

**Formatter:
M. (Prophet)
Khanali**

**Publisher:
J.Bermudez**

Inside this issue:

Great Wall Climbing	3
Bookface: Game of Thrones	4
Sabre Poll	5
Breaking Bad	6
PHONY 2012	6
Pull up your pants	8
Insert “drives me crazy” pun here	8
Strike three and you’re out	9
Fantastic Food of the Month: yogurt	10
The True Indian Experience	11
Cooking, it’s not just for parents	12
Guess what’s new on the Cultural Block (Cambodian New Year)	13
Japanese Concert Pictures	14
VPD Student Challenge	15
Interview with Eva	16
Word on the Street	16
Canucks vs Kings	17
Soccer Stars 101	18
Astrology Jones	19
24 Hour Fast Pics	20



Volume V Issue ix

Wednesday, April 11th, 2012

Studying the Student Teachers by Chandler McCorkindale & Mitchell Merilees

Here's a couple of equations for you readers out there, Chandler + Mitchell = Swag and, Student + Teacher + Mitchell + Chandler = Killer Interview dripping with swag. If you couldn't understand those equations you may need help. These equations are meant to help you understand that Mitchell and I had the pleasure of interviewing Sutherland's new Student teachers! As you will see in the interview below these teachers are very interesting people with a lot of nice and intelligent things to say about Sutherland and its students.

ST: What got you into teaching?

Ms.Lee: I love mathematics, and I live to teach! I used to tutor and I want to be able to share my knowledge

Ms.Tabrizi: I'm teaching art and I really like it because it is creative and imaginative. I like to create new ideas and share them with students. Teaching is a good way to share your ideas with students.

Mr.Klassen: I used to be really involved in the punk scene in Chilliwack and continued that phase into my 20's, that's where I got really involved in social justice issues. This got me into history, which is now what I teach.

Mrs.Mesropian: Teaching is the only thing I've done my whole life. My peers and I used to teach each other when I was in high school. I enjoy working with people and I love doing things for other people.

ST: What brought you to Sutherland?

Mrs.Lee: When I used to sub here over the last 12 years, Sutherland was a dark gloomy place but now it is a brand new school and it is very nice. Sutherland has open concepts and a very good reputation.



Chandler learning Spanish?

Ms.Tabrizi: I live in North Van and I wanted to be close to home.

Mr.Klassen: I moved to Vancouver to go to UBC so I didn't know anything about schools in North Vancouver. A friend in another district told me that I should work in the North Vancouver because of the potential it has. It takes me an hour to get here but it's worth it.

Mrs.Mesropian: I wanted to work in Vancouver because I live downtown. I chose this district though because North Vancouver is amazing and beautiful. When I cross that bridge it's...my moment.

- Continued on Next Page

How Sue sees it: An Interview with the Gala coordinator! By Derrick Gravener

A smiling Sue Woolley, moments before leaving to plan more for the gala!



With March over, April has arrived, and with it, many surprises. Probably the most notable, though, is the Starry Nights Gala set up by the PAC. For those of you who are like myself, and know basically nothing about what the PAC does, here is a quick update: the Parent Advisory Council (PAC) takes donations from donors and uses them towards extra stuff that select school departments need in order to function as planned; they can also be seen helping out at extra-curricular events (for example, the dance!) and setting up fundraisers. To continue to raise funds for the school, the PAC will

host the second annual Starry Nights Gala, this year with a black and white theme, on April 14th. I recently sat down with the Gala coordinator, Sue Woolley, to get some more details about this hot event.

ST (Derrick Gravener): So, in regards to the PAC, do re-elections happen every year?

SW (Sue Woolley): Yeah. We all sort of get together at the end of the year

- Continued on the next page

Studying the Student Teachers - Continued

When I saw this school for the first time I thought how beautiful it was. It is so much different from the schools in Argentina. I am so lucky!

ST: What's your favourite part about working here?

Mrs.Lee: When I came I realized how different it was from other school districts, and how nice and polite the students and staff are.

Ms.Tabrizi: My sponsor teacher (Noack) is really nice and I'm very glad I have her and she is like a miracle to me. She has made the practicum really easy for me.

Mr.Klassen: I agree with Ms.Tabrizi and Mrs.Lee. The atmosphere is really positive and the staff is very helpful. All of the students are very nice, and there are no dangerous or scary kids. (Laughs)

Mrs. Mesropian: I am very stressed, and this is a very stressing experience for me, but I can't wait to finish my practicum so I can enjoy my excellent relationship with Ms. Bermudez. She's a very good person, and I'm very happy that I have her; she helps me all of the time.

She helps me emotionally and she helps my confidence a lot.

ST: What's the biggest thing you've learned working at Sutherland?

Ms.Tabrizi: I've learned to be patient with my students, and I understand when students don't finish work on time and I am more patient with them. A student may have problems in their private lives, so my sponsor teacher has taught me not to force students because I am not in their life, and I don't know if they have difficult issues that I can't help them with. I've learned to just be nice to students and to be more lenient.

Mrs.Lee: I was very energetic and excited to teach when I started 12 years ago, but now that I've come back as a mom, I'm more relaxed and more patient with my students. It has been a totally different experience for me the second time around.

Mr.Klassen: Ditto on the patience, I've been learning to wait more, because some students need some extra time, and just to slow down a

little bit in the classroom.

Mrs.Mesropian: I'm just learning what it's like to be in Canada and I've been teaching in schools my whole life. It is very different here, the rules and codes are different, and class etiquette is very different as the teacher. There is more of a physical approach where I am from, in Argentina, we can pinch a student's ear to get their attention, here you cannot, it is just very different. The school system has been the biggest thing I've learned here.

Mr.Klassen: are the kids worse here?

Mrs.Mesropian: No! (Laughs) they're much better. But they are much more talkative here.

ST: Who is your sponsor teacher?

Mrs.Lee - Mrs. Withers
Ms.Tabrizi - Ms. Noack
Mr.Klassen - Mr. Huzar and Mr. Aw-Yong. The thing about Mr. Huzar, (and you can print this),

is that he bad talks all of the students and he's a bad teacher. (laughs) (We are obviously joking Mr Huzar...or are we...)
Mrs.Mesropian- Mrs. Bermudez

ST: So do you have any hobbies or something personal that you feel the students should know about you?

Mrs.Lee - I love music!

Ms.Tabrizi - I love to do sports and I love to do art.

Mr.Klassen - I play drums in punk rock bands

Mrs.Mesropian - I love music and I love to be with people. I also love my husband, he is my best friend and always will be.

These are the student teachers that are going to be gunning for your jobs teachers so watch out and students be prepared as these bright adults will soon be running your lives. Watch out Sutherland because these teachers are lean, mean, teaching machines...and they are coming for you.

How Sue sees it: An Interview with the Gala coordinator! - Continued

to talk about who wants to come back and what events are going to come back as well. We're going to do the gala again for sure next year.

ST: So, to be on the PAC, one must have a child at Sutherland, right?

SW: Yes, well you remember Saige; she graduated two years ago and Devon is in grade 12 now.

ST: So next year is no more for you?

SW: Well, I wouldn't say that. This gala was inspired by the Seycove gala, which has been running for many years, so similar to them, we are giving 20% of the funds raised to our feeder schools, (Eastview, Brooksbank, Queensbury and Ridgeway) resulting in a total of 5%

funds going to each school. We're hoping that this year, all of last year's people will bring their friends and we can double the number of guests. We're doing it here, at the school, so there is a lot more to plan as last year's was at a restaurant. We have to get a band, we have to decorate it, and we want to bring in a coat check and set up a bar, so there are a lot of little details we have to take care of.

ST: So how does one go around buying tickets and finding out about the sponsors?

SW: We have a website, www.starrynights.sutherlandnetwork.org, where people can buy tickets and see our sponsors. Louis Gervais will be organizing the food; he's also a parent at Sutherland!

The name of the band is Gonch Messiah, which has three Sutherland alumni in the band, and that's really cool. Also, a few parents have donated stuff through their businesses; all the logos for said businesses are on the website.

ST: Can we get some more info about tickets?

SW: Well, tickets are only going to be available online (at the website listed above) and they can pay by PayPal only and reserve tickets if they want to bring a bunch of friends.

ST: How many people will be able to fit at a table?

SW: Tables will fit between six and eight.

ST: And as for the food?

SW: The food is going to be a sit-down dinner; it's going to be students volunteering their time to come in and actually serve the food!

ST: What Sutherland staff and alumni will be seen there?

SW: Mr. Huzar and Mr. Thornhill are going to be running the bar, and Saige Woolley [her daughter] is going to be doing the "balloon pull" which you buy tickets for to pick a number from the balloons and that number matches up with a prize later. There are going to be quite a few little things like this, so guests will need to bring cash if they wish to participate in all these fun activities.

Continued next page...

How Sue sees it: An Interview with the Gala coordinator! - Continued

ST: Wow! This sounds really exciting! What other things are going to take place?

SW: We're going to have a photo booth there, which is going to be really fun! So you could come in with your group and put on feather boas or star antennas or any other props there. There's also going to be a silent auction, a lottery jar and a LIVE auction too! With the live auction, we've got an alumni coming to be the MC, and a Sutherland parent coming to be the auctioneer. Mr. Thornhill is also doing a section of the live auction called "Chef in Your Home." He will come along with another gentleman to the winner's house and cook dinner for about eight people. It's a really neat thing to auction off.

ST: So you like to keep busy, what

with helping with all sorts of costumes for the school and such, but you have to have some down time. What do you do with that time?

SW: In the summer we go up to our cottage in East Barriere; we usually go up there for July and August and it's a lot of fun. I'll drive the boat and cook, and the kids will bring their friends. We also have a dog, an Airedale terrier named Kayto, so that keeps me busy as well.

ST: Any favourite TV shows?

SW: I love CSI, Dancing with the Stars, and also that show with Donald Trump: The Apprentice.

ST: Well, thank you so much for your time and everything you've done for this event! We look for-

ward to it!

The Starry Nights Black and White Gala will take place from 7PM-12AM on the 14th for adults only. I'll remind you again that tickets are only available for purchase online (www.starrynights.sutherlandnetw.ork.org).

Sabres, this is an awesome time to get your volunteer hours! Talk to Mr. Thornhill or Mr. Huzar if you are interested in lending a hand there. All profits raised will go towards Sutherland and its feeder schools. Big thanks to Sue, the gala committee, and everyone else on the PAC for such hard work on this



"We're going to have a photo booth there, which is going to be really fun!"

Great Wall Climbing by Frances Miltimore

"Frances," said my dad as he walked into the office, "Would you like to accompany me to China?"

A few months later and I'm at the airport eating my last meal in Canada for a week. I choose a soggy piece of lasagne at a small café and, after my first bite, regret it. I blame my poor choice on the lack of sleep I'd had due to a celebration of Barbie's birthday the night before.

I dislike flying. Not because I'm fearful of height or a mid-air collision, but because I don't like the toilets that come with having an altitude of 54,000 vertical feet. I never know whose joined the mile-high club in the exact spot I am about to take a leak, plus there's something about so many butts from so many nations touching that one seat that is unappealing, so for that reason, I refrain. As I nurse my third coke I can't help but think back to the 3 bottles of water, soup, and previous 2 cokes I'd drained. More regrets. I eye the washroom, but since I only have one hour left of my ten hour flight, I wait.

The first thing I notice as I enter the Chinese airport is how impressively immense it is. The second thing I notice is everyone's wearing masks, which, at the time, I figured was for protection from illness, but I later find out is for

protection from pollution. The third thing I notice is the wash-room sign. When I enter the stall I see what appears to be a flattened toilet, or realistically, a fancy hole in the ground. I also discover Chinese don't believe in toilet paper, luckily my angel of a mother armed me with a roll before I left. My father and I then must board a train to the other side of the beastly airport to catch our bus. Jet lag sets in fast, and I hardly notice my surroundings as I doze my way to the hotel with the tour group.

My father insists on waking at 6:00 every day, even though we don't need to be at the tour bus until 8:00. I let him get away with this by telling myself if I'm halfway around the world I may as well not sleep through it. Our tour guide, David, teaches us the many ways to say "Good morning" in Chinese, I choose to take the easy way out and I simply smile at the locals. We wander the world's largest public square, Tiananmen Square then venture into the Forbidden City, although I only see a fraction of its 980 buildings. When we leave the Forbidden City I have trouble deciding weather the equal ration of police to citizens makes me feel safe or uneasy. Next, I

Frances Dumpty sat on a wall. Frances Dumpty had a great fall...



visit a shop called "Dr.Tea", where I am informed of China's many teas, how to properly drink tea, and how to choose the right tea for me. While visiting shops my dad points out the high number of workers employed to do a single straight-forward job compared to Canada. The tea shop confirmed this when three cashiers chaotically try to help me but only manage to confuse me by all talking at once...in Chinese.

My tour group consisted of 29 people all over the age of thirty, minus me and one girl my age who wears cat ears. She intrigues me and we quickly become friends when we bond over our affection for Value Village. She is Romanian, her name is Mara, and has a dream of teaching Tibetan children English.

- Continued on the next page

Great Wall Climbing - Continued



Getting tight with the locals.

We haven't been in China 24-hours and my father is already talking of returning in the near future. As we bus around, everything reminds me more and more of a Mario game. There are garbage cans disguised as tree stumps, and big plastic mushrooms placed between shrubs along the highways. There are buildings that look like one big sparkle, or buildings camouflaged uselessly as rock walls. David tells the group of the meaning of certain words and buildings and I can't help but notice nearly every building means "longevity". He informs us that, in Chinese, the number "four" sounds like the word meaning "death" so therefore Chinese hate the number four. I notice how true this is as I stare at the elevator buttons and note an absence of 4, 14, and 24.

When people see me they seem quite taken aback, and normally would indicate they want to take a picture with me. I feel like a superstar but I soon uncover that people only like me because they think I have a big nose. When two Chinese girls my age walk by me and burst out laughing, I seriously consider starting a tussle then recall the

high number of police lingering about. I receive a Chinese massage that is incredibly unpleasant since it consists of a lot of hitting and an occasional texting break for

my masseuse. My father snoring next to me also didn't help my relaxation level. My tour group visits the Jade Factory where the Chinese Olympic medals had been constructed, and is impressed with green rock for two hours. By the second hour I was waiting outside in the bus staring at a busload of guys two parking spaces down.

During lunch at the bottom of the Great Wall, I create a theory explaining why hardly any Chinese people are overweight. Their use of chopsticks causes them to eat so slowly and in such small portions that their stomach has much more time than a fork-users' for digestion, and not to mention chopsticks probably drive many people to a point of frustration and loss of appetite due to food constantly slipping through the two measly sticks. The meals my tour group is served are all huge and made up of an assortment of unidentifiable food that I don't question I just eat. I do believe at one point I downed rabbit which makes me look at my rabbit quite differently upon returning home...

Because my father and I are the adventurous types, we, and only one other

lady, choose to hike up to the Great Wall instead of take a tram. This results in thrilling views and sore legs. As I walk along the Great Wall, my imagination runs wild with pictures of soldiers once marching along where I'm walking and signals being sent between the very watch towers I am meandering in and out of.

I gaze out the window on the way to an orphanage called Sun Village and I notice the events taking place on the street. People huddle in circles gambling, a little girl pees on the sidewalk, stray dogs yap at each other, makeshift houses line the sidewalk, and my first tumbleweed dances by! These sights are ones I'm not used to and leave me with an alien feeling. Vendors pick my hair color out of a crowd, and follow my every step. There are so many vendors that I feel they have my tour groups' itinerary; I swear I keep seeing the same ones...or it's possible I can't differentiate one cartoon-like face from another. The children at Sun Village are charming and dainty with shrill excited voices to match their young beaming faces. We pick strawberries and make dumplings together. A little girl in a scruffy blue jacket and I became quite the homies, and she even refers to me as "sister"!! By the third day I'm feeling slightly homesick so I beeline for a dinner at McDonalds, which isn't a good idea because they don't even put salt on the fries. I watch traffic out the window and, as I munch my lousy fries, conclude that Chinese view traffic lights as a mere suggestion. The parks are filled with people playing badminton, dancing in large groups, and practicing taiji, it is very unlike a Vancouver park. and a very ancient feel. Many buildings boast remarkable architecture. At the Beijing Zoo the pandas all pace back and forth and have clearly lost their marbles over years of enclosure.

One particular panda walks in an "L" shape twirling and repeating itself. I mistake this for a cool trick at first, until I see how worn the trail is and realize he has probably been doing that exact movement for hours or days.

We tour the historic Hutong by rickshaw and eat dinner with a local family. The timeless culture and layer of dust that covers everything catches my interest. Then I am informed it is just smog that has settled and looks like dust. Land in the Hutong is very expensive, costing thousands for only one square foot of dirt.

By the fourth day I am taking my Chinese culture very seriously and watch a kung-fu show and an acrobatic show full of weird contortions and mind boggling tricks. I even head with my girl, Tracy, to look at "The best knock-offs you'll ever see."

A rural village I visit serves a foreign lunch that includes local shrub. I eat what they give me and the shrub turns out to be pretty flavourful. I race around the village with Mara and hike up the side of the mountain to some great look out points where the whole village lies spread out before me. At various temples, people burn incense and sing their worship to Buddha. At the grocery store we realize beer only cost a few cents, much cheaper than a bottle of water, so we merrily stock up and threw in some mystery candy for good measure (Which turned out to be gross so I gave it to my friends as souvenirs). The day we return home is the day the smog hit hardest. It was as if an eerie layer of mist had crept in on the city overnight to the point that you can only see thirty feet ahead. Our flight is delayed, but eventually we return home, jet-lagged and smelling of sweet and sour chicken.

BookFace: The Game of Thrones by Danielle McLaughlin



truth; a unpleasant young dragon

Looking for adventure, betrayal, love and dragons??? Well then, this is definitely the series for you.

Warriors fight with brutish ways; a kings hand finds out a cruel and disturbing

prince barter his sister to a Dothraki leader to win back his father's throne; and a determined Catelyn Stark takes upon herself to make the most

treacherous of journeys. Within the "Game of Thrones" lies misfortune and treachery, triumph and fright, and love. The fate of the Starks, the Lannisters, the Baratheons, the Targaryens are forever shifting, and who knows where they will fall.

Because in the *Game of Thrones*; you win, or you die.



Sabre Poll: Which book will sizzle on the big screen? By Nathan Mayes

With the phenomenon that was *Harry Potter* wrapping up last year, the horrendous *Twilight* series coming to an end soon and *The Hunger Games* just beginning, movie viewers of no lack of a book series that has become a feature film. But this journalist has little to no interest in *The Hunger Games* and is looking for a book worthy to become the next *Harry Potter*.

So the question, "What book/book series would you want made into a movie and why?" was sent out to the students of Sutherland. There was a variety of genres ranging from children's books such as Clifford to horror series like the *Demonata*. Some had no idea and some put a name and grade with no response to the question at all. I can assume one grade 12 student didn't quite understand the question, "*Hunger Games* (or *Twilight*) because I like movies." Sorry pal, those are already movies. One grade 8 student referring to them self as "Classified" asked, "Does a comic book count?" To this journalist it certainly does!

A book that popped up a few times among the grade 8's was a book called *Dear Jo*, "because it reaches out to girls." One person said, "I couldn't put it down. I hate to read so it has to be good." Mohad G. said he would want the book *Blue Bloods* made into a movie because, "(it) is one of the best series I've read...it has action, romance, drama and mystery, these are all the genres I like. Also it's not boring like other books/series." "Classified" said "I believe *HELLsing* should be movie, I mean who doesn't want to see a vampire fight Nazi vampires."

The grade 9's suggested a lot more books that this journalist has actually heard of. One grade 9 student said they want all thirteen books of Lemony Snicket's, *A Series of Unfortunate Events* made in to movies. The first three books were condensed into one film a few years back, but they definitely deserve a comeback. A couple grade 9 students said they want the *Haddix* series and *The Giver* made into movies. Another grade 9 said they want *L.A. Candy* by Lauren Conrad made into a movie, I'm not sure why though, but everyone has an opinion of what could make a good movie. Angel T. said "*Artemis Fowl*, because it's very interesting and magical fantasy story. It's kind of like Narnia and it has a lot of mystery." One other grade 9 wants *Last Summer* made into a movie, "because I think many teens could relate to it and many people would like it." Frank simply said "Waldo" who wouldn't want to see a movie about *Where's Waldo?*

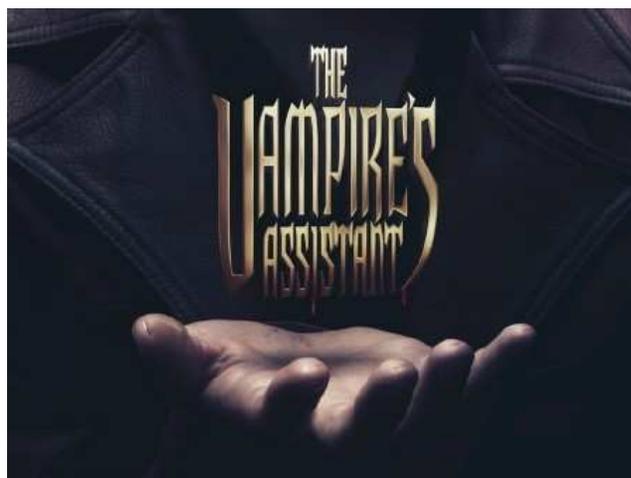
The grade 10's results varied in genre, even with a smaller amount. Two students want *Captain Underpants* (Heck yeah!) as movie. One grade 10 would like *Stargirl* "because it is so cute and is all about heart. And it would be hard to screw up." Sorry to say, but Hollywood can screw anything up. Someone wants every Stephen King book made into a movie. I've seen it; one Stephen King movie was enough for me. I admired one grade 10's honesty, "*Catcher in the Rye*, I don't want to read it." a solid reason for wanting any book to be made into a movie. Another, who wants *Under the Moonlit Sky*, said "I've read it 4 times." The rep-

resentation of the senior grades were sorely lacking in this poll. Grade 11 student, Cam, suggested *Ranger's Apprentice*, "I read this when I was in elementary school and I reread it again in high school. It's about a boy living in a place called Aroulen (England) growing up to be a spy or a ranger if you will. Set in medieval times." should become a movie. And grade 11 should be grade 12 student; Shane Mac says, "Stanley Tookie Williams' *Blue Rage Black Redemption* because I believe his story should be shared with all."



Nowhere is safe...from a bad director.

Students throughout multiple grades want the rest of the *Hunger Games* series as well as the *Cherub* series made into movies. Ray Allen of grade 8 said, "None. Book to movie lacks detail. They just suck." A fair point that always supports the book is always better than the movie position. But if this journalist had to have a book series made on the big screen it would have to be an accurate translation of the *Cirque du Freak* series by Darren Shan.



Harry Potter 7 good. This movie? No ta.

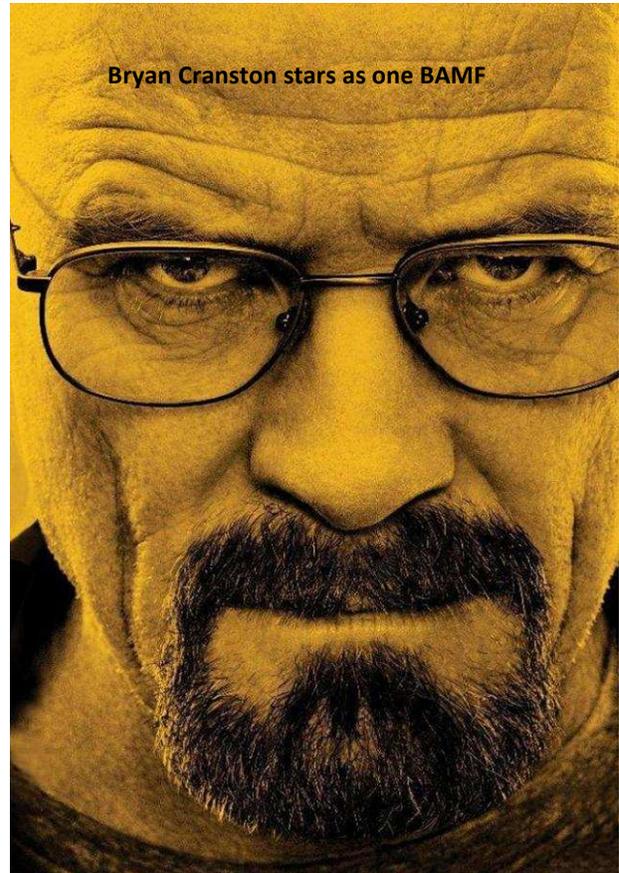
Breaking Bad Review by Soroush Sharafzadeh

A new hit drama has unfolded; deep in New Mexico's barren desert lays the heart of the State, Albuquerque. Albuquerque is home to one of America's biggest and growing drug problems, the distribution and use of Methamphetamine. Vince Gilligan's genius series explores terrible choices and actions very ordinary people have to make, when they reach no other options. Walter White (Bryan Cranston), a very talented Chemist-now High School teacher finds his underachieving life is coming to an abrupt end. Diagnosed with stage three lung Cancer, in search of money for treatment Walter turns to a life of crime. Using his Chemistry expertise, Walter teams up with one of his former students Jesse Pinkman (Aaron Paul) producing the world's highest quality Crystal Meth.

I was hooked after the first show. For those who believe that this series may not be for them, I strongly urge you to give it a try. Yes, the storyline and content seem very controversial, but it's brilliant at the same time. Due to sensational

acting, the scenes are very believable; and due to Vince's crafty but blunt writing, the storyline grows to become quite realistic. As this thrilling series progresses, you can see real growth in the two main characters Jesse and Walter. In order to keep cooking and to ultimately stay alive, they have to commit atrocious crimes; and you can see the toll it begins to take on them. Another fan of the show, Grad Student Liam Jenkins says, "It's such a great show! It really feels as if you're inside the show when watching!" This wonder series is starting to gain ground, becoming very popular among viewers, and gaining multiple nominations and awards. Including 6 Emmy Awards, Cranston winning the Emmy Award for Outstanding Lead Actor in a Drama Series three consecutive years. Seasons 1-3 can be found on Netflix, the fifth and Final Season is set to air this summer.

The content in this series is very explicit; showing a very detailed way to cook Methamphetamine, and often showing use of the "hard drugs" which



Bryan Cranston stars as one BAMF

have a very negative impact on our society. Some may beg the question; does the recreational use of hard drugs such as crack, heroine, and crystal meth have a place on television? I'm not here to lecture you, but it's something to think about. It's not very often a show can keep your eyes glued to the screen; a series so thrilling that it will keep you watching until those very same eyes pop from they're sockets. Breaking Bad scores 9.5 meth heads out of 10, nearing perfection.

PHONY 2012 by Jack Bondy

You've all seen the video, 'Kony 2012' which has recently passed 80 million views, and if you haven't, don't bother. The company who created the video Invisible Children, have decided that they want the U.S. military to be sent in to capture Joseph Kony (Hence the name Kony 2012) who is a crime lord that was accused of kidnapping and harming children in Uganda, Africa. From what the video says, he started the LRA (Lord's Resistance Army) where the children he kidnaps fight for him. The

video also states that there are apparently 30,000 of them. These children are forced to kill for no apparent reason or motive (So just for the fun of it then...?) Now that you had the quick recap, here is my opinion on Kony 2012. The whole 'Kony 2012' campaign narrows down to three good points:

1. It aims to help African children in need.
2. Aims to bring a vicious criminal to justice.
3. Empowers the young generation to seek a political change.



Jason Russell and friends posing holding weapons with SPLA soldiers.

PHONY 2012 - Continued

The whole idea seems to make sense, that is, if you don't think about it.

However, if you do think about it, the campaign is saying that we want to get massive support and eventually pressure the U.S. government to intervene militarily into multiple African countries to find one man, Joseph Kony while protecting the civilian population. Sounds very familiar, and I must say, U.S. has a very questionable record when it comes to doing this.

The last time U.S. tried militarily to stop one bad guy, by the name of Osama bin Laden resulted in a war in Afghanistan with 3000 dead coalition soldiers and it is estimated that around three times the amount of civilians died as well, but we'll never know for sure, as United States does not keep track of Afghani civilian deaths.

So much for hunting down a 'Boogeyman'. Alright, let's get back to Invisible Children, the company itself. Last year, in 2011, Invisible Children spent \$8,676,614, but only 32% of that money went to Africa. The other 68% went to staff salaries, travel and transportation, and most of all, video production. Invisible Children have actually created eleven videos in total, but their latest one was the only one that actually went viral. The so-called non-profit organization also supports the Ugandan Army and Sudan's People's Liberation Army, (SPLA) seems all fine and dandy right? Wrong. First off you're never going to be sure exactly how much of that 32% is going to the children as it passes through the Ugandan Army and SPLA. Second, the Ugandan Army itself has been accused of looting and raping by several NGO's (Non-governmental organizations) and even a representative of the United Nations said that there were reports of girls, some as young as twelve years old, were involved in prostitution with Ugandan soldiers.

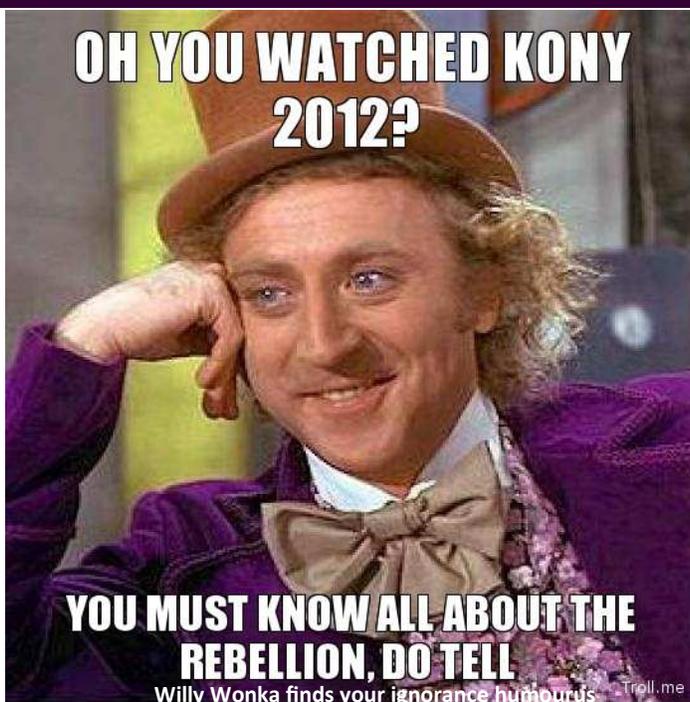
What about the SPLA? Well I have actually included a picture of the founders and co-founders of Invisible children posing with weapons alongside SPLA troops. Here's the SPLA's background: The SPLA were involved in a large civil war in Sudan that had several million casualties. When peace was finally declared, the United Nations Children's Agency estimated that the SPLA used 20,000 child soldiers and that after the war, there were only around 900 left. How ironic that Invisible Children is working with them. Absolute blasphemy, this is what Invisible Children is supposed to be fighting against, yet they are posing holding weapons beside them?

Another thing I find odd is that Invisible Children wishes to use military intervention to stop Joseph Kony but in doing so, they will be fighting the children that are part of Kony's

army, the LRA. So Invisible Children want to kill children to save children? What? So basically people who support Kony 2012 are supporting the killing of children. Even the Council on Foreign Affairs published an article on the Kony 2012 campaign and I quote: *"During the past decade, U.S.-based activists concerned about the LRA have successfully, if quietly, pressured the George W. Bush and Obama administrations to take a side in the fight between the LRA and the Ugandan government. Among the most influential of advocacy groups focusing specifically on the LRA are the Enough project, the Resolve campaign, the Canadian-based group GuluWalk, and the media-oriented group Invisible Children. Older agencies, from Human Rights Watch to World Vision, have also been involved. In their campaigns, such organizations have manipulated facts for strategic purposes, exaggerating the scale of LRA abductions and murders and emphasizing the LRA's use of innocent children as soldiers, and portraying Kony -- a brutal man, to be sure -- as uniquely awful, a Kurtz-like embodiment of evil. They rarely refer to the Ugandan government atrocities or those of Sudan's People's Liberation Army, such as attacks against civilians or looting of civilian homes and businesses, or the complicated regional politics fueling the conflict."*

Joseph Kony is not the next 'Hitler' as the Kony 2012 video says, he is part of a highly complex series of conflicts throughout the continent. So you can't just point your finger at one man and say "I blame you!" and spam Facebook whilst telling all your friends how much of a social activist you are. Problems like this can't be solved by making a bunch of 30 minute videos or donating money to Invisible Children so that they can invoke military intervention. So no, I don't support Invisible Children and their attempts to brain wash the world into thinking they are doing the right thing. However, if you really want to make a change, do some actual research and find a good charity to donate to, such as the Red Cross.

Oh, and one last thing. Oil has recently been



discovered in Lake Albert, Uganda, but it has been all hush-hush. It is estimated more than two billion barrels worth of crude oil is under Lake Albert. Once oil was discovered, the United States started an organization AFRICOM and within months, decided to intervene with the Ugandan Army and the LRA (Joseph Kony's child army) and they want to come to the rescue. Is this just a coincidence? Or is this Iraq all over again? Only time will tell.

For more information or if you are curious where I received my information, here are some websites that I used.

1. Invisible Children Financial Report (2011) (Page 6 for expenses)
<http://c2052482.r82.cf0.rackcdn.com/images/737/original/FY11-Audited%20Financ...>
2. Charity Navigator Rating
<http://www.charitynavigator.org/index.cfm?bay=search.summary&orgid=12429>
3. Invisible Children Founders posing with Sudan's People's Liberation Army
http://www.scarlettllion.com/blog/wp-content/uploads/2012/03/GlennaGordon_Invi...
4. Rape and looting linked to Ugandan soldiers
http://www.observer.ug/index.php?option=com_content&view=article&id=1...
5. Manipulation of facts (Foreign Affairs report)
<http://www.foreignaffairs.com/articles/136673/mareike-schomerus-tim-allen-and...>
6. US intervention in Uganda
<http://chrisblattman.com/2011/11/21/what-you-should-be-reading-if-you-want-to...>
7. Sudan Army's usage of child soldiers
<http://www.sudantribune.com/SPLA-to-demobilize-all-child,36125>
<http://www.bbc.co.uk/news/world-africa-11135426>

Pull up your pants by John Topham

Lately, I have discovered that my good moods are often abruptly and brutally ended at school because of certain people who I'm sure that you have all noticed before. People in our school, from the past and the present, seem to think it's cool to pretend to be a "gangster" by dressing like them. If you don't know what I am talking about, then look around. You're lucky to go a day without almost seeing one of these "gangster's" genitals because of how low their pants are! In hopes of these certain people reading this article, maybe it will knock some sense into them and they will realize how annoying, laughable, and embarrassing they really are. I'm sure real gangs are shaking in their little boots when they see a few kids from North Van with their pants at their ankles showing their tighty whiteys. My gang from my old Grand Theft Auto San Andreas Xbox game is literally more intimidating than these children are. So, as ALL of you have probably been asking yourselves, why would these kids who have been brought up in a safe environment like North Van and who have received proper education, walk around and pretend to be in a gang? To be completely honest, I don't know but I have a few educated guesses and I'm sure that at least one of them are correct.

Too much exposure to TV is probably a direct reason as to why they

are pretending to be in a gang. Music videos on channels like MTV often show successful rappers who dress this way and these children from our school are probably staring at them in awe. They also rap lyrics about crimes, hoods, and gangs. As stupid as it sounds, maybe they think that by acting and dressing the way these other celebrities are doing it, it will automatically make them cool and successful as well. Monkey see, monkey do.

Another probable and embarrassing possibility is that they are insecure about a substantially small body part of theirs and they are trying to cover it up by dressing "tuff". Gang members are often portrayed as tough, dangerous rebels, so what would be the better cover up for an insecure lil' guy than a threatening group of people all dressed like they are ready to beat someone up? I think we can all agree that under all those baggy and stenchy clothes is just a regular good little boy who has the potential to do well in life and to achieve great things. I'm actually wondering that if these children would be a completely different person when they are at home and around their mothers. Do they walk with that weird limp when no one is watching?

As a habitant of North Vancouver, I can easily say that I have never

been in risk of my safety while by myself in North Van. According to North Shore News, the long term crime rates of the North Shore have actually been dropping significantly. Gangs in ghetto areas and poor towns serve a purpose as a protection from other people because there is less chance of something happening to you if you are with a group of shady looking people. These people obviously don't realize that gangs in North Vancouver are a complete joke and if they want to keep their dignity, it would probably be wise to disband.

It may sound like I am pointing and making fun, but don't take this message the wrong way. My purpose is to send a message to all those it may concern about what they appear as to the rest of the school. I think that if you don't have the guts to do the crimes that real gangsters do, then you shouldn't be dressing like them and glorifying it. Prison is not something that people should be aspiring to graduate to, so hopefully people will stop dressing and acting like they're headed there.



Do they limp at home?

Insert "drives me crazy" pun here by Samir Bhimji



Driving has always been a rite of passage for teenagers. Once you've learned to steer an automobile away from pedestrians, you're ready to face adulthood. However, the average driver faces numerous difficulties, annoyances and bothersome troubles

on the road of life. From the first accelerations and hasty stomping of the brakes to getting your license revoked for being too senile, the art of driving is fraught with events and occurrences that make you want to drive straight into a cement mixer.

Learning to drive: If you're like me and have a parent/guardian, then you'll most likely wind up being taught how to drive by them. If you're still following in my footsteps, then you'll have also received more formal training from a professional. No matter who teaches, you can never win. If you learn from parents, then you will be relentlessly reminded to practice, drive places and brush up

on road safety. Your parent will have a no holding back policy for their own kin and practically drive from the passenger's seat. If you get taught by an instructor, then you are baring your weakness to a stranger in a cruddy car who has his/her own steering wheel. He/she is generally humourless and doesn't care whether or not he/she comes off as a completely anal fellow. Whether it's memorizing the driving manual cover to cover or shoulder checking every five seconds under the steely gaze of your instructor, the path to being a licensed driver is a long one indeed.

- Continued on the Next Page

Insert "drives me crazy" pun here - Continued

Keeping track of all your driving accessories: It's getting late, and you need to leave NOW, or you won't make your appointment. All you need now is to find all of your necessary driving implements: your license, your keys, your magnetic N which must be on the back of your car at all times, and directions if you're roughing it without a GPS. Every driver in the world would be lying if they said they hadn't forget one of these things at least once. The worst thing to remember is the magnetic, green N (or the red L if you're still a Learner). You will have to routinely put it on and take it off the back of your car each time you go and stop. There is always the chance that some rat will steal it right off your car if you leave it on. If you misplace it, you will lose the ability to drive unless you construct your own N; to be used until you can pay a visit to ICBC. The necessity of having an N is something you must tolerate for two years until you can get a valid license, which leads me to my next gripe...

Canadian Driving Requirements: I have a sixteen year old cousin in grade ten from Minnesota who has as much driving rights and even less restrictions than me. In a year he will have his full license. I can't get mine until I'm nineteen. That's when I can legally drink alcohol. He can't legally drink until he's twenty one. I can only have one passenger when I'm driving for the next two years. If you reread that just to make sure it said what you thought it said, then I'm sure you can agree that the

system can be extremely strange sometimes. There's nothing much else to say on the matter.

Passengers: Whether you're carting your annoying siblings to an after school activity or taxiing your backseat-driver friend to an event, driving others is always a pain. You are, while driving, guiding a two ton machine full of gas and flammable objects that is careening through roads at up to eighty kilometers per hour. Passengers don't seem to be able to wrap their head around this. They will make as much distracting noise as possible, annoy you, fight amongst each other, give directions at the very last moment, tell you how to drive and generally grind your gears. The worst are those who have never driven in their life and have no empathy to your current situation.

Your Vehicle: You never do forget your first crush. Leather seating, shining hubcaps, chrome fenders, cool blue lights on the dashboard that blink when you need an oil change. Unfortunately, your dream girl is off with that meathead jock whose parents can afford to pay off their mortgage. You, on the other hand, are stuck with either the family car that you've had since you're siblings were kicking your mom's stomach from the inside out or the car your uncle sold you that stalls on the highway. Either way, you're going to be driving a piece of junk for a good chunk of your life. If you're lucky, it will have all of its headlights.

Actually Driving: Idiotic drivers, idiotic pedestrians, checking directions while

driving, con-



"You don't have to stop at every stop sign, bro!"

fusing intersections, shoulder checks, parallel parking, normal parking, not hitting assorted objects, finding a parking spot, merging into busy lanes, road signs that make no sense, schoolzones, not knowing who got to the four way stop first so you inch out a bit and the other guy does too so you stop and he does too and it keeps going, not knowing whether you should stop for a pedestrian who's halfway to the crosswalk, left turns and more.

Get out there and start driving: the world is your highly cautious, limited and regulated playground, and it's just ripe to find your own driving gripes. Stay negative!

Strike three and you're out! By Dasan Jung

March of 2012 was different compared to any other school year. I experienced something that I have never experienced as a student. At first, I really loved the fact that I got to rest for three more days and procrastinate, but this was something more than just a three day break. The school marks, clubs, and loads of tasks to do before the graduation might have been affected because of the job action. I was falling behind in my courses and all the quizzes and the tests were scheduled right after when we were back from the three day strike. However, I respect what the teachers are doing because I know how much they care about the stu-

dents and how much they stay after school for tutorials, extra curricular actives, etc. I do understand this strike wasn't just for the teachers' benefit. This year the teachers didn't negotiate a contract since last June and strike was bound to happen if the negotiation wasn't getting anywhere closer. The teachers want an increase in their wage to match the cost of living in this province, the size of classes and composition of classes controlled, and also teachers are protesting the cuts on special education. On Monday March 6th, the first day of the three day strike began. Now there are many ques-

tions to be answered: did this action affect anyone? Was it really necessary? Did most of the students just enjoy their five-day weekend? As an international student and a grad I felt that the three-day strike had a big impact; not just education wise, but other extra school activities which were mostly getting cancelled or being removed.



Gr. 12 Nathan Wong loved his 5 day weekend

Strike three and you're out! - Continued

I was frustrated because there was a possibility where all the clubs and school sport teams were about to get cancelled and there were some actions leading to that in order to protest against the government. As John Leung of grade nine mentions, "The strike in general affected me because the Drama Fest and the spring music concert got cancelled." I completely understand him since I had the same problem. The students in band practiced a lot to prepare for their annual spring concert here at Sutherland, and it had to be canceled because it was scheduled on the day when the strike was happening. This isn't the only problem since other extra curriculum activities in school were cancelled because of the job action.

Sepehr Eftekhari-Zadeh, a grade twelve has a problem as he says, "I'm taking Math 12 online and I couldn't take tests so now I'm falling behind which means that I can't send my mark to the ministry." This is a huge problem for all the grads who are taking online courses since their assignments, homework, quizzes and even tests are not getting marked, or they can't take them in time to submit their mark to the ministry for their university application. Despite the fact that some students are struggling because of the strike, I strongly support what the teachers are doing to gain something that can benefit all the students and the staff in school in the future. I would

support the teachers should they continue to protest in order to achieve their main goals, because our teachers do so much for us students as it is; whether it is related to a course that one's taking or even in a team/club or any other extra curriculum activities. Some students faced difficult times because they could not catch up with the three day lessons which were left behind because of the strike. Not only did the job action make some problems for the students, but also some of the parents were inconvenienced. Since they were unprepared for the three day strike, they had to get a babysitter or other form of childcare.

Jordan Heaney of grade eleven says that, "It affected me in a positive way because I liked seeing the teachers standing up for what they believe in against what the government was doing. Plus I got off school so that was fun." I agree with Jordan's point of view: I hope that the teachers get more support and achieve what they requested. There was another interesting point brought up by John Johnsdale of grade eleven as he mentions, "When [will] it stop? Because every year the teachers are going to want more money from this every growing economy to be able to pay for their growing families." This one is difficult to answer since every job needs some raises at certain times



John Leung of Gr.9 tells that he supports the teachers

because of the growing economy. I don't think that all the teachers are doing the job action for just for a raise. Many teachers truly care about the future of education and are worried about the government cutbacks.

For the others it might not mean much, as Nathan Wong in gr.12 says that "I enjoyed my 5 day weekend!" and as Ty Powell of gr.9 mentions, "I played Mass Effect all week." It shows how some students don't really pay much attention and simply just enjoyed their "pre-Spring break." (Author's note: don't get me wrong I also liked the five-day weekend very much). But I guess once again this can show why the students need teachers and that they cannot go on strikes since many students will do nothing and just chill with their buddies. I hope that these students at least respect the teachers or understand the situation.

I can feel that some of the students and the teachers are getting bit frustrated of what is happening. I wish that everything settles down really quickly so that all the students and the teachers can continue with the extra curricular activities, field trips and etc. The three-day strike was to look back at what the teachers are facing for the students and parents. I hope in the end this action results the best for every teacher, student, parent, and staff members in school.

Fantastic Food Of The Month: Yogurt By Vish Kanga

This month's Fantastic Food is Yogurt. Yogurt is underestimated by many people and is not consumed as often as it should be. I have put together a few reasons why you should be replacing foods like ice cream with an alternate dairy product such as yogurt. These top five reasons to consume yogurt will have your taste buds tingling for it!

5. Boosts Immunity!

Researchers did a study on sixty-eight people, whom had to consume two and a half cups of yogurt each month for three months. After their research was complete they

had found out that the group tested produced higher levels of immunity boosting interferon. Bacterial cultures in yogurt have shown to stimulate infection-fighting white blood cells in the bloodstream.

4. Flows Smooth!

Many people have trouble digesting lactose, which is a carbohydrate in milk and milk products. This occurs because of the deficiency of the lactase enzyme in the body. Live yogurt cultures produce lactase but they also break down lactose into glucose and galactose, which are two sugars that are easier to absorb for people whom are lactose

intolerant. Eating yogurt is an extremely efficient way of getting the calcium your body needs for people whom are lactose intolerant.

3. Stock Up On Vitamins!

Although yogurt varies through different brands, one serving is said to have an immense amounts of potassium, phosphorous, riboflavin, iodine, zinc, and vitamin B5. It also contains vitamin B12 which is used to maintain red blood cells and helps keep the nervous system in check. B12 is usually found in animal products such as chicken and fish, so many hardcore vegetarians can fall short on this vitamin which is crucial.



Mmm, Delicious!

- Continued on Next Page

Fantastic Food Of The Month: Yogurt By Vish Kanga

2. Smooth Skin!

Yogurt has been said to improve the quality of your skin. This time though it's not by throwing it down the guzzle. You can combine yogurt with the effects of other ingredients to make the perfect skin cleanser. Well would you look at that, learn something new every-day eh ?

1. Protein Packed!

Plain yogurt contains about ten to fifteen grams of protein in every eight ounces. The culturing of the milk proteins in yogurt during fer-

mentation makes the protein easier to digest. Protein is especially important in the active lives of teenagers whom are very active and yogurt is one of the easiest ways to help contribute to the growth and repair of your muscles.

When purchasing yogurt make sure you read the nutrition facts label so that you know that you're purchasing the yogurt that is perfect for you. If you don't enjoy eating yogurt by itself try using it in a smoothie instead of milk, or for dessert toss a couple in the freezer and indulge as a late night nutri-

tious snack.



DO WANT

The True Indian Experience by Amit Dhuga

In my opinion, Indian food is possibly one of the best creations in life. But a frequently asked question from family members is, "do you prefer homemade or restaurant?" and to be honest, I really cannot decide between the two! Different places make food in their own different ways, but from what I've been told, the best tasting Indian recipes come from the heart of India itself. So to keep it simple, I'm gonna compare my favorite appetizer, snack, and meal between homemade and my all time favorite Indian restaurant located on 6587 Main Street in Vancouver, the Himalaya Restaurant. Sure, many of you love our Palki's (even though I've never been there), but I thought it would be better to introduce a restaurant that is new to many people. With this restaurant, there's only one word I can use to describe the food. DELICIOUS.

The moment you walk into the restaurant, a whooshing smell of heaven surrounds you, I mean literally!! Also the restaurant is beautifully organized with all the tables spaced apart, friendly service, and 2 flat screen HD TV's at the front and back of the restaurant, what more could you want? Now moving on to the first food to compare. The perfect appetizer to a meal which I have yet to try homemade is the tasty gol gappa, a small round hollow crisp fried puri (a puri is an unleaved Indian bread and is eaten for breakfast or as a snack or light meal) that is enough to fit in one's mouth completely, which is filled with a mixture of water, tamarind, chili, chaat masala, potato, onion, and chickpeas. Not only is this appetizer mouth-watering as it sounds, but it is also one of

the most popular appetizers in all of India.

Now to a snack. I know you are all familiar with the samosas that are available in the cafeteria (which I have yet to try!) and when it comes to homemade and restaurant, my honest opinion is restaurant OR any ordinary Indian snack shop. With these kinds of samosas, they are filled with big blocks of potato and peas, fragrant spices, and the outside crust gives a bit of a soft crunch to the snack.

On the other hand, My grandma's samosas are also filled with irresistible taste, but she makes the crust smooth and soft so she's missing out the crunch. Grandma does put in a lot of effort in her recipes, as she is the BEST cook in my family when

it comes to Indian food, if you don't believe me just ask



Delicious homemade Butter Chicken & Rice!

Ms.Bermudez! Though I must say the smell and taste of samosas are magnificent, homemade and restaurant-made. I think it's a tie vote between the two in this case.

Yes Sabres, Himalaya does serve Butter Chicken and I say personally the restaurant would not be the same without it. With the restaurant's style of



The restaurant that will definitely satisfy your cravings!

Butter Chicken, it tastes like there are a few extra spices added into the meal, and the curry sauce is a lot thicker. My family's homemade, not bad at all, the curry sauce is not thick but I am sad to say my mom's Butter Chicken is missing a few of those extra spices (sigh). Although, both meals leave me with a satisfying smile on my face, and that's all that matters! In conclusion, for some foods I prefer restaurant, and for some I prefer homemade.

- Continued on the Next Page



Gol Gappa, a small round crisp puri filled with sincere happiness!

The True Indian Experience - Continued

I caught up with two friends of mine to see what their opinions were about homemade and restaurant Indian food.

Melissa Ghag, grade 11, simply explains "definitely homemade! It's ALWAYS better" which I understand completely because Indian families tend to be patient in their cooking most of the time and make sure it's perfect for the whole family, as in restaurants sometimes the cooks are in a rush to get one meal ready so they can move on to making the next.

Prabhjot Singh, grade 12, proudly states, "homemade because my mom makes the

best Indian food and I have it for lunch everyday...if my friends don't get to it first!" The best thing you can do after a delicious homemade Indian meal is compliment the person on their cooking, if you don't then surely you'll get beaten with a wooden spoon (this has almost happened to me a couple of times). Well Sabres, I'm sure this article makes you all feel like wanting to get up and run to the nearest Indian restaurant....because that's exactly what I feel like doing!



Butter Chicken and Naan...are you drooling yet?

Cooking, it's not just for parents by Ryan McCormick

Being the masterful chef and journalist I am, it seemed to be inevitable that I would do an article on cooking. Well, as I'm sure you've all been waiting for it, and here you are. I wanted to know how many of you Sabres acquired your daily dietary sustenance. The majority of people I asked said something along the lines of "my parents cook for me", or "I get stuff at the cafeteria". Not encouraging, if you ask me. A grade 12 student, Anthony Burgoyne, said "Subway, I don't like to cook". A grade 10 student, Qwilleran Lake, told me he makes "bacon alfredo pasta, bacon sandwiches, and big mac sauce" (specifically spelled like that). Sage, in grade eleven, said he makes "everything", which I highly doubt, but maybe he is a Ramsay-in-training? Joe Cerisara said that he makes "cheerios and KD". All of this was definitely not encouraging as to the culinary abilities of our school, so I decided I would take matters into my own hands (sort of). So welcome to Ryan McCormick's cooking school 101. Here is a couple of recipes that should be doable for even the most culinary challenged of you.

Easy Ramen noodle stir fry

- 1 package ramen noodles
 - 1 carrot, chopped
 - ¼ cup of chopped onion
 - 1 tablespoon soy sauce
 - Freshly ground ginger
 - 1 teaspoon brown sugar
 - Green onion, chopped
 - Chopped jalapeño, to taste
 - Cooked chicken, beef, pork, or firm tofu
 - Canola oil
- Cook the ramen noodles 30 seconds less than according to package, without the flavour packet. Drain and set aside. In a frying pan, heat oil over medium heat and add carrots, cook for 3 minutes, then add onions, continue cooking till carrots are soft, stirring occasionally. Meanwhile, mix the soy sauce, brown sugar, and ginger, as well as

the jalapeno together.

Now, add the meat or tofu if using, as well as noodles and the sauce to the pan. Stir till the noodles are evenly coated with the sauce, and everything is hot. Serve with hot sauce, soy sauce, or whatever you want.



Tasty food for any occasion.

If you are bored of stir fries, how about a sandwich? No, not one from Subway, but a Cuban sandwich. I am willing to bet that those of you who didn't take Spanish won't know what this is, so here's a quick rundown of it. A bun with swiss cheese, ham, roast pork, pickles and mustard, made like a grilled cheese sandwich.

-Continued on Next Page

Cooking, it's not just for parents - Continued

El sandwich Cubano

Any white bun (hotdog, Kaiser roll, whatever else)

Yellow mustard

Ham

Roast pork (you can get it at Save-or Safeway from the Deli)

Dill pickles, thinly sliced

Swiss cheese

Bacon (optional, but recommended)

Spread the mustard on both sides of the bun, then put a slice of swiss cheese, then add the ham, pork and bacon, then pickles, then ham again, finishing with one more piece of swiss cheese. Heat a pan

to medium low, then melt butter, put the sandwich in, then, get another pan, and press down on the sandwich for 10 seconds. Do this about 3 times per side, flipping after the first 3 presses.

The whole cooking process should take about 7 minutes, or until the cheese is melted and the inside is hot. Cut in half and eat immediately.

I hope that you enjoy these recipes, because if you don't, I will know, and I won't be happy. Remember, cooking is supposed to be fun, not a boring chore.



Doesn't that look tasty?

Guess what's new on the Cultural Block (Cambodian New Year) by Marina Khem

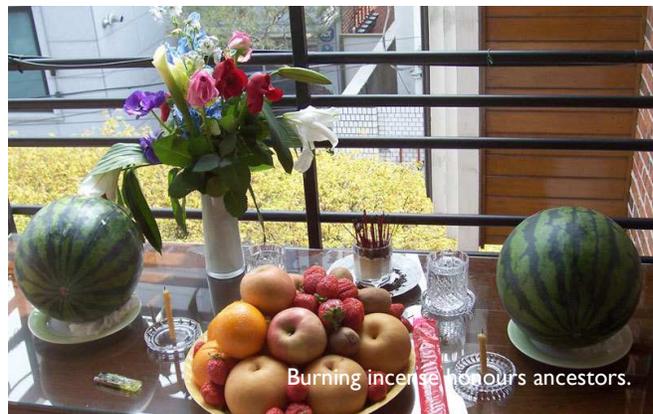
A new eye opening cultural event is coming up soon, Cambodian New Year's! The traditions that we do in our New Year are somewhat similar to other cultures' New Year's celebrations. Chinese New Year was outstanding while the Persian New Year's completely blew me away, but I am much more excited to share this unforgettable event with everyone out there!

The Cambodian New Year's celebration lasts for three days because over the centuries, it was known to be following the Indian Calendar. According to that calendar, the New Year's festival takes place on the 12th, 13th or 14th of April. " Chaul Chnam Thmey" is the whole meaning of representing the New Year, it stands for " Happy New Year." Another term, " Tavada Chhnam Thmey," represents our faith in the New Year's spirit to come down to earth.

The term "New Year" stands for is symbolic for everything new to come. People decorate and clean their houses to welcome the New Year's spirit. We worship Lord Buddha by placing the statue of him on the shrine, we also place flowers along with candles, incense, food, drink, a bowl of scented water and banana leaves.

Throwing water on each other plays one of the biggest parts in our celebration. It's our belief of giving each other blessings. Wearing colourful clothing means that we are hoping that the future will be bright and it encourages us to be optimistic.

Children receive money from relatives in a red envelope. Children can also follow the custom of giving the money to their family members as a symbol of respect. The New Year is a special time to celebrate and have fun. Playing games and dancing are popular for this event. Family also gather together to exchange presents and be united again. Cambodian New Year's is separated into three days as followed:
 Day One: "Maha Songkran," derived from Sanskrit Maha Sankran, is the term known for the first day of the celebration. It stands for ending the old year and welcoming the new one. People dress up, light candles, and burn incense sticks at the temple. Members of each family indicate their respect and thanks for the Buddha's teachings by bowing, kneeling and lying flat on the ground



Burning incense honours ancestors.

face downward three times. In the morning, people wash their face with holy water, and in the afternoon. They wash their chests and their feet in the evening for more good luck. People also drop by local temples to pay a visit to the monks and offer them food.

Day Two: "Virak Wanabat" is the name for the second day of the New Year celebration. It's all about giving and being grateful for what you have. Many people gather together and donate food, clothes, and furniture to the less fortunate. People attend a dedication ceremony to their ancestors at the monastery.

- Continued on the Next Page

Guess what's new on the Cultural Block (Cambodian New Year) - Continued



Bathing the Buddha with perfumed water.

Day Three: “Tngay Leang Saka” is the name for the third day of the New Year celebration. The last day of the celebration is mainly

focusing on thanking the Lord Buddha and showing appreciation towards elders. To do that, we cleanse the Buddha statues and their elders with perfumed water. It is a symbol that everyone will be needed for all kinds of plant lives. Bating or dumping water on family members is known for bringing good luck, happiness, love and success. It's also a lot of fun to be able to soak your parents!

I guarantee if you ever do celebrate Cambodian New Year's, you will not be disappointed at the end. It's a fun and spiritual three days

where you will feel refreshed at the end, and sometimes what we really need!

“Chaul Chnam Thmey” is the whole meaning of representing the New Year, it stands for ‘Happy New Year.’”

Japanese Concert Pictures –Courtesy of Mr. Benoy



VPD Student Challenge by Danielle McLaughlin

This spring break, I had the opportunity of a life time. I was chosen out of 110 applicants from the lower mainland to go and participate with 47 other kids in the Vancouver Police Department Student Challenge.

I admit it, I didn't want to go at first, I mean look at the title, scary right? Or at least to me it's scary. I was the only sixteen year old from the North Shore to go, and I also lied a little on my application... Nothing big, just that a requirement is to run 1.5 miles in 12 minutes or less, I had never even run in my life!!! (Well, except in video games.)

But soon after the Friday night of the last week before spring break, I found myself setting my alarm for 0500(5am). As all the rest of the teenagers in Vancouver slept, the 47 others and I got our bums out of bed and dressed in our finest business attire. We were all to arrive at 0650 at Cambie Police station, with gym clothing in hand and our competition faces on. I couldn't help but feel at that moment that I was being thrown into *The Hunger Games*.

Constable Partridge, Constable Mah, Constable Bech, Constable Avelar, and Constable Christie all came down to greet us. They were all fit looking and all wore their street uniform. (I don't know why, but I loved the gun belt look--very cool indeed.) They all called out our names into four teams, red, grey, blue, and my team, green. The twelve from my group all came from different backgrounds and dreams, with different physical and mental abilities. None of them green spoke for the first day when the other teams jibber jabbered all day long.

We spent the rest of the day doing lessons on investigation and patrol, with a little muscle memory thrown in. Muscle memory was whenever we misbehaved, we'd be taken outside. We would do 50 pushups then 60 seconds of the 'lay-on-your-back-and-kick' core work out. Let me stress that we would do this every break we had for ten minutes. We had a 10 block day.

We then carried on to drill, where we marched around, did pushups, and planks whenever we did something wrong.

There were insults thrown at us with full force, swearing sometimes included. Sadly not much of the drill insults worked, and left me sometimes laugh-

ing. I was called a cold pill, due to my initials, DM. I really didn't find it scary as I was being called "Dani DM the slowest working cold pill." Then again, I could have gotten something worse such as doing pushups and having a drill instructor yelling in my ear asking if I thought I was "special."

At the end of the day, we had to go for the mile and a half run. 'Yay' I thought. Our fastest runner was a female by the name of Winnie, who exceeded with a 9.10.05 score. Let me just say, that I was one of the last to finish, with 17.05.08. Dehydrated, exhausted and hungry, we all filed up for debrief, many people happy as clams for the end of the day.

For the rest of the week we studied forensics, law, patrol and investigation, dog squad, physical fitness and simulations. One of the days, we participated in simulations such as traffic stops and on foot confrontations. We spent the day prepping for simulations, in which we were placed in a room with a fake can of pepper spray and a blank training hand gun. The simulations were meant to show situations where grievous bodily harm or even death is about to be inflicted upon someone, and you have to stop it. We also got to train with fire arms, such as the Colt C8 and the handgun (pistol). My personal favourite was the shotgun, when many others liked shooting the fully automatic Colt, shooting 30 bullets in 3.8 seconds.

For four days, we were shipped up to Timberline Ranch, and carried on training up there, which included physical training, control tactics (Taking someone down with force; i.e., using a baton), drill, law studies, guest speakers (dog squad, homicide unit, drug unit, gang unit, forensic identification unit and recruiting.)

We spent the last two days on shifts, two teams going to team challenges such as a 10 foot wall to climb over, the mud run and pushing a police car for 100 meters. Your back has never hurt until you have pushed a police car through muck. The other two teams taking simulations with trained actors, until 0200 in the morning. In my case, the simulations included trespassing, domestic dispute, B&E, illegal fire arms, car collision, and being disorderly in public, which is basically being drunk. I had never had so much fun in my life. Taking down fake bad guys just



gave me a giddy feeling I had never felt before.

As the last morning came up, we all woke up at 6am, and got into our running gear. Our last physical training day awaited us, and I could already feel myself gasping for air. We all lined up at 0730 and waited for our start, the last mile and a half I would have to run this week. Yes, I admit I was so terrified I felt like I could puke, even with my empty stomach. But I ran it, and I didn't finish last surprisingly enough, I ended up making the great improvement of 14.45.04. Well for others it may not be a great improvement, but I have never been a fan of running. We finished our hour and a half of final exams on law and patrol & investigation. This brought us to our next task: The POPAT.

The Police Officer Physical Ability Test is mandatory to complete in order to become a police officer. You can look it up on YouTube if you wish to see the six laps of obstacles, twelve push and pulls of 80lbs weights and the jump obstacle. In order to get a pass, you must finish the obstacles in 4 minutes. Out of the 47 grade 11 and 12 students, only 19 passed, including yours truly. The other students were so close to passing, but only a few seconds passed the requirement.

I am so glad that I went to this course, and I highly suggest that the students at Sutherland sign up. It was an opportunity that I am so glad I took, and I will never meet anyone as charming or any better friends as the ones I met at the VPD student challenge. I got to do everything that a cop does on the regular basis, and had the time of my life. At the beginning of the week Constable Partridge told us, "At the end of this week you will know for sure whether you want to be a cop, or if you don't." This is what I say to that: Sign me up!

Interview with Eva by Katarina Tsamis

You know her as a strong player on the field who fights to the end of every game. She doesn't mess around when it comes to school, friends, and definitely soccer. Recently, I had the pleasure of talking to our school's new senior girl's soccer captain Eva Szakacs.

Sabre Trooth: So, how long have you been playing soccer?

Eva: 13 years

ST: Did you like it right away, or did it take some time?

Eva: as a kid I loved it! I started to lose focus in grade 6, but then my coach forced me to try out for metro, and I played at that level for three years and now I'm super into it. I LOVE IT!

ST: Do you still play metro, or have you changed levels?

Eva: no, now I play gold.

ST: Do you think you want to continue with soccer, or be finished when you get out of High school?

Eva: I definitely want to play after high school. I think I'm going to play for the team wherever I decide to go.

ST: Since you've been playing so long, you probably have a good idea of how the

team is doing. Do you think you guys have a good chance in playoffs?

Eva: Yes I think we do, considering there is only six teams in our grouping. We are a very strong team and have the skill and determination to make it that far.

ST: Have you always wanted to be captain?

Eva: For the school team? I never really thought about it, but I'm looking forward to it!

ST: Are you excited to be leading the team this year?

Eva: I'm excited and nervous. It's going to be a good season for sure, but having the title as a "captain", you have to always play your A-game everyday and be a role model for the younger girls.

ST: What position do you play?

Eva: I usually play forward, but I've been playing in the middle quite a bit as well

ST: Do you think the senior girls soccer team could beat the boys from earlier this year?

Eva: [laughs] I don't know, it would definitely be interesting!

ST: Any advice to younger girls wanting to be on the team?

Eva: Don't be negative! No one likes a Debbie-downer [laughs] and always encourage each other. "Nice ball!" is a huge confidence booster.

ST: When someone hurts or trips you, how do you react?

Eva: Depends if I know her or not. I usually react terribly and fight back, even though that's not the best thing to do! [laughs]

It sounds like we have a good team this year, and hopefully Eva is right and we win the playoffs!! Everyone should definitely come down to the field for their next game, and support Sutherland's senior girl's soccer team!



Eva the soccer star

Word on the Street by Jack Bondy

These past weeks I was given the opportunity to take on "Word on the Street". After taking some time choosing I finally came to the conclusion that this issue's Word on the Street will be 'Dank'.

So I went around and was able to get the opinions of some of our teachers at our school.

Mrs. Garcia said after quite some time of confusion "Damn... Crazy!"

Mr. Pye gave me a snicker and said "Something like, it's so bad it's good or... it was so awful it was good."

Mr. Nichols believed it meant a "dark dungeon."

These were all good guesses, but fortunately they were all wrong and we all get to laugh at them. I say, haw haw haw, 'twas a good show.

The Definition:

Dank: Something of high quality.

So if I was to use this work in a sentence it would be something like, "That shirt is **dank** man!" or "My cat just had

the **dankest** hairball!" Never confuse the slang **dank** with its formal counterpart, which means 'Unpleasantly moist or damp' as most people do otherwise you might confuse yourself when someone calls your new shoes '**dank**.'

If you have any suggestions as to our next word for our "Word on the Street" feel free to email us at

sabretrooth@hotmail.com

Dank

Canucks vs Kings by Connor Hanley

It's April 11th and do you know what that means? First day of the playoffs! This year the Canucks have finished in 1st for the second consecutive year and are facing the 8th seed Los Angeles Kings in a rematch of the 2010 Western Conference Quarter Final which saw Vancouver emerge victorious in a 4-2 series victory. The Kings are hungrier than ever as they are looking for their first playoff series victory since the 2000-01 playoffs when they upset the powerhouse Red Wings in 6 games.

The Season series: Both teams won two of the four games they played each other in, but Vancouver holds the slight edge as they won both of their games in regulation. In their first two meetings of the season the two teams traded regulation wins at the Staples Center, with Vancouver taking the first 3-2; and LA taking the second, 4-1. When the series shifted to Rogers Arena, the Canucks lost a painful 3-2 game in a shootout thanks to Mike Richards' winning goal in the extra frame. The final meeting of the season saw Roberto Luongo post 38 saves (7 of which came in the last 10 seconds) in a huge 1-0 shutout victory over the Kings.

The Big Story: The Kings have made it to the playoffs for the 3rd consecutive year for the first time since their stretch of appearances from 1999-00 - 2001-02 and are looking to get out of the first round since the 2001 playoffs. Vancouver on the other hand has once again taken the top spot in the west and the league for the second year in a row, capturing another Northwest

Division Championship in the process, their 5th Title since the lockout.

The Injuries: Mike Richards' drinking buddy Jeff Carter has missed his last 5 games with an unspecified ankle injury, however; he is expected to be ready for the postseason. Daniel Sedin missed his 9th straight game on Saturday, but just like Carter he is expected to be ready for the playoffs. Big Keith Ballard is expected to return soon after a brutal concussion he suffered on February 4th against the Colorado Avalanche. Trade deadline pickup Zack Kassian is listed as day-to-day with an upper-body injury and is expected to return sometime during the first round; he has since been replaced by Byron Bitz until his return.

The Stats: Los Angeles is 17th in league powerplay conversion, capitalizing on 17.0% of their chances while the Canucks, who had the best powerplay in the league last year, have taken a small dip down to 4th in the league; with a conversion rate of 19.8%. On the penalty kill, the Canucks are 6th in the league with a killing percentage of 86.0%, the Kings however, are slightly better on the PK with the league's 4th best percentage at 87.0%. In their final 10 games of the season Los Angeles went 5-2-3 after an unsuccessful home and home against San Jose, who took both games in the extra frame. The Canucks on the other hand went a whopping 8-1-1, winning seven straight in the process. The Kings are also the second lowest scoring team in the league with just 194 goals for.

Anze Kopitar is on fire for the Kings, with nine points in his last five games.



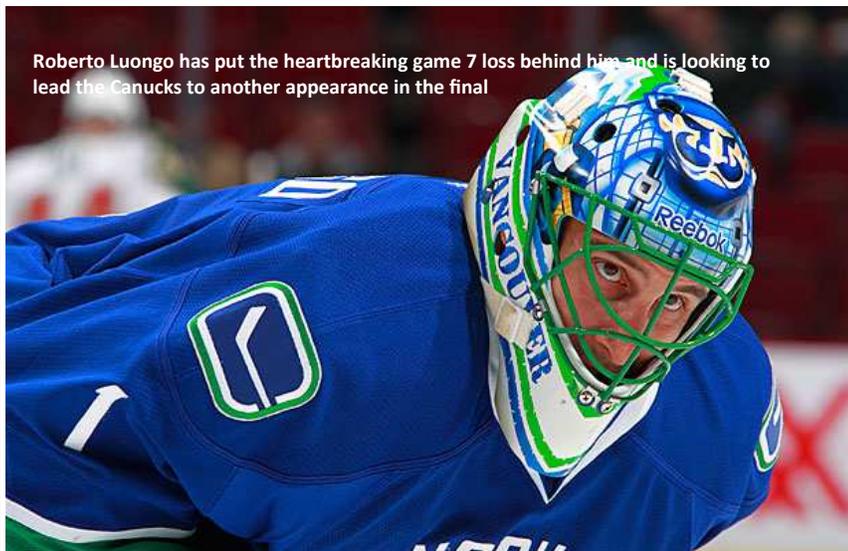
Who's Hot? The Canucks checking line trio of Jannik Hansen, Chris Higgins, and Sami Pahlsson. Hansen added a late goal in a 3-2 loss to Calgary on Thursday while Chris Higgins had 5 goals in his previous 6 games. Anze Kopitar has been the Kings hottest player as of late with nine points in his last five games, while notching a career high 51st assist in the process.

The Prediction: The Kings are starving for a playoff series victory for the first time in over a decade of mediocrity. They have the determination and the goaltending, but their lack of depth in the goal scoring department and the Canucks consistent top 5 powerplay, along with a reliable goaltending duo in Roberto Luongo and Cory Schneider will put the Kings to rest in an intense 6 game series win for the Canucks; that will perhaps be the start a new heated rivalry in the NHL.

Images in this article courtesy of Sports Illustrated.

Sources
 NHL.com
 Kings.nhl.com
 Canucks.nhl.com
 A damn good memory.

Roberto Luongo has put the heartbreaking game 7 loss behind him and is looking to lead the Canucks to another appearance in the final



Soccer Stars 101 by Curtis Gunn

Welcome to a soccer article about players from all over the world. Also, I have decided to only write about one league as most of the other leagues have too many good players and it would be hard to choose so I am only going to choose to include players from the EPL. The EPL, or English Premier League, is a league of English teams that have many talented players. This is not about skill or favoritism; it's about ten great players. So off we go!

10) Coming in at number 10 is an Arsenal striker by the name of Theo Walcott. The Jamaican footballer is also a player for the English national team. Theo Walcott has a reputation of being quite the speedy forward and has been named one of the fastest EPL players around. FIFA World Player of the Year winner Lionel Messi has described Walcott as "one of the most dangerous players I have ever played against."

9) Number 9 belongs to an old Manchester United player that is a great finisher and has also had an amazing career. At 31 years old Dimitar Berbatov is one of the clubs greatest players. He is the only non-English man to score 5 goals in a single match. The Bulgarian striker was traded to Manchester United in September '08 for 30.75 million Euros and the deal proved to be a great move for United. Dimitar has always had a great touch with the ball.

8) I hate Chelsea, but I will admit that they have some decent players...hurts to say that. Anyway, one man against the world has made a great habit of sliding the ball past goalies all over the world and has become a success in the soccer world. Didier Drogba is Chelsea's fourth highest scorer of all time, and is a threat to defenders all over the world. Drogba's resume includes two golden boot awards.

7) City fans, this 25 year old is a man with talent. Samir Nasri is a French international footballer who is a little guy. 5'9" is pretty short for a footballer but don't underestimate this City player who is "unpredictable" and has great talent and potential. At the age of 9 he was playing for professional club Olympique de Marseille. Wow. Nasri won the National Union of Professional Footballers (UNFP) Young Player of the Year award.

6) More Chelsea, sorry folks. This man named Frank Lampard is apparently one of the best English footballers of his time. At the young age of 33, Frank, from 2001 – 2012 has had 369 appearances and 125

goals for playing with Chelsea. He is one of the best mid fielders of his time. A great deal of awards to this man, and some even greater plays.

5) More City...Sergio Aguero the Argentinian player (gets to play with Messi) is even shorter than his teammate Nasri. He was the he became the youngest player to debut in the Argentine First Division at 15 year old and is a pretty awesome guy. He signed a 4 year deal with City for 38 million Euros. This player wears Kun Aguero for a nickname his grandparents gave him.

4) I know it seems like a trend more City than Chelsea and so on but here is a surprise. Mario Balotelli the Manchester City player has become a huge sensation for his ridiculous celebration against Manchester United which consisted of him lifting up his jersey and showing an under shirt saying "why always me." This was quite a new surprise and also he was "hated" on when he had a 2 on 0 with his teammate in a friendly match against L.A. Galaxy and instead of placing the ball in, he decided to try and back heel the ball into the net. This failed and he was subbed off and got humiliated.

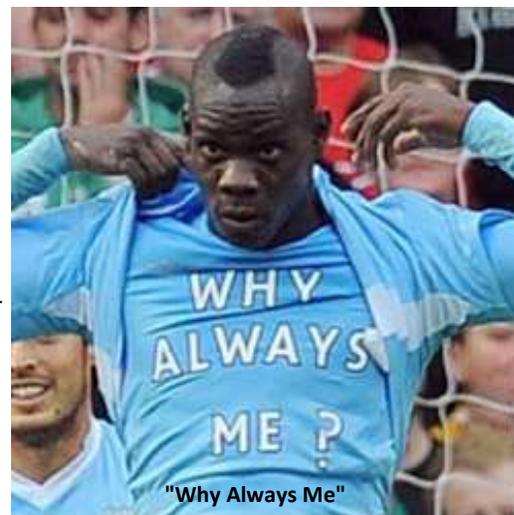
3) Dutch Pride! Robin van Persie, the 29 year old soccer star has been appointed vice-captain for the 2010–11 season, Van Persie was promoted to club captain following the transfer of Cesc Fàbregas to FC Barcelona at the start of the 2011–12 season from Arsenal and boy does he have a cannon of a shot. If you don't think so just go to YouTube and type in Robin van Persie free kick against Sunderland. If that don't shut you up I don't know what else could....anyways this leader is a part of the Dutch International team who were disappointed in 2010 and ready for redemption. Back on topic the young man is a very good player and should be feared by every goalie.

2) The silver metal goes to an astounding striker who has countless amazing goals for the Red Devils. Wayne Rooney is an 27 year old striker for Manchester United and he has had too many amazing moments, goals, assists and plays to ever be forgotten. From being the youngest player to score a hat trick in Champions League (he was only 18 years old) to the unforgettable bicycle kick against Manchester City to win the game 2-1, this young man is clearly one of the top in the EPL. Rooney is not the cleanest player (not talking about his involvement with prostitutes) in the EPL I mean who could forget his elbow against Abdoulaye Faye the Stoke City player. Everyone is dirty in their own special way he just got frustrated and had to show a little aggression.



1) Last but not least is an old man but young in my eyes. Ryan Giggs is a Welsh soccer star who is highly respected by everyone around him. Being the only player to score in every season every year, received the Golden Foot award and is in the Football League 100 Legends. Such great accomplishments by this star. Yes he is "old," but I digress, the Welsh footballer will always be an all-star. Most career top flight league appearances at one club. Ryan Giggs (Manchester United FC, 1991 to 26 March 2012) We love you, Grandpa Giggs.

I would just like to end it by saying I am sorry if I have offended any of you that may think that some players here and not worth of being in the list, but I will respond by saying that this is just a list of ten great soccer players. Just because I have a Ryan Giggs Manchester United jersey doesn't mean he is number one just because I like him...it's because he is a great player as with everyone else in this article. Everyone on this list has their own special skill that makes them better than the next one. So if you decide to watch an EPL game, I would suggest that you watch for these players, even if some of them don't play that much anymore (Giggs.)



Sweet by not too sassy: Astrology Jones

Aquarius (Jan.21-Feb.18)

Around this time, love is in the air. For those Aquarius's that have been unlucky when it comes to love don't worry about it. Love happens when it happens and there is clearly no sense into forcing someone in to going out with you. Around the 14th don't be afraid to take risks when it comes to the dating world and never let the fear of striking out keep from letting you play the game.

Pisces (Feb.19-Mar.20)

As being "occasionally moody" this trait can make you more irritable. There is no need to get all worked-up about everything. Now is the perfect time to relax! Take up a yoga class and try breathing techniques. Relieve any tension and any hard-core drama that has been going on and have a day for yourself. You deserve it!

Aries (Mar.21-Apr.20)

This is spring season! It's the most important time to go out and get your athleticism on! Grab a bunch of buddies and try new sports and outdoorsy activities. Try out for a golf team or take on running. Your competitiveness will really get you going this month and for you to take on the world.

Taurus (Apr.21-May.21)

Your stubbornness as a Taurus may have you at caution near the 21st. Make sure to listen and be there for others. Never regret the things you've done as a Taurus. Those things are referred to as experiences, and you only live once.

Gemini (May.22-Jun.21)

As school ends and summer is around the corner, so go out and get paid. Money is your main focus as a Gemini and would love to have plenty of it. Go job-hunting and apply for jobs that fit your personality. Receiving money will make you happy and will be able to buy your favourite things. Remember that money can't buy you love, but it will be worth while near the 13th.

Cancer (Jun.22-July.22)

You have a good sense of humour and a fun personality. You enjoy spending time with your friends and love to party. You care about your financial life. Keep track of your spending. Bright days are ahead.



Leo (July.23- Aug.22)

You're a very sociable, fun person to be around you enjoy spending time with your friends and partying, but don't forget to aim for success. You need a well thought plan for your life, so try to chill and think about your future-something more important than high school parties.



Virgo (Aug.23- Sept.22)

You're an extremely friendly person. You easily open up with your friends and stand up for what you believe in. Choose your friends carefully and once you found the right friends keep them close. Continue fighting for what you believe in, you can change the world.



Libra (Sept.23- Oct.22)

You're a nice, friendly, humble person. You like spending time with family, friends, and pets and enjoy taking care of people you love. A special person has noticed you, and thinks you're beautiful. Be aware of what goes around you and you'll soon find him or her.



Scorpio (Oct. 23- Nov.21)

You are a high achiever and always aim for the best. You're clever and passionate. What you were trying to get is close to you and soon you will achieve it. Try to relax a little and don't stress too much about it as you tend to be hard on yourself.



Sagittarius (Nov.22- Dec.21)

You're nice, friendly and gentle. You have good sense humour and you care about your friends and family. The planets are perfectly aligned for you, anything you wish for would come true but it might have some side effects, so be careful and don't make too many rash decisions.



Capricorn (Dec. 23-Jan.20)

The best way to deal with the "Winter Blues" is to go out and try new things. Whether it's trying a new restaurant or testing a new hair colour, Saturn's moon says go out and be spontaneous and who knows you might even meet a new "Special someone" to enjoy the springtime with.

Contributing Writers

Samir Bhimji

Jack Bondy

Zahra Ghodsi

Julia Gaunt

Curtis Gunn

Connor Hanley

Frances Miltimore

John Topham

Danielle McLaughlin

Ryan McCormick

Da San Jung

Matthew Dick

Amit Dhuga

Derrick Gravener

Vish Kanga

Nathan Mayes

Mitchell Merilees

Chandler McCorkin-

dale

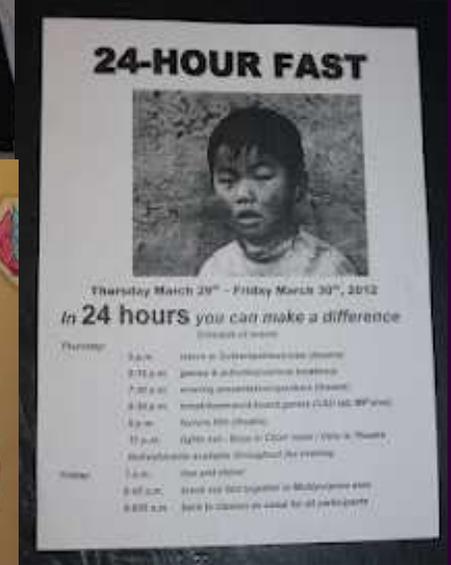
KatarinaTsamis

Marina Khem

Soroush Sharafzadeh

Sabre Trooth

24 Hour Fast Pictures- Courtesy of Mrs. Matsubuchi



The 24 hour fast is an annual tradition at Sutherland, and is a great event to take part in. This year, there were about 50 students taking part in the event, and it had great success raising money for Sutherland's sister school. The event started at 8:45am on Thursday morning, and ended at 8:45am the next day. I managed to survive the event, even with people taunting me with free food (you know who you are). After the school day ended, the event really began. There was a presentation about Nepal and why we were raising money for it, then we played a school wide game of capture the flag, which was as awesome as it sounds. Everyone went to bed at around 11:00pm, then woke up and cleaned up at 7:00am, followed by the much awaited breakfast. All in all, it was a great experience, and you should definitely go for it next year if you didn't this time around.

