



THE WESTMOUNT GAZETTE

April 2023

Eco Spirit Week

By: Lilyanna Colling-Cen

Westmount's very own Eco Ninjas have sprung into action to save the environment. From April 17th to April 21st, our school participated in an Eco Spirit week. This week was action-packed with fun challenges and events. To start the week off, there was Meatless Monday, which encourages Wildcats to refrain from consuming meat. This cutback on livestock can assist in the reduction of greenhouse gas emissions that it takes to produce animal-based food. Each day of the week had other themes, including Tidy-Up Tuesday, No Water Bottle Wednesday, Thrifty Thursday and Eco-Friendly Friday. All of these activities can help give back to the environment, which is something that humanity needs to do now more than ever. It also allows members of the Westmount community to stay mindful about our relationship with the earth, and how we can continue to take care of it in the future.

In addition to the spirit days, there was a raffle taking place in the cafeteria. Tickets were one dollar each, and buyers could receive a free ticket with their purchase if they participated in the spirit day activity. There were many prizes that were won, including items from TruEarth, an organization that is partnering with the Eco Ninjas. All of the proceeds from the raffle are going towards the WWF, the World-Wide Fund for Nature. With this donation, the Eco Ninjas can adopt and name an endangered animal. With this event happening at our school, the Eco Ninjas are hoping for members of the school community to show support with their environmental cause, and also pique some interest in joining this meaningful club. If you want to learn more information about the Eco Ninjas, visit their Instagram @wmt.econinjas!

The Journey of Wildcat Football's Best

By: Arjun Ram

The moment Nathan Denkers stepped on the

Westmount football field for the first time, he knew he would spend the next two years as a member of the Wildcats.

"It was a great culture, great teammates. I was super excited to play for them," Denkers, a grade 12 Wildcat said.

His teammate, Aiden Kuepfer, who's a grade 13 student, started playing in grade 9, and he too shared a similar experience.

"A lot of us in grades 9 and 10 didn't really know each other. But once we started to get to know each other, we really bonded."

But the two are now seniors, having finished their careers as Wildcat football players. Denkers and Kuepfer have received football scholarships to McMaster University and The University of Guelph, respectively.

"I talked to some different coaches from different universities. At the end of the day, I decided McMaster was the place for me just because again, I see a lot of similarities between McMaster and Westmount," Denkers told the Gazette.



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For Kuepfer, his education remains a priority. “My main thing was schooling over football [for Guelph]...going over what courses I have to take to graduate. Football was kind of the second thing. The main two things were school first then football.”

The 2023 graduates will have a lot to prepare for, especially with the physicality of post-secondary-level football. But it’s nothing they’re not used to.

“I’ve been playing elite-level athletics my whole life, so being physical was always one of my strengths,” Denkers said.

The commitment to football is a big one, and when your studies overlap, stress is almost a certainty. But for the two high school stars, the people around them always ensured a perfect balance was in set.

“The coaches at Westmount were really big on education - if you’re not getting the grades, you’re not going to play,” Kuepfer said.

“There were some long practices and at the end of the day, you’d go home to a lot of homework. Some pretty tiring days, but in the end it all paid off.”

But being a high school football star - or an athlete for that matter - has its

advantages. Think of the portrayals of high school football stars in movies and tv shows.

But Denkers and Kuepfer are from that, remaining humble in all of their years as Wildcat players.

“I kinda understand that it’s not right to have that ego. It’s important to stay level and not go too high or too low,” Kuepfer said. And for Denkers, respect is always a priority.

“I think it’s always important to treat people with respect. I don’t think being a football player is as important as other people in this school.”

Looking back at their football journeys here at Westmount, the two are thankful for the camaraderie they created, and the bonds that will never be broken.

“Coming from Caledonia, it’s a very small town, so there’s not that diversity,” Kuepfer said. “All my friends [here] - they come from different walks of life and cultures, so I enjoyed learning about them and how they grew up.”

Denkens also viewed the friendships he made as a highlight but made sure to mention the support he received from his parents throughout his journey.

“My family has been super supportive,” Dankers said. “They’ve always driven me [to games and practices]...my dad’s always been coaching me - he’s always been my biggest critic.”

For Kuepfer, his dad - Mr. K - made a supreme impact. One of the football team coaches, Mr. K ensured the best for his son.

“Him [Mr. K] driving me every morning for school, him staying late to coach... he was always ready to help,” Kuepfer said. “He played receiver as well for Mac, and that’s what I’m going for [at Guelph], so I’m following in his footsteps.”

The Making of Spring Semi-Formal

By: Abigail Laurens

Semi formal is one of the most anticipated events on the school calendar. A lot of people have pre-conceived notions that planning a dance is easy. However, it isn’t. It takes weeks of planning and a lot of work to make it a fun night for everyone.

A few weeks in advance, all the members of Student Council will decide what date we want to have the dance on, the theme, the number of students, the location and then all the other



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details. For this year's Spring Formal, we had a lot of theme ideas, but we finally landed on "Spring", a flowery, pastel coloured theme for the month of April. For our location, we chose Carmen's Banquet Centre to host our Spring Semi-Formal.

After all the important details have been sorted out by Council, we get into the fun stuff. This includes making decisions about all of the details that guests may assume just happen. For instance, our team went down to Carmen's to see the beautiful venue and pick napkins, table cloths, centre pieces, determine the food menu and even the layout where everything will go.

Then there are even more details that have to be considered to run a successful event. In this case, another group of people headed to Party City to purchase decorations and balloons to adorn the hall. To keep on the spring theme, we chose white tablecloths, sea foam green napkins, a balloon arch, photo props and backdrop, and flower centrepieces. As for food, we try to pick things that everyone will enjoy. This year the menu includes, bread rolls, seasonal salad, pasta,

chicken parm and assorted pastries for dessert.

Next, in order to run a successful event, ticket sales and advertising need attention. Our team designed Instagram posts to announce the event and tickets to hand out to guests. Then, about two weeks prior to the event, we hand out permission forms to everyone and the following week, tickets need to be given out to students. This can be a bit of a hassle but once it's over, we get to enjoy the last stress-free week before the dance.

The day of the formal, a group of people will head down to the hall to help set up and make sure everything runs smoothly. Overall, I hope this article shines a light on how stressful and tedious it is planning such a large event. A special thank you to everyone on Student Council who helped plan the event.

Curiosity Has Been Lost

By: Nick Minotti

Throughout time, humans have expressed an innate need to struggle towards goals. Imagine a person who could get whatever they want, whenever they want

just by wishing for it. That person would have a lot of fun at first but eventually they would grow desensitized and bored of their power and would begin showing serious psychological issues. An example of this would be non-fighting aristocracies where leaders such as Commodus Aurelias would give into extreme hedonism and derangement over the years. The prior mentioned power process is necessary to our own well-being.

Furthermore, throughout time this process of set goal, put effort towards goal, obtain goal, was based around our own survival and our own basic physical needs. However, in the current "modern" world in more "advanced" countries, the goal post has been shifted for the most part. Many people do not need to treat things like food and survival as their main goal as these things are much more easily obtained and lack the same effort as they did in a pre-industrial society. Industrialization has given most people the means to live like Commodus Aurelias.

A Warm Westmount Welcome for Ms. Mills



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**By: Sofia Lessa Fratini and
Lilyanna Colling-Cen**

As a result of Mr. Stepaniuk leaving for his military trip in Germany, Westmount is welcoming our interim vice-principal, Ms. Mills! Ms. Mills is a seasoned educator who specializes in mathematics and student success. This is Ms. Mills' first experience as a vice-principal, and she is "so happy to be at Westmount."

Her time at Westmount has been very enjoyable thus far. It has been an eventful start to Ms. Mills' journey at our school as there has been numerous chances for her to get to know both staff and students.

In regard to Westmount's self-paced program and self-directed learning, Ms. Mills believes that the flexibility is very beneficial for students with different learning styles. Students also have the privilege to receive bi-weekly guidance from our advisors. Ms. Mills says, "I think having a caring adult and having an advisor is important." All of these aspects of our school are what makes Westmount a unique place to grow, and Ms. Mills perfectly reminded us of how grateful we should be to have such an amazing school community.

Ms. Mills is working on learning more about our school and its operations. She said that she is currently working on commencement for the grade twelves, however, she is also hard at work preparing for our fall semester already. She also mentioned that there are a lot of operational pieces that are new for her as a vice principal.

Due to not having been in a school for two years, Ms. Mills' favourite part of Westmount has been getting to know the staff and students. She stated that "walking the halls and getting to say hi to people every day" is definitely her favourite part.

Our interview finished off with Ms. Mills thanking our school community for the warm welcome and for being a positive community. She ended the interview by saying "It's just nice to be at such a nice school." We hope Ms. Mills has a wonderful time here at Westmount.

May Horoscopes

By Jessica Leitch

This month focuses on key words for the signs:

ARIES: March 21 to April 19

- Pause
- New perspectives

· Letting go, starting new
TAURUS: April 20 to May 20

- Illusion
- Intuition
- Letting the past taint new experiences

GEMINI: May 21 to June 20

- Financial recovery
- Disconnection

CANCER: June 21 to July 22

- Self-love
- Disharmony with others

LEO: July 23 to August 22

- Inner harmony
- Personal celebration

VIRGO: August 23 to September 22

- Energy
- Adventure
- Passion

LIBRA: September 23 to October 22

- Release
- Intense workload

SCORPIO: October 23 to November 21

- Strength
- Compassion

SAGITTARIUS: November 22 to December 21

- Repressing emotions
- Confusion

CAPRICORN: December 22 to January 19

- Inner resources
- Feeling overwhelmed
- Focusing on personal goals

AQUARIUS: January 20 to February 18

- Hyper focusing on wealth
- Stubborn



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PISCES: February 19 to

March 20

- Calm

- Working hard

Westmount Life in Photos



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Westmount Life in Photos



HWDSB JazzFest – Jazz 1



Jazz 2 performances



Spring Semi-Formal



Orienteering



Eco Ninjas – At School



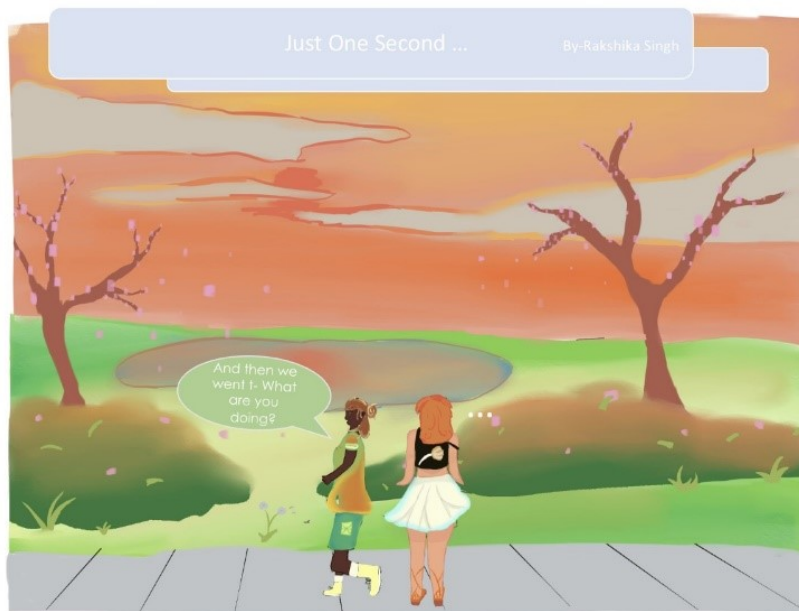
In the Community



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Comic

By: Rakshika Singh





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