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Transcona Collegiate Baseball Team

By Kyle Offenloch and Carter Osiowy

For the first time in school history Transcona Collegiate will have a baseball team! They meet weekly in the mornings to prepare for their upcoming season starting in May. They will be coached by Mrs. Romu, Mr. Joseph and TC Alumni Hayden, and led by Carter Osiowy and Cadon Honey.

Historically Transcona Collegiate has excelled in all sports, but we have never had a baseball team. The baseball team was created due to the large amount of interest from students at TC. When Mrs. Romu heard about the attempts to make a team she graciously stepped up and volunteered the many hours it takes to coach a high school team.



Season Preview:

Your Transcona Titans kick off their inaugural campaign against the defending provincial champions Garden City. Predicted outcome: loss. They will follow up with the Garden City game by taking on West Kildonan. Our panel says, "The West Kildonan game is a very winnable game for Transcona." These games will take place on May 8th at optimist park.

Transcona will compete in KPAC this year and on top of the opening day teams will also play Springfield, River East, Murdoch, and Selkirk. Predicted season record 3-3 and missing the finals. Murdoch will be a very solid team and the game between these two Transcona teams could go either way. Springfield Collegiate is also predicted to be a strong team but with a solid pitching performance Transcona also has a good chance to come away with a win.

Like Garden City, Selkirk and River East will be great teams and most likely a loss for our Titans. With that being said the beauty of sports is that on any given day anything can happen!

Roster Preview:

Carter Osiowy: Carter is a seasoned baseball veteran, currently in his sixth year. What Carter lacks in speed he makes up in arm strength and power at the plate.

Cadon Honey: Cadon is also a baseball veteran who has played since he was 5 years old. Cadon might not have the velocity to blow fastballs by hitters, however he does have great pitch location as well as a solid curveball. He will likely be the ace for Transcona.

Ivan Provozin: Ivan is a baseball rookie who is currently looking to better his skills in his first official season of play. He is a team player and a great presence in the locker room.

Maxwell Bailer: Max is a left-handed rookie who can run fast. Absolute speed demon.

Catherine Sippola: Catherine is a long-time softball player and an all-rounder who knows the sport.

Trevor Sippola: The future of the franchise as he is the youngest player on the team and the only grade 9 student.

Payton Price: Payton is another rookie looking to improve before the start of the season.

Some of our talented students have been preparing for their musical Matilda! Go support them and watch their shows starting Monday May 15th—19th!

Parker Honey: Parker is the team hype-man. Always looking to lighten the mood and keep spirits high.

Ethan Robertson: Ethan is a highly emotional player with lots of upsides.

Bobby Bywater: Bobby is another long-time player who knows what he's good at. A great addition to the roster.

Luke Shing: The only player on the team with AAA experience. Luke will have to step up into a leadership role this year.

Conclusion:

While a 3-3 projected record may seem underwhelming, it is important to remember that this is the first ever Transcona Collegiate baseball team. They might just end up surprising everyone with their performance on the field. That being said, any baseball fans at TC should look to support the team in their inaugural season!

Transcona Collegiate Presents...

ROALD DAHL'S
Matilda
THE MUSICAL

BOOK
Dennis Kelly


MUSIC & LYRICS
Tim Minchin

MAY 15-19th, 2023

Doors open @ 6:30pm | Raddison School Theatre
Show starts @ 7:00pm | 1105 Winona St.

\$10 a ticket!

Tickets available online
or at the Titan Tavern at lunch starting
Wednesday, May 3rd.



Tickets can be found here!

Roald Dahl's Matilda The Musical is presented through special arrangement with Music Theatre International (MTI). All authorized performance materials are also supplied by MTI. www.mtishow.com



HEY TITANS!

Do you love volunteering and helping out the community in unique ways? Our school offers a special program called Youth in Philanthropy committee (YIP). This program partners up with the Winnipeg Foundation and collaborates with other schools to do charities and raise money to grant non-profitable agencies who need support. It's fully run by representing students from each grade starting 10 -12; along with the supervision of Mrs. Romu, Mrs. Fewer, and Mrs. Wilde. Our goal as a committee is to brainstorm issues that our community is facing and match it with

issues we want to address. We start by researching about the issue and considering every organization that matches our criteria. Once we find a suitable organization, we present to the committee and as a committee, decide which are the priority. To further enhance our information and trust, we visit the organization's location and or set up a virtual call with the head of the organization to interview them about their motives and deeds. Finally, we have a final meeting to plan and evenly grant each prioritized charity. This is a great experience for those looking for ways to help the community! In addition, being in the committee can look great in your resume!

New Funding for Winnipeg Roads

By Peter Charlette

If you've ever lived or visited Winnipeg, you would know that the city is notorious for the horrible road conditions. Luckily enough the province of Manitoba has given a grant of \$7.5 million dollars to road repair here in Winnipeg.

On March 31st these funds were announced, this will help aid the increase in operating funding announced earlier in the year as said by the Municipal Relations Minister Andrew Smith. Winnipeg has also received a special one-time \$13 million dollar transit grant as well however; in February the Manitoban seven-year freeze grant was ended which resulted in Winnipeg's grant increasing by 14%.



The \$7.5 million dollar grant will go towards road repairs, improvements, materials, and contracting services that will benefit Winnipeg roads. Last year Winnipeg received approximately \$9 million dollars from the province for the use of road repairs, and improvements.

"Roads move Winnipeg's economy and by investing in better maintenance we are also investing in our city's future," stated by the chair of public works Janice Lukes. Winnipeg's regional road repair program has summed up to \$155.8 million.

With the freeze thaw cycle that Canada is notably known for the funding in new road infrastructure will aid tremendously. President and CEO of the Manitoba Heavy Construction Association Chris Lorenc states, "the additional funding will allow crews to start work early and prevent further surface decay and mitigate damage to vehicles".

Sources: Winnipeg gets \$7.5M from province for road repair (msn.com) Road repairs in Winnipeg part of latest announcement by Mani-

Mocking it Up with Cadon Honey

Nothing gets a sports fan excited quite like fantasy sports. The thrill of drafting a stud player, the disappointment of a bad trade, and the bragging rights that come with winning. I have experienced these highs and lows – more lows than highs but – over the last 4 years. This article will aim to explore my thoughts on the 23-24 fantasy football season, starting with the rules.

Beginners Guide to the rules:

Fantasy football can be a daunting and scary thing for a lot of people, but don't let that discourage you! Everyone must start somewhere and by reading this article you're ahead of the curve and well on your way to winning your championships! In this article we will look at how to play fantasy, how to draft the best team possible and a breakdown of two of the main ruleset drafts.

When you sign up for a league, you fall into a set of 3 rulesets: dynasty, keeper and redraft. In this article we will look at the most casual of leagues, and the rules which most leagues follow, redraft. Redraft is a year long league where you select a team that will give you the best possible chance of winning the championship this very year. Dynasty is far deeper and involves multiple years where you keep the same team and draft rookies yearly. Dynasty is far more advanced for this article to dive into, but it is by far the most exciting and in-depth way of playing. Keeper is a mix of both, owners select players to keep each year while the others go into a pool to be redrafted, this is the most uncommon way of playing.

No matter what rules you're playing with, a lineup is necessary to win each week's matchup. A lineup is chosen from your pool of players and can change all the way up until kickoff.

For lineups every league is different! I will breakdown the way my league does weekly lineups to explain it in the simplest terms possible. Our league uses a format of:

- 1 Quarterback
- 2 Running Back
- 2 Wide Receiver
- 1 Tight End
- 2 Flex W/R/T
- 1 Super Flex W/R/T/Q
- 7 Bench

What this means is each week you need to be able to start at least one QB (two is ideal) 2 RBs, 2 WRs, and at least 1 TE. If you can't, then you get a blank spot in your lineup which will almost always result in a loss. This format is the consensus best, it allows for the most flexibility, creates a deep league, and makes elite QBs valuable.

Scoring is also extremely flexible, and there are two primary ways of scoring: STD and PPR. STD stands for standard and is rarely used nowadays and is basic, awarding points for touchdowns and per yard gained. PPR is more widely used, offering far more flexibility and awards all positions equally.

Players can earn points for yards gained, receptions, touchdowns. Yards are 1 point is 10 yards for WR/RB/TE's and passing yards are 1 point per 25 yards. PPR is the best way to play for beginners and offers a wide range of scoring options, such as 1.5x premium on TE, special teams' yards, and others like this which I personally enjoy and make things far more exciting.

Players don't just add themselves to your team automatically, that comes from my favorite part of the year, drafting.

Drafting:

Draft day. No not the best-worst movie ever, starring Kevin Costner, but the actual act of sitting down and drafting a team of however many players. Drafting is the most important part of the offseason and literally makes or breaks your year.

Here are the top 10 off the board for redraft:

Redraft is the most casual format of drafting, usually reserved for leagues that only go for a single season. In these leagues usually the first 10-12 players taken are the best 10 players from the previous season. In my professional opinion, the first 10 off the board should be roughly:

1. Justin Jefferson (WR), coming off a phenomenal year where he caught for 1,809 yards and helped a bad Vikings team go 11-0 in one score games. Young and the only real offensive weapon outside of TE TJ Hockenson, Jefferson is primed for another WR1 year. Although not taking a RB first overall is traditionally taboo, I feel as though Jefferson has all but proved he is worth the pick.

2. Christian McCaffery (RB), joining the already star-studded San Francisco 49ers, critics though McCaffery's production would slow down, quite the opposite though. McCaffery not only played amazing but better then when he was the only player on the Panthers. With the QB room a mess in San Fran, McCaffery is ready to take over the field.

3. Johnathon Taylor (RB), what for many was a disappointing



season after being the consensus number 1 pick last year, Taylor will look to bounce back. The Colts struggled to get anything going last year, and due to lots of injuries and drama, fell noticeably short of expectations. Taylor will look to get back to his 2021 season where he led the league in rushing and held the crown as the RB1 and #2 fantasy player overall.

4. Saquon Barkley (RB), what a year for the former rookie of the year. Coming back off a terrible injury added to an already nasty streak of injuries, Saquon was all but written off, but that is not the cloth of which he is cut. Barkley led the Giants to a 9-7-1 record, with an impressive 1,312 yards of rushing and 10 touchdowns. Barkley will only get better from here with little room for regression.

5. Bijan Robinson (R-RB), unanimously the first rookie off the board in both redraft and dynasty Texas standout Bijan Robinson will look to dominate at an NFL level. Rushing for 1,580 yards and 18 touchdowns, Bijan draws comparisons to greats like Marshawn Lynch and other players on this list such as Saquon Barkley, Bijan will have big shoes to fill. Landing on a team like the Cowboys, Eagles or Titans (assuming they trade Derrick Henry) could make Bijan higher on this list.

6. Ja'Marr Chase (WR), another pick that skeptics may disagree with, but I see no problem with taking Ja'Marr here. At 6th overall you just want the best available player and Chase checks those boxes. Although he missed 5 games Ja'Marr still managed to be the standout WR on the highly explosive Bengals offense, catching 87 balls for 1046 yards and 9 touchdowns. The only fear with Chase is an injury like the hip one he faced this year knocking him out for extended time again, but if he is healthy, he is easily the WR2 with no signs of slowing down.

The final 3 picks are too close in my eyes to make a definitive answer, so I will lump them together. If you are picking from 7-10, any one of these players a good choice and will perform fantastic on any given Sunday. Austin Ekeler (RB), the RB1 last year and the touch-down king, I may not be as high on Ekeler as others, due to wanting a trade and beginning the latter half of his career, I am by no means writing him off. Josh Jacobs (RB), Jacobs went from being a relatively medium RB who put up okay numbers on a bad Vegas team, to the RB2 last year and finished the season with monster performances, like the 54-point performance against Seattle. Jacobs should be in the top 5 RBs but I do not see him

repeating his impressive season on a franchise tag and a new QB under the helm. Rounding out our top 10, Stefon Diggs will look forward to adding another impressive season to his already impressive career. With Josh Allen as his QB and a pass first Buffalo team, Diggs will always be an elite WR with amazing upside every season, although he is passing 30 and may begin to decline, it is very possible he still has 3-4 good seasons left in him.

This is the top 10 picks off the board in a 2023-2024 redraft league and is by no means a reflection of the actual 10 best players in the NFL, you may notice no QBs were taken which is perhaps weird to you. This is because in redraft leagues, QBs are valued less than an elite RB or WR, having an RB who will put up 30 points will always be more valuable than a QB who scores anywhere between 15-25.

Sleepers:

A sleeper is a player people may not be high on, however they will definitely outperform their draft position. Some of last years sleepers could be Amon-Ra St-Brown, Kenneth Walker, Jerick McKinnon and many others. Kenneth Walker and Jerick McKinnon carried me to my championship game this year, and both I drafted after the 6th round. Here are 5 sleepers to watch out for on your draft board.

1. Kadarius Toney (WR), I hate writing this one, one of the most impactful punt returns in NFL history sold me on the talent Kadarius Toney possess. Although showing out against my Eagles in the super bowl, I will unbiasedly say Toney's potential this year is through the roof. With NO other WR on the team, Toney will assert himself as the WR1 in a Patrick Mahomes offense.... I am sold.

2. Khalil Herbert (RB), with the leaving of David Montgomery, I can happily say it is officially Herbert season. Herbert provided an explosiveness to the Bears backfield only trumped by QB Justin Fields. Khalil showed out in the 6 weeks Montgomery was missing averaging an impressive 15 points per game and having a 27 point week against the lions. With RB D'onta Foreman sharing his backfield he will have some competition, but he should show out and claim the RB1 spot.

3. K.J. Osborn (WR), originally what looked like a bust, Osborn surpassed expectations and barring the Vikings take a WR in the first round, Osborn should have earned himself consideration as the WR2 on the pass heavy Vikings. This is an insanely risky pick, with two better pass catchers already passing him in the depth chart, Osborn could flop. But if you own either Jefferson or Hockenson, taking K.J. later in the draft seems like a steal and lock for your lineup.

4. Odell Beckham Jr. (WR), okay hear me out. Lamar resigned, the Ravens won the NFC North, and everyone is happy. In a perfect world, Odell restores himself to the WR1 he was in his younger years, worst case scenario you get a mid-tier wide receiver who can explode on any given night. Hopefully he can beat the injury bug and get some good reps in a run heavy Baltimore team, but for his draft position of going in the 12th-19th round, he is an absolute steal.

Conclusion:

So, there it is, my expert takes on some beginner level drafting and rules. You may not come out and win your league in year one but it is not impossible. Fantasy football is many things but its foremost supposed to be fun, so get your friends, sit down, and enjoy the excitement of an NFL season with money, pride and shame on the line.

I wish you all the best as you explore the wonderful world of fantasy sports. Enjoy!

And don't forget to never bet on the Bears.

RAMADAN

By Hauwa Dauda

Ramadan (Arabic: رَمَضَان) is the ninth month of the Islamic calendar, observed by Muslims worldwide as a month of fasting, prayer, reflection, and community. A commemoration of our Prophet Muhammad's first revelation, the annual observance of Ramadan is regarded as one of the Five Pillars of Islam and lasts twenty-nine to thirty days.

Fasting from sunup to sundown is fard (obligatory) for all adult Muslims. Fasting is not obligatory for Muslims who are acutely or chronically ill, Muslims who are travelling, the elderly, breastfeed-ing, diabetic and women who are on their periods.

The predawn meal is referred to as Suhur, and the nightly feast that breaks the fast is called iftar. Although fatwas (Islamic ruling) have been issued declaring that Muslims who live in regions with a midnight sun or polar night should follow the timetable of Mecca, it is common practice to follow the timetable of the closest country in which night can be distinguished from day.

The fast is intended to help Muslims focus on their spiritual growth and develop a deeper connection with God. Fasting is also a way to empathize with those who are less fortunate and experience hunger and thirst on a regular basis.

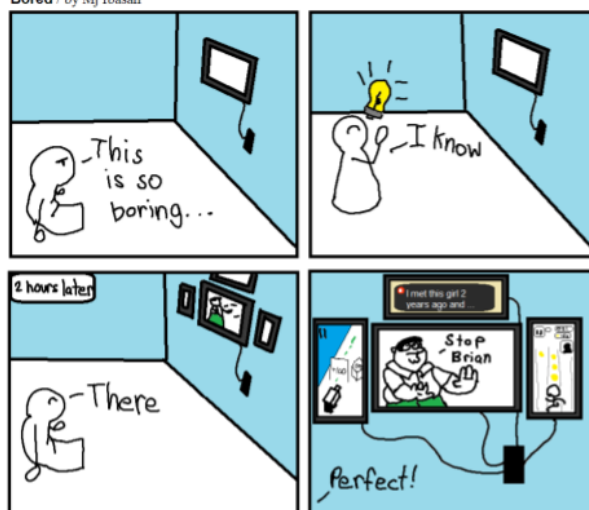
Charity is another important aspect of Ramadan. Muslims are encouraged to give generously to those in need, particularly during this holy month. This can take the form of donating money to charity organizations or volunteering time to help those less fortunate.

During the hours of fasting Muslims refrain not only from food and drink, but also tobacco products, sexual relations, bad language, and sinful behaviour, devoting themselves instead to salat

"Falling" / by Mj Ibasan



Bored / by Mj Ibasan



(prayer) and study of the Quran.

Growing up, I always considered Ramadan to be the month when you fast from sunrise to sunset. I had no idea why we were fasting. Many people don't know what Ramadan is now that I'm in a new country, so I thought I'd write something about it.

Overall, Ramadan is a time of spiritual reflection, discipline, and community. It is a time for Muslims to focus on their faith and to deepen their relationship with God. It is also a time to show compassion and generosity to those in need, and to strengthen bonds with family and friends.

In conclusion, Ramadan is a month of great significance for Muslims around the world. It is a time to fast, pray, and give to charity. It is a time of reflection, forgiveness, and community. As Muslims observe this holy month, they strive to become better individuals and to strengthen their connection with God.

A Part of History: Transcona

By Azeliah Bautista

Transcona began in 1908 when the Grand Trunk Pacific and the National Transcontinental Railway was looking to build a second railway line across Canada, and they settled on an unoccupied flat land, east of Winnipeg.

In 1910, the Transcona post office opened, and it was reported that the area's population was at around 1,600 people. The town included two boarding houses, a bakery, butcher shop, a bank, two churches, and a two-room school in the Saunders Block.

The town developed rapidly, and until 1916, Transcona was the second largest town in Manitoba. Over the next ten years, several recessions made the town bankrupt as it was only starting to recover when the Great Depression arrived.

The population remained below 6000 until the 1950s, until the economic expansion beginning after World War II, an expansion of business and trade, and the upcoming trend of suburban living that helped boost the population of Transcona. In the year of 1961, the municipality gained a city charter and became the City of Transcona. In October 1966, the slogan "The Park City" was officially adopted.

Since then, Transcona has been continuing to grow with an average addition of 1000 people per year. The current population of Transcona is said to have been 32,285.

A guide to how Transcona Collegiate started

Transcona Collegiate, located at 1305 Winona St Transcona, a suburb in Winnipeg. Transcona Collegiate is a school that teaches from grade nine through twelve with approximately 670 students and 60 staff members. Transcona Collegiate has been opened since 1969 and was also formerly called T'Cona/T'Conian (now referred to as TCI).

Transcona Collegiate, opened in 1969, but was actually built in 1912 by Winnipeg architect Eldred Dodsworth Tuttle for the Transcona School District. It started off as a brick building and its cornerstone was laid on April 23, 1969, by the Minister of Education, George R. Coldwell. During TCI's construction, the board committee decided that the building needed to be enlarged from a single storey to a double storey, with an additional cost of \$35,000.

Where the name Transcona came from

The name was derived from combining Trans continental and Strathcona the name of Lord Strathcona, Donald Smith, a Manitoban who was a key in building the Canadian Pacific Railway.

Playlists for a hard-working individual

Bu Ivan Provozin and Payton Price

Are you tired of listening to the same seven songs every day? Looking for something new? We been there and we got you 4 fantastic playlists for every mood. Starting with “Time to cry” and ending with “Time to sleep”. Each playlist contains the top 10 songs in that category. Keep in mind that we picked these songs to our preference, but we hope you enjoy some of these songs just like we do. Feel free to scan the QR codes to the right of each playlist to access these playlists on Spotify.

“Time to cry” is the playlist you will need for an enjoyable cry. We know you are tired of school, work and your parents telling you to clean your room. For the best experience you will need: a pair of headphones and a glass of lemonade, because when life gives you lemons, you got to take a second for yourself and cry about it.

**1) Rivers and Roads –
The Head and The
Heart**

**2) Let Her Go – Passen-
ger**

**3) All of Me – John Leg-
end**

**4) I’m Not the Only One
– Sam Smith**

**5) I’d Rather Go Blind –
Etta James**



6) Hurt – Johnny Cash

**7) Dancing With Your
Ghost – Sasha Alex
Sloan**

**8) If the World Was
Ending – JP Saxe, Julia
Michaels**

9) Special – SZA

**10) FIGURES – Jessie
Reyez**

Now that you have cried for a bit its time to get back on your feet and have a good time. We found 10 timeless tunes that we think you will enjoy. Whether you are driving or in your living room having a one-man party, these songs will make you want to sing along. For this playlist you need to find a buddy, turn on the playlist and crank it as loud as you can. Here we have the “Best Sing-Alongs” playlist with the most uplifting songs we could find.

**1) Bohemian Rhapsody
– Queen**

**2) Stand by Me – Ben E.
King**

**3) Somebody That I
Used to Know – Gotye,
Kimbra**

4) Hey Ya! - OutKast

**5) Tiny Dancer – Elton
John**



**6) Piano Man – Billy Jo-
el**

7) Wavin’ Flag – K’NAAN

8) Take on Me – a-ha

**9) Dancing Queen – AB-
BA**

**10) House of The Rising
Sun – The Animals**

Feeling particularly Ukrainian today? We have got something for you. Top 10 best Ukrainian hit songs that we could find. We have the most famous artists: the best Ukrainian band ever Okean Elzy, the one and only Scryabin, the best singles that you will ever listen to and obviously the Ukrainian National Anthem. Even if you have never felt Ukrainian in your life, you should check these tunes out because we know you will not regret it. Слава Україні!

- 1) **Obiymy – Okean Elzy**
- 2) **Strilyai - Okean Elzy**
- 3) **Vona – Taras Chubay**
- 4) **Korabli – Skryabin**
- 5) **Місця Щасливих Людей – Skryabin**



- 6) **Надія Є - Mad Heads**
- 7) **Мовчати - Iryna Bilyk, Skryabin**
- 8) **Тіме – Antytilla**
- 9) **Я Так Хочу – Okean Elzy**
- 10) **Ukrainian Anthem – Glocal Orchestra**

Picture this: you had a long day, you failed your math test, you fell on your face in gym class, you forgot your lab at home that was due today. You are done with everything and you want the day to end. All you need is some rest. We picked out our favorite ten songs for you to listen to while you have a snooze. We recommended you dim the lights, turn your pillow to the good side and just forget about all your problems for a bit.

- 1) **Blackbird – The Beatles**
- 2) **Fly Me to the Moon – The Macarons Project**
- 3) **Somewhere Over The Rainbow – Israel Kamakawiwo'ole**
- 4) **Nothing – Bruno Major**
- 5) **Easily – Bruno Major**
- 6) **Dancing in the Moonlight – Top-loader**
- 7) **Imagine – John Lennon**
- 8) **Hey There Delilah – Plain White T's**
- 9) **I wonder – Kanye West**
- 10) **Don't Worry Be Happy – Bobby McFerrin**



HITS OF THE TITANS

BETI YOSSIEF

Grade 12

- Lonely Child - Nba Youngboy
- In Ha MOOD- Ice spice
- Blackout - Future
- White Tee - Summer Walker

Grade 11

- Took her to the O - King Von
- laugh now cry later - Drake
- Adore You - Harry Styles
- Bed Peace - Jhebe Aiko

Grade 10

- No statements - Lil durk
- In a minute - Lil baby
- Dah Dah DahDah - Nardo Wick
- La vida Es Fría - Jason Joshua

Grade 9

- Open Arms - SZA
- Rodeo (Remix) - Flo Mili & La pat
- Poison - Brent Favaz
- In this Darkness - Clara La San

SPOT THE DIFFERENCE!!!!

BY CONNOR HANNA



MORE!

BY ANDREI EQUET



Depression impacts everyone's life

By Cecilia Agustin

Almost everyone feels sad or "depressed" at certain times. Clinical depression also called Major Depressive Disorder is confirmed by the presence of a number of symptoms for at least a two-week period. These symptoms include sadness, loss of interest in usual activities, changes in appetite, changes in sleep, changes in sexual desire, difficulties in concentration, a decrease in activities or social withdrawal, increased self-criticism or reproach, and thoughts of, or actual plans related to suicide. Clinical depression may vary in its severity, and in its extreme forms, can be life threatening and may require hospitalization.

Depression affects an estimated one in 15 adults (6.7%) in any given year. And one in six people (16.6%) will experience depression at some time in their life. Depression can occur at any time, but on average, first appears during the late teens to mid-20s. Women are more likely than men to experience depression. Some studies show that one-third of women will experience a major depressive episode in their lifetime. There is a high degree of heritability (approximately 40%) when first-degree relatives (parents/children/siblings) have depression

Cause

The death of a loved one, loss of a job or the ending of a relationship are difficult experiences for a person to endure. It is normal for feelings of sadness or grief to develop in response to such situations. Those experiencing loss often might describe themselves as being "depressed." But being sad is not the same as having depression. The grieving process is natural and unique to each individual and shares some of the same features of depression. Both grief and depression may involve intense sadness and withdrawal from usual activities. Grief and depression can co-exist for some people, the death of a loved one, losing a job or being a victim of a physical assault or a major disaster can lead to depression. When grief and depression co-occur, the grief is more severe and lasts longer than grief without depression. Distinguishing between grief and depression is important and can assist people in getting the help, support or treatment they need.

Meditation

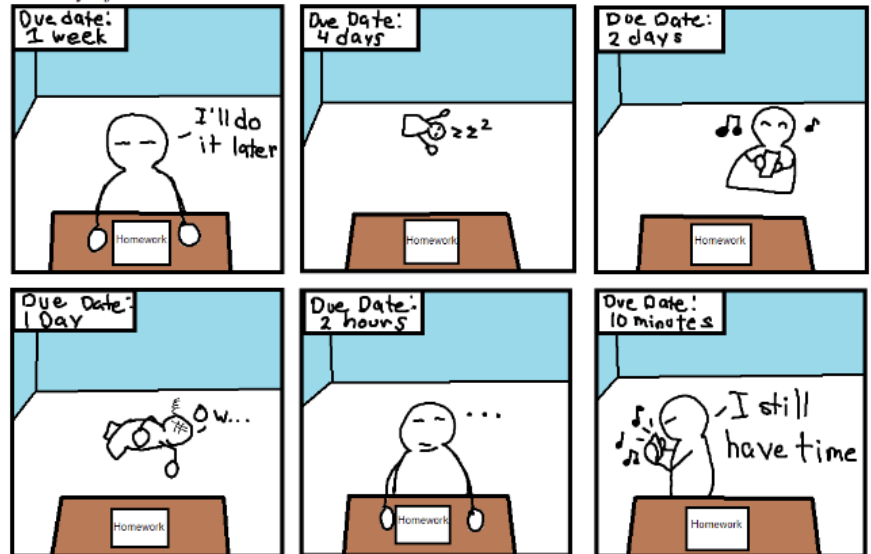
Brain chemistry may contribute to an individual's depression and may factor into their treatment. For this reason, antidepressants might be prescribed to help modify one's brain chemistry. These medications are not sedatives, "uppers" or tranquilizers. They are not habit-forming. Generally antidepressant medications have no stimulating effect on people not experiencing depression.

Antidepressants may produce some improvement within the first week or two of use yet full benefits may not be seen for two to three months. If a patient feels little or no improvement after several weeks, his or her psychiatrist can alter the dose of the medication or add or substitute another antidepressant. In some situations, other psychotropic medications may be helpful. It is important to let your doctor know if a medication does not work or if you experience side effects.

Psychiatrists usually recommend that patients continue to take medication for six or more months after the symptoms have improved. Longer-term maintenance treatment may be suggested to decrease the risk of future episodes for certain people at high risk.

Depression is among the most treatable of mental disorders. Between 80% and 90% percent of people with depression eventually respond well to treatment. Almost all patients gain some relief from their symptoms. Before a diagnosis or treatment, a health professional should conduct a thorough diagnostic evaluation, including an interview and a physical examination. In some cases, a blood test might be done to make sure the depression is not due to a medical condition like a thyroid problem or a vitamin deficiency (reversing the medical cause would alleviate the depression-like symptoms). The evaluation will identify specific symptoms and explore medical and family histories as well as cultural and environmental factors with the goal of arriving at a diagnosis and planning a course of action.

Time / by Mj Ibasan



Top 10 Stress Management Techniques for Students

By Sanjune Morrison | Updated on April 18th 2023

There are many reasons why students experience stress. Lack of support from parents or teachers, academic pressure, exam stress, living away from home, and adulting are just a few of the possible causes. In college, stress can lead to serious mental health challenges such as suicide ideation and mental health diagnoses. According to Harvard Medical School, one in four college students reported being diagnosed with or treated for a mental health disorder in the prior year, and one-fifth of all students surveyed had thought about suicide, with 9 percent reporting. It is essential that students access student supports and counselling to prevent the cascading effect that stress can have on their mental health.

Ways to help deal with stress:

1. Practice mindfulness: Mindfulness techniques like deep breathing or meditation can help calm the mind and reduce stress. Try setting aside a few minutes each day to practice mindfulness.
2. Journal: Writing down your thoughts and feelings can help you process emotions and reduce stress. Try journaling before bed or during a break in your day.
3. Practice self-care: Self-care activities like taking a bubble bath or getting a massage can help you relax and reduce stress. Find activities that you enjoy and make time for them regularly.

4. Take a break: It's important to take breaks throughout the day to recharge and destress. Take a few minutes to step away from your schoolwork and do something you enjoy, like reading a book or watching a funny video.
5. Listen to music: Listening to calming music can help reduce stress and promote relaxation. Create a playlist of your favourite songs or try listening to nature sounds or instrumental music.
6. Exercise: Physical activity releases endorphins, which can help reduce stress and improve mood. Try going for a walk or jog, practicing yoga, or playing a sport you enjoy.
7. Get enough sleep: Lack of sleep can contribute to stress and anxiety. Aim for 7-9 hours of sleep each night to help your body and mind recharge.
8. Eat well: A healthy diet can help reduce stress and promote overall well-being. Focus on eating a balanced diet that includes plenty of fruits, vegetables, and lean protein. Visit the Canada's food guide website to gain tips on how to improve your diet.
9. Spend time with friends and family: Spending time with loved ones can provide emotional support and help you feel more connected. Plan a fun activity or just spend time talking and catching up.
10. Seek support: If you're feeling overwhelmed, don't hesitate to seek support from a counsellor, teacher, or trusted adult. They can provide guidance and support as you navigate school-related stress.

My thoughts coming vs leaving high school

By Emmanuel Calma

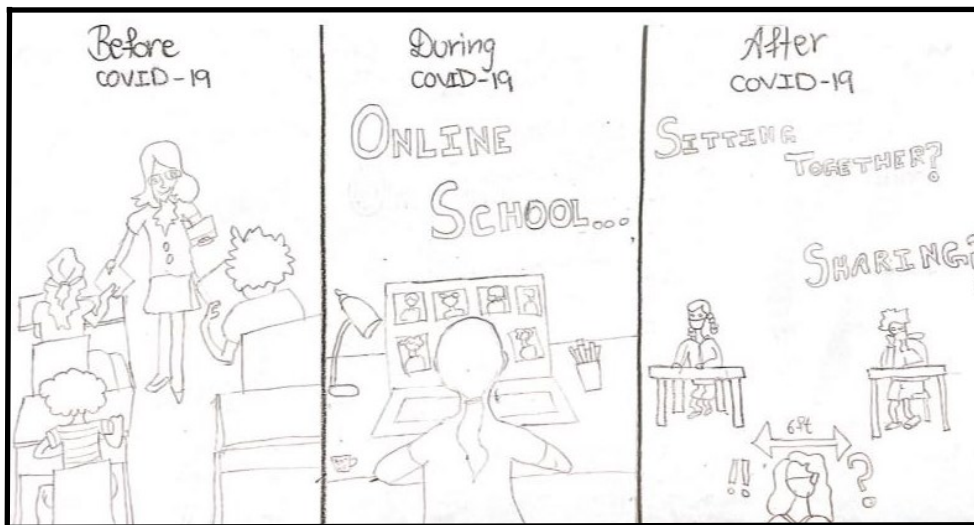
I'll never forget my first day of Grade 9 in TC, for me, it was a fresh start since I had moved school divisions. I stared and waited with everyone outside the school front doors for the bell to let us in. As the day went through, I often found myself isolated staring at my phone while texting my friends telling them how I was doing. I only knew my TA. I asked if I could eat in his room since I didn't know where to go and had no one to eat with. In the middle of the period, he told me to go make some friends, so I don't have to eat alone next time. I knew it was going to be hard since I knew no one and I'm shy at first, but if I wanted to have a good high school experience, I had to gather myself friends. My first friends were most of the students in my classes since I saw them regularly. Throughout the span of the first semester, we bonded through studying, playing, and hanging out together. We shared memorable memories like grade wars, concerts, school trips, and our first and last go at a high school exam. My friends and I always said that we have a lot of time, that graduation was still 3 years away. I thought everything was going according to how I envisioned it until one day we were suddenly told that we'd have an immediate 2 week break due to a

virus outbreak. Everyone I knew was thrilled that we were getting an extra break from school, little did we know it was going to be permanent until the end of our freshman year experience. At first it was great, my friends and I leisured since this was just a brief outbreak, or so we thought. Days turned into weeks turned into months, there was no sign of coming back to school. The last months of freshman year fell downhill having isolated in my house with the increasing amount of Covid cases frightening my family.

By the time I enter the school as a sophomore, I'm met with regulations like always keeping a mask on, staying in one room for the whole day, having 10 people in a class who are 6 feet away from your desk, and switching between in school and virtual classes every other day. Everything felt out of place and abnormal, this isn't how high schools operated. A new learning environment meant a new learning experience for me. We relied on our devices more than ever and it had its pros and cons, the pros having easier accessibility with schoolwork. However, a major con was the non-stop distractions and urges to constantly check on my phone every minute leaving me unfocused on my studies and lifestyle. I stayed up late on days that were virtual classes and would miss some of my early morning classes because I was sleep deprived. Not to mention the immense amount of procrastination I struggled with. I barely kept up with my due dates and often submitted work in late. These changes affected my mental health and performance so much. Motivation, self-esteem, hygiene, and wellness, all those things I lost track of after spending so much time in my room to a point that it felt like a prison cell. This point in time painfully felt like forever, every-day being more prolonged than yesterday. Everything was quiet and motionless, then it was the end of grade 10.

The following school year, I'm met with more new regulations. We've gone back to having school in class every day, masks are starting to not be mandatory, but now we have lanes where to walk in the hallway. I was thrilled to come back and see my friends in person again. This year was different since we got more variety of courses to pick. We had to consider which career we would take to choose our courses for grade 11. I still had no idea what profession I was going to pursue so I blindly chose the courses that most of my friends picked so at least I had someone I knew. It is through some of these courses that I would find myself with a group of funny, charismatic, and charming group of 8 Filipinos and 1 Chinese student. I knew some of them since grade 9 and we became acquaintances at first but this year, we started actively hanging out. It is through them that I managed to achieve some of the best, memorable experiences I was looking for at the start of my high school journey. They heavily influenced and helped me build myself. These people soon became one of the reasons I came to school every day and be the most valuable people in my life. They are so supportive towards each other, and I can't thank them enough for being a part of my life. I was learning a lot about myself and was given the opportunity to really explore myself. In my opinion, junior year was the 'peak' of my high school experience, I had the most fun and most exponential growth in my life leaving me with no regrets. As it spring morphed into summer, graduation was creeping onto some on my friends. We watched as they dealt with post-secondary stuff and I thought to myself, "This is going to be me next year." With grade 11 nearing it's end, I had to prepare myself for grade 12, my last year.

After a long, eventful summer, I step in the school once again, starting senior year of high school. This is the year I graduate along with my peers, the year before I head into post-secondary, the year before adulthood, and the pressure is terrifying. With all the things I've learned in my previous years, I'm now a leaders of our school. I remember repeatedly joking with my friends that



we're not 'proper' grade 12's, that we're still in grade 9 since we spent majority of our high school years in quarantine which went by so quick and felt like a fever dream. Now, were months away from graduating and leaving TC, this didn't feel right for me. I kept telling everyone that it's going to be great and that we still have time, but with a blink of an eye, I'm now writing this essay for a newspaper in April. Where has time gone? We were just 14 yesterday, now

some of us are turning 18 or are already 18. I often ask myself, "Am I ready? Am I ready to move on to the next chapter of my life?" I'm going to be an adult soon with more pressures, expectations, responsibilities, and challenges. "Am I prepared for all of that?" For the longest time this has haunted me. I never really knew the answer to that but as time is running out, I find myself asking that more often. I'm still not confident with what I want to do with my life, but I've grown so much as a person throughout these past 4 years of high school with so many achievements that my younger self can't do. Convocation is itching around the corner yet there's still so much I need to do, scholarships, maintaining my marks, arranging my schedule, preparing for university and many more. It's all so overwhelming but at the same time, exhilarating. Every experience can't just be a good one, you'll meet challenges along the way, it's how you get over them that will really make that experience true.

Now I'm only 2 months away from graduation, after that, I wait over the summer for whatever happens next. I still can't believe that my high school experience went faster than I thought but if there's one thing I think about, it's the quote "Time goes fast when you have fun." All the good and bad things that occurred in each grade has built me to who I am today. I've met so many amazing people with different meaning and influence in my life. A part of me is going to miss being a high school student but life goes on. Hopefully, I can bring all of my learning experiences and knowledge onward to my future and look back at how much I enjoyed being a high school student.

Mr. Grieve's Final Interview

By Caleb Moore and Evra Teichmann

Mr. Grieve is one of the most well-known teachers at Transcona Collegiate, but how much do we really know about him. We wanted to get a deeper understanding of who Mr. Grieve is and what he has done with and for the school.

First, we decided to have a personal interview with Mr. Grieve to ask some questions and further connect with him. We first wanted to figure out more of the general knowledge. Mr. Grieve first arrived at TC in the spring of 1988, he then subbed at our school for 7 months then later was contacted by the principal at the time in May 1989. He took the opportunity and ended up teaching here for 31 years before he eventually retired. Starting off was rough for Mr. Grieve he didn't have his own classroom for the first two years, he had his own desk in the staff room and would have to

carry around his lessons and textbooks. When he first joined he was the youngest male teacher on the staff until he reached the age 33, while being the youngest he took it upon himself to coach all the sports teams at TC since the older staff “payed their dues” (Mr.Grieve had said during our interview), Grieve also established the yearly Europe trip TC used to do before covid. He stated that he often still will get past students emailing him photos from the trip, proving how much of an impact he has on his students.

Next, while Mr. Grieve may have been the youngest in the building for many years it got him to learn his values for teaching. He believed that the most important thing for teaching is to make sure the students know and understand the world they live in. He always wanted to put students first and make sure each one had a good understanding and readiness for the world. Grieve often put his students first because it was their learning after all. The students Grieve has a good memory of aren’t the ones with the highest grades but the ones who always had the best attitude and were over all just friendly towards him.

While at the school Mr. Grieve led two student teachers that are now currently at Transcona Colligate. Those teachers are Mr. Zimerino and Mr. Joseph. Mr Zimerino was a teacher candidate for the years 2001-2002 while Mr Joseph was a teacher candidate for the years 2015-2016. Through the interview with Mr. Zimerino he explained that while being a teacher candidate, he felt both amazed and yet terrified at the same time. He was amazed by the fact that Mr. Grieve commanded the room in a compassionate type of way. Mr Grieve showed respect to those students that showed respect to him but yet he didn’t let disrespectful behaviour slide. Mr Grieve left such a lasting impression on Mr. Zimmerino that even now Mr. Zimmerion implements the way Mr grieve connected with his students and taught in his classes

to his own teaching. Mr. Zimmerino also felt humbled by the fact that he got hired to be the vice principle when Mr. Grieve was still in a normal teaching job. A final statement that Mr. Zimmerino said about Mr. Grieve was that he feels really too bad for those who never got to experience Mr. Grieve as their teacher. Mr. Joseph also shared some of these feeling and experiences and talked about how Mr. Grieve was a “pro as a teacher” and his passion for the subject that he taught. Mr. Joseph said that the overall experience as being Mr. Grieve student teacher was awesome, he stated that Mr. Grieve was very kind towards him and his students. That he gave Mr. Joseph space to both learn and make mistakes, Mr. Grieve also gave feedback for how he could work on things, he also made Mr. Joseph feel heard and respected.

Overall Mr. Grieve and made and impact on many teachers and students lives. He has made some long-lasting memories for those that have had the opportunity to experience him as their teacher. He was able to teach not only students but also teachers that are currently teaching at our school. It's sad to see him go but he has worked at this school for over 30 years, and he deserves a long and restful retirement.



SODUKO **TIME!**

BY CATHERINE SIPPOLA

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Grad 2023

Article by Chloe Jose and Max Bailer

Highschool graduation is an event every student is looking forward to. For the past three years, Transcona Collegiate's graduating classes have experienced Covid-19-impacted celebrations. This dampened the spirits of our previous graduates and took away the satisfaction of their hard work. Although, the year of 2023 is no different, with the graduation being altered, it resulted in a mixed range of emotions from the grade twelve students. Even though the seniors are the ones affected, future graduates are left to wonder, what will become of their upcoming graduations?

Initially, the pandemic took place and caught everyone by surprise in March 2020. With this announcement, classes were continued online, and the government advised everyone to stay isolated at home. The result indicated that the standard graduation ceremony would be altered, and some components of the celebration would be removed. We can only imagine the responses

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made by those past graduates, towards the adjustment of their convocation and dinner. In the end, after many years of the traditional graduation located at the church, the Delta Hotel, and Canada Inns, the students were faced with drastic change.

With that being said, 2020 was presented with a convocation in the gymnasium along with no dinner or dance. Groups of three families were allowed at a given time, with no more than four family members to accompany them. The convocation was run with stations that included handing out diplomas, flipping tassels, and a spot for picture taking. The following year of 2021 was taken more seriously in

a restricted manner. Instead of the convocation being located within the school, a “drive-thru” celebration was introduced. Once again, time slots were assigned for students to pick up their diplomas, and to provide greater excitement, both the back lane by the school as well as various graduates’ vehicles were decorated. Last year, 2022, was similar to the year of 2020, which also included the addition of the first dinner and dance since 2019. The convocation itself was held in parts between the band room and the MPR (multi-purpose room), where stations were prepared, and groups were allowed to circulate in clusters with up to five graduates, in addition to their families.

Now, with having the 2023 school year ending, the next graduation is just around the corner. Information regarding the convocation and grad dinner/dance for 2023 has been released. The ceremony is planned to be in the gymnasium, similar to 2020, however, it is the fourth year in a row without it being hosted at the church on Gateway. The convocation will be run with stations as well, much like 2020 and 2022. Although, the difference is that the entire graduating class will be split among three groups of approximately fifty students to attend the event with up to five family members to accompany each student. In terms of how the student body will be split, it is on a first-come, first-serve basis, with students signing up for one group in the morning or one of the two groups in the afternoon. Once again, the dinner/dance, in addition to safe grad, will be hosted at the Delta Hotel. In comparison to years prior to 2020, which had the dinner/dance and safe grad located at separate places, they have now conjoined them into one, saving the hassle of transportation and renting two spaces. As it has been three years since the pandemic first appeared, this graduation is the closest to the standard procedure before 2020.

Last year, we noticed that the 2022 graduation event, was taken in the less-restrictive direction. Current grade twelves like us were filled with hope to experience the traditional ceremony once again. As we all received the news, we were underwhelmed and filled with disappointment towards the adjustment. Even though it has been three years since the pandemic first began, the River East Transcona School Division is still approaching our celebration with caution due to Covid-19.

After recovering from the pandemic, with in-person classes and events such as grade wars and concerts resuming, the class of 2023 expected the full graduation package to return as well. For example, two scholarship/graduation meetings took place in both the library and the gym with all the “potential graduates.” This means that we are fully capable of having approximately 150 people within close vicinity. Although, we think that with the addition of friends and family outside of school, is one of the factors that pushed the school division to implement such specific rules. With that being said, the graduation dinner/dance and safe grad are also being held with the same amount of people along with their friends/families in a third-party venue. If the convocation ceremony was not held at the school, the church would hold the same number of people, therefore, the grade twelves are faced with confusion of how these judgments were formed as they are contradicting one another.

As we move forward, when an event like graduation is not going to be run the way we expected it to be after four years of high school, we are left with a feeling that something is missing. Attending convocation at the church on gateway is what many looked forward to, and we could have had the ability to graduate in front of an audience that fills the vast room. We could have also experienced the precious moments of excitement, thrill, and pride that occur as we walk onto the stage in front of many of our peers, friends, and family. We could have had the opportunity to share our proudest accomplishments with everyone, such as our diplomas, honors, and scholarships. In addition, the valedictorian could also have had the opportunity to project their speech live, to every single graduate at once. Especially for those of us who have older siblings, we knew what it was like to celebrate them, and how proud we felt for them as they appeared across the stage. The church itself brings about feelings of joy and wonder, with the large windows and the sun shining through them. This beautiful atmosphere makes for an overall complete convocation. Even though our 2023 graduation has not reached this full potential, it is still another step in the right direction as it is the closest to the original method of celebration.



In conclusion, the graduation of 2023 is still brought down by slight restrictions, even after the return of full, in-class periods. Even with that fact, events like this are still held back by Covid-19. With that being said, will future graduates be given the chance to experience the traditional celebration? Since there is little to go, towards that hopeful future, we optimistically expect normal precautions to take place in the upcoming years. As stated before, past, and present grade twelves reacted with varying emotions, causing an uproar due to not being able to fully enjoy the rewards of their dedicated learning. With such a cherished event like graduation, changes made to it are bound to bring a whirlpool of emotions from those involved. Therefore, after three long years and normal classes resuming, most think it is time to return to the normality and grandeur of traditional graduation.



Find the 7
hidden Titan
Heads!



EIA: Track 40s:
School Mass Day
Assignment -
due April 17
EIA: Camp 40s

TITANS WORD SEARCH

TRANSCONA
 FRIENDS
 HOMEWORK
 TEST
 SCHEDULE
 GYMNASIUM
 TEACHERS
 SECRETARY
 LUNCH TIME
 SPARE
 SOPHMORE
 JUNIORS
 FRESHMANS
 SENIORS
 TRANSPORTATION
 HIGH SCHOOL
 PRINCIPAL
 SNACKS
 BIOLOGY
 CHEMISTRY
 ENGLISH
 PRE-CAL
 BASKETBALL
 VOLLEYBALL
 TITANS
 CLASSROOM
 PHONES
 MEMORY
 CLASSMATES

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Where the hidden Titan
Heads are...



EIA: Term 402:
School Mass Rep
Assignment -
due April 17
EIA: Camp 105

KELLY FEWER

ENGLISH

TRANSACTIONAL

40S

CLASS OF 2023