

THE LYON

Ask. Challenge. Form Opinions.
Read. Rant. Roar



FROM THE LYON'S DEN

As seasons change, months pass and assignments get handed in, this year is slowly coming to an end. True, it's just May but then comes June and then exams and then it's over. Another summer comes and this school year comes to a close.

When my grade eleven year finishes, I can confidently say that I will have achieved all those goals I set for myself this earlier this year. I will be glad to say goodbye to one less year of high school and ready to tackle grade twelve.

It's been a while since I had the pleasure to speak to you Mackenzie, and evidently we're still alive. I'm not going to lie, I was half expecting the world to crack in half and swallow us all on December 21st, so looks like we have to finish high school.

One of the goals I set myself this year was to make The Lyon more powerful than it ever was before. Share the student voice, publish the colourful opinions and spread the meaningful and relevant issues. With your help, I believe The Lyon staff has reached that goal.

This is the third issue this year, each getting more inspiring than the next with more to come. Thank you for tuning in and sharing, it is you that makes The Lyon worth a read.

- Shenhav

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Coming soon; find us online: wlmac.ca

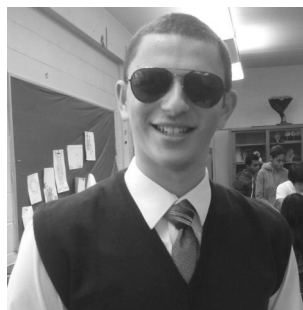
FEATURED LYONS

THARANI ANPALAGAN



Tharani Anpalagan is new to Mackenzie and new to The Lyon staff. Besides loving to read Harry Potter and other fantasy books, Tharani enjoys her science, French and computer classes offered in the MaCS program. Although she plays the violin and piano, she doesn't want to pursue music but become a neurologist instead. Keep an eye out for her writing in future issues.

SIMON SPICHAK



Simon Spichak is an eccentric perfectionist. In his spare time, Simon loves to hang out with his friends and enjoys listening to hip hop and jazz, as well as singing. His most memorable experience was being inside a place that was struck by lightning and witnessing the chandelier blow up a couple feet away. Simon dreams to have his writing published one day and ultimately aspires to become a neurologist, or Superman if that doesn't work out. Check out his article this issue, 'The 3:05 Bell'

JEREMY MOLKO



Jeremy Molko is a grade 11 Mac student. He can be spotted drawing, playing video games, watching anime, reading or writing. Jeremy wants to work in artistic advertising in the future, and is taking marketing, art and technology courses. He has a laidback personality and is always in favour of a scoop of ice cream. It's Jeremy's first year writing for Lyon, and this issue check out his article, 'Your 32'.

SABRINA CANCELLIERE



Sabrina Cancelliere is new to Mackenzie. She's not too sure of what she'd like to do after high school, since she has four years left, but she likes her English and science classes. This Italian girl dances and plays piano. Her favourite thing to munch on is a grilled cheese sandwich. She loves reading and writing which led to her writing for her first year at The Lyon. Read her article in this issue, 'Glamourizing York Dale'.

YOUR ROARS: DEALING WITH ANXIETY

BY GUEST WRITER DAVID DJENIC

Amidst the piles of schoolwork, the complexity of relationships and the planning of post-secondary options, we realize it's too much. Teen anxiety occurs in all of us, to one extent or another. According to a survey done in Baltimore in 2006, the five sources of stress most often experienced for youth include school (78%), parents (68%), romantic relationships (64%), friends (64%), and siblings (64%). These sound like intimidating statistics, but before you panic, let us remind ourselves that teen anxiety is normal in this stage of our lives. Personally, I follow a few simple steps to get back on the right track.

1. Organize your feelings.

When it comes to anxiety, our emotions get the better of us, and we are unable to think clearly. When we organize our thoughts, we can see clearly and make conclusions and figure out solutions for our anxiety. When I started Grade 11, I was really anxious about it. I thought to myself; I feel really nervous about it because it will be much more difficult than last year. I decided the best way to handle Grade 11 was to study harder and get more involved.

2. Prioritize.

High school gets a lot harder as the years go by. The best way to prepare is to prioritize. It's not easy to put plans into action when you don't have the motivation. The best way to get started is to organize your activities. It doesn't have to be set in stone, but it should give you an idea on what needs to be done. Whenever I have a big assignment, I try to break it down into smaller, manageable tasks



3. Remember, there is ALWAYS someone who cares.

It doesn't matter if it's your mother, your friend, your grandpa, your math teacher, some person in Norway; there will be someone who is willing to help you get through difficult times. Find those people and talk to them, because nothing relieves anxiety like talking it out.

These are just mental notes to help you keep stress levels low. We all have our own ways of dealing with anxiety. Jerry Liu, a Grade 11 student, says the best way for him to deal with anxiety is "to annoy others, fangirl excessively, eat lots of food, play mah-jong and read Wikipedia". Elena Dynber, another Grade 11 student, says, "I listen to Disney songs whenever I get stressed". Have your own personal strategies on the side, because we will all experience stress throughout our lives and we must learn to overcome it.

THE 3:05 BELL

BY SIMON SPICHAK

It's difficult to believe that in a couple months time, I'll be leaving Mac's doors forever.

I entered Mackenzie four years ago as a niner in the gifted program. We Gifties roamed this unknown jungle, in our own pack. Though our classes were fairly segregated from the other students, we made contact with other species through electives. I made a few really close friends that year and experienced the foreign and confusing concept of exams for the first time. My second year at Mackenzie, I met a lot more amazing people. I was also involved in the grade-wide speech contest.

My third year at Mackenzie was riddled with deeper themes and my character became more focused on success. I worked harder and stressed my marks more. Physics was by far one of the cruellest inventions in noted human history, right between exams and several ancient torture devices. However, I managed to survive. It was a good year.

This year, I'm trying to spend as much time as I can with all my friends before the sad music plays and we each walk our separate ways. I'm also trying to do the best I can in my classes, applying to scholarships, hospitals and contests so I'm pretty busy. I became an executive for World at Large, but it was a shame that extra-curriculars got cancelled and we can't continue raising awareness about world issues. I also started peer tutoring and it's a really enjoyable experience.

As I look back, the quality of my high school experience seems to have increased exponentially each year. I have become wiser, wiser-cracking, taller and have managed to grow as a person. I can honestly say the most enjoyable part of high school was all of the amazing teachers I met and all the amazing friends I made. In a couple of months, all the grade 12's will finish high school. I'll be off to university to study something biology related and (hopefully) become a doctor. To everyone not currently in Grade 12, make the most of your high school experience. I know mine has been fantastic.

ASKING QUESTIONS

BY MAHFAM NIKOO

There was a time when you'd sit back, shut up, and get your mom to explain and direct your doctor, the woman piercing your ears, or the salon beautician. You got in, got out, and most of the time, never spoke of it more than necessary. But, as the dreadful routine of growing up goes, you're no longer allowed to be quiet and secretive of such important matters. We tend to keep our medical or body related issues under wraps, for you and only you to know. The professionals know what they're doing; you don't have to get more involved than comfortable. Get real.

On February 2nd, the Toronto Star disclosed a number of cosmetic and medical centers that have been closed and/or fined by the College of Physicians and Surgeons of Ontario due to improper cleaning techniques, inexperienced employees, and unsanitary conditions. This has exposed students to HIV, Hepatitis C, and other infections. All of these places were licensed, and unless you were to be informed and confident, you wouldn't have known any better. Think about piercing and tattoo shops, sexual health clinics, cosmetic salons, or the more common doctor's appointment.

These inevitable experiences require you to have a good grip on the situation at hand. It's not always that the facility is unsafe or untrustworthy, but rather that it's just best to stand your ground. Just because it may be a personal matter doesn't mean that it should equate to vulnerability. Among the health centers that were shut down, a gynaecologist performed unsafe abortions by not administering proper anaesthetic. Would you really be willing to compromise safety for discretion or lack of information? Your age or current situation does not give anyone the right to treat you with any less respect or professionalism. In this particular case of an abortion, if you already had to make a difficult decision, were trying to gain support, and had to go through the medical process itself, there would be no room for health risks. Your safety is subject to your critical thinking and it should not be undermined by shyness or lack of research.

When it comes down to it, being uninformed is one of the biggest risks that you can take as a customer or patient. Whether you're uninformed because asking questions just isn't something you're comfortable with or because you don't know what to ask, there's always a way to assure your safety and dodge these issues as well. The first thing to do when you're getting a piercing, tattoo, surgical operation, salon service, etc. is to understand the actual process of the task. Go make a quick Google search; seriously learn about the procedure, effects, and help yourself diagnose the situation by recognizing signs that make for a positive or negative experience. This will help you form an idea of the important questions worth asking, and also give you all the discretion you need by clearing your browsing history afterwards (bless the Internet).

In terms of being best prepared, there's no better resource than someone who has experience. Have them walk you through it and try to acquire a better understanding about the overall environment. A credential does not always mean validity. So when at the facility, ask questions pertaining to their experience, the task itself, and the correct process. Have the employee or professional describe previous customers'/patients' experiences and explain how or why it may differ from yours. Get them to show you the sterilization procedure, and pay attention. The whole purpose of preparing yourself is ultimately to make you feel more comfortable than you would have otherwise, so go that extra step and help yourself out.

It's your body and your decisions. Do what you feel is right and appropriate for you, but do it in the best way possible: by making your own choices and being confident with them. There will always be a certain amount of risk associated with body-related procedures since they tamper with your physical state, but you can reduce the anxiety behind those risks by simply understanding what you're getting into. You deserve to feel safe and have positive experiences in the choices that you make. Don't settle for less.

PUBLIC KNOWLEDGE

Toronto City Council has proposed a motion to request that the College of Physicians and Surgeons make their inspection data public.

This motion would result in a program similar to DineSafe, which allows the public to make informed choices of where to eat. It requires restaurants publicly post whether they have passed, failed or conditionally passed a health inspection.

Much of the issues reported such as inadequate sterilization or untrained employees could all result in a conditional pass or failure, and the public deserves to know if where they choose to have their cosmetic and medical procedures done, have passed health inspection.

The College's committee that controls the inspection program will be notified within a week of the motion and will then consider how to proceed.

For more information visit; cpso.on.ca.

SUMMER JOB APPLICATIONS

BY SANDRA NYMAN

With spring already at our doors, and summer not too far behind, Mackenzie students are already anticipating the end of classes; no homework, no tests, no stress. Summer is the time to forget about essays and projects, but for many students it's also the perfect time for a new commitment; a summer job. May is the month when many summer job applications are due, and there are tons of job options to make this summer a successful one.

For many students, working as a counsellor at a camp is the perfect summer job. Camps like Bayview Glen Day Camp and Kids World Day Camp hire hundreds of students each summer as counsellors. Camp counsellors spend a lot of time outdoors, and get to participate in tons of activities, sports, and trips. Working at a summer camp, however, can be a big commitment; many day camps want their counsellors to be available for the entire summer, and overnight camps mean that you're working day and night. If a summer camp job isn't for you, there are tons of other options; retail stores are often looking for extra employees during the summer months, community centres hire students to run events and activities, and swimming pools search for new lifeguards. Canada's Wonderland and the CNE also look for student workers in the summer for a variety of

jobs. Grade 11 student Khalid Mohamed worked at Wonderland last summer in the Sweet Shoppe. An online application and a short interview were all it took to get hired. If there are multiple positions available, make sure to apply to the ones that suit you best.

The Ontario Public Service also hires thousands of students each year to work in office jobs and outdoor locations for students searching for meaningful work experience. They offer full time positions lasting from May or June until Labour Day and the application process is simple. Just visit the OPS website, look at the job listings under Summer Employment Opportunities, and fill out an online application; no resume or cover letter required! OPS office jobs are great for providing students with real world career experience and would really benefit anyone looking to enter the business world.

Summer jobs are worthwhile, but they're not for everyone! If you missed the application date, can't bear to spend your summer at work, or just aren't ready for a summer job, there are so many other ways to get the most out of your summer. Going on vacation, spending time with friends, and even going to camp yourself might be exactly how you want to spend those two glorious months; use them wisely!

YOUR 32

BY JEREMY MOLKO

What would you do with 32 extra minutes in your day? This is the question that CivicAction has been asking the people living in the Greater Toronto and Hamilton Area (GTHA). CivicAction is running a campaign to raise 50 billion dollars over the next 25 years in order to improve TTC services. Their entire campaign rests on the question of what you would do with an extra 32 minutes. "I think that this is a great idea, and if I had an extra 32 minutes in the morning I would eat a proper breakfast." Says Ilana Lazar in grade 11.



"I fear because of this improvement the price of the bus fare would go up."

This project has the potential to fix the faults in Toronto's transportation system, however it is important to realize that CivicAction is being ambitious in their goal. Should this project succeed however, having more buses on the streets would speed up everybody's daily commute. Also, improving the TTC services will encourage more people to use public transportation thereby reducing pollution among other things.

Many students at Mac take the bus to school every day and among complaints, late buses and lack of buses are heard most often. I asked Phillip Givens in grade 11 what he thinks of the campaign and needs to be improved about TTC services, "The TTC's customer service needs improvement." Gabi Herman, also in grade 11 expressed her doubts about CivicAction's goal,

Questions arise about what exactly is being done to help move this project forward. CivicAction's website is extremely vague in terms of what they hope to achieve with their campaign and progress is not being documented. For more information on the project and share what you would do with an extra 32 minutes, visit **your32.com**.

SOCIAL MARKETING

BY SHENHAB ZAIG

The idea is not new, ads on bus stops, commercials on Facebook and on TV, or a spread in a magazine, you're looking at a variety of tools used in marketing campaigns to influence us into buying an item, using something or going somewhere.

But the other day I came across a different form of marketing called 'social marketing'. It's not easy to find one definition of the term, but you could say that while marketing's primary goal is financial, 'social marketing' is focused on "social good". In other words, it has been used to change or modify people's behavior and not surprisingly, teens have become a primary target for many of these campaigns.

Social marketing has been put into practice by non-for profit organizations, local communities, governments and the private sector on a number of fields like road safety, environmental initiatives and health issues. Successful campaigns have been able to change behavior related to alcohol use, violence, obesity and smoking.

A good example of a successful campaign is one launched by a company called Rescue Social Change Group (RescueSCG), which claims to be a leader in social marketing. They call their strategy social branding and as simple as it sounds, the goal is to change behaviors by making it seem like the new behaviour is coming from within your own culture. Their campaign called 'Commune' targeted the 'hipsters', a group that based on their research, had a high count of smoking rates. The hard-hitting campaign uses clubs and bar-based social branding techniques. When self-identified hipsters frequent small music venues and concerts, they are greeted with posters, shirts, promoters and activists with a negative message towards smoking. Suddenly, being a non-smoker becomes the behaviour to adopt.

While social marketing campaigns have invaded our society with an alarming success rate, could this type of marketing be considered brainwashing? Understanding your target audience is essential. In order to develop a campaign targeted to a specific group of teenagers, team members are trained to study the group. An assessment will determine what the group likes, where they go out and information on how they perceive specific issues. They are then labeled; hipsters, partiers or preppy teens, but the same question still remains, and that's how to influence them (us) into thinking that one behavior is 'cooler' or more desirable than another.

The studies, statistics and thought that goes into these strategies make them seem sneaky, and you don't even know they hit you! The specific goal to create a campaign that makes it seem like it originated from your own social group, instead of from a marketing company can be compared to the movie Inception! It's disturbing to think that a trend you follow might have come from a downtown office and not from a social movement that a friend of a friend started.

Although I don't appreciate being the guinea pig of the social behavior change campaign, I can't help but admire the genius put into such a complex and difficult campaign. You can agree with the concept of social marketing or look at it as social brainwashing, but it's here to stay, to change our behaviours for the years to come to what other people deem 'desirable'.

GLAMOURIZING YORKDALE

BY SABRINA CANCELLIERE

One of the many perks of life at Mackenzie is its proximity to one of Toronto's largest and most popular malls; Yorkdale. However, over the past year, it has been subject to countless renovations and store expansions ultimately leading to its re-branding as a high-end supermall.

These upscale additions such as valet parking, a bright new interior and local Torontonians art installations are only the start. The previously popular mall is hoping to revolutionize the Canadian shopping experience by introducing multiple stores never before seen in Canada. These include Kate Spade, Loft, Microsoft, Ted Baker London and Tesla Motors. Finally, and literally above all, the roof features a new sustainable and eco-friendly 65, 000 square foot rooftop garden.

stores range from selling designer shoes to electric cars but the one thing they all have in common are exclusive labels and the high price tags that come along with them.



It's undeniable that these stores target specific types of customers, and middle-class high school students aren't among them. "I'm just starting to feel out of place there," comments Aditi Sriram, a grade 9 student at Mackenzie.

So the big question is, is Yorkdale's sole motivation to attract an older demographic? Or to discourage a younger one as well?

With the mall's \$185 million extension having opened to the public only months ago, the reaction of high school students are beginning to surface. The new

For more information on the renovations visit yorkdale.com.



THE MACKENZIE SHUFFLE

COMPILED BY
LISA NGYUEN

"Wanted" by Hunter Hayes
-Andrea Fairweather, Grade 11

"Brand New Day" by Massari
-Nurettin Koc, Grade 11

"Just A Dream" by Nelly
-Huy Tran, Grade 11

"Sex On Fire" by Kings Of Leon
-Dejuan Patel, Grade 12

"212" by Azealia Banks
-Mikey Knox, Grade 10

"Piano Man" by Billy Joel
-Trisha Pineda, Grade 12

"Molly" by Cedric Gervais
-Martin Zittermann, Grade 11

"That XX" by GDragon
-Kim Le, Grade 9

"Comfortably Numb" by Pink Floyd
-Rusiko Kaisidi, Grade 10

"The Chaser" by Infinite
-Salina Ngo, Grade 9

What do you like the most about spring?

**COMPILED BY
ROSALIE TRAN**

Being able to weather leather jackets,
vans, flats, stuff like that.
- Adriana Ore, Grade 9

I would have to say perfect
sweater weather is the best
part of spring, also school al-
most ending.

- Noah Kadish, Grade 11

I like the
rain !

-Alex

Cernat,
Grade 11



Spring is
the on com-
ing end of
winter and
not wearing
layers over
layers.

- Hannah
Wipf,
Grade 10

The smell of freshly cut grass. I'm
allergic to it, but I love it.

-Matthew Levy, Grade 11

I'd go with the flowers blooming
and the leaves sprouting again

- Kim Nguyen, Grade 12

The best thing about
Spring is the sports com-
ing back!

-Emily Olafson, Grade 10

I love the change in weather
and being able to spend more
time outdoors with friends
and family, also watching the
days get longer.

- Erica Yeo, Grade 12

I enjoy seeing the tears
from children's faces as
they look down upon
their dropped ice cream
cones.

-Eric Tu, Grade 11

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Lions, do you have something to roar about?

We're looking for guest writers for our upcoming issues!
If you're interested in writing for *The Lyon*, email our editor at
lyon.mac@gmail.com for more information!