

Editors: Ron Ghersin and Fred Azeredo

# The Lisgarwrite

Lisgar's only and best student-run newspaper



## The United Nations: A Defective Organization?

ASER ABDELGAWAD

**B**ack in Grade 9, one of my most exciting expectations for high school was the fact that I could finally join the Model United Nations club. I joined for many reasons, but mainly because I was interested in global issues and international politics in general. It was surreal to me that I was going to be replicating what is done at the United Nations, the most prestigious organization in the world. I am now a three-year MUN veteran who has dressed up for too many conferences to keep count. Dur-

ing this time, I realized the unspoken reality behind the fancy attire and sophisticated language of the UN. As an avid MUNner, it is a bit ironic for me to call the UN a defective organization, but it really is.

In emergencies, it is the Security Council's job to make quick, effective decisions to restore international stability, and that is exactly why they are the most powerful organ in the United Nations. Unlike the General Assembly, representation in Security Council sessions is exclusively lim-

*Cont. p.8*



## Life After High School

LIA FERGUSON

**A**s high school students at a time in our lives of major decision-making, we are often presented with the question "what do you want to do when you grow up?". Most of us will give a vague description of our career goals or the field we want to study, but I've never heard anyone offer any other details about what they see for themselves in the future. To be fair, this is a reasonable answer since our education right now seems to be preparing us for a career path we will work towards in the coming years. For senior students, there is a justifiable focus on determining which profession will be the best fit for us; however, this focus comes with undeniable pressure to find a career that will lead to a liveable income, stability, and most importantly, fulfillment in life.

The desire to find substance in our work is evident in the common saying "follow

*Cont. p.4*

## How to Not Succumb to Christmas Consumerism

TARA ORANGE

Ah Christmas, the time of giving and infinite joy to spread all around. This special time of year brings families and friends together to cherish one another, to make up for all the lost chances of reuniting. That is the true purpose of Christmas... or is it? As wonderful and magical as it is, the significance of Christmas has been shadowed by the big, booming signs of Black Friday, Cyber Monday, and Boxing Day sales. During these hectic days of special promotions, people swarm to their favorite stores in a desperate attempt to tick all Christmas gifts for loved ones off their lists. All to show their love and appreciation for family and friends. But to what end? What amount of gifts and treats makes the perfect Christmas?

Now, I love getting presents as much as the next person, and I definitely feel the pressure to buy the perfect gifts for my friends to show just how much they mean to me. But what I've come to realize over the years is that the whole endeavor has become nothing more than that. I know that it's a time of celebration and that it brings family and friends together. However, gift-giving seems to have become the only exciting thing about the holiday. I'm not

saying that giving gifts is a bad thing, but I have noticed a degeneration toward a sort of competition to buy the perfect present, and to buy as many of them as you can.

The truth is, Christmas has been so intensely commercialized that its spirit has slowly but surely withered away. It has become a money-making scheme for big corporations. Even the Santa Claus we know today was an invention of toy companies in the Victorian era so they could make some money. Also, it gets so incredibly obnoxious when all you hear on the radio for an entire month is Christmas sales commercials, and don't even get me



started on all the #christmas posts that bombard my feed the minute Halloween is over.

And now, with travel more convenient and accessible than ever, Christmas is the perfect time of year to escape, especially for us Canadians who dread the cold. Yet, instead of a fun adventure,

travelling during the holiday season often turns into a stressful disaster due to snowstorms, delayed or cancelled flights, etc. It's either finding the right hotel with the cheapest cost, or booking in advance, or even buying a cheap enough airplane ticket; the list goes on; another hurdle to tackle in order to make the "perfect Christmas". I remember once having to celebrate Christmas early because the flight we could get was on Christmas day and it took away from the special effervescence of the holiday. I've also heard stories of people actually bringing *all the Christmas gifts with them on their trip. A little extra in my opinion...*

Now, finally, Christmas decorating. It's absolutely great, I love it. But when a box of ornaments becomes more expensive than the actual gifts I'm supposed to be giving, it becomes a little less enticing. Apart from cost, a lot of Christmas decorations are made of plastic or other non-recyclable materials, which isn't so great for the environment. I know that a lot of people reuse their decorations, but that's not something everyone can do. A lot of people buy new decorations every year. Why? I have no idea. Thankfully, there are always alternatives. There are so many different ways to transform

things into Christmas tree decorations, from wrapping your tree with orange peel, to tying popcorn on a string as a garland. Christmas trees are also something that can be a little more eco-friendly; buying a real one creates no waste and makes great compost, as opposed to a fake one that will surely eventually end up in a landfill.

All this to say that Christmas does not have to be as stress-

ful as it is usually made out to be. Instead of succumbing to the stress of Christmas shopping, let's simply honor the tradition of bringing family and friends together. As for the holiday vacation—staycations are great, there are so many things to do in your own town that you may have never even heard of. Lastly, the decorations, just like the gifts, don't have to cost an arm and a leg.

That's why this year I've decided to spend no money at all on presents. Instead, I'll focus on the simple traditions, even if consumerism and technology are exerting more pressure than ever. You can do as I do, and, this Christmas, forget the sales and focus on what's really important: food, family, and fun. 🦋

## Poetry

### Poor Timing

I shovel 'neath dark winter sky  
While small snowflakes silently fly  
Once finished, all sore,  
I open my door  
Right as the snow-plow goes by.

### Knots

Why are knots so pretty?  
I tie them every day  
I only tie small ones  
Big ones get noticed  
Maybe if I tie a big one they'll buy me rope  
Then i'll be able to tie more knots  
Or they'll take my rope away  
I don't want them to take my rope away  
I love knots  
They're so pretty  
I wish i could crawl into one and be with it  
forever  
Forever away from the world  
Forever  
That sounds nice  
I wish I could tie one big enough

### An Excuse For An Errant Snowball

You may think that I am to blame  
But I've neither remorse nor shame  
For the direct hit.  
I'm telling you it  
Was the wind's fault: it threw off my aim.

### Dinner

I feel as though I were a bowl of peas  
Stuck at the table, between two turkeys

#### Credits

**Poor Timing** by Gabriel Arrigo

**An Excuse For An Errant Snowball** by Gabriel Arrigo

**Knots** by Omeed Sahabi

**Dinner** by Gabriel Arrigo

**Life After Highschool**

LIA FERGUSON

*(Continued from page 1)*

your passion”, which is a piece of advice most of us have probably heard. While I understand the merit to seeking a career that leads to a sense of personal fulfillment, countless elements make the search for the ideal career far more nuanced than simply doing what you’re passionate about. These include the need for a sustainable income, inaccessibility to the education required, and the amount of time an individual is able to dedicate to their career. We are also plagued with the notion that there are things at which we just aren’t good enough to make a career out of. All of these factors are valid reasons which prevent people from following their passions.

Someday, most of us will end up with jobs, and it’s likely that many of us will not feel a sense of fulfillment from

what we do at work. Despite the pressure to find gratification in our careers, I firmly believe that we should not be deceived into viewing our future careers as the defining aspect of our lives. While work takes up a significant amount of time in an individual’s life, it’s important to remember that there are countless ways to find fulfillment and joy other than the way we make money. For many people, the ultimate goal in life is to have a happy family with close relationships and family traditions. Other people will find fulfillment by participating in strong communities, or by pursuing their passions in the form of hobbies. In these cases, a job finances the individual’s goals, but does not define their identity. We should question the role our occupation plays in our lives. For some of us, our career can offer an income, personal grat-

ification, a community, and many other benefits. On the other hand, it can also be the cause of stress or be detrimental to the individual’s health. Work will have a different role in everyone’s life, and it is up to us as individuals to evaluate the size of that role as a determining factor in our lives.

Ultimately, the main reason we must work is to support our lifestyles, but our work does not need to hinder our ability to be fulfilled in life. I believe that a society of people driven by passion and pursuing their ideals leads to a more vibrant culture for everyone. Overall, we need to work to eliminate the perception that people’s value can be determined by their career, and focus on actualizing our full potential in the areas of life which we value most. 🐦

**Survey Says**

Here are some of the responses we got on the @lisgarwrite Instagram to the question: “Should people chase their “dream job”, or settle for something more realistic?”

Getting your dream job would only show you how it isn’t as you dreamed as it was

dream job! follow your heart 🙄👊

It would be better to choose a job you like, rather than a job that seems simpler.

Chase your dream job! You never know, you might get it!

honestly, if you really put the effort and try you can do anything!

## Secondary Students At The Front Of The Chilean Revolution

LUCA FULGA

The residents of Santiago de Chile are furious due to raised metro subway fares, privatization, increased cost of living and prevalent inequality. Secondary school students especially have begun protests all across Chile's capital.

These protests began on the 14<sup>th</sup> of October this year. To summarize, it began as an organized fare evasion campaign imposed by the secondary students of Santiago.

However, the situation quickly escalated, with interactions with the Carabineros de Chile (the national militarized police force). Four days after the movement began (October 18) the situation became more serious as groups of protesters started vandalizing and destroying many parts of the Santiago city metro system. For a time this caused the entire metro system to stop functioning entirely. All 81 stations sustained major damage and 17 were completely burned down. The protests have also left a total of 26 people dead in their wake and countless injured.

On December 2<sup>nd</sup> the Chilean government, headed by Sebastian Piñera announced its plans to kick off a \$5.5 billion economic recovery plan. To finance this, they plan to borrow widely from foreign currencies and increase the already-significant national debt. Time will tell whether the promised recovery

plan will show positive effects on the situation, or if it's too little too late.

This movement came as a surprise to me, as it did to much of the public. Seeing as during the 17-year-military junta led by Augusto Pinochet the economy in Chile rose significantly and has kept on rising (with some significant interruptions) to the present day, Chile was widely regarded as an example for the rest of Latin America to follow.



However, it should be noted that Pinochet's economic policies greatly helped the Chilean economy by implementing neoliberal policies inspired by Chicago school economists like Milton Friedman and backed by the United States came with a price: mass political repression and autocratic rule. Pinochet marketed the whole rigorous process as a "national reconstruction" since the country was on the cusp of change no matter what (due to the economic crash that came at the end of democratically-elected Salvador Allende's rule). All in all, the dictatorship left over 3,000 sup-

posed subversives dead or missing, drove an estimated 200,000 into exile, and tortured tens of thousands more, using techniques borrowed from the CIA. Most of the high-ranking officers responsible for this were never tried, and several continue to advise the current Piñera government.

In my view what these demonstrations truly show is the repercussions of poor distribution of wealth. It is not sufficient for a country's economy and GDP to grow. The average Chileans have not seen the benefits of the price inflation; therefore, they feel like they have nothing to lose. They can choose either to participate in the protests and have a chance of changing the situation for themselves and future generations or they can go through

the poor public education system and have a low chance of making it into a good university. After that, chances are they would end up working for minimum wage and barely be able to make ends meet.

With all this in mind, I believe that the protests are extremely important for the future growth of the country. However, I also think that rebuilding the damaged infrastructure of the country will take many years and will likely prove to be a difficult process. Nevertheless, if the government listens, the protests can only be a positive move for Chile. 🇨🇱

**Baroness: From Georgia With Love**

OMEED SAHABI

**G**ood albums are hard to come by, good bands less so. It is because of this fact that, whenever I stumble upon an exceptional example of musicianship and songwriting, it is important to me to make them known to the wider school community. My journey with the band Baroness started as a serendipitous encounter on everybody's favourite music discovery platform, youtube. Upon listening to a song of theirs that came up on autoplay, I immediately put on their most popular album, *Yellow & Green*.

After a beautiful instrumental intro, I was launched into a slamming introduction. The fuzzed-out guitar tones, the punk chord in the verse, and the absolutely sublime bass tone mixed perfectly with John Dyer Baizley's voice and lyricism. This introduction readied me for a hard rock album with a really nice modern edge, counterbalanced with a rootsy, country flavour that can only be described as the home of the band, the American south, incarnate. What I found in the next song, however, was anything but the hard rock that I was expecting. The song begins with a beautiful harmonized guitar intro and builds perfectly into an exquisite piece about a lost friend. At this point, I knew I was in for a great album, listening on; I was hit with what I thought would be the best song of the album, *Little Things*. This song is simply perfect, and the rest of the first side of the album bore no decrease in quality; every single song held the place of the best song while I listened to it,

until it was promptly dethroned by the next. As the yellow side of the album wrapped up with the nostalgic *Eula*, I had no idea what to expect out of the second side, except greatness. My expectations were far surpassed.

*Yellow & Green* is one of the best albums I have heard this year. It has all the makings of a 10/10 album and not a single song is weaker than the rest. This album is



almost impossible to leave behind. The melancholic yet rootsy guitar voicings mixed with the beautiful baritone singing is simply gripping. This is an album I would recommend to anyone.

In their first work, chronologically, *The Red Album*, I was met with a metal album, surprisingly, and not a bad one at that. While not nearly the incredible 74 minutes of music that *Yellow & Green* was, *The Red Album* is no slouch. I could already see the band's progression from the metal band that they started out as to the progressive rock band they are now.

This album moves from metal to bluegrass fusion, decreasing in quality as the songs flow past, but consistent in its raw musicianship

and production. Established early on is the band's tendency to stack up distorted metal guitar parts with clean country lines during verses, a writing pattern that sets them apart from the pack.

*The Red Album* left me both impressed at its quality and disappointed that it simply wasn't another *Yellow & Green*. I wrote down a rating in my spreadsheet, 6.5/10, and moved on to their next album, *Blue Record*. A more bluegrass inspired way of writing is mixed with a more overtly metal influence that can be heard in the rhythm guitar parts that meshes with the characteristically low-mixed vocals of Baizley in this record. A more consistent album, in both theme and quality, comes from the band's maturing in this era.

A larger contrast between the harder and softer parts of the album also blooms in the band's adolescence, moving them cleanly out of the realm of metal and closer to the bluegrass influenced hard rock band they are now. *Blue Record* is on par with *The Red Album* in quality, but definitely marks a progression in writing quality and musicianship.

Skipping *Yellow & Green*, I moved on to their second to most recent album, *Purple*. Immediately, I was caught off-guard by the 80's synthpop sounds that showed up in this album, seemingly out of nowhere. Still more consistent than *Yellow & Green* in song style and quality, *Purple* unfortunately does not replicate the magic of its predecessor.

Their most recent album, *Gold & Grey*, is a return to form for

Baroness, leaving behind the synthpop influences of Purple and expanding on the style of Yellow & Green. Less consistent in quality than the previous two albums, it is not without its quality songs. Songs like Cold Blooded Angels and Front Towards Enemy channel the raw emotion of Red and Blue Record while keeping the maturity of Yellow & Green. A 9/10 album through and through, Gold & Grey seems to be the start of a new era of music for Baroness; having moved past their more experimental albums like Pur-

ple and Blue Record, Gold & Grey perfectly blends the musical styles of their previous work, setting the stage for better albums in the future.

Of course, replicating an album like Yellow & Green is all but impossible, but Baroness have shown excellent artistic maturity in their evolution past, and eventual return to their acclaimed record. Consistently increasing in polish, but learning to not ignore the raw nature that made their earlier albums so compelling in their imperfection. Baroness is a case study in an artists

evolution through a career, with no shortage of highly appealing records and songs. I would recommend Yellow & Green as a starting point, after which Gold & Grey picks up the boredom. If you are interested in a less accessible listen that doesn't lack any reward, the two earlier albums are pure aural chocolate. Purple is the most skippable of their discography contrary to its uniqueness. In short, Baroness has no shortage of quality listens. 🧞

## Rugby's World Expansion

LUCAS ORANGE

There exists a sport known as rugby, and you may not have noticed but almost every high school in Canada is playing it. sport gained my attention when I heard my friends (of whom were mostly French and English foreigners as well) talk about it at school. So I then decided to go to one of their practices try it out. I almost instantly got hooked to the sport and found it fascinating. I only lived in Ghana for two years and the rugby practices were organized by foreigners from France. They consisted mostly of other foreigners such as myself.

However, over time some locals started to gain interest in this foreign sport that they had never heard of and joined our practices. In Canada, Rugby is a relatively new sport. Most schools have been introduced to the sport only in the past 5 to 10 years, and

its practice has since grown exponentially in a very short time.

From what I have noticed in the few years I have been playing rugby in Ottawa, every year there are at least a dozen new players joining my rugby club; trying it for the first time. There are at least a dozen rugby clubs in Ottawa and Gatineau alone. There are provincial tournaments and competitions that go on all year, and elite teams that are invited to international rugby championships overseas. Rugby is now played in most high schools in Canada.

The game attracts people in various ways, one of them being the fairly straightforward concept of not having to wear any protective equipment. This tends to bring up lots of questions and controversy in the rugby community about whether or not the sport is safe to play. However, I can tell you right now from per-

sonal experience that if the game is played properly and its rules are respected, no one will get hurt.

Another way rugby acquires one's attention is by not being able to make overhand and forward passes, which may seem a bit counter-productive. In my opinion, this specific rule is probably what makes it such a great sport because it makes you use your head to find different ways and methods to create plays and win the match.

Nevertheless, as said before, rugby is an extremely captivating sport that attracts people from all ages, all over the world. I have been playing both rugby sevens and fifteens for more than five years now and my personal rugby experience has been nothing but exciting and fun. I would definitely recommend this sport to anybody. 🧞

## The United Nations: A Defective Organization?

ASER ABDELGAWAD

*(Continued from page 1)*

ited to 15 members. Ten are elected on a biannual basis, while the remaining five are permanent members of the committee, known as the P5. In 1945, the UN Charter declared the U.S, China, Russia, France, and the United Kingdom as the P5 countries of the UNSC, and that is when all the corruption began.

The power that P5 countries hold is simply too great. Each P5 nation has the power to veto a decision made by the Security Council. This means that if 14 countries believe in a course of action, one country can executive reject it. This is clearly a crippled system which can very easily cause an unavoidable conflict of interest. In the case that the Council is tasked with resolving an issue in which a P5 country is directly involved, there is no way that the issue will be resolved effectively and impartially. Any proposed solutions that will harm the P5 country at hand will surely be vetoed and thrown out the window. As a result, the Council resorts to a mediocre, ineffective solution because that is the only thing they can pass. This scenario has occurred multiple times already, most notably in the Syrian Civil War crisis, where Russia's support for dictator Bashar Al-Assad has hindered efforts to stabilize the region. The P5 countries have demonstrated time and time again their unethi-

cal prioritization of their own geopolitical interests over global welfare, and the rest of the world suffers as a result.

Another problem that cannot be ignored is rooted in the defunct UN system itself. Aside from the Security Council, which is already a corrupt establishment, all other UN organs and affiliates have no control regarding whether or not their solutions are actually implemented. To elaborate, the UN's primary method of resolving pending issues is via resolutions, which are official documents that outline a specific course of action to be taken. The problem is that none of these resolutions are legally binding, and hence UN member-states are not obligated to abide by them in any way. In plain words, the UN has no authority over anyone, and their solutions can very easily be pushed aside by nations' governments without consequence. Today, we can see the effects of this lousy system in the climate change inaction dilemma. Right now, the world is collectively behind when it comes to combating climate change. But of course, the UN really can't do anything about it. What makes it more ridiculous is the fact that the recent Paris Agreement, which was supposed to be the remedy to our climate woes, is also non-binding, just like all other UN initiatives. Therefore it is no surprise that no real progress is being made. It

seems like every week now that I see UN Secretary-General Antonio Guterres issue a press release regarding our negligence towards battling climate change. And frankly, I understand why he does it so frequently: because it is all he can do. He does not have the power to force anyone to do anything, so he diplomatically pleads for countries to listen.

Just as it seemed there is nothing left to criticize, the UN has exceeded our expectations yet again. Its ineffectiveness as an international authority is a genuine problem that must be addressed sooner or later. Since its establishment, the UN has been called out multiple times on its hypocritical actions. While the organization claims it fights for peace, its lacking use of violence to protect the innocent has been appalling. The UN was a bystander in the atrocious genocides of Srebrenica and that of Darfur. In fact, for the former, it is believed that Dutch UN peacekeepers were the cause of many deaths in the Balkans as they made a blatant, costly mistake. Not to mention that today, the UN is under some serious heat for its inappropriate peacekeepers who have been accused of various sexual assault allegations. Clearly, the entire organization needs some tweaking.


This opinion is shared by many who have been part of the UN's poorly-structured system, including Ottawa's very own Al-



*(Continued from page 8)*

Ian Rock. Serving as the Canadian Ambassador to the United Nations in New York, Rock had a fair amount to say about the UN at uOttawa's CAPMUN conference. Even though he was the guest speaker at a MUN event, he was not hesitant to point out the failures of the United Nations, highlighting the ineffectiveness of its Security Council, along with the underlying corruption within the organization.

He spoke passionately about times where the United Nations, especially its Western members, simply did not fulfill their obligations to world peace and international cooperation. An example of which is the Rwandan genocide, where the UN watched helplessly as an ethnic civil war claimed the lives of over 800,000 people over four months. He ended off his speech by an inspirational reminder to stand up for what is right, even when nobody else is (referring to the UN).

Overall, some serious reforms need to be made to the UN. If anything, the creation of a new organization altogether would be a better option. To successfully deal with the needs and demands of the world, said organization must have an equal balance of power, while also being firm and assertive in every decision. It must have a system of operation that is effective, productive, and fair to ensure that mankind keeps moving in the right direction. 

## The Case for Electoral Reform

AIDAN WILSON

Canada is hailed across the world as a bastion of democracy, but is it? In the wake of the October 21st federal election, I'll look at the system on which our elections are run. I'll cover the way our system works, the problems with it, alternatives to it, and, ultimately, I'll be making the case for electoral reform.

In First Past the Post, parties (may) run candidates in any or all of the 338 ridings in Canada. The candidate with the most votes in any given riding gets a seat in the House of Commons and becomes the MP for their district. The leader of the party with the most ridings won becomes the Prime Minister. Seems simple enough, but it raises a few problems.

A major issue with Past the Post is that many voters end up with votes that might as well never have been cast. In fact, in 2017, half of voters didn't contribute whatsoever to the results of the election, despite having voted.


How? In First Past the Post, if the candidate you voted for doesn't win the election, your vote is essentially ignored. Or in BC, when the 2001 election saw the Liberals take 77 of 79 seats. The kicker; they only got 57% of the vote. Yes, you read that right, 57% of the vote translated to 97.5% of the power.

Some alternatives for First Past the Post systems exist.

The Open-List system presents voters with a list of all candidates being run for an area. Voters can then either vote for the party of their choosing, or vote for a specific candidate. (A vote for a candidate counts as a vote for the party.) The more votes a party gets, the larger the percentage of MPs in the riding will be affiliated with that party. If a party gets 78% of the vote in an area, 78% of MPs for that area will be part of that party. This is completely proportional and makes sense; however, larger ridings can mean MPs who are out of touch with their electorates' specific local views.

There is also the Closed-List system, which is similar to the Open-List system except voters can't select specific MPs, instead voting for the party they like. The party then fills their body of MPs as they see fit. This can take away the voice of voters to an extent, but it also keeps things simple.

There is also the option of Mixed-Member Proportional-Representation. In this system, you vote twice. Once for a party, and once for a representative for your constituency. There are more seats than there are constituencies. This means that once all constituency seats are filled, votes for a party dictate what percentage of the remaining seats go to that party.

So, is electoral reform worth it? Yes. First Past the Post is a problematic, clunky system and it's about time for a change. Our system needs a change, but that change is up to you. I'm simply here to make the case for electoral reform. 

## The Irishman—Movie Review

LUCAS BENGLE-STANLEY

**M**artin Scorsese's recently-released Netflix movie "The Irishman", based on the Charles Brandt nonfiction novel *I Heard You Paint Houses*, is an amazing crime-drama movie, taking place in Philadelphia from the 1950s to the early 2000s. I will try my best to avoid spoiling the story in this review, but it's better to be safe than sorry, so I'd recommend caution either way if you plan to see it.

Now, about the story. The movie clocks in at 3 and a half hours (the longest commercially-released Hollywood feature since Kenneth Branagh's four-hour "Hamlet" from 1996, though this one has substantially more swearing), but it fits the story well and even feels compressed at times, which is a testament to how truly epic the whole thing is. But even though the runtime and scale of the proceedings feel a little old-fashioned, Scorsese's approach to the material is thoroughly innovative and entirely successful. That's for the best, because the gangster milieu the movie plunges us into is familiar from many other gangster films, notably the director's own "GoodFellas". In fact, the movie even has overlapping characters from that film. I won't say any more apart from that they're there.

In broad terms, the movie is about truck driver and union member Frank Sheeran (Robert De Niro, blue-eyed and de-aged with CGI but still characteristically excellent), the titular 'Irishman', who falls in with

the Italian mob, eventually becoming close friends with high-ranking mobster Russell Bufalino (Joe Pesci, brilliant in his first role in over a decade). His job within the organization is 'painting houses'—a euphemism for being a hitman. Through one of these assignments, he meets American labor leader Jimmy Hoffa (Al Pacino, doing his thing to great effect) and befriends him as well. From



then on, mediating between these two sides becomes progressively more difficult, leading up to a truly sensational climax, which it would be unfair to give away.

Only after the movie was over did I notice how well done the pacing was, which only speaks better for how absorbing it was. It pulls you in with a fast-paced action scene, followed directly by a scene with only dialogue, then a pause in action and story (the perfect time to go to the bathroom unless you've a superhuman bladder), all of them perfectly placed to create a compelling rhythm.

Although being lengthy, I feel it was still perfectly justified for the sheer amount of things Scorsese had in mind, most of which he executed fairly well. One problem that I had

was multiple dialogue scenes throughout the movie were extremely drawn out, feeling pointlessly long at times.

The movie is sort of unofficially separated into parts. The 1950's where Frank's career in the mafia business began. The 1960's where they all end up in the thick of the developing crisis revolving around Kennedy's election and multiple scandals involving Hoffa. 2003 being the last point in the story, when Frank is old and nearing death.

The pacing of these parts is no different to the rest of the story. In the first part, it took a bit of time before I could really get into the story, but when I did, I was well and truly hooked.

The first part brought me into the movie with a great mix of action and story, the second part showed a great rise and fall in the story, the line being drawn out fairly clearly. And the third and final part hit me deep in the feels with the final parts to the story of Frank.

By the time I finished the movie, I was constantly glancing at the time, checking how long could possibly be left, but with great performances from De Niro, Pesci and Pacino, doubled with the writing of Scorsese forms this into a great movie.

Although long, the acting and writing of this story make "The Irishman" a great watch and a movie best saved for a rainy day where you definitely have some time. 🐼

## Tips for Seasonal Affective Disorder

LAILA ELBAZ

In recent years, many people have been diagnosed with mental illnesses such as anxiety, depression, eating disorders and more. In this article, I'll be focusing on one that's been pushed aside by society. That being, seasonal depression. Since the cold season has begun, lots of people suffer from Seasonal Affective Disorder - also known as seasonal depression. Seasonal Affective Disorder, or SAD is a mood disorder subset in which people who have normal mental health throughout most of the year exhibit depressive symptoms at the same time each year, most commonly in winter. Symptoms include sleeping too much, having little to no energy, and overeating or eating little portions to no food at all. Studies show that SAD has become more visible in students—mainly high school and first year college students.

Being students, most aren't fully aware of what's happening or why they are in a constant state of anxiety, paranoia and an overwhelming feeling of sadness. As someone who understands you and has gone through this disorder, and still goes through it, I figured it would be quite fitting to give you some tips to make this disorder a little less harsh for you to deal with.

One of the most common feelings of seasonal depression, is wanting to go in a hibernating mode. A study from 2017 shows that this is most definitely not the way to go: "If you wake up and you want to pull the covers over your eyes, that's the worst thing to do [...]" Get more sunlight, get out of bed and stay active," says Norman Rosenthal, MD, clinical professor of psychiatry at Georgetown University. Having one day in—where you call in sick from work or school—is okay. This becomes severely unhealthy when hibernation becomes a habit.

For many people, some days prove to be harder to deal with than others, and they simply cannot get out of bed in some cases, or feel too lazy to shower or have a meal. However, there are many techniques to ensure that hibernation doesn't become a habit in one's life during a depressive episode. One of those being, if you do end up calling in sick to work or school, make sure you're not just lying in bed all day. Instead, try and incorporate some exercise into your day, even if it's just a 10 minute stretch.

For other factors such as laziness or little appetite, there are likewise solutions. For example, if you can't bring yourself to take a shower, spray your hair with dry

shampoo and put it in whatever style you prefer just so that way it'll be out of your face and a bit more comfortable for you. If you can't bring yourself to make something to eat, ordering food is okay. The important thing is eating something in the day and not starving yourself: "There's nothing wrong with summoning comfort food from the ether". Plus, when there is food left over from your order, freeze it and reheat it whenever you've fallen back into a slump and don't have the energy to make food.

To conclude, I know Seasonal Affective Disorder can be quite hard for some people, and I hope these tips will have made it a little bit easier to battle. 🧞

### Crisis Supports

247 YSB-Crisis Line: 613-260-2360 [www.ysb.ca](http://www.ysb.ca)

24/7 Online crisis chat:  
[www.ysb.ca/services/ysb-mental-health/24-7-crisis-line/](http://www.ysb.ca/services/ysb-mental-health/24-7-crisis-line/) 24/7

Kids Help Phone: 1-800-668-6868 [Kidshelpphone.ca/live-chat](http://Kidshelpphone.ca/live-chat)  
[www.kidshelpphone.ca/live-chat](http://www.kidshelpphone.ca/live-chat)

LGBTQ Youthline: 1-800-268-9688  
Mobile Crisis: 613-722-6914

## The Death Of A Meme

LEO KRISTAL-POLCI

As I was scrolling through my Instagram feed over the weekend, I noticed a poll. It was a short question, simply asking “What was the meme of the decade?” I started thinking about it and realized I couldn’t remember many particularly old memes, so I pulled up some Google pages and started searching through memes from 2010-2014. I recognized many of them (doge, sad Keanu Reeves, Leonardo DiCaprio’s missing Oscar, etc.), but there were plenty I had completely forgotten about or never seen in the first place (I took an arrow to the knee, do a barrel roll). This realization made me think: how does a meme die?

The study of a meme concept or template’s decline is not a perfect science. There are often many factors that contribute to a template’s death, but one of the most common from meme to meme is so-called “normies” finding out about it. Though the word can be used in many ways, the concept of a “normie” (in this context) is generally someone uninvolved in the memescape, someone who conforms almost religiously to the laws and trends of popular culture— overall just someone extremely “basic”. These popularity worshipping cliques are usually among the last people to find out about a new element of meme culture (only

preceding most of Gen X and Baby Boomers).

This often results in parts of the moribund meme

template being introduced into pop culture. That adoption is usually a sign that a meme has got to go, as it ruins the meme’s exclusivity, something that is coveted by the meme community.

This is not to say that “normies” will always kill a meme. There are often parts of meme culture whose humour tends to go way over the heads of these trend followers, such as sh\*tpost formatting.

A far more certain way to end a meme’s life is when it is used as a topic of interest by mainstream media. Once a meme reaches a publication such as the New York Times or the Atlantic you can be assured it’s done for. A great example of this is the phrase “Ok Boomer”. It was used in Australian parliament by a young politician, and the media immediately jumped on it. This killed the meme a bit earlier than it would have died otherwise.

The last common way a meme dies is simply how any trend dies: overuse. This situation is analogous to your friend telling you the same joke over and over again. It might be funny the first



*Pepe The Frog*

few times, but it quickly gets old. Then, in an effort to make it funny again, they phrase it differently or the joke has a

different outcome. This still does not work, and your friend decides to stop. This is the single greatest contributing factor to the death of a given meme.

A fairly unique situation that does not conform to any of the previously mentioned categories presented itself in the form of one of the most popular and iconic memes of the decade: Pepe the frog. What differentiated this from the death of other memes is the reason it was killed. For one of the (if not the) first times in meme history, a meme became a hate symbol. For the first time, trolls and hate groups spoiled what had previously been a light-hearted element of online society. Pepe started to become associated with white supremacy (something it was not initially intended for) and some of the largest American media outlets grossly overestimated his significance, unintentionally aiding these trolls and racists. Pepe’s creator was disgusted and declared the meme dead. Though it is still used to this day (albeit sparsely), the negative implications have largely been forgotten.

The final point I would

# Ask Anna

Presented by Anna Kirkland

like to cover is the afterlife of a meme. There are largely two routes a dead meme can take; that of an icon or that of oblivion (being forgotten). I think the latter is fairly self explanatory, so I will cover the former. Some memes are easily recognized as icons such as the baby fist pump meme, Drake memes, the various Keanu Reeves memes, doge, and Pepe the frog. Upon closer examination however; it can be seen that some of these are just famous memes, not memes that should be considered iconic, the reason being the negative sentiment that is brought with them. A perfect example of this is the Drake and baby fist pump memes. These are both quite famous, but are quite hated in the meme community. They are looked on as extremely overused, especially by Gen X and Boomers trying to appeal to younger generations.

On the flip side, some of the previously-mentioned memes are wholesome and truly deserve to be iconic. Keanu Reeves is a great example. The memescape presents him as a kind, decent and relatable human being, an interpretation shared by almost the entire meme community. That is the essence of what memes are intended to be: relatable, funny, uniting, and free from the problems of the rest of society. 🐦

**Question:** How do I write a good English essay?

**Answer:**

Well my friend, today is your lucky day. You may not know this, but I'm somewhat of a legend in the halls of Lisgar, so let me give you my creative process and if you follow it exactly, you might, just might, be able to rise to my status as every living English teacher's idol.

1. Prepare: I make sure to pay attention in class because you can't write a good essay about something you know nothing about. So I take notes, and pay attention so that when the time comes I can pick a prompt, and jot down some notes quickly before getting going.
2. Make an interesting introduction: If there's one thing the person reading and marking your essay hates, it's the fact that yours looks exactly like the person's before it. That's why I try to make the first sentence so interesting, that the reader will feel compelled to read my essay. Once I have their attention, I introduce the work, my thesis, and the directional statements.
3. Go into the first paragraph feeling confident: Getting the essay started is always the hardest part, so, having completed that, I feel confident going into the first body paragraph. After I reiterate my di-

rectional statement, all there is to it is following the steps of point, proof, analysis. As I've written out an outline and already have most of my ideas this isn't too bad. I revise along the way.

4. Start to lose hope:

I try not to stress too much, because it's natural that the second paragraph is the weakest, so I blunder on remembering the point, proof, analysis structure, and trying to ignore the nagging doubts at the back of my mind.

5. Fail to relax:

By this time I'll probably be freaking out. I'll realise I've picked the literal hardest prompt to write about, my hand will start cramping from writing so much, my vision will start to blur from tears, and I'll curse Mr. Hodgson, the whole English department, Shakespeare, whomever I can, for making me write this accursed piece of garbage. The only thing that keeps me going is the knowledge that there's only 20 minutes left of class and I still have to write my conclusion

6. Say @#\$% it! And keep going:

At this point my penmanship has somehow devolved into childlike scrawl, and I've come to accept nihilism as truth. I scrawl down a repeat of my thesis and make a vague statement that can barely pass as social

*(Continued from page 13)*

commentary before finishing my Works Cited and slinging the “essay” on the hand-in pile .

*And voila! An accurate step-by-step depiction of my creative process of writing an essay. Follow these steps exactly and you’ll have a product of outstanding mediocrity that will leave your teacher’s wanting more!*

Question: I’ve waited until last minute to get Christmas presents. What should I do?

Answer:

Well, your level of screwedness depends on when you are reading this. If you’re looking for the answer in this newspaper on December 24th, I’m afraid it’s too late for you my friend; however, if you are reading this sometime sooner, do not fear! There is still lots of time to make this holiday season a memorable one.

Christmas can undoubtedly be a stressful ordeal. There is a lot of pressure to give the perfect gift, and it feels terrible when our loved one opens it and feels disappointed. What is always good to remember though, is that the love you feel for another person is not dictated by the material objects you give them, and no, I

know that sounds cheesy and anti-consumerist, but it’s the truth: people will not love you any less for giving them an underwhelming gift.

When thinking of gifts for people, it is important to keep in mind what they like, but more importantly, your assets. I refrain from spending a lot of money on a gift, not only because I am miserly, but because small or home-made gifts are usually the ones that seem the most personal. If you know they like a certain brand or store, get them a gift card because they can buy something for themselves. And if that seems impersonal, add a nice homemade card, bake them something, or find some craft on pinterrest. Though it may sound cheap, taking the time to make a gift shows the reciever that they’re worth the time and effort, and loosens the crushing grip of capitalism on our holiday season :).

Hope that helps. Happy holidays!

Question: What should I do about an unaccepting mother?

Answer:

This is indeed a weighty question, because parents can be unaccepting of many things: your sexuality, your career choice, your partner, your friends. It’s terrible

when you never seem to be good enough for the people you love. There is no easy solution to this, but here are a few things you can do:

1. Lower your expectations. I know this sounds like a terrible thing to say, but it’s true. If you expect support and positivity from your mother you will probably only end up being disappointed. Seeing it how it is will remove the possibility of heartache.

2. Don’t let them make you feel bad for who you are. Unaccepting parents will often try and guilt trip you into being someone else, or make you feel bad “letting them down”. Don’t let yourself be fooled, they are trying to manipulate you and you don’t deserve it.

3. Consider distancing yourself if it becomes too much. Many people have the belief that “blood is thicker than water” but that’s not true. Family is not biological, but rather who you choose, and if you are being mistreated, and feel unaccepted, you should not feel obligated to stay. 🐦

# HOROSCOPES

KYRA ODELL & ISABELLE HAWKINS



## Aries (March 20-April 20)

Be wary of individuals wearing button-down shirts. Speak to them only in pop culture references and do not share any pasta with them, no matter how much they try to convince you to do so. Eat strawberry jam, and strawberry jam only, for a week to ensure good luck on every tuesday of 2020. Failure to do so will result in all your shoelaces going missing. Lucky Dates: Dec. 14, 20, 28



## Taurus (April 21-May 20)

Invest in a quality lampshade, but whatever you do, DO NOT use it on a lamp. Sharpen every pencil in your house and place them in your fridge to get a perfect score on your next test. Give your second best friend an egg salad sandwich as a Christmas gift to show your friendship and affection. Lucky Dates: Dec. 12, 13, 24



## Gemini (May 21-Jun 20)

The colour of socks you wear tomorrow will change your life in a surprising way. If you want this change to be positive, yellow socks should be out of the question. Your Leo friend may be struggling with schoolwork, so try to help them with their studies as much as you possibly can. Lucky Dates: Dec.14, 22, 31



## Cancer (June 21– July 22)

Within the next month, you will have to convince somebody that scooters are the only acceptable form of transport. It is imperative that you win this debate, so be prepared every day with written arguments and comprehensive diagrams. Lucky Dates: Dec. 16, 19, 25



## Leo (July 23-August 22)

Your Gemini friend seems to be under the impression that you need their help at all times. To avoid their annoying 'help', carry a container of tomato paste in your left pocket until they relent. Spend your second period classes making paper cranes until you have a miniature army. You never know when you'll need their help. Lucky Dates: Dec. 21, 29, 30



## Virgo (August 23-September 22)

Your friends are getting tired of you complaining about the class giving you the most trouble; try to change the subject to something more interesting, such as the small colony of ants residing in your closet. If you think no such colony exists, you should probably check your closet more thoroughly. Lucky Dates: Dec. 17, 18, 26



## Libra (September 23-October 22)

This December, the stars urge you to seek out consistency whenever possible EXCEPT when it comes to pants. The more bizarre and unusual the pants, the better. An unexpected interaction with a hamster will give you just the happiness boost you need this month. Lucky Dates: Dec 19, 20, 25



## Scorpio (October 23-November 22)

Someone you meet this month will become one of your greatest enemies. Play it safe by never leaving the house. An unnecessarily plump throw pillow will mysteriously find itself on your bed. Do not question it or complain. Lucky Dates: Dec 13, 24, 28



## Sagittarius (November 23-December 22)

An argument about crunchy versus smooth peanut butter may be the final straw in ending a friendship, avoid bringing it up. Dramatically and irreversibly changing your hair may be the key in amending a feeling of sadness. Lucky Dates: Dec 19, 23, 25

*Cont. p.12*



**Capricorn (December 23-January 20)**

Boldly claiming you will “never do something again” only increases the chances that that very thing will be repeated. Minimalist art will anger a close friend beyond belief, whatever you do, don’t get on their bad side. Lucky Dates: Dec 23, 27, 31



**Aquarius (January 21-February 18)**

Bad vibes are approaching you this winter. Ward them off by covering everything you own in rhinestones. Laundry-induced frustration is rampant this season; try to keep your cool by buying new clothes instead of washing the ones you already have. Lucky Dates: Dec 17, 21, 29



**Pisces (February 19-March 19)**

A classic Chinese tea set will spark an epiphany. The cosmos indicate that your wallpaper, whether on a phone, computer, or maybe even in your house must be changed to include the image of your favourite animal. Lucky Dates: Dec 16, 25, 26

**Out-of-Contexts**

“What a great idea. Holding your grandmother hostage to make you food.” -Mr. Findlater

“Sitting in this class is a form of brainwashing.” -Mr. Middleton

“So that’s differentiating current sex from old sex.” -Ms. Wick

“You look like you’re texting and driving without a car.” -Mr. Wright

“Don’t eat that — It’s currency!” - Mr. Meng

**Message from the Editors**

We hope you enjoy this edition of the Lisgarwrite. Make the most of your winter break! As always, keep an eye out for future calls for submissions, contests, and writing opportunities. We’d love to hear from all of you, so get in contact with us if you have any ideas or questions. - Ron Ghersin and Fred Azeredo

**Huge Thank You To Our Contributors**

Anna Kirkland  
Aser Abdelgawad  
Fred Azeredo  
Tara Orange  
Gabriel Arrigo  
Kyra Odell  
Isabelle Hawkins  
Aidan Wilson  
Omeed Sahabi  
Leo Kristal-Polci  
Laila Elbas  
Lia Ferguson  
Luca Fulga  
Lucas Orange  
Lucas Bengle-Stanley

*Special Shoutout to our teacher supervisor, Mr. Hodgson*