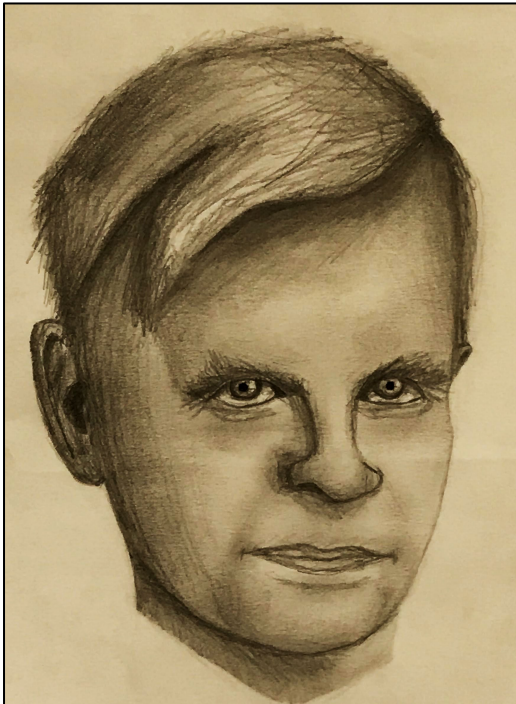


Panabaker Press

Home of the Panabaker Pumas

Find Out Who Frank Panabaker Was!



By: Yassine B. & Ibrahim A.

Drawing by Sarah L.

More Of This
On Page 3

Tuck Shop Lines Too Long? Here's What We Can Do To Fix It!

By: Jessica P.



The tuck shop lines are way too long and they crowd up space in the hallways. Plus, after you've waited ten minutes in line, there's nothing good left! To be fair, the tuck shop helpers do their best to serve every student. Maybe they could come up with a system to help make the lines shorter, like two grades at a time? Or two lines, one for ice cream because it's the most popular and one for the rest of the snacks? But that doesn't help with the shortages of food, so maybe there should be more options of snacks. That's not the only problem, we also stated that when you get to the front of the line, nothing good is left, so the helpers could have bigger signs to say what is out of stock. Solving these problems is a very good idea and supported by a lot of students because the tuck shop is a great way to grab a snack.

Frank Panabaker, the very school we attend, hasn't always gone by this name. The name change came into effect in September 2019. Our school was named for the Canadian artist Frank Shirley Panabaker. When this name was chosen, not everyone understood why or even liked this. The majority of people were struck with so much question of who this person (Frank Panabaker) might be, so we

embarked on a quest to find out who he really was. What about him could make our school name so special? He might have been your ordinary artist, with an amazing gift, but how could this apply to our school? And that's when the light bulb ignites. The big idea is you don't have to be extraordinary to be an amazing person. Frank Panabaker

was a talented artist, for all of his life, and that reveals many qualities of his. These qualities are: he was passionate, persevering, and hard-working. As a school, our name has to be closely related to the students and staff who attend. Making a quick assessment, you can easily see that those qualities easily describe us.

VolleyBall Highlights



Go Jr. Girls Volleyball Team!

By Elina M.

The Jr. Girls team was coached by Mrs. Fairley and they went all the way to quarter finals! Their closest game was also against Ancaster Meadow, with a score for the first set 27-26. It was a very hard game which they won by a small margin and the second set earned another win, 25-15!

By Elina M.

Good Strategizing Sr. Girls Volleyball Team!

The Sr. Girls volleyball team found their proudest accomplishment of the season playing Norwood. Although they won 2-0, it was one of their hardest games. Norwood played differently than any other school the Sr. Girls had played before. According to Mr. Dowson, their coach, they were very hard to beat but in the end the Sr. Girls prevailed!

Nice Games Jr. Boys Volleyball Team!

By Elina M. & Emmanuel F.

Coached by Mr. Churchman and Mme Talbot, the Jr. Boys greatest accomplishment was the second time they played R.A. Riddell. The first time the team met with Riddell the Jr. Boys team lost 2-1. Then the second game they won 1-2. Fritz Lopez from the team said they played, "Pretty hard, despite our amazing players it was a very challenging match."

Keep it up Sr. Boys Volleyball Team!

By Elina M.

The Sr. Boys closest game was against Ancaster Meadow, finishing with a score of 3-2. They won and continued to the semi finals where, sadly, they lost to Lawfield. The team, coached by Mr. Boyan, went all the way to the semi-final, good job Sr. Boys!

Yara S.



Word Bank

- Art
- Autumn
- Frank
- Hespeler
- Oil
- Ontario
- Painter
- Panabaker
- Turkey Point
- Winter

F	M	H	D	H	P	A	N	A	B	A	K	E	R
R	L	E	T	R	A	R	D	A	P	A	M	P	W
A	Q	S	L	Z	R	R	A	O	I	L	O	A	N
N	J	P	A	A	I	N	T	E	A	R	I	N	A
K	K	E	P	U	N	W	I	N	T	E	R	A	T
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H	G	E	I	U	H	P	S	I	J	M	T	E	M
S	A	R	N	M	E	A	C	F	P	E	N	K	N
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Movie Month, Upcoming Films

by Alex L. & Anjali N.

Star Wars: Rise of Skywalker was filled with surprises, explosions and riveting friendships. From the typical opening credits, to the final scene, this movie captured the audience and pulled them in. The plot has many twists and turns that really makes this movie stand out from the rest in the saga.

Director JJ Abrams, who also directed films The Force Awakens and The Last Jedi, was brought back to direct the final film. Many people have said that it was a mistake for him to return and he took the safe route with the movie.

The final Star Wars movie in the 9 part saga, focused on characters Rey, Finn, Poe, Kylo Ren, along with a few droids working together to defeat an Empire that could destroy the Star Wars galaxy for good. Some returning characters from past movies appear and which caught audiences by surprise. I know we were!

Also if you've been following the Star Wars series and want to learn more about Rey's background this is the movie for you. Rey truly embraces her heritage and learns more about herself, throughout the duration of the movie. The answer you're looking for is unexpected and really is the whole plot of the movie.

Some viewers were not impressed with this last movie. Rotten Tomatoes gave it a 54%. Since characters who were supposedly dead

returned, with no explanation, the movie might have had more dislikes since their presence may have caused confusion for the audience. The writer's choice to bring back characters from the dead make us think, have they run out of ideas?

The beginning of the movie is slow, but will surprise audiences in the end. At some points of the movie Star Wars can be confusing in small parts of the movie. To better understand some characters, plot twists, and even some settings you may need to watch the other movies to get a proper background.

The big meaning of this movie is that you can be whoever you want and do whatever you want. This is because while Rey and Kylo Ren take their own paths, they also decide who they really want to be.

This movie was definitely a good way to end the fantastic nine part saga of Star Wars. However, more explanation could have been used to make the movie even better. Rise of Skywalker was constructed of plot twist after plot twist and had you right on the edge of your seat. If you are a Star Wars fan this movie will be a good one for you to see. Even people who aren't fans of Star Wars are sure to enjoy some parts of the movie. Will Rey and her friends be successful? To find out go see it in theatres now!

Do you believe this will be the final Star Wars movie? Did we just witness the end? Let us know your opinions!

Continued... Who Frank Panabaker Was

by Yassine B. & Ibrahim A.

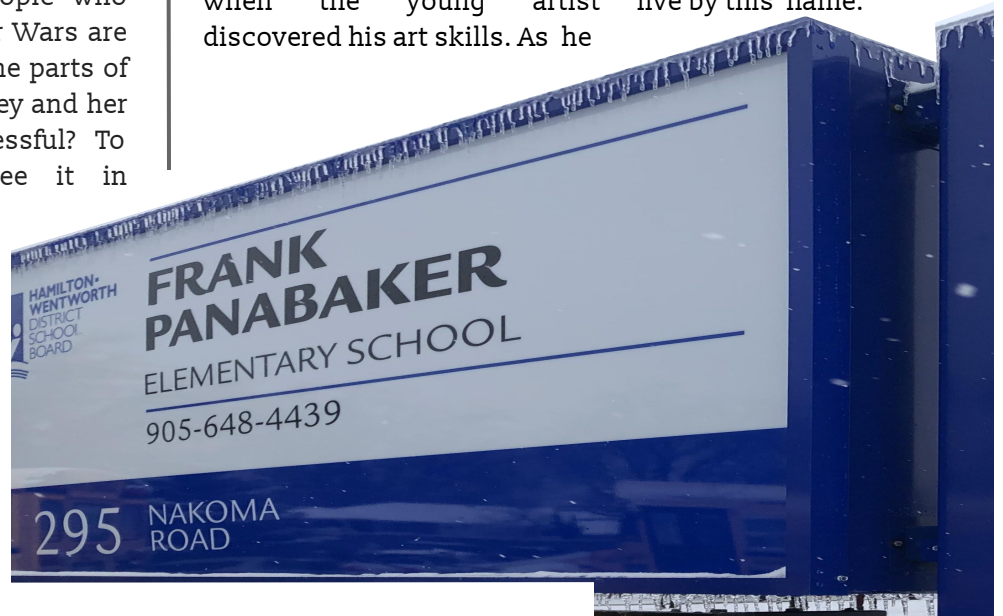


Frank Panabaker was born on August 6th, 1904, in Hespeler, Ontario, a place that is now called Cambridge. He painted portraits, still lifes and landscapes. To get to the position, he studied art at several schools, the Ontario College of Art, and the Grand Central School of Art in New York. He even studied under the two original members of the Group of Seven, J.E.H. Macdonald and Arthur Lismer. Frank's father saw his creative talent, so in the summer of 1920, instead of pushing carts through Frank's father's steaming hot woolen mill.

Frank took a course in sketching taught by the painter of seascapes, Farquhar McGillivray Knowles. This was when the young artist discovered his art skills. As he

was studying art in New York, he became an award winning member of the famous Salmagundi Club (an art club). As a painter, he drove across many landscapes around the world, creating beautiful pieces of art. He continued to create art for the rest of his career on the shores of Georgian Bay, in the hills and lakes of Haliburton (a county in Ontario), Muskoka, Algonquin Park, Nova Scotia, British Columbia, Alberta, Vermont (In America), Nassau (Bahamas), New England, the Islands of Bermuda, the British Isles, and the West Indies. After living his life to the fullest, the talented artist died at age 88 in Hamilton, Ontario 1992.

Frank Shirley Panabaker may have been an unknown character to most of us, but his history as a well-respected artist, passionate traveler and hard working craftsman, should make us proud to attend school named after him. His legacy will live on with our school for as long as we live by this name.



3 Best Scientific Discoveries In 2010-2019

by Yassine B. & Ibrahim A.

Now that we are in a new decade, we have had many scientific and technological advances in the past 9 years. You will be learning about what we think are the most important discoveries and advances.

Number 1: Nuclear Fusion

One of the energy production methods widely used today is nuclear energy. This form of energy uses nuclear fission, which works by splitting atoms. Not so long ago, a new version of nuclear energy was proposed, and experimented on: nuclear fusion. Nuclear fusion works by taking hydrogen atoms, and fusing them to make heavier atoms, such as helium. In this process, a tremendous amount of energy is released, and can be extracted. In the near future, this energy production method will be widely used, because of its crude power. This is the purpose of nuclear fusion. So far, it is only experimental, but it does work. When something is at the experimental stage, it means it is not safety approved (nuclear fusion is very dangerous.)

Number 2: Crispr

The 2010s marked huge advances in our ability to precisely edit DNA, in large part thanks to the identification of the Crispr-Cas9 system. In 2012, researchers proposed that Crispr-Cas9 could be used as a powerful genetic editing tool, since it precisely cut DNA in ways that scientists can easily customize. Crispr is very

focused on the idea of using gene editing clinically to cure disease. Though it has not been used for curing patients, (it has only been experimented) people think it has the potential of curing Cancer, blood disorders, Blindness, AIDS, Cystic Fibrosis, Muscular Dystrophy, and Huntington's disease

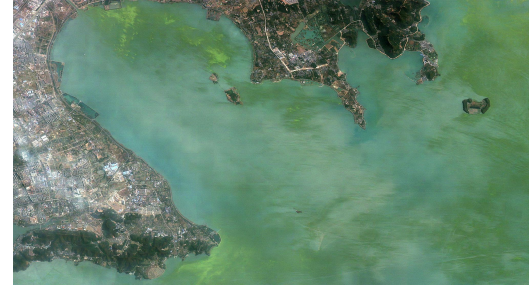
Number 1: The Higgs Boson Particle

The Higgs Boson particle, or the God particle, was found after a solution to the physicist's standard model (a model containing all the different particles, and quarks-stuff that makes up particles) was found. The physicists model is a diagram that was not fully complete before the last decade. It was not complete because the mass of particles did not make sense with Einstein's famous equation $E=mc^2$. Peter Higgs found a solution to this problem by proposing the new particle, the Higgs particle, now known as the Higgs-boson. Physicists wanted to find this so-called higgs particle. Peter Higgs and Francois Englert found this particle using the Large Hadron Collider, so its existence has been proven. After all of this, the standard model, has finally been completed.

What we've learned from these amazing discoveries is that they will definitely benefit us in the near future.

China's Lake Tai - It's Green With Envy

by Yara S.



Lake Tai, China, is a large lake in Eastern China, between the provinces Jiangsu and Zhejiang. Lake Tai is one of the biggest lakes in China, and is a primary source of drinking water for many people in these provinces. Since the 1980's, China's economy has grown considerably as new industries and factories have been created. China is now the largest exporter of goods in the world. This has led me to wonder - *how is China's economic boom affecting the environment?* Here's how.

China's Lake Tai is a huge source of drinking water for many people. Due to the fact that more and more factories have been built and put to use in the area, they have been dumping their chemical waste into the lake. Chemical waste on its own is bad enough, because it poisons the water, but it is causing algae to grow at alarming rates. Algae grows when there are excess substances in water, Such as nitrogen. The algae then

duplicates and spreads, killing off other plants that have been growing in the lake. When these plants are killed, many small fish are die as well. This happens because their diet is primarily the plants that algae killed when it spread due to the chemical toxins dumped into the water. Once these fish die off, others will too, until eventually it will be harder for fishermen to provide food for their families. Scientists have proven that most algae blooms are toxic, and because the algae in Lake Tai was created from already dangerous chemicals, the algae could be very harmful. One of the biggest problems with the algae is that if it were to be ingested, it could seriously harm or kill anyone who drinks the water. People obviously can't drink this water, and thus the pollution in Lake Tai takes away a huge source of drinking water,

which is a substantial blow to China. An article by *The Guardian* states that about 300 million people are drinking contaminated water a day. The article also states that nearly 30,000 children die of water - pollution related illnesses a year.

Right now you're probably thinking *what does this have to do with me?*

It really has everything to do with you. If this can happen in China, it can happen to us too. There have already been reports of water pollution in the Great Lakes, which provides Canada with about 44.1 billion gallons of water a day. The big takeaway here is that in developing our economy we are putting our own people at risk, which is something that China realized a bit too late. Hopefully, we will be vigilant and not suffer from the same fate that the Chinese people did and still do.

Teacher Feature: Mr. Dowson

by Diyala A. & Rowan S.

The everyday mysterious teacher ... Frank Panabaker's very own, Mr. Dowson! The "Teacher Feature" will show you that your teachers are more interesting than you think. We interviewed the all-knowing Mr. Dowson and our expectations were met when doing so. But wait until you find out more. Mr. Dowson as some of you may know, has been a teacher at this school for about 5 years. He has taught at a lot of other schools, including Bellstone, Glen Echo, Yorkview, Rousseau, Mount Hope, Ryerson, and Guy Brown. Some might say these schools are our rivals or "enemies," but in reality they are a place where students have benefited from Mr Dowson's teaching. Mr. Dowson was also well educated, having done two bachelor's degrees, one in Geography and the other in Education.

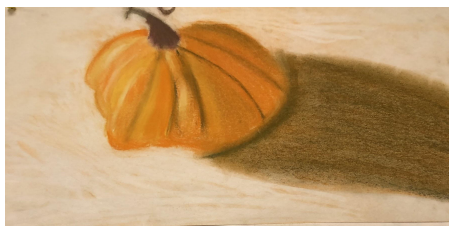
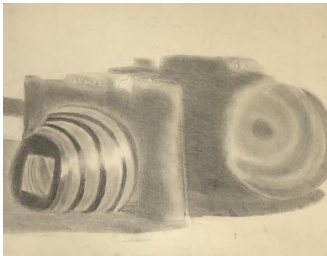
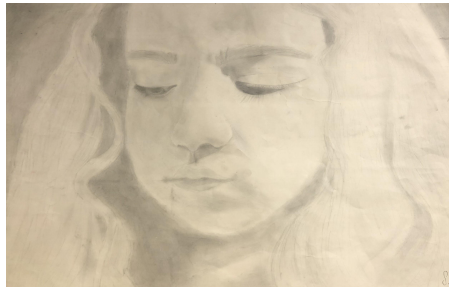
We're pretty sure everyone here knows that Mr. Dowson has a pretty energetic class. He even confirmed it when we asked him, "what was his craziest day when it came to teaching?" He responded immediately with, "most days," which resulted in extremely loud and revealing giggles from his students.

Mr. Dowson is well known throughout the school by students and staff alike for his creepy announcements calling for the senior girls volleyball team and for the clubs that he runs single handedly. He runs two clubs, the first being the crypto-zoology/xenobiology club. They research mythical creatures, like the evading Sasquatch or the mystical Kelpie, and then they create cool posters. The second club he runs is the Recycling Club. This is composed of faithful students who take care of ALL of the recycling in the school, a job that is not the nicest, as I have first-hand experience. (Please stop putting liquids in the recycling bin, as I have spent many a nutrition break trying to get chocolate milk out of my shirt!) We also thank him for organizing a wonderful field trip for us to go watch the latest Star Wars movie. He put in the effort for us to have a great time and I think he had a great time too.

In conclusion, Mr. Dowson is one of a kind, and he deals with a lot more than we give him credit for.



Our Art





Panabaker Press

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Want to get involved, publish your opinion, tell us what you think, or write a guest piece in the paper? Send questions to the learning commons days 1 and 5.

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