a specialized science and engineering high school** in Colorado, USA were targeted in a shooting that injured 8 students and killed 1, not long after the anniversary of the Columbine shootings, and near where the original massacre took place.

Authorities say the two suspects, an adult and an adolescent male, had entered the school through an entrance without metal detectors and engaged with students in two different classrooms. Officers arrived within 2 minutes and took them into custody. There was only 1 fatality, that of 18-year-old Kendrick Castillo. Castillo allegedly sacrificed his life trying to protect his classmates from the shooters by lunging towards one as they opened fire onto the class, buying them time to hide.

Nui Giasolli, a student at the school, was watching *The Princess Bride* with her class in English when one of the gun men entered the room and spoke with her, before circling around the classroom and pulling out a gun.



“The only thing he said out loud to the students was, ‘Don’t you move,’” said Giasolli. The gunman was then tackled by Castillo after opening fire.

In the wake of the shooting, many have chosen to celebrate Castillo’s sacrifice and bravery during the incident. His father, however, comments on losing Castillo, who was his only child.

“Selfless—that’s what my son was. And it got him killed. But he saved others,” he said. “Others are alive, and I thank God for that. ... But there’s another part of you that wishes he just turned and ran, retreated, hid.”

On Wednesday, May 8, the two suspects involved in the shooting appeared in court. 18-year-old Devon Erickson and 16-year-old Alec McKinney will likely be charged with attempted and first-degree murder.

Although the only victims of the shooting were students of high school age, STEM School Highlands Ranch caters to grade K-12, with more than 1,800 students attending the school. For now, it will be closed until the week’s end.



## INTERNALS

# Ancaster High School's Ongoing Facelift

After last year's ceiling disaster, the board has committed to saving AHS' infrastructure.

by John Kerr –  
Writer



This past year, the HWDSB School board has allocated millions of dollars in funding towards Ancaster High School to provide many much needed repairs and upgrades. These renovations are helping to preserve the rich history and fundamental academics provided by AHS to the past, present and future students. The list of repairs is extensive and covers a wide spectrum of areas both inside and outside of the school. Ranging from new and improved surveillance to a 1.25 million dollar upgrade to our aging football field and track, the planned and ongoing repairs include:

### Asbestos Abatement

During the controversy regarding the school's leaking roof last year, a concerning substance was also brought to light. The detection of asbestos and the possibility of it becoming airborne led to some classrooms containing the substance being closed off for abatement. Since then, the roof repairs have aided in containing the issue and further actions have been taken to ensure the safety of the staff and students in the areas containing asbestos. A presumed removal and replacement of the material may be underway in the coming years.



Anne Fu

### Bleacher Replacement

In addition to its focus on academics, Ancaster High School takes great pride in its Phys Ed and extra curricular sports programs. In order to showcase our athletic abilities to the parents and spectators, Ancaster High has invested in new retractable bleachers in Gym A/B. The former bleachers were assessed as becoming unsafe for students and in need of immediate removal and repair. As the gymnasium features the mezzanine level, a specified solution was required. The existing seating was removed and disposed. The new bleachers are able to safely accommodate 290 spectators. Note that eating on the bleachers during lunch hours is now banned.

### Natural Turf Sports Field

Ancaster High School's aging football field is scheduled to receive a massive repair. A

budgeted 1.25 million dollars is being invested into this project, which is set to begin in the summer of 2019. As part of the board's Secondary School Benchmark Strategy, the field will be transformed into a modern natural turf setup that includes a new pitch and field style running track around the perimeter. Fencing is expected to be erected around the field and track in order to limit its access to students and authorized personnel only. Permit fees and rental rates to use the field are expected to be put in place by the school upon its completion.

### Roof Repair

One of the most controversial and televised events to occur at the school was the leaking East Wing roof that occurred in the 2017-18 school year. Last year in Ancaster High School, students had undoubtedly noticed many bins in the East Wing filling up with brown, murky water from



Above: The proposed land severance affects approximately 18 acres of land. (Google Maps)

# LEGEND

--- proposed severed lands

25+/- acres Parcel A

6+/- acres Parcel B

12+/- acres Parcel C

(measurements are approximate)



Want to learn more about the land severance?

the leaking roof. Caused mainly by age and construction methods used when building the school, the leaky roof had been identified as a health risk for the staff and students. These issues led to an investigation in the winter of 2018 by both CHCH News and the Ministry of Labour. Although the Ministry had deemed it safe, parents were still concerned. This past summer, workers completed the repairs needed in the East Wing, and staff are expected to return in the summer of 2019 to address roofing issues elsewhere in the school.

## Land Severance

The treasured community space of the Ancaster High soccer fields has been reviewed for severance and sale by the Board. Of the 43 acres, 25 are to be maintained by the school. These will be used for the needs of Ancaster High and the school board for present and future requirements. The other 18 have been slated for severance, but will not be sold

immediately. If the Board decides to declare the severed acres surplus, Ministry Regulation 444/98 would require the land to be sold to specific agencies ranging from the city to other public school boards. The green space is preferred to be retained in the possession of the HWDSB for recreational use for the community.

Already, petitions and websites have sprung up, protesting the severance.

Other planned repairs for the school include dust collector replacement for the shop classrooms, new lighting throughout the school, minor repairs for student washrooms, and video surveillance upgrades. These renovations are helping to protect the legacy Ancaster High has left on the community and maintain the school's feasibility for the coming years.





## CELEBRATIONS

# Earth Day

The annual celebration of our planet and all it provides for us returned on April 22.

Anne Fu

by Anika Kanagaretnam – *Junior Editor*



**M**onday, April 22nd, 2019 – Earth Day came around once again, and on Easter Monday this year. It is important to know and be a part of this day because it brings awareness to the environment and protecting the Earth. Organizations and everyday people act on this day in the hope of making a cleaner future and a better environment to live in.

The first Earth Day was on April 22nd, 1970. Senator Gaylord Nelson was the one who came up with the idea. It started in the USA, with about 20 million people participating in activities that help the environment. Now, over 1 billion people participate in around 192 countries. This proves that we can try to reduce the amount of damage that we have done to the environment.

There are many ways you can help the Earth. It doesn't have to be a big thing – any act, no matter how small, can help save the environment. Some ideas are to clean up nearby roadsides or parks, or even plant some tr-

ees and flowers at home. Just recycling properly or using a metal straw instead of a plastic will have an impact on the

**The first Earth Day celebration in 1970 increased interest in environmental protection in the USA by 25%. The decade also included some of the most progressive environmental laws.**

Earth, even though it may not seem like that. If every single person did something to help out, we would be able to save the environment. We need to act now, before it's too late. Everyday should be thought of as Earth Day if we want to make the place we live a better place to live in.

**1968:** Apollo 8's infamous Earthrise image is taken, which comes to shape humanity's perspective of our planet.

**1970:** Earth Day is organized by US Senator Gaylord Nelson.

**1970:** The United States Environmental Protection Agency (US EPA) is founded.

**1982:** The Chernobyl accident occurs.

**2006:** Former VP of the USA, Al Gore, releases *An Inconvenient Truth*.

**2011:** The UN declares the global population to have reached 7 billion – a half billion increase from the estimate of 6.5 billion, just 5 years ago.

FEATURE

# The Start of Something New!

Take an in-depth look at the cast and crew of our musical theatre class' second semester production of *High School Musical Jr.*





by Ashley Smith –  
Junior Editor

**T**his semester, our musical theatre class has been working hard to produce AHS' newest show, *High School Musical Jr.*! Both the cast and crew have been putting in after school hours and have been working diligently to get our show on the stage. While attendees get a chance to see the show, they may not always get a chance to know the people behind the production. As such, these cast and crew interviews will let you know what's occurring behind the 'curtain'.

**Owen Lapsley – Troy Bolton**

**Tell us a bit about yourself. (musical background, etc.)**

Performance wise, this is my ninth show (my second under Ancaster High), but I have also worked on over thirty productions behind the scenes in the local theatre community. My family has been super involved in community theatre since I was born, and I've grown up in the theatre and around the culture of it all, which has helped me get to where I am. Some of

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**My family has been super involved in community theatre since I was born, and I've grown up in the theatre and around the culture of it all, which has helped me get to where I am.**

my theatre highlights include playing Tin Man in *Wizard of Oz*, Horton the Elephant in *Seussical*, John in *Peter Pan Jr.*, and Sebastian in *The Little Mermaid*,

Jr., among others. I'm currently on my 6th year of vocal training as well.

**How do you think progress is going?**

It's no secret that school theatre productions are often lackluster and typically unorganized, but personally on our current track, this is one of the most prepared shows I've worked on in terms of finishing the teaching of the content (includes all of your choreography, vocals, and scene work/blocking) the production team has been hard at work to keep students on track and focused, which has really been paying off and will give us a lot more time leading up to the show to focus on smaller character aspects in scenes and lines, and really dig into the deeper meaning of the performance, which is always really nice as an actor to get to do.

**How do you feel about your role?**

In the show, I play the lead of Troy Bolton, a confused high school “jock” who has only known basketball and sports his whole life, up until the events of the show where he is introduced to the world of theatre and, you guessed it, girls. Troy is a super fun role to perform due to getting to dig in to so many different emotions with every performance; he undergoes significant character development and conflict with other characters, which is also very fun to portray on the stage. As the show is called *High School Musical*, Troy also sings quite a bit and also in many different styles and ranges throughout the show, which is probably the hardest part of playing the role.

**Tell us a bit about your production role.**

My production role in this show is music/vocal director, along with Mason Lance. Our job is fairly straightforward – make sure the cast knows the songs and their harmonies, and work with them to make sure the

show sounds full and entertaining throughout all of those massive group numbers (and believe me – there are a lot of those in this show) along with working on individual technique for soloists or duets throughout the show. This production role has been quite entertaining and is definitely one I would take on again.

**Mason Lance – Ryan Evans**

**Tell us a bit about yourself. (musical background, etc.)**

I've been in five productions, all of which I've had a speaking role, and this is my sixth production. I've also taken theatre classes and a hip hop class, and that's all of the professional stuff. I've done one full, two act show, and the rest were junior shows. The one full show was *Seussical*, and I played the Cat in the Hat. It was probably one of my

**This semester's production features contributions from a massive cast, as well as a volunteer crew - responsible for running the show, painting sets, makeup, and more.**



**Above:** Tyler Scobie working on tech for the show.  
(@ahspresents/Instagram)



**Above:** Owen Lapsley as Troy Bolton performs “Get’cha Head in the Game”. (The Royal Gazette)

favourite shows. I’ve also done *High School Musical* twice, and this is actually my second time playing Ryan. I’ve been in *Bugsy Malone Jr.*, *Xanadu Jr.*, and *Beauty and the Beast Jr.*. I love theatre, though I wasn’t super into it at first. I started in grade six, and I’ve been into it ever since. Theatre is my life now.

**How do you think progress is going?**

I think this show is coming along pretty smoothly. We’re making the majority of our deadlines. A few things we’ve done need polishing, but that comes at the end and we’ll have time to make everything perfect.

**How do you feel about your role?**

Well, this is my second time as Ryan, so I know the character really well and I feel very comfortable performing as him. I also like his character, and we’re similar in a few ways. I’m not mean like him, but the theatre aspect of his character is similar to myself. I also want to bring

something new and interesting to this version of Ryan.

**Tell us a bit about your production role.**

My production role is co-director of vocals with Owen Lapsley. It’s the first time I’ve ever taken on a production role, especially vocals, so it was very interesting. It helps that I know how to play piano, and it’s nice to be able to help people learn the songs and make sure everything is correct. I have a lot of fun with it.

**Any interesting musical theatre facts that people might not know?**

There are “the wings”, and those are the two backstage entrances to the stage. And I don’t know if people know about the pit, but it’s usually for an orchestra. It’s pretty obvious that we have one here, but oth-

er places it isn’t. Also, the audience is also called the house.


**Daniella Cawthorne – Taylor McKessie**

**Tell us a bit about yourself. (musical background, etc.)**

I started musical theatre when I was eight, and did it kind of sporadically up until grade nine. This is my sixth show that I’ve been in. I was in *The Jungle Book Jr.*, *Alice In Wonderland Jr.*, *The Lion King Jr.*, *Beauty and the Beast Jr.*, *Seussical*, and now this show. I’ve always been drawn to singing, and recently got really into theatre. I’d say I’m really passionate about it, and it’s one of the most important things in my life.

**How do you think progress is going?**

For a school production, it’s coming along really nicely. Everyone is really deepening their character and getting accustomed to playing them on stage. As well, choreo and set progress is going really great. I



See what the musical theatre class is up to!  
[@ahspresents](#)



really like everyone here, and everyone gets along relatively well.

### How do you feel about your role?

Taylor McKessie is the head of the science decathlon team. She is a confident, intelligent, and independent woman. Her academics are very prominent in her character. When I'm playing Taylor, it makes me feel more confident and intelligent. I guess by pretending to be her, I can almost feel her feelings as well. I'm super happy with the role, and I think that it's a great opportunity to try something new. I've never played a character like this before, and I think it's cool to get more experience.

### Tell us a bit about your production role.

My production role is working in costumes and wardrobe. So far, we have a bunch of costumes set up to represent each character and show off their personalities. Each outfit is represented by each clique. You get the typical plaid skirt for brainiacs, jerseys for jocks, denim for skaters, etc. I think that the costume production is coming along nicely. We have three weeks left, which is plenty of time to get things assembled.

### Any interesting musical the-

### atre facts that people might not know?

I think that musical theatre is something that people are iffy with if they don't know about it, but they might be more interested in it if they give it a shot. Everyone in this class is really smart, talented and creative, and welcomes any newcomers with open arms. We're all close, like a family here.

### Tyler Scobie - Stage Manager/ Head of Tech

### Tell us a bit about yourself. (musical background, etc.)

In terms of this school, I started out on tracks in grade 9. I learned from a guy named Josh who taught me everything about sound, and a little bit about lighting. I then started teaching myself about everything else, more about lighting, sound, etc. I came back to do tracks for *Beauty and the Beast Jr.* in grade 10. After that show, every teacher started contacting me for tech things, I don't know how it happened, but it happened. Through the experience, I got a co-op with Cable 14, and I still work with them to this day. As well, in terms of stage managing, I did it once in grade 9. It was an experience. I liked stage managing, but the rush of telling all departments what to do is a lot. Though I wanted to get a chance to try it again and

broaden my horizons.

### How do you think progress is going?

In terms of tech, sound is really good. I've got almost all of my sound cues done. Lighting is a little different. We're a little behind. We're supposed to use a digital lighting software, Vista. With this program, we can use movement in the lighting, making the lighting look better/fancier, and it adds a special touch to the show. The problem is that Theatre Ancaster

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**Everyone in this class is really smart, talented and creative, and welcomes any newcomers with open arms. We're all close, like a family here.**

has the dongle we need, but they have a show now and we can't use it just yet. So use of that software is a definite maybe.

### Tell us a bit about your production role.

As a stage manager, I'm in charge of keeping the departme-



**Above:** Owen Lapsley and Ashley Smith (Troy Bolton and Gabriella Montez) choreograph "Breaking Free"; the crew works on painting sets. **(The Royal Gazette)**





**Above:** The cast of *High School Musical Jr.* (The Royal Gazette)

nts on track, and during the actual show, I'll be directing the stage crew as well as calling the show in terms of lighting, sound, etc. In terms of tech, I basically design the lighting for the show, and I'll also be giving people training for show mixing (sound and music stuff, as well as mics). I also have to order our equipment, and I actually just finished ordering our ten mics and a hazer (fancy fog machine) for our show. The hazer is actually really important because it helps make the lights pop. We didn't have it last show, and it looked bland, so we want it for this show.

**Any interesting musical theatre facts that people might not know?**

All of us tech people are on headsets during the show, and we always joke around on the headset. We also use tech lingo, like calling the show (making sure sound and lighting are with the cues, and that running crew are good to go). We also are always telling people to project (be louder when singing).

**Elise Maier – Jamie**

**Tell us a bit about yourself. (musical background, etc.)**

This is my second musical that I've been in. I started last year in *Beauty and the Beast*. I really enjoyed it and decided to take the course this year. Us theatre people, we're pretty much like a family.

**How do you think progress is going?**

Overall, it's going amazing. All the directors are really pulling the show together. Costume, set and the other production groups are really coming along. I can see the vision of the show really coming together. We need a lot more work before the final product, but we'll get there.

**How do you feel about your role?**

I'm Jamie in the show, and I'm basically one of the main thespians, other than Sharpay and Ryan. I really enjoy this role because it gives me a chance to

really create my own character, and I get solo moments that I can make my own, and those are fun. I also play a brainiac in other scenes, which is cool too because I get to be more than one character, and I have a lot of fun with it.

**Tell us a bit about your production role.**

My production role is in costume. Basically, we make lists of everyone in the scenes, and using that, we group people together to see what costumes are needed. We also take measurements of people for costume sizing. It's really fun to pick out costumes for lead characters that have more details in their costumes. In my opinion, costumes really help the characters come to life.

Check out the production for yourself on May 23, 24 or 29 @7pm!



ADVICE

# Midterm Madness

Here's how you can make the most of your midterm mark – even if it's less than satisfactory.

by Sabrina Cagampan – *Junior Editor*



**M**any emotions come with getting midterm report cards back: joy, anxiety, relief, or disappointment. The latter is never fun, but it doesn't mean that has to be the same reaction you'll have to your finals marks.

Remember that midterms are not a point of no return. Your mark changes with every assignment, quiz and test.. A lot can change before the finals. But in order for that to happen, effort needs to be put in to improving your marks.

A vital first step is to acknowledge that there is nothing that you can do to go back and change the marks you've already earned. There is no point in stressing about that test you didn't do well on, because there is nothing you can do to change it; all you can do is learn from your mistakes and focus on the next task at hand.

Being hung up on your mistakes will only be a detriment to your future successes.

What all students should do is ask their teacher to go through how their marks breakdown and find out what exactly they can work to improve so they can focus on that for the remainder of the semester. Teachers are there to help you and many are



**Remember that midterms are not a point of no return. Your mark changes with every assignment, quiz and test.**

open to arranging times either during lunch or before/after

class where they can show exactly where your marks are coming from.

After figuring out the areas where you can improve, set new goals and make plans on how to achieve them. Whether it be a more realistic goal for your final mark, or planning out how much time you should dedicate to studying by giving yourself an exact plan of how to improve your marks, you are more likely to follow through with it.

As painful as it is, go back and correct the questions you got wrong on tests and assignments, along with reading the feedback your teacher gives you (it's there for a reason!) By redoing the questions, you are less likely to make the same mistake on a future test, and for exams, most teachers have similar questions on their exams as they would on tests. By familiarizing yourself with the t-

Got questions?  
Want to  
recommend a topic  
for an advice  
column? Contact  
Sabrina and  
Ananya at:

scagampa6502@  
hwdsb.on.ca  
  
asingh1584@  
hwdsb.on.ca

teacher’s expectations you are preparing yourself for future tests and exams.

Don’t be afraid to ask for help reviewing material, or getting extra practice from teachers, peers or tutors. Making a study group with your classmates, or having a group chat where you can ask each other for help can be beneficial. There is never any shame in asking for help, and especially having an open dialogue with your teachers about your struggles will only allow for them to help you more.

Try new methods of studying. Making flashcards and reviewing notes are both great review tools. Also, try listening to music without any words (classical, soundtracks, nothing with distracting words) or change your studying location.

Midterms are also a good chance to prioritize other aspe-

ts of your life. No one should commit 100% of their time to school - people need a healthy balance to thrive. Look at how you are spending your time: how much sleep are you getting? are you a part of too many extracurriculars and having a hard time balancing your work load? do you still have time to relax? Track how you spend your time and adjust accordingly; this will prevent you from burning yourself out for the remainder of the semester.

Hopefully as finals approach, students don’t get too stressed. But know if you are having issues keeping up with work, or still are unhappy with where you marks are, feel free to talk to your guidance counselor and teachers, as they are always there for assistance. We are wishing that the rest of everyone’s semester goes as they hope!

INTERNALS

Mental Health Week

Ancaster High’s exciting and informational week discussing mental health issues had students from all walks of life participating.



Above: A student walks past the informational display boards in the big cafeteria. (The Royal Gazette)

by Alex Svarc and Emaan Tora - Writers

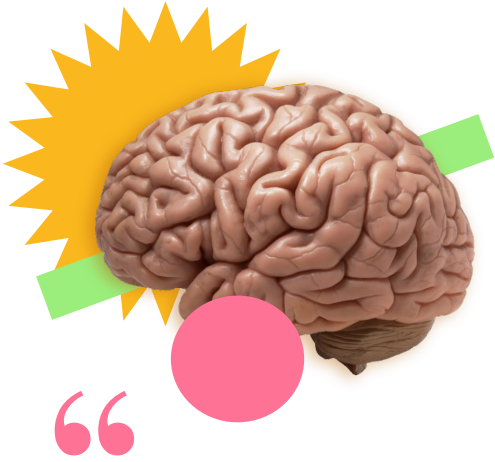


In North America, and a few other countries worldwide, May is Mental Health Awareness month. We take this time to come together, acknowledge and support those with mental illnesses, and break down stigmas surrounding the topic. At our school, mental health

awareness was primarily focused on the week of May 6th-10th 2019. During this week our school had a daily agenda for each day that consisted of student and staff organized activities and services. Some of the promotions for activities during this week

were run by the grade 11 students in Ms.Danese’s BMI3C1 Marketing class. This week holds so much importance due to the fact that mental illness is often a silent struggle. Generally, there are no blatant visible indicators that someone is struggling with a mental illness or deteriorating





**“Our generation has a habit of always feeling the need to be preoccupied or engaged. Take a minute to think about it. Even in our downtime we pull out our phones or laptops, we scroll through Instagram or talk to people.**

mental health. As a result, they generally do not receive supports unless they are brave enough to reach out and ask for it (which can be a very scary task as it would make someone feel vulnerable and stressed). The goal of our school's mental health campaign was to make individuals in these tough situations aware of the many supports available for them, as well as to help bring light to the issues surrounding body image.

Mental health week had a jam packed schedule with many amazing opportunities and activities offered each day. Starting off the week with a bang, Monday included mental health presentations in the library, cake and personalized messages from students in the staff room, sidewalk and wall chalk art, and “chair yoga” on the announcements. The chair yoga stretching on the announcements was an amazing activity because, unlike most of the others, it occurred during class. This activity took place towards the beginning of third period and was essentially a guided stretch/mediation session. It was done using the announcement system and had

everyone take a much needed break from their long (and possibly stressful) day. These kinds of breaks during class are often necessary, and should be made a regular activity. If someone is not feeling well mentally - whether it be from anxiety, exhaustion, or just having an overall bad day - it will be extremely difficult for them to get work done at a high level of productivity.

Tuesday did not have as many activities, but was still a very successful day. This day included Zumba in gym “A” and “D”, the soul daily announcements, as well as guided “mindful meditation” with Ms. Fletcher in the drama room. Because we are both in Ms. Davies grade 11 SAP class (Sociology, Anthropology, and Psychology), we had the opportunity to participate in this activity. The meditation was done in a nearly pitch black room, illuminated only by some tea light candles. The participants were instructed to lay down on the yoga mats (students were also offered the option to sit on a chair) with their backs to the ground, palms up, and to maintain an overall relaxed body position. Throughout the mediation you were instructed to envision a variety of positive images and did many calming activities, including breathing exercises and a body scan. Ms. Fletcher was very encouraging throughout the entire process, and made the experience relaxing and a much needed break for many students.

On the third day of mental health week, Wednesday May 8th, we were blessed with wonderful music by some of the talented musicians of Ancaster High School, had the opportunity to participate in a scavenger hunt (created by Marketing class' students), use a free photobooth, and sign a pledge banner in the East Wing cafeteria. In our opinion, the highlight of this day was an assembly held in the auditorium. This assembly featured motivational guest speaker Juan Bendana. Juan

describes himself as a “DJ, student motivational speaker, Sushi lover, and snowboard fanatic”. He is a young speaker who travels to schools and student programs across North America educating students. His goal is to motivate them, engage them, and have them leave with a better mindset. During his assembly at our school he was quoted saying “I want you to leave here with something”. Juan's presentation was of the most entertaining we have ever experienced. He captivated us and raised our spirits with his DJ skills, hit us with true words of life advice,

**Youth are the #1 demography at risk of suicide.**

**It is estimated that 10-20**

**% of Canadian youth are affected by mental illness.**

**Only 1 in 5 children are ever able to receive the mental health treatment they need.**

**(Source: Youth Mental Health Canada)**

and kept us on the edge of our seats with his thrilling stories and experiences with crocodile hunting and encounters with deadly snakes. Everyone seemed to have a great time at Juan's presentation - he enlightened us with great advice and eye opening statements, and boosted our moods for the rest of the day.

The last two days of mental health week were focused more on brightening people's days, and bringing people together to participate in mindful activities. We are often so caught up in doing, doing, and more doing that we forget to take time to participate in



Above: Members of Health Action Team (HAT) prepared a nutritious, free lunch for students. (The Royal Gazette)

mindful activities. We are often so caught up in doing, doing, and more doing that we forget to take time to participate in small activities that allow us to take a break from everything. Our generation has a habit of always feeling the need to be preoccupied or engaged. Take a minute to think about it. Even in our downtime we pull out our phones or laptops, we scroll through Instagram or talk to people. As fun and useful as this can be, we miss out on time to be alone with our thoughts, or just focus on a calming activity. Thursday was full of activities that met the criteria above, including a healthy morning breakfast (including cereal, fruit, and other healthy snacks), more uplifting announcements, and positive notes on classroom doors (done by members of our school newspaper).

On Friday we ended off our mental health week with a bang as it included mala bead bracelet making, smoothie samples, music around the school, and Just Dance in the east wing cafeteria. Personally, we


participated in the bracelet making, which was held in the Student Services' room at lunch. The activity cost \$10 and had a variety of beautiful beads and other materials provided. The atmosphere in the room was great - snacks were offered and



many people used the bracelet making as opportunity to make a last minute Mother's Day gift. There is simply something calming about sitting down and performing a repetitive activity like bracelet making.

Friday's bracelet making wrapped up our mental health



week here at Ancaster High School. However, this is not the



**HWDSB**  
@HWDSB

During **#MentalHealth Week**, let's end stigma and remember that help exists, and we can all support those who need help. Find **#MentalHealth** resources on the **#HWDSBwehelp** page.

**6:12 AM - 6 May 2019**

 **49** **37**

end of the supports for those who are struggling. It is important that everyone is aware



of the ongoing supports we have in place at our school. Some of the existing programs we have are our Student Success room, Learning Resource room, a school public health nurse, an Alternatives for Youth counsellor and School Social Worker (Vince, who comes on Tuesdays), Guidance Counsellors, and many board programs such as “Chilled” and “Missing Pieces”. Ms. Fletcher is our Student Success teacher and she spends a lot of time working with students. She focuses more on students who have other issues going on, including mental health issues, personal health issues, family issues, and school issues. Student Success is a place where students can set up some temporary plans. The room is a safe space and Ms. Fletcher is often there to support and guide students with all issues going on in their lives.

Guidance counsellors are also available to aid students in trouble, and help them get in contact with other supports such as Contact Hamilton, Kids Help Phone, a nurse, the school's Social Worker, and our Alternatives for Youth counsellor (this counsellor's mandate is to talk to students about substance use and how it impacts their life).

Substance use and mental health are often connected. No matter the use for drug(s), it is quite often tied to their mental wellbeing and/or family situations. These types of counsellors sit down with students and say “Let's talk openly about what you're involved in, how you feel about it, and how is it impacting your life. Let's talk about what it is that's going on in your life in relation to that substance use.” They let the answers come from students, and let them find out the dangers, concerns, and how

“

**In the end we need to understand how real of an issue mental health illnesses are. It is most certainly not just something that is “in your head”.**

it's impacting their life. They also have programs specifically directed at parents. Sara Stevens is the Alternatives for Youth counsellor here at our school. She's here all day Wednesday

and half days Tuesday and Thursday.

In the end, we need to understand how real of an issue mental health illnesses are. It is most certainly not just something that is “in your head”. According to CMH National (2018), “In any given year, 1 in 5 people in Canada will personally experience a mental health problem or illness and approximately 8% of adults will experience major depression at some time in their lives”. Mental health issues are very important and very common. As human beings, it is literally programmed into us to experience stress and feel negative emotions. When there are stressful situations we react, and this is normal. It's not about, “how do I fully get rid of these negative emotions?”. It's more, “I know this is coming, how do I deal with this and make my life less sad or stressful overall?”. Although Mental Health Week is done, please remember to check in on your friends and loved ones. The goal of this campaign was to get people to talk about mental health. So talk! Talk about mental health - the good, the bad, and the ugly. Remember to look out for each other. Lastly, remember that your mind matters. You are not alone, and there is help out there.



**Above:** Students in the big caf check out the body positivity photo booth on Wednesday and try out props. (The Royal Gazette)



INTERNALS

# Spring Coffee House

Hosted by the Music department and MAA, Spring Coffee House brought together a night of entertainment and music.

**Above:** “Undefined”, a rock band composed of AHS students, perform at the Spring Coffee House. (MAA)

by Jocelyn Mattka - *Writer*



**O**n **Thursday, April 11**, Coffee House was held at Ancaster High. Organized by Ms. Wylie and the MAA, this event was a wonderful opportunity for musicians from grades 9-12 to perform in front of not only their friends, but also the wider school community as well. From bands to soloists, there were a variety of different acts to enjoy throughout the evening.

Many students came out to the event to show their support, and others volunteered to help run it. Making an event like this run smoothly is not an easy task and requires students to assist in everything from running the initial auditions to stage management to MC responsibilities. After having the chance to speak with Ms. Wylie, as well as some of the students involved, it is clear that the event was a major success.

“I am so proud of the MAA for their leadership and tireless efforts,” says Ms. Wylie, “The generosity of the performers

who share their work with us so freely, the maturity and capability of the MAA and the wonderfully attentive audience who came out to support the musicians all combined together to make the event a success.” Although audiences are still small, those who attended the event were very glad they did. “Coffee House was a lovely event and I enjoyed listening to amazing performers and hanging out with my friends. I would’ve never known that our school was filled with such talent. I will definitely be coming again next year and hope others do too!” says Madison Lacey, a grade 10 student who attended Spring Coffee House.

Not only was the experience fun and enjoyable for the audience members, but also it created a really unique atmosphere for the performers as well. “The most fun aspect of Coffee House this year, in my opinion, was how laid back the event felt; the organization of the room made it feel like

viewers’ attention was still directed to the performance yet not so direct that they felt unable to talk to one another. As a performer for an audience like that, it’s much easier because you don’t feel as entitled to keep your audience engaged and can rather focus on your music. This gives performances a much more natural, relaxed feel, and audiences are free to be social while hearing great music-both of which have really become part of what makes this event so great,” says Owen Lapsley, a performer at the event.

It’s clear that Ancaster High’s latest Coffee House was enjoyed by all who were involved, and it was a great way to support the music community in our school. Over the coming years, we can only hope that interest continues to build and that events like this continue to be held, positively influencing students and the school community!





## INTERNALS

# Family of Schools

Ancaster High and its feeder schools collaborate together in its first annual Family of Schools concert.

**Above:** Students from Ancaster Meadows, ASPS and Ancaster High at the Family of Schools concert. (MAA/The Royal Gazette)

by Ashley Smith – *Junior Editor*



**O**n April 24th, Ancaster High held its first annual Family of Schools Concert. The concert was run by the Music department, and it featured the AHS Concert Band, as well as bands from Ancaster Senior Public School and Mount Hope. Over 100 students were performing onstage, and the three bands worked together to perform two songs, as well as each band performing individual pieces that they had chosen prior to the concert.

The songs performed by all three bands were IronHeart (by Randall D. Standridge), and Coronation Fanfare (by Robert W. Smith). The two middle school bands were given these pieces months before the performance, and they practiced diligently in preparation for the concert. The AHS Concert Band also reviewed the two pieces before the performance so they

could get familiar with the pieces in order to run sectionals with the middle school students.

Just before the performance, all of the students spread out into their sections (saxophones, clarinets, trombones, trumpets, low brass, percussion), and the

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**The leadership demonstrated by our students was outstanding, and everyone got along, as well as had a fun time while working hard.**

high schoolers took charge of the sectionals. Every section had one or two high school leaders

that ran a sectional by themselves, conducting the middle school students, adding last minute changes in dynamics and phrasing, and overall teaching their sections and preparing to put on a stellar performance. The leadership demonstrated by our students was outstanding, and everyone got along, as well as had a fun time while working hard. After the sectionals, MAA provided pizza for all of the participating students. Everyone ate together, and got to know each other a little better too.

After eating, the students got onstage, and classes were invited down to watch the first ever Family of Schools Concert. The three bands played together first. Conducted by the Mount Hope conductor Mr. Ferrante, they played Coronation Fanfare, a majestic song with bravado.



Then, all bands (except the Ancaster Meadows band) exited the stage and Mount Hope played the Star Wars Theme, a

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**The concert was a great way to connect and work with feeder schools, and it also gave AHS students a great opportunity to take a leadership role within their school.**

well known John Williams composition. Next, the Ancaster Senior Public School Band got onstage and played another rendition of the Star Wars theme, mixed with the March of the Rebellion - two very popular John Williams pieces - as well as other pieces. In between band performances, there were two duets performed by Jeremy Ippolito (piano), and Kebin Lee (flute). They played a lovely original composed by Jeremy, as well as a beautiful rendition of Danny Boy. After the duets, the AHS Concert Band took the stage and performed Excalibur (Jay Chattaway), a powerful and stately piece, as well as Stone Mountain Fantasy (Ed Huckeby), a energetic and lively piece. For the last piece of the concert, all

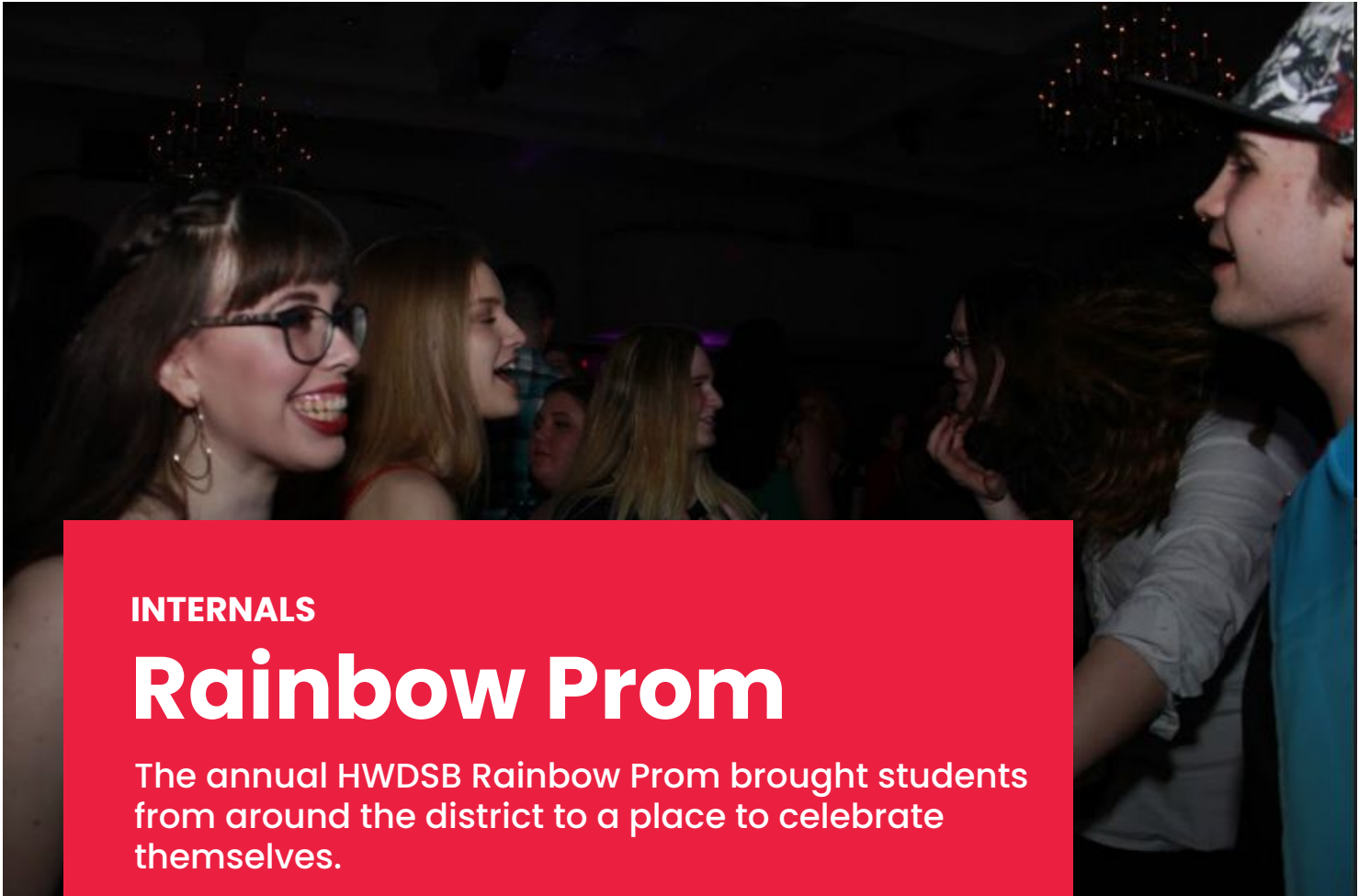
of the bands returned to the stage and played. Conducted by the Ancaster Senior Public School conductor, Mrs. Knauer, the final song was IronHeart, an fast and aggressive song that ended the concert with a bang.

Overall, the concert was a great success, and the AHS Concert Band can't wait for the Family of Schools to happen again next year. The concert was a great way to connect and work with feeder schools, and it also gave AHS students a great opportunity to take a leadership role within their school. MAA and the AHS Concert Band are proud of the feeder school bands, and working with their talented students was a great experience!



**Above:** Mrs. Knauer conducts the Family of Schools bands: Ancaster High, Ancaster Meadows and ASPs. (MAA/The Royal Gazette)





## INTERNALS

# Rainbow Prom

The annual HWDSB Rainbow Prom brought students from around the district to a place to celebrate themselves.

**Above:** Students from Ancaster High dancing at Rainbow Prom. (Josh Brown/The Royal Gazette)

by Sabrina Cagampan - *Junior Editor*



**O**n April 24th, 2019, the HWDSB hosted its annual Rainbow Prom, a tailor-made dance for LGBTQ+ students and allies across all HWDSB schools. Rainbow Prom provides an inclusive, affordable and incredible experience for students that may not feel comfortable in a 'typical' school dance environment.

The event started in 2008, first held in the Saltfleet High School cafeteria and organized by their Positive Space group. Since then the event has grown in size and popularity and proceeds to improve and grow every subsequent year. This year's Rainbow Prom included a three course meal and a free photo booth for a great souvenir of the night, all while a fantastic DJ played music as students to dance the night away.

Some Ancaster students that attended the evening noted how Rainbow Prom was different from other school dances they've been to. One said, "The

overall atmosphere wasn't as overwhelming as the average school dance; it was a lot more chill and accepting".

Another elaborated saying, "Rainbow Prom is an event that I will be looking forward to throughout my high school career. As an individual who doesn't enjoy the atmosphere of dances, I can tell you that Rainbow Prom is certainly the best dance I've attended. The environment is so welcoming, diverse and it allows for everyone to embrace who they are, not matter what - without judgment whatsoever."

It was clear that all the organizers (and everyone helping with the event) made a 'welcoming environment' their first priority - and the organizers enjoyed the night just as much as the attendees did.

The music was another big highlight of the night, which was taken from suggestions from the dance's attendees. Everything from "The

Cha-Cha Slide" to ABBA's "Dancing Queen" to (of course) Lady Gaga's "Born This Way" left the room buzzing with energy, especially when 200+ teenagers screamed "Bohemian Rhapsody" at the top of their lungs (the highlight of the night for many).

"Usually when I go do dances I know none of the music played," recalled one student "It was refreshing to hear stuff I could actually sing along to!"

An overall consensus was that Rainbow Prom was not just a fun night, but also was an important event for HWDSB to host.

"[To be honest], it's the only place I've ever seen people be so open with their sexuality," one student remarked, "I think that's just important in any setting".

It is clear that the only disappointment about the event is that HWDSB LGBTQ+ and ally students will have to wait another 365 days for the next Rainbow Prom.

# HOROSCOPES

*Happy Birthday to all of our Taurus readers!*  
**Are you a Taurus? So are these celebrities:**



**Adele**



**Rami Malek**



**Gal Gadot**

## ARIES ♈

*March 21 - April 19*

We sense a lot of stress from you this month. You may have tests, assignments, and extracurriculars piling up, but it is important to remain calm and focused. You can do it!

Lucky numbers: 1, 27, 72

## TAURUS ♉

*April 20 - May 20*

It's Taurus Season! Tauruses are strong-willed and patient, which explains why they are

represented by the bull. This month, it has been said that you will experience great happiness!

Enjoy it! Lucky numbers: 17, 48, 66

## ♊ GEMINI

*May 21 - June 20*

The stars have aligned for you Gemini... It is believed that you will stumble across a small fortune this month. Keep a lookout! Lucky numbers: 6, 46, 32

## CANCER ♋

*June 21 - July 22*

It has been foretold that you will find a new romance this month, Cancer! Remember that you are most compatible with Taurus and Virgo. Lucky numbers: 4, 19, 21

## LEO ♌

*July 23 - August 22*

Try something impulsive this month, Leo, like an impromptu trip or just buy something you like. Something fun will be refreshing. Lucky numbers: 1, 7, 91

## ♍ VIRGO

*August 23 - September 22*

Virgo, you had such a terrible April. Unfortunately, things will continue to get worse. School is picking up and you'll be miserable. Yikes! Lucky numbers: 5, 30, 73

## LIBRA ♎

*September 23 - October 22*

Nothing great to look forward to this month, Libra, so why don't you do something exciting? The stars aren't kind to you this May, so be kind to yourself. Lucky numbers: 55, 71, 98

## SCORPIO ♏

*October 23 - November 21*

Oh no! The temperature is predicted to go up, and with it, your temper will rise. Go dunk your head in a lake and cool off before you say something mean.

Lucky numbers: 2, 16, 62

## ♐ SAGITTARIUS

*November 22 - December 21*

Hope you're recovered from that nasty betrayal last month, Sagittarius, because the stars say that you'll lose an item of importance this month. Or perhaps it'll be stolen! It's a bit cloudy, not sure. Either way... That's not great. Lucky numbers: 18, 53, 70

## CAPRICORN ♑

*December 22 - January 19*

Wow, the people around you are going to have such a rough time. Can't relate! Enjoy your excellent month full of fun surprises. Lucky numbers: 24, 74, 91

## AQUARIUS ♒

*January 20 - February 18*

It has been foretold that you will be very successful this month. Whether that be in school, or not, be aware of this upcoming accomplishment! Lucky numbers: 34, 56, 88

## ♓ PISCES

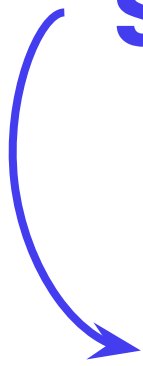
*February 19 - March 20*

Pisces are known for their introverted natures. This month, you will face a challenge which will push you out of your comfort zone. Lucky numbers: 2, 15, 9

*By Sophie Hughes and Olivia Pasian*



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