

Mental Health Awareness by Emily Trudeau

Mental health should have attention everyday instead of just one month. It is just as important as physical health. Sometimes we don't pay as much attention as we should to our mental health. It doesn't just affect you, but also the people around you.

Signs that you should look at for: Sadness without cause, confusion and lack of motivation, excessive worrying, and anxiety. All these signs may have an impact on your success.

What you could do to help: Take a day to think about what's bothering you, spend a full day getting caught up in work (this one will help eliminate a lot of built up stress), exercise, art (painting, colouring, drawing), or singing/dancing. Consider trying something you've never done before but always wanted to do. All these will help distract you, reduce stress, and will put your mind at ease.

If you need assistance, please call:

Kids' Help Line 1-800-668-6868 (24 hours)

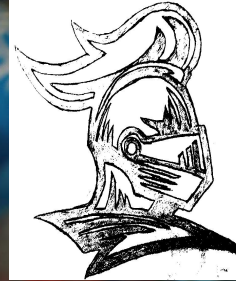
Crisis Intervention Unit (705) 675-4760

Sexual Assault Crisis Hotline (705) 675-1323 (24 hours)

Join our team!

HOW: We meet each Thursday

WHY: To submit your artwork or writing, help with layout and decide on submissions for the next edition.



THE LANCER

Lasalle Secondary Schools' Magazine
of Art, Writing and Culture

2019
SPRING

Lights Burn Out

by Isaac Belliveau

*I see a light in the distance
Don't know where it will take me
Hoping it shows me a future, to be with you
It seems like the walls are caving in
I want to yell for help
So please give me one more chance
Before the lights burn out*

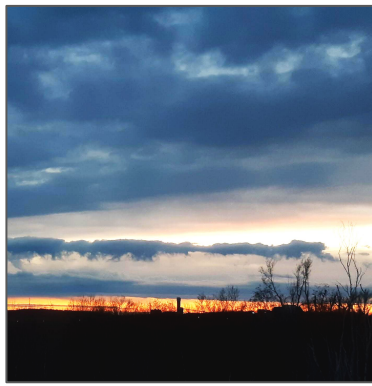


Photo by: KaAliyah Hearn-Lewis

*I wanna get up
But gravity's holding me down
I wanna be free
But this nightmare won't let me be*

*I'll fight through, I'll work hard
But nothing's ever hit me this hard
I should have listened to the words you said
I shouldn't have ever made things worse
I don't expect you to forgive me
for what I've done
Now I know you're mad, I know you're sad
I'm trying to get back everything I once had
Hoping I'll fix everything before the lights burn out*



Photo by: Catherine Wilcox

*You know I can't live my life like this
Hurting you, making you regret this
What can I say, I don't know what to do
But I really like saying that I love you
I need to make a change before I lose you
Giving you flowers and chocolate too
I really wanna make this right for us
Before the lights burn out*



Photo by: Kandice Doyle

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Taken by TGP3M Digital Photography Class

Invisible

song lyrics by Ashanti Hanna

VERSE 1: If you would be okay
And realize today
That I am here with you
But you pushed me away, oh

CHORUS: Ohh, you pushed me away, away, away
Ohh ohh ohh ohh ohh, you pushed me away,
away, away, far away

VERSE 2: Standing in the rain as it pour, feeling torn
You didn't realize that I was standing by your side
It's like you were blind, oh blind

BRIDGE: You know that I'm here for you
but there's nothing I can do
to prove that you were wrong

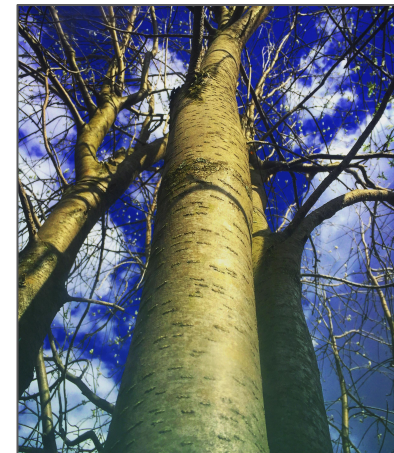


Photo by: Lavender Nyarambi

Lasalle Happenings...



Photo by: K. Demontigny



Photo by: Isabelle Serre



Photo by: K. Demontigny



Photo by: M. Saaramets



Photo by: Devin Groulx

A Difficult Journey by Ibrahim Alyousef

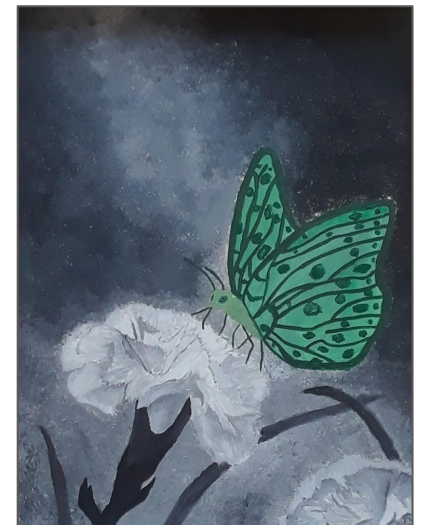
I am from Damascus, Syria
Left there when I was 11.
Thought it was for a month or two, but
three years in Jordan with many members of my family.
First in the desert, then in the city.
We were like strangers even though we spoke the same language.
Some racist people, some others who were Kind.

Then we got the call.
Would we like to go to America?
We said "No" because of all the crazy stuff.
Then another call.
Would we like to go to Canada?
We said, "of course" before we heard the weather was like 60 below zero.

Easy to leave Jordan. It's not like I was happy there.
Hard to get used to Canada.
I didn't realize how hard it was to have a different language until I got there.
The snow - my first time to see so much. I felt like I was far away.
All the countries I went to were too hot, but Canada was too cold.
"You need to wear a hat, gloves, socks, boots."
I thought "I don't really need them." Outside I couldn't feel my hands.
Now I have learned the language.
I am used to not playing soccer all the time.
Canadian food is familiar to me. I go to Timmy's.
I am even used to the cold. Some changes are OK, but I still don't do dishes!



Artwork by: Jessica Tatley



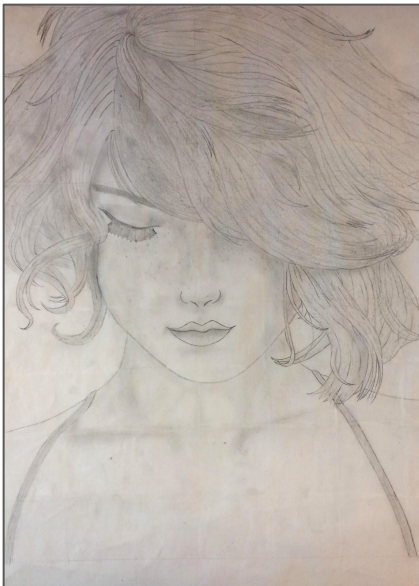
Artwork by: Emma Hechler

Gallop Memories by Sheila May Maningo

I am from my singed bankie still comforting me at night,
From the back hole on the wall,
I am from the light green house at the end of the street
with the smoky smell.
I am from the purple Hyacinth outside my home,
the infinity tree whose long gone limbs I remember as if they were my own.

I'm from the birthday poems from my father,
and the Chocolate Peanut Butter Eggs at Easter time;
From my cousin Hannah, and my trouble maker Aljie.
I'm from the biting of fingernails, and the famous Buck Toe,
and from the snapping of my Pop-pop's leather belt.

I'm from respecting family, and standing up for others,
And *Guess How Much I Love You*.
I'm from the popcorn wrapping of the Christmas Tree.
I'm from Philippines in Cebu City.
From the story of my mother wanting to go to McDonalds so badly
that she made my aunt bleed;
And my picture of my sister eating dog treats with Cherry,
And the memory memory galloping straight into my heart
like a great noble steed.



Artwork by: Logan Richards



Artwork by: Emily Trudeau

On the Inside by Tori Henry

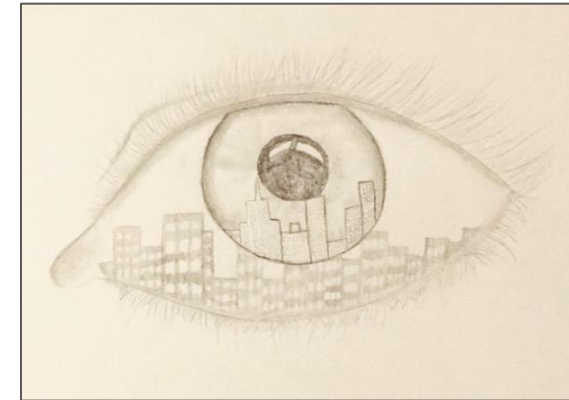
She
A girl
A gender
I can't describe
Another person
With long hair and a dress
In the eyes of a stranger
A women, dressed to go shopping
Walking calmly, perky and shiny
Though on the inside she is just the same.

Though on the inside he is just the same.
Running fiercely, gallant and lively
A man, dressed to go to work
In the eyes of a stranger
A short haired boy in jeans
Another person
I can't describe
A gender
A boy
He

They
A person
A gender
I can't describe
Another person
With hopes and dreams
In the eyes of a stranger
A human just like them
Living comfortably, happy and freely
And on the inside they're just the same



Artwork by: Ashley Ethier



Artwork by: Damyen Ducharme

Don't Turn on the Lights by Carys Blais

It was a dark and stormy night in New York. Zoe had just turned 19 and had moved into her dorm at the campus where she was studying. She shared the room with another girl. She was quiet but very organized and neat. Zoe was sporty and into clubs she had already joined 4 activities. Kate just stayed in the room and did homework most of the time. They both got home from their classes and decided to go out for dinner with some other friends. When they got back to the room there were police surrounding the room beside theirs and someone had broken into that room and stolen everything. Kate was very worried about leaving the room ever again meanwhile Zoe just called the security to watch their floor.

A week went by and nothing had happened. They both felt safe now, but one of them wasn't.

The whole year went on like nothing ever happened. Zoe got a boyfriend named Cameron and they would always go out together, but Kate could not forget about that room beside theirs and how everything got stolen. She stayed in the room every night now. Her schedule was go to class and come back.

One night Cameron was throwing a party across the street and of course Zoe was going. She begged Kate to go with her but her excuse was lots of homework. Zoe left the building and went to the party.

"I should've gone to the party" Kate sighed. She had been working on homework since 8am this morning and it was getting late. She decided to go for a quick nap and she told herself she would start to do homework again when she woke up. Zoe and Cameron finally left the party after hours and decided to go out for a slice of pizza with some friends.

"Uhh, I left my phone in the room" Zoe said in distress. Since it was just across the street she ran quickly to grab it from the room and the rest of the people waited for her outside. As she entered the room it was dark and she knew Kate was sleeping so she did not turn on the lights because she would wake her up. Zoe knew the room well and knew where she left her phone. She tiptoed to her nightstand grabbed her phone and left, knowing that Kate was finally getting some sleep. Zoe and her friends were gone for about an hour. Zoe and Cameron walked back to the dorm room and what they saw was horrifying. There were police. They were surrounding not the door next to theirs, but their dorm. The one where Zoe was sleeping.

"Oh no! What happened?" Zoe asked as she started to cry. One of the police informed Zoe that Kate had been murdered in her sleep.

"When did this happen?" Zoe asked.

"About an hour ago" one of the police officers said. Zoe thought that was weird because she was in the room an hour ago. Kate had been sleeping. Then, Zoe walked into the dorm room and saw something written on the mirror "you could have saved her if you had just turned on the lights"

A year went on, and Zoe switched to a different school. The last school was closed. She has moved on with her life but she can still see the writing on every mirror, wishing she could have saved Kate.



Me2We is a club focused on helping others. We help the environment, the people in our community and across the world; we do this because we enjoy it. We help in many different ways; raising money for the less fortunate, and planning events to empower people, but this year, one of our big focuses was mental health and stress. We partnered with the Headstrong group to put on small activities including our wellness board. This board was updated once a month with the intention of helping the students, either by educating them on mental health, or by providing information to make people feel better. One of our mottos was, if this board helps even one person, we've done our job.

~ Me2We



Use the QR Code to see more from the 3D Animation class.



Image by: Spencer Schutt

