A LAKIE TRACK MEET -THE ORDINARY TURNED EXTRAORDINARY

GATOR GAZETTE

BY KONSTANTINA ZOVOILI

On Tuesday, May 16, G.S. Lakie held their annual school Track Meet at the U of L Stadium in Lethbridge. As soon as they arrived, students stadium, packed into the metal stands. crowding the unaware of how eventful the day would turn out to be.

Besides the usual thrilling races and close competition of a normal track meet, the day ended in a way that was nearly unpredictable. The morning began with the school starting their events as expected. However, as the day went by, students and teachers alike witnessed a distressing sight. Incredible amounts of dense smoke, caused by the northern Albertan wildfires, slowly crept in, filling both the stadium and field. Before long, the air quality climbed from a casual 1-2 to a hazardous 8.

The administration of the U of L Stadium was automatically forced to shut the entire track meet down following the Environment Canada

Have you no shame ? We are animals, we

don't need humans

for anything, we can

be independent! We

can

find our own

fun! We can.

Nom

warning. The Lakie Track Meet was cancelled about one hour before it was scheduled to end, and all students were sent home. Many students missed their last few events, including the Relay Races that everyone was looking forward to.

In the end, good news always comes after the bad news. Besides the unfortunate ending, three difficult records were broken after many years of hard-working students competing against them. Kruz Cohen in Grade 7 broke all three records in Long Jump, Triple Jump and 100 m for his age group.

Congratulations on all the students who made the LSAA track team and represent the school! May our next track meet turn out to be just as eventful – hopefully in a good way.



Cheers

Technology

 May 25 - Gr 8 Outdoor Ed Trip

COMING UP

- May 30 Track Zones
- June 9 Kona Ice
- June 20-27 Grade 6 PATs
- June 21 National Indigenous Peoples Day
- June 26-27 Grade 7 and 8 Final Exams
- June 28 Last Day for students



We can go tot

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So ... what

do you want to do this.

weekend?

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			_						_						By Hiraj Patel, Taurus

Aquarius (Jan 20 – Feb 10) Someone you have previously betrayed will try to get their revenge. Hide.

Pisces (Feb 19 – mar 20) You will fight over petty things and reconsider your path. Do what feels right.

Aries (Mar 21 – Apr 19) You will refuse to give up and it will cost you dearly.

Taurus (Apr 20 - May 20) You are super cool, and everybody likes you and you will be rich and famous when you get older if you keep your mouth shut. Life treats the Taurus well, if only the Taurus can treat life well. **Gemini (May 21 – Jun 20)** Beware the man in the blue mask.

Cancer (Jun 21 – Jul 22) You should go to the hospital frequently, so you don't get sick. Also, never visit Peru in green sandals.

Leo (Jul 23 – Aug 22) Your instinct will wrong you and lead you on the wrong path - stick to the rules. Change will occur after the three possibles are denied.

Virgo (Aug 23 – sept 22) You will be framed for something you did not do. Keep calm and deny everything if the Third Quarter is visible.



DISCLAIMER: IF ANY ADVICE ON THIS LIST INJURES OR KILLS YOU IT IS NOT MY FAULT!

Libra (Sep 23 - Oct 22) You will be busted for something you did do, see previous. Don't take advice from anyone but those you truly trust, except if the impossible strolls through the opposite.

Scorpio (Oct 23 - Nov 21) You are loved by all but soon if you don't play your cards right that will change. Stick to what works.

Sagittarius (Nov 22 – Dec 21)

Don't listen to any strange rumors and don't leave Lethbridge in the next 73.14159265359 days or bad things will happen.

Capricorn (Dec 22 – Jan 19)

You have recently had a great tragedy occur and have mourned a lot and are feeling depressed. Well buckle up because there's a lot more where that came from. Also never go to a casino in Vegas.



Did You Know? ?



Also known as the Fringed Orchid or Sagiso, the White Egret flower is a species of orchid found in China, Japan, Korea and Russia. Resembling a white dove, the plant should not be confused with the White Fringed Orchid, Platanthera Praeclara, which is a North American species.

LEARN ALL ABOUT THIS AWESOME CLUB AND HOW YOU CAN JOIN. CHEES AND GAMES CLUB

Every weekend, it's the same story. Many students don't always look forwards to two days by themselves without their friends to talk to. This club is a great way to start the weekend. Have you ever wondered how to play chess? Do you want to hang out with your friends after school? Then this club is for you! In the Chess and Games club, you are free to play any board qame you love, hanq out with your best friends and worm your way towards becoming the master of chess from the professionals themselves.

Every Friday AFTER SCHOOL from 11:30 to 12:30, feel free to drop in and join the fun (the club is not open on the first Friday of each month). If you want to join there's one thing to do: show up. Ami C. – in grade 6 – has been a part of the club since her first day of grade 6. "I like the club since it's fun and full of people who

won't judge you by one mistake

that you make," she said.

Mr. Anderson's vision for the club was to create a space for people who don't have a special hobby to hang out with their friends. According to Mr. Rickards, the hardest part of running the club is spreading the word and gaining interest. One of the reasons he participated in this project was because he "loves chess and loves Mr. Anderson".

MAKE SURE TO CHECK IT OUT!



Since 2017, Mr. Rickards and Mr. Anderson ran the chess and games club. Held every Friday in the Learning Commons from 11:30 to 12:30 after school, this club is an opportunity for anyone to participate in an hour of fun while playing their favorite games!

THE CHESS AND GAMES CLUB IS HELD EVERY FRIDAY IN THE LEARNING COMMONS, SUPERVISED BY THE TWO AWESOME GRADE 7 TEACHERS, MR. RICKARDS AND MR. ANDERSON

A World of Burning Ice

BY KONSTANTINA ZOVOILI



To learn more about this fascinating planet and many more wonders of our space accompanied with incredible graphics, watch "THE SIGHTS OF SPACE: A Voyage to Spectacular Alien Worlds" by melodysheep on Youtube.



When we imagine alien worlds, exoplanets, solar systems and far-off galaxies, many diverse images may cross our minds. Swift massive gasgiants. Cold bitter frozen planets. Rocky terrains overflowing in magma. But there certainly are things we have never thought of. Our galaxy alone has more incredible and breath-taking worlds than our minds could ever process. Our dreams are the only ones that can reach out so far.

Thirty-three distant light-years from earth, orbiting its star over a period of roughly 2.6 Earth days and older than our sun over a few billion years, lies a planet beyond our wildest imagination. Gliese 436-B. This Neptune-sized planet owns a scalding surface of 438 degrees Celsius (820 degrees Fahrenheit). It is 2.5 million miles away from Gliese 436 - its own star. It may seem like a lot, that is until you learn that Mercury is an amazing 35 million miles from our sun, fourteen times more the distance.



At such high temperatures, this planet could be a sweltering Venus. Or filled with erupting volcanos, oceans of lava and deathly acid rain. There are many things you could imagine this planet to consist of. Solid ice is certainly not one of them. Gliese 436-B – the 438 degrees Celsius planet – is covered in ice. That's right: solid ice.

As Gliese is the roughly the size of Neptune, its gravitational field is so strong and that it. vast besides maintaining an atmosphere, compresses the water on the surface of the planet into a solid state. However, the ice is not like the normal ice we know of here on earth. This outrageously exotic type of ice is known as Ice-VII. It stays in its solid form simply because of the pressure upon it. Just as carbon transforms into diamond under pressures, most liquids - such as water can transform into solids (and even states denser than both liquids and solids) under the correct circumstances.





CONTINUED FROM LAST PAGE

As if the burning ice was not enough, there is more to this unique planet that can be observed by sight. This planet's parent star is so powerful that it slowly rips off layers from densely packed atmosphere. the Even though it is believed there is no threat of the atmosphere being completely wiped out, the planet still abandons a tail of hydrogen stretching nine-million miles behind it as it orbits around its star.

Due to the fact that Gliese 436-B is positioned at such a distance from Earth, we do not have much more information on it. The planet was discovered in the August of 2004. It is an incredible exo-planet that has changed the way we view things.

May it be only the first one of a new age of discovery from our amazing world.

0,000 FEEDBACK SLIP

Fill out this Feedback Slip with your feedback on the newspaper and place it in the feedback box for a chance to win...

Name:

What did you like about this issue, or what do you want us to improve in a future issue?

Your Personal Guide to Start your Own Business <u>____</u>

Businesses make things or offer services people need in exchange for something - usually money. Businesses have to make more money

than spent. This is also known as profit. Why start a business? To start a business, you should be

able to answer questions about your business such as these:

- What is your business idea?
- Does it work?
- Do you have money to begin?
- Is there too much competition?
- Is your idea popular?
- What are your materials?
- Will you have employees?
- Who are your customers?
- How will this help the community?

Employers

You can also think about having more people included in your business. Your friends, cousins or siblings may play a role in it. You can even employ people if your business is going really well.

With more people included in your business, tasks happen quicker and better, and the quality of your goods or services may be better. You might have heard the phrase "two minds are better than one". With more people included in your business, there will be more ideas and feedback that will help your business excel.



Some people do it to make money. If there is something you really want to buy or if you want to save money, starting a business is a good idea.

You may also start a business to fix a problem and make the world a better place.

Starting a business may also be fun or used as a hobby.

Money

One thing that plays a key role in business is the money. For a business to be successful, you have to make profit. If there is no profit, the business will have problems as it will not be able to keep up financially and the quality of your products will decline. It is a good idea to save money from previous profits in case there is ever a need.

> higher profit, are higher quality and more important. Sell at a federal level Therapist Start a magazine One of the options on the left as a network you oversee. In other words, find many people who sell or do the same thing and unite them with you as the organizer. Start a band Get people to hire you for important things

Complex

Carpool Begin an online business





What's Cooking?

BY: DARILYNN VANHELL







Are you hungry? Do you want to learn how to cook a simple and delicious recipe?

If you answered yes to any of these questions, then this section is for you! Learn how to cook these simple recipes from our team!

Amaze friends and family with your skills! It's a win-win! Put delicious food on the table and enjoy the things you make! Have fun and make people ask the question, "What's Cooking?"





Berry Swirl Popsicles

By: Darilynn Vanhell

INGREDIENTS

- 2½ cups berries
 (such as
 strawberries,
 blueberries, or
 - blackberries), hulled and cut in half
- 2 tablespoons sugar
- 1 teaspoon lemon juice
- Pinch of salt
- 1½ cups vanilla whole-milk yogurt
- 12 to 14 popsicle

sticks

DIRECTIONS

- 1. In a blender or food processor, combine the strawberries, sugar, lemon juice, and salt. Blend until completely smooth.
- 2. Place 2 tablespoons of the yogurt in each ice pop mold. Top each with 2 tablespoons of the berry mixture. Continue layering the yogurt and berry mixture in the molds until the molds are full. Dip a knife into each mold and make a few figure-eight motions to swirl the flavors together. Cover and freeze until solid, at least 4 hours or up to 3 days. If using ice pop sticks, insert them into the molds when the pops are partially frozen, after about 1 hour, then continue to freeze until solid, about 3 hours.
- 3. Before serving, run the molds under hot water for a few seconds to release the pops, and then serve



Easy Chocolate Chip Cookie

Ingredients



100 gr unsaltedbutter65 gr brown sugar70 gr white sugar2 eggs

1 tsp vanilla extract
200 gr all purpose flour
½ tbsp baking soda
200 gr chocolate chips

Directions

1. Heat the oven to 160 C

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- 2. Combine butter, brown sugar, white sugar, egg and vanilla, mix thoroughly using a mixer



- 3.Once combined, add flour and baking soda, mix it again with chocolate bits and a pinch of salt
- 4. Take a scoop of dough, spread it across the trays, make sure it has enough spaces in between
- 5. Bake for 10-15 minutes until the edge is crispy
- 6. Let cool for at least 10 minutes on cooling rack

Health & Garden Salad



Ingredients:

DRESSING: 1/4 cup <u>Olive oil</u> 2 tbsp <u>Balsamic Vinegar</u> 1 tbsp <u>Lemon Juice</u>

1/2 tsp <u>Black Pepper</u> 1/2 tsp <u>Salt</u>

SALAD:

- 1 Head of Lettuce
- 1 Avocado
- 4 Cucumbers
- 3 Tomatoes
- 2 Green Onions
- 1/4 cup Crumbled Feta Cheese

Instructions

- Combine oil, balsamic vinegar, lemon juice, salt and pepper together by whisking with a fork. Set aside.
- 2. Place lettuce on the bottom of the bowl and top it off with the rest of the ingredients and mix well
- Drizzle the dressing right before serving the salad. You can sprinkle some extra feta on top. It's best served right away.



Interview with Ayessa Punzalan

AGROSS CONTINENTS FROM SINGAPORE TO CANADA

 What is something you like, admire or agree with about Lakie?

I like that I get to experience a lot of activities I did not get to do when I was in Singapore.

So far, what, in Canada, has made the greatest impression on you?

The housings and restaurants are very wonderful! I can never get enough of the landscapes I see whenever I go to a new part of Lethbridge.

What similarities are there between Canada and Singapore?

Both have good food and a lot of sales, but in Singapore, we did not receive coupons from the mail.

Is there anything that has shocked you?

One thing that shocked me was when my family found Filipino stores with all my favorite foods and snacks from the Philippines.

Ayessa moved to Lethbridge from Singapore this January and is Filipino. Read more to learn about the difficulties and impressions she went through while moving here.

Was school in Canada the way you expected it to be?

No, not really. I expected it to be less enthusiastic, but it is just the opposite and it surprised me.

What do you miss most from Singapore?

My friends, my town, the local food and the delicacies. I will never forget my time there. I also do miss the tourist attractions that I used to visit occasionally.

 What is the biggest challenge you and your family faced while moving here?

> So far, it has been expenses. My family came here with not a lot of money, having it being spent on travelling here, food, rent and more.





To learn more, visit www.canada.ca.

"Asian Heritage Month is an opportunity for us to learn more about the diverse culture and history of Asian communities in Canada, as well as to acknowledge the many achievements and contributions of people of Asian origin who, throughout our history, have done so much to make Canada the country we know and love..."



MAIN CITY VIEW SINGAPORE

SUPER SINCAPORE SUNRISE

OUR ve need Your Talent!

Whether it's a one-time entry, or for the rest

Do you have a hobby or interest you want to share about?

Do you want to see your name appear in print in an effortless process?

Do you want to become a member of an awesome club?

If you answered "YES" to any of the questions above, make sure to check out the Newspaper Club! Listen to the announcements in the morning, or ask Miss. Mustard for information on the next meeting!



MEET THE TEAM

Ami Clark Silvie Donnelly Eden Greene Kristika Kafle Rui Li Hiraj Patel - Contributor and Writer Lee Pellerin - Artist and Contributor Ayessa Punzalan - Photographer, Contributor Maddyn Russell - Contributor Cailyn Russell - Contributor Darilynn Vanhell - Writer, Editor, Contributor and Designer Konstantina Zovoili - Chief Editor, Founder, Organizer, Designer and Contributor

SPECIAL THANKS TO

- Miss. Mustard for offering the library as the club's meeting space and forever helping in any way she could.
- Mr. Rickards for helping the club get a starting boost.
- G&L TV for advertising.
- You readers for supporting us by reading this awesome newspaper!

"What you leave behind is not what is engraved in stone monuments, but what is woven into the lives of others." - Pericles, a Greek Politician and General during the Golden Age of Athens.