

The Lyon



RUSHI PATEL

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

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FROM THE LYON'S DEN

As a kid, people would ask me what my New Year's resolution was. I didn't really ever know what to say, so just said what people expected me to; do good in school, work hard on my math and maybe even get a puppy. Now as I get older, people still ask me what I would like to accomplish in the New Year. Last year, I told myself I would become a vegetarian, low and behold a year later, I am a vegetarian. I am proud of myself that not only did I stay away from those deliciously juicy burgers, but also that I kept a promise.

This year, I am looking at countless of blank pages in my classes thinking about what I could possibly want to accomplish in 2013. That is, if we even make it, as we're supposedly all said to be leaving this earth December 21st... in the event that we do make it however, I need a backup plan. A lot of pressure is put on us during the holiday season, finding the perfect gift, volunteering and to become better people than we were the year before.

This year I wish for you all the best. I wish for all of you to know that even if you can't think of your resolution, 2013 is your year. Even if your resolution comes to you in June, follow it, and I guarantee you will find that sense of accomplishment we so desperately seek. I wish all of you a healthy and happy New Year. And about my New Year's resolution... well I still have time.

-Shenhab

Find us on Facebook: The Lyon Newspaper (WLMCI)

Coming soon; find us online: wlmac.ca

Happy Holidays from the staff at The Lyon. We wish you a healthy and prosperous New Year. Be safe, and enjoy the holidays with your friends and family!

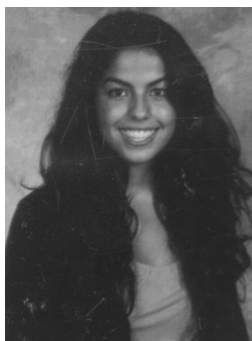
FEATURED LYONS

RUSHI PATEL



The one word 11th grader Rushi Patel would use to describe himself is peaceful. This attitude reflects in many aspects of his life, from his strong religious roots and involvement with SMVS Canada to having good habits, as well as putting quality and care into each project he adopts. Rushi came to MaCS in order to pursue his interests in computers, and is now extending his pursuits through his work as a graphic designer for The Lyon. He enjoys meditation as well as instrumental music and strives to learn as much as he can from every experience.

IETA SHAMS



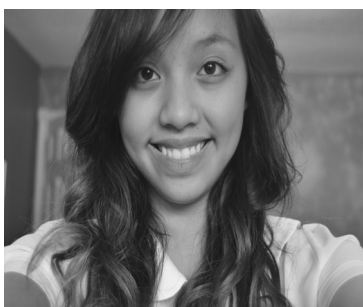
Ieta is a grade 12 student at Mackenzie and describes herself as spontaneous, opinionated, and passionate. She loves to read, and one of her favourite books is The Glass Castle. Ieta loves animals and has been a vegetarian for four years. Her favourite movies are The Peaceful Warrior, Gladiator, and Forrest Gump, and her favourite food is her mom's homemade vegetarian lasagne. Ieta is also a social activist, a photographer, and a member of Mackenzie's basketball team. Ieta keeps busy, volunteering at three hospitals and one senior's residence, and, in the future, Ieta aspires to become a doctor. This month, check out her article, 'Factory Work'.

MAHFAM NIKOO



Mahfam is a grade 9 student at Mackenzie and a self-proclaimed "realist stuck in a dreamer's world". She plays guitar and piano, writes songs and short stories, and loves public speaking and baking. Mahfam listens to Coldplay, Ed Sheeran, and any and every movie soundtrack out there. Some of her favourite movies include Juno and The Perks of Being a Wallflower. Mahfam loves anything by author John Green, and her favourite novel is The Fault in Our Stars. A quote from this novel really stood out to Mahfam, "You don't get to choose if you get hurt in this world...but you do have some say in who hurts you. I like my choices". Be sure to catch her article this month, 'A little Guidance'.

ROSALIE TRAN

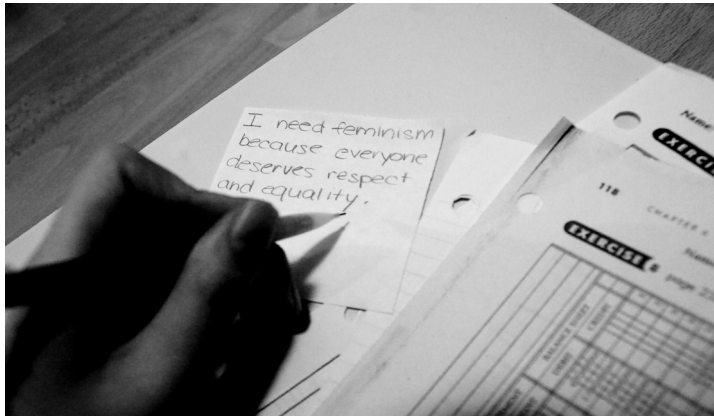


Rosalie Tran is one of The Lyon's outstanding photographers, but her exceptional talents and passion for our school are only a few of her many remarkable qualities. On a weekend, you might find the cheerful 11th grader shopping at a mall, or listening to her favourite band Paramore. She has a love for music (particularly singing) and Harry Potter, and her mother is her best friend. This year, Rosalie hopes for The Lyon to make more students than ever interested in reading about school issues.

WHO NEEDS FEMINISM?

BY SHENHAB ZAIG

Camera in hand, I walked around the hallways of the school, asking people to be interviewed for my film and video class assignment. A lot of eager students accepted my offer and asked me what they should say. I told them that they should tell the camera why they need feminism in their lives. Many smiles dropped and my line up of eager actors and actresses dwindled. For the life of me, I couldn't understand why so many students were reluctant to speak up about feminism, but perhaps what was most puzzling was the blunt 'I don't need feminism' remarks.



After gathering only a bit of footage I went home and logged onto my Facebook account and saw the "Who needs Feminism?" Campaign emerge once more. This campaign not only inspired my interview, but is now circulating on hundreds of thousands of computer screens all over the world. The campaign started when sixteen women at Duke University took a stand on feminist stereotypes and decided to start the dialogue for us. They want to and new the feminist why do you nism?

No, it's not campaign man-hating, non-shaving Feminists different forms, sizes even gen-campaign

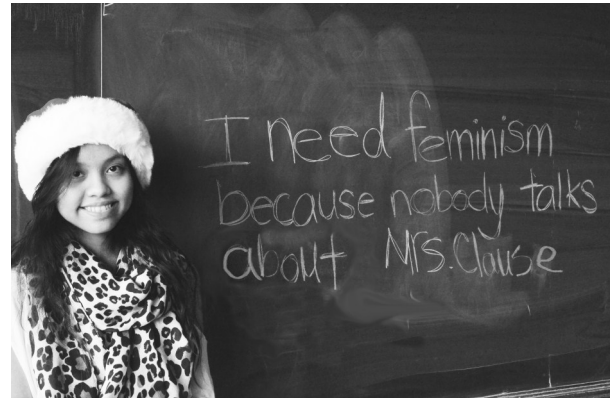


inspire ideas attitudes to movement, need femi-

just the, as described, bra-burning, liberals. come in all shapes, and yes, ders. This inspired

many males to step up to the plate and talk about why

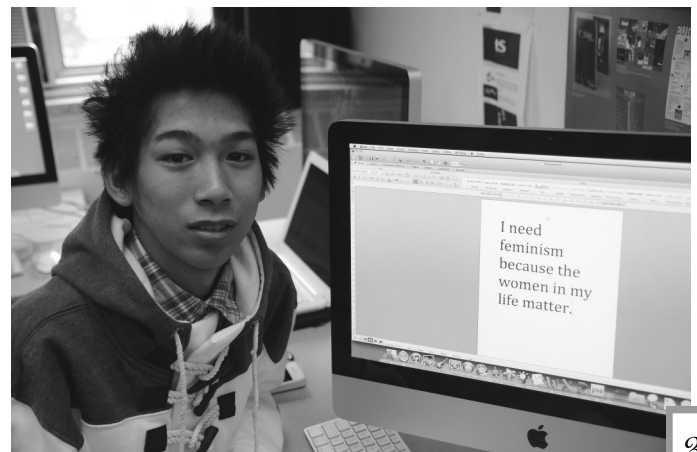
they need feminism in their lives. On Tumblr, Facebook, Twitter and various social networking sites, you can follow, like and join the campaigns page and see hundreds of uploaded photos of people just like you holding up a sign stating the reason they need feminism.



Surprisingly, being a feminist is not one of the criteria of participating in the campaign. I myself do not identify as a feminist. I proudly claim the word slut, openly speak about women's rights, support feminist campaigns, go to feminist book readings and even (gasp) write articles about feminism for everybody to read. And yet, despite all these things, I sit here before you today, saying no thank you to the big feminist label.

No matter your what identity, feminist or not, we all need feminism in our lives. Without it, women and yes, men, would not have the same quality of life they do today. I ask you to hold up those signs, tell the world why you need feminism.

Who needs feminism? I need feminism because without it, I would not be able to write and publish this article and reach the ears of so many.



FACTORY WORK

BY IETA SHAMS

Growing up, I was taught to never take anything at face value, to question everything and to always look deeper than the surface. It's easy to question what's foreign and unfamiliar but when it comes to the things that you've been raised to accept as true, how do you wake up one day and decide that you're no longer going to accept it as your truth? When you pull apart the layers, at its very foundation you'll see that most educational institutions do more to emphasize our shortcomings than to acknowledge our talents, forcing us to focus on our flaws as opposed to heighten our strengths. In the words of author Tom Rath, the educational system is designed to make us exactly who we are not.

There's an old fable that shines light on the inherent flaws of the education system. There was once a group of animals who organized a school to help their children deal with the problems of the "New World". To administer the curriculum efficiently, they decided that all their children would take all the subjects. The duck who was initially getting an A+ in swimming was also required to take running lessons. Eventually, his webbed feet got so badly worn out that he dropped to a C+ in swimming. But, the educators were happy because they felt that it was good intellectual discipline. The bird who was initially getting an A+ in flying was also required to take swimming lessons. She broke one of her wings and dropped to a C+ in flying. But, the educators were happy because they felt that it was good intellectual discipline.

The moral of the story is that all students have unique talents and the role of educators should be to nurture and foster those abilities. Inna Ushcatz, a grade 12 Mackenzie student said, "When you are in grade one you are interested in learning because you are curious but, eventually the schooling system persuades you to think that all you need are the marks and in the process you forget to enjoy learning." Somewhere along the way, from our kindergarten days to grade 12 we lose our sense of curiosity, we forget to ask questions and we fall out of love with learning.

When it comes to education it's as if we are still living in the 19th century. During the economic age of industrialization schools were designed to mimic factories. In factories, individuals were each responsible for their niche on the assembly line, similarly classes are structured to focus on specific skills. The same hierarchical structure within a factory is very much embedded in the system of schooling. Schools in the 19th century were not designed to encourage imagination or inquisitiveness. Zakaryia Ahmed a grade 11 Mackenzie student, defined education as "The process of going through school which is a fabricated institute made to mass educate students." Educational institutions do not meet the needs of each and every student; they meet society's needs. Society demands efficiency, productivity and conformity. In the process of meeting these demands the schooling system crushes creativity, individualism and curiosity. The system has failed us as students. Years continue to pass, some students graduate, some fail, some drop out and nothing really changes.

Mackenzie is definitely ahead of the game when it comes to progressive teaching methods. I have had wonderful teachers who have given students the center stage to explore their own interests. The gifted and the MaCS program work well in this way because teachers are required to modify and accommodate teaching to the needs of their students. When asked how the education system should change to cater to students, Ms. Mancini replied, "Teachers engage in differentiated instruction to nurture student interest. Ultimately, students do not benefit from an educational system that fails to acknowledge the inherent diversity of the student demographic. In my opinion, education should move away from assessment and evaluation as the only pedagogical method of discerning student skill. Rather, students should love to come to school because of their love for knowledge." As students, we need to be proactive about our education which means being critical about what and how we're being taught. With these questions, maybe we can fall back in love with learning.

NO MORE LATE STARTS

BY SIMON SPICHAK

As of December 10th, there are no extracurricular activities. Bill 115 has been passed which froze teacher's wages, reduced sick days and most importantly, impeded upon the teachers' freedom to strike and negotiate. Our teachers took a stance against the unfair bill by joining an Ontario wide protest, by not running any extracurricular activities. The teachers at Mackenzie are responsible for running around 50 clubs, over 17 sports teams and SAC. Without the sports, clubs and SAC, what is Mackenzie?

"It means the end to fun with friends, and takes away a lot of memorable opportunities and it would impede upon our social skills and make school purely academic." Said Mac student, Ron Glozman.

There are many angry parents and students who don't think that the teachers should take out their disagreement with Bill 115 on the students by cancelling these activities. However, the teachers,

our teachers, provide extra help on their own time, and volunteer to run clubs and sports because they love what they do. Our teachers deserve more than to have their rights to strike and negotiate removed. Our teachers help us grow and become better people. They do their job because they love it. Our teachers dedicate their time to help us become better people and are rewarded by having a basic freedom stripped away. Blessing Nkennor, a grade 12 Mac student, agrees, "It's unfair for the teachers and it affects the students because teachers work hard and run extracurricular activities on their own time. Students would miss out on so many memories."

We recently also said goodbye to our late starts and early closings. Premiere Dalton McGuinty resigned on October 16th in part because of the controversy from Bill 115 and losing the teachers union as a political ally. I guess someone's getting a lump of coal for Christmas.

A LITTLE GUIDANCE

BY MAHFAM NIKOO

Friends. Grades. Family. University. Relationships. Expectations. Over and over again.

There's no doubt that students go through some of the most emotionally stressful moments of their lives in high school. We wake up to more problems every day, and cleaning your slate isn't nearly as simple as it used to be just a couple of years back. We're supposed to be grown up and are told that the issues we have to deal with on a daily basis aren't as significant as they will be in the future. Because of this, we fall silent and reaching out for some kind of help becomes more and more difficult with every brushed off remark. It's here where we start to rely on resources that focus attention to our struggles.

These resources are better known as guidance programs and events, targeted towards different high school students who require their services. Do they really meet the needs of their students?

Take some common, but rarely addressed issues among many, if not most, teenagers. Depression, anxiety, self-harm, personality disorders—it's a never ending list. According to Health Canada, 12% of all high school students in Ontario suffer from one of these mental illnesses. That's over 1.5 million students. Therefore, shouldn't we be having more open discussions about these problems? Most of us will never really feel comfortable opening up about our personal lives, and how can we when so many of our issues are looked down upon?

Sometimes, it's not that we need professional assistance, a watchful eye, or any type of direct help at all. Sometimes, all anybody really needs is to know that they will, in fact, be fine and that

what they're dealing with is okay. Who better to get this message out than the people who are working so closely with the student body on a daily basis?

Student Services in the TDSB is not supposed to be a psychiatric program - that's not what they're there for. But seeing as so many students face more personal issues than academic ones, it may be time to start incorporating more events or school-wide information sessions targeted towards personal issues that all of us have faced, or are likely to come across at some point in our high school careers. The Stop the Stigma event thrown at Mac last year to bring light to the commonality of mental illness, was considered a huge success by most Mackenzie students, who learnt valuable information and enjoyed the open dialogue.

At the end of the day, no matter how much we may deny it, it's always more comforting to know that our so-called "home away from home" is an environment that accepts and understands not only our roles as students, but also as people with ever-evolving states of individualism. Guidance programs are not only here to help from an academic standpoint, but also here to help with the mental and emotional issues that arise in the lives of many students.

Students should be able to open a dialogue about taboo subjects that may be affecting them, their friends or family. During these valuable conversations, the people meant to be supporting us will have the resources to. If you are looking for post-secondary opportunities, a change in your course schedule or maybe just a person to listen, guidance is right downstairs.

NOT JUST CAROLING

BY LISA NGUYEN

Truth be told, most of us are probably not thinking about helping out the needy this holiday season. We're more likely to be thinking about what we want for Christmas, or our plans for the Winter Break. But this time of the year is actually a great opportunity to give back to the community, and not only for those who still need to complete their forty hours.

Admittedly, when we think of volunteering over the holidays, the first thing that comes to mind is a group of people dressed in red, half-heartedly singing Christmas carols. However, volunteering doesn't have to involve slightly butchered renditions of We Wish You a Merry Christmas. As the dizzying holidays approach, many organizations within Toronto are opening up a wide variety of volunteer opportunities.

A quick Google search of your area can reveal plenty of local

non-profit groups that are more than happy to welcome new volunteers. For example, the Salvation Army is once again seeking the iconic bell-ringers for its annual Christmas Kettle Campaign (www.salvationarmy.ca) and the North York Harvest Food Bank also has a wide range of positions available, in response to the large demand of food needed at this time of the year. If none of these suit your preferences, you can always visit www.volunteertoronto.ca for a generous list of other opportunities.

Without volunteers, most non-profit or charitable organizations would be unable to provide the level of service required to reach out to those in need. Time is a valuable resource to donate and consider making volunteering an ongoing experience. So this winter break, spend a couple of hours providing service in your community and spread some holiday cheer.



SQUEEZING THROUGH

BY JEREMY MOLKO

It's not difficult to feel like a sardine when pressed against a bunch of other students in the hallways of our school. Put plainly, they're just too small. Pushing past others is the only way to get to class, walking through a busy hallway is like trying to squeeze cement from a tube. I have been knocked over on multiple occasions because of all the pushing and shoving. Somebody needs to get my hospital bill! Decorations that have been put up for events or for a friend's birthday become a safety hazard. Aside from being a mosh-pit, some students seem to think the floor is their garbage can. I have a hard time distinguishing the floor tiles from yesterday's lunch. Hallways are like old phones, they may be small and ugly, but they sure are sturdy, so we have to live with them for now.



HOLIDAYS AT MAC

BY SIMON SPICHAK

It is now December, the holiday season, so it is fitting that we at Mackenzie learn the secrets behind these holidays. Recently, while deep undercover, I attempted to infiltrate Santa's workshop as an elf, but to my surprise, discovered that there was no such workshop on the North Pole and that Santa Clause did not exist. Christmas, is in fact rather a celebration of the birth of Jesus Christ rather than the celebration of a jolly old man coming through your chimney and leaving gifts under your decorated Christmas tree. This brings to light an even more horrifying fact; the presents you have received were from relatives and not Santa Clause.

Some Jewish students at Mackenzie celebrate Hannukah. Candles are lit for eight days on a menorah to commemorate how there was enough oil to last 8 nights after the temple was reclaimed by the Maccabees. Latkes, which are potato pancakes are eaten as well as sufganiyot which are jelly filled doughnuts. There are also eight days of gifts given as well as money, called gelt. This reporter's favourite type of gelt is the chocolate variety.

Other students will be celebrating their cultural roots with Kwanzaa. Candles are lit on a kinara for seven days, representing the seven core values, such as unity. On the last day presents are exchanged. There is a special feast on the sixth day that coincides with New Year's Eve.

Through my research, I also discovered that these holidays are actually not about presents and food (who would've thought?). Apparently, they're about family values, and happiness. So Happy Holidays to all of you at Mackenzie and we'll see you next year, after the break..



THE MACKENZIE SHUFFLE

COMPILED BY
THARANI ANPALAGAN

"What Makes You Beautiful" by One Direction
-Hannah Kim, Grade 9

"ET" by Katy Perry
-George Lim, Grade 9

"Glockenspiel Song" by Dog Is Dead
-Cissy Suen, Grade 12

"123" by Craig Smart
-Caroline White, Grade 10

"Heartbreak" by Trey Songz
-Luckzani Balakrishnan, Grade 11

"Viva La Vida" by Coldplay
-Noah Matsui, Grade 11

"Fall Out" by Miranda Stransh
-Ansh Jun, Grade 9

"Mockingbird" by MM
-Aliya Ali, Grade 12

"Hail Hail" by Shovels and Rope
-Monica Gerroir, Grade 10

"Blame it on the Boogie" by Michael Jackson
-Jathavan Asohan, Grade 12

PRICE TAGS

BY HELEN MA

Let's admit it, every single chocolate-loving one of us, is a sucker for holidays. Christmas, my friends, is the biggest lollipop out there. Too bad it comes with such a huge price tag.

Every year, for 24 hours, it is Christmas. All the stores are closed, so how is it possible that so much money is spent for Christmas? Well, here's the deal. Christmas does not last one day, it lasts from Halloween to the actual day of Christmas. Halloween night, I walked into Dollarama, hoping to score a last minute costume, and Christmas already started to take over. Santa and his reindeer were already cloned and shrunk into little toys, all around the store!

Every single store, for two entire months, can throw a huge sale (if those prices can even be considered a sale), say it's a "Christmas Blowout!!!", and a mob will run in. Repeat five times a week, and you have a pretty accurate example of how much money one store makes just in the holiday season.

Deep down, I'm pretty sure everyone knows Christmas is a big scam. But you know what? It doesn't really matter. Christmas gets rid of the guilt factor you get, after spending half a year's savings in three hours. Besides, when else do you have a shot at getting that new apple product, or laptop, or that extensive how-to-manual on getting a boyfriend/girlfriend for idiots? Only during Christmas, people.

Why don't we all try to spend that time with people you love, because there's no other time of the year when everyone's busy lives stop. It's your best chance to enjoy each other's company again. You could maybe bake them a cake, or get them a present at that big blowout.



Holiday Recipe:

BAKED CHICKEN PARMIGIANA

BY ILAN KOGAN

Parmigiana is an Italian dish made by shallow-frying chicken, veal, or eggplant and topping it with cheese and tomato sauce. Unfortunately, most versions are greasy and are drenched with tomato sauce. Gross. This recipe avoids that by baking the chicken and whipping up a quick homemade tomato sauce. Find more of my recipes on my food blog at www.ironwhisk.com.

For the tomato sauce:

- 1 tablespoon olive oil
- 1 cup chopped tomatoes
- 2 cloves garlic, chopped
- 1 handful basil leaves, chopped
- Fresh thyme leaves (optional)
- Salt and pepper, to taste
- 2 tablespoons balsamic vinegar
- 3 tablespoons red wine (optional)

Prepare the tomato sauce:

Heat up a tablespoon of the olive oil in a skillet set over medium heat. Add the tomatoes, garlic, and basil leaves. Add the thyme leaves, if using, along with the salt, pepper, and splash of balsamic vinegar. Cook until the tomatoes become soft and then add the red wine.

Scrape the sides of the pan and cook until the liquid evaporates. Set aside.

For the chicken:

- 2 chicken breasts, each cut in half
- Salt and pepper, to taste
- 1 1/2 cups Panko breadcrumbs (other types are alright, but Panko is crispiest)
- 1 egg
- 1 tablespoon water
- 1 cup flour
- 1/2 cup Parmesan cheese, divided
- 4 fresh thyme stalks (optional)
- 2 tablespoons olive oil
- 1 cup Mozzarella or Havarti cheese
- Broccoli sprouts (optional)

Prepare the chicken:

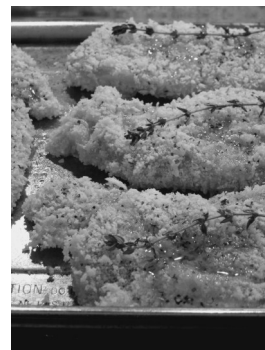
Preheat the oven to 400°F (200°C). Pound the chicken breasts until they are thin with a meat mallet or a rolling pin.

Pour the flour onto a plate and mix with salt and pepper. Crack the egg into a bowl, add the water, and lightly beat until combined. Mix a 1/4 cup of the Parmesan cheese and the bread crumbs in another plate.

Take a piece of chicken, coat it in flour, and shake of the excess. Dip the chicken into the egg and finally into the breadcrumbs. Set aside and repeat with the remaining chicken breast pieces.

Place a thyme stalk on each chicken breast piece and drizzle a little olive oil on each piece. Add more salt and pepper, if necessary. Bake for 20 minutes. Place under the broiler in the oven for five minutes to brown more. Remove from the oven.

Remove the thyme, if you used it, add a few tablespoons of tomato sauce onto each piece of chicken, top with the Mozzarella or Havarti, sprinkle the remaining 1/4 cup of Parmesan cheese onto the chicken, and place under the broiler until the cheese browns slightly (about 5 minutes). Top with broccoli sprouts, if desired.



What was your New Year's resolution?

COMPILED BY

DAVID YEGHSHATYAN

My New Year's Resolution was to troll all my teachers at least once. I almost succeeded.

-Stan Wu, Grade 10

I completed last year's New Year's Resolution which was to go to 10 different places within Toronto that I've never been to.

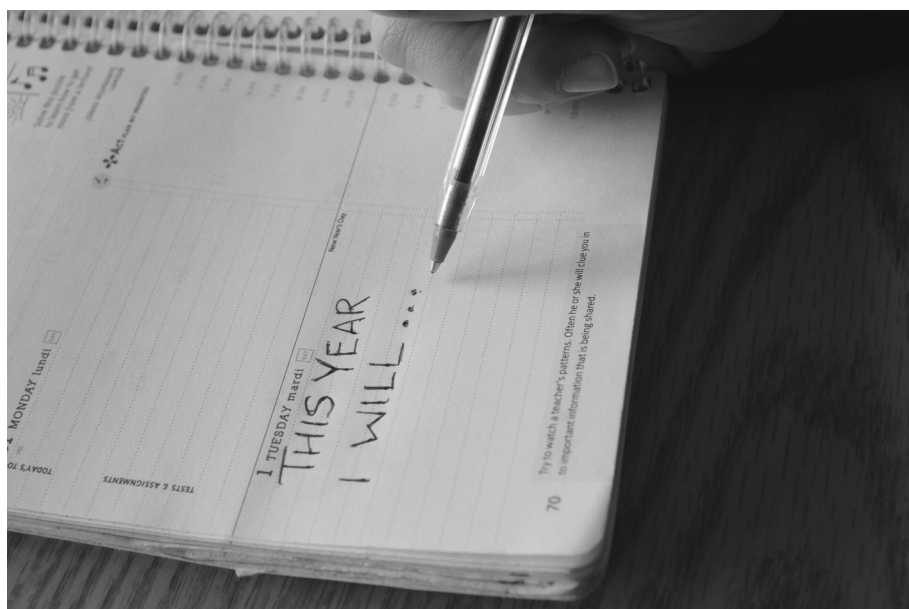
-Shir Grunebaum, Grade 11

I made a very strict New Year's resolution and I couldn't keep it. I am an amazing video game Call of Duty player and I promised myself I wouldn't hurt all the children playing against me. I couldn't hold my promise and got banned from the game. I hope to get worse in the game, as I don't want to be banned again for my MLG skills.

-Sina Ghomeshi, Grade 12

As everything changes over time, my plans changed. Fortunately, I have completed most of my resolutions which means we feel that I didn't waste my year, but made it more successful.

-German Bankov Grade 12



My New Year's resolution was to go to church more often. I achieved this goal and actually started volunteering there every Saturday!

-Maria Berliant, Grade 11

Last January, I made a huge list of resolutions, and on the very tippity top was "Eating Healthier"

-Helen Ma, Grade 9

Unfortunately, I did not complete my New Year's Resolution for last year. I told myself that I would exercise every day, but that never happened.

-Jonah Strub, Grade 11

My new years resolution is to spend less time on Facebook and Skype.

-Lucy Lim, Grade 9

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wlmac.ca



Lyons, 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!