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# The Sabre Strength™

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## A-P-A-T-H-Y spells Sutherland

Samir Bhimji



Can you spot the Sutherland student?

In Sutherland, apathy is the norm. We don't care whether we win the next intramural basketball game or we all come dressed as Dumbledore for a special event. There won't be Sutherland students at an upcoming soccer game waving a flag of blue and red (our school colours) with the Sabre logo proudly

displayed? Few students seem to be concerned in our little school's affairs, immersed as they are in a cesspool of lethargy and lack of spirit. Is it our unawareness of what happens around us? Does the amount of energy to be spent scare us off? So as not to be a hypocrite, I admit to following the golden rules of the apathetic, due to a mixture of laziness and indifference. Is it the same for others though?

Off in the depths of Lynn Valley is our nemesis, Argyle Secondary School where, school spirit is overflowing, especially in the sports department. If there are games at lunch, kids will eat their meals and head off to the gym to cheer on their Pipers. There are announcements advertising the next game and posters plastered on the walls. On the subject of sports, Christopher Martin in grade nine admits that "I haven't signed up for anything, and I don't know when soccer starts."

*Cont'd on p. 2*

## R.E.S.P.E.C.T. - Find out what it means to me

Jessica Horsnell

In the words of Aretha Franklin, "R.E.S.P.E.C.T, find out what it means to me." Respect means different things to different people. For some it could mean that younger generations should respect their elders, or give more respect to the opposite gender. For others, everyone should respect everyone, especially themselves. But no

matter what respect means to you, you can't ignore it if someone is disrespecting you directly.

Personally, I think that you should respect everyone. I know it feels completely awful when someone is blatantly malicious to you. However, being disrespectful right back to them won't solve any-



*Cont'd on p.3*

## 'A-P-A-T-H-Y spells Sutherland' cont`d...

**“My guess is a poll or survey next time deciding on future events would definitely reel in the students, council members.”**

So is it that we aren't being informed when games are played or when teams are taking up players? Though it's hard to tell over the class's usual roar, that we receive updates over the intercom on these things. Perhaps a few trees need to be sacrificed in order to grab student's attention in the form of posters. Another thing is the Sutherland themed clothing, hoodies and sweat-pants that portray our logo and name. You don't see too many students wearing the blue and red threads in the hallways or classrooms. "It's too expensive." Ellison Mallin of grade ten admits. But would you put a price on school spirit, Ellison? Apparently you can if you're a fellow teenager in need of the green more than the red and blue.

Then there are always special events, where students take up the task of dressing up in bizarre and colourful costumes for themes that council members pull out of their hats. *Harry Potter* Day, the diehard fan's equivalent to a *Twilight* Day, was not one of the most successful events, with only a few donning scarves and oddly shaped scars. "No, because I don't really like Harry Potter." was Andrew Soo of grade eight's response when asked if he dressed up for the occasion. "Because I forgot." was grade eighter Bronwen Cann's excuse. My guess is a poll or survey next time deciding on future events would definitely reel in the students, council members. I'm feeling like some sort of *Star Wars* themed day would be the ticket. A little more advertisement outside of one massive poster wouldn't hurt either, things that sear the date of the event into one's brain. (Though we all liked the

sight of an enormous Harry looming over us) Halloween, on the other hand, is well practiced, calling hundreds to the gym and stage as both audience and participants. Grad days, featuring grade twelves in sandex or gold chains are popular, most likely because grads have not even their dignity to lose, being in their last year of school. Most of us below the golden grade seem to harbour a deep fear of total humiliation though. However we wouldn't be humiliated if everyone were to participate.

Sometimes it's just as simple as knowing our school. Our colours, our mascot, our teams, or even our motto. "Home of the Sabres? All your bases are belong to us?" Ryan De La Cruz guesses when asked what our school's slogan is. "Oh, it's something like 'Reach for the top' or 'Climb the ladder'" a teacher supposes, speculating a few more theories before telling me to make sure his or her name would not be printed. (Our actual motto is 'Consertatio Praestantiae', Latin for 'Strive for excellence'. You were close, Anonymous Teacher!) Now before you bust out the red and blue face paint and begin making up for lost years of school patriotism, let's look at the spirit that has managed to seep into our black, apathetic souls. You are, right now, holding a bit of school devotion. *The Sabre Truth* is chockfull of glory imparted on athletes, artists, clubs and teachers. If you read it thoroughly enough, you'll find play-by-plays of games and special events. Other contenders in the pep are those that dress up for special days, take the time to watch our sport teams lose to Argyle or work hard to get other students into

the mix.

What people have to do to get spirits up and apathy down is this: the paper will keep posting times of games and how great special days were and whoever runs those things can advertise future events around the school. Suit up someone as our mascot during break or lunch to frighten grade eights into attending games, start a band of cheerleaders to lead some cheering or get the dance team to perform during halftime. Survey the mass and find out what they want, be it *Star Wars* or *Twilight* themed events. "I was thinking of having like a fair with booths and rides and food and games and everything," Jara Pena of grade eleven suggests,

"Each class could make up a booth and they could have a shift schedule so everyone could take turns managing their booth and enjoy themselves as well. We could hold it on the turf field and set up other stuff all over the school and it could be like a day to just break away from school and studies. I dunno, I had it in my old school and everybody had fun."

Maybe we do need to break out of the box and bring Sutherland together for things like fairs or just the average dress-up days. In fact, I'll sign any petition in favour of a day of carnival goodness. Intramurals are fun to go watch at lunch as they give the students a place to go and something to do, all the while supporting our teams. We need a strong sense of unity where we can all be referred to as the enthusiastic Sabres students that seem to make up Sutherland's population.

**“We need a strong sense of unity”**

## R.E.S.P.E.C.T - Find out what it means to me cont`d...

-thing, it is only petty, and it makes you more of a bitter person than necessary. I don't think that there is necessarily enough respect in this day and age that we are living in, in general. However, what about inside the halls of Sutherland? Are we lacking in the respect department, or do we generally do alright? When I asked this question, I got a bit of a mixed reaction. "Students are truly tolerant of each other, from my view point." Our very own Principal, Mr. McGowan said. Kevin Frisk, in grade eleven agrees. "Yea, there's definitely respect." "It varies between people with different attitudes", grade nine student Rob Royce says, "but most students respect each other."

However, a majority of the students I asked had a different answer. "Within friend groups, people respect each other, but you don't respect people you don't like." Erin Wetter, a grade eleven student says. Vish Kanga, in grade ten agrees. "People who are friends respect each other." He states. "Everyone else doesn't really care about each other." Apparently in a philosophical mood, Eric Park, of grade twelve, says, "The overall notion is that people respect each other, but what is considered funny to some may be rude, or disrespectful to others." Planning and Business teacher Mrs. Ireland agrees. "Generally at Sutherland yes, students do respect each other. However, you see some students who think they are being respectful when they are being unkind. I see it being really hard for people on the outside that are never brought in. However, Sutherland is generally a pretty good place.

I see it being really hard for people on the outside that are never brought in. However, Sutherland is generally a pretty good place. I think awareness is really emphasized on in Planning 10."

What about respecting elders, or people in authority?

"Students aren't disrespectful towards me." Mr. McGowan states. He also said that when he went to school, teachers automatically got attention, they demanded it. Now, however, if teachers want respect, they need to earn it. Almost everyone I talked to agreed. "The staff is nice! But if they disrespect you, that's when you get conflict." Curtis Gunn of grade ten said. Delainie Childs was the only interviewee to disagree. "Do grade nines respect the staff?" She asked for clarification. "No." How about the grade twelve's? Do they get more respect, because they are the head honchos of the school? "Definitely." Leigh Dickson confirms. Interestingly enough, when asked, grade eight student Liam White said that he didn't feel like he had to pay any respect to the grade twelves. "I'll respect who I want to. I don't really have to respect anyone."

Since respect comes in so many forms, what about literally respecting our school? "There is obviously no respect for the school. No one cares; they are too lazy to pick up their garbage. Think about it, they wouldn't leave all the stuff lying around at home that they do at the school." Brian White, a grade ten student added. Kevin Frisk, from grade eleven had a different twist on it. "I think people generally respect the school, but they definitely don't respect the turf field."



I know that you're supposed to respect your elders, but this may be pushing it a little.

Well, Lito Reyes, our schools very own daytime janitor, definitely had something to say on the topic. "Sometimes it's upsetting, because I feel like students don't appreciate how clean the school is. Especially the bathrooms, you go into other schools, and you can smell the toilets from ten feet away. Not here, though." Although, he did say that he feels like students respect the school on most days. Except for those rare occasions when they "have too much sugar." I, personally, think that Sutherland is a very respectful place. From my view, people aren't too cliquey, and everyone is generally respectful of everyone (except for those extreme cases.)

Some crucial advice? Like I said before, respect everyone, even if they don't necessarily respect you. Why? Well, I promise, if you do, and are neutral towards people, it will make your life a whole lot easier!

**"I'll respect who I want to. I don't really have to respect anyone."**

## Opportunity knocks

Jessica Horsnell

**“Mrs. Giraud’s extremely new blog, [pgiraud.blogspot.com](http://pgiraud.blogspot.com) Check it out!”**



Listen up, Sabres, because I’ve got some important and potentially exciting news for you! Feeling slightly daunted by the 30 volunteer or work experience hours that you need to graduate? Or maybe your feeling really bored, and want to go out and help in your community? Well, I can fix all of that for you.

First of all, for the arts – the Vancouver Institute of Media Arts is looking for participants for the 2011 Media Arts Boot camp. As well the Arts Institute SWEAT program, looking for students interested in animation, graphics, fashion, culinary arts, film, music, and more. Interested in Law, or a career in policing? The RCMP hosts the lower mainland Youth Academy, directed towards students in grades eleven and twelve, fifty students from the lower mainland are chosen to participate in this simulation of police training. (Anyone interested please see Mrs. Giraud immediately.) Also, the UBC Model United Nations conference is looking for volunteers to help set up and take down the

event. And of course Christmas is coming up (alarmingly quickly), so you may be wondering what kind of things you can volunteer for to get you into the Christmas spirit? Well, the Salvation Army is always looking for volunteers (especially for the kettle campaign), as well as the food bank, and volunteers are always needed for Christmas gift wrapping.

A quick reminder to all of the grade twelve’s, the upcoming careers spotlights will be an executive chef from Grouse Mountain on December 7th, and an Engineering workshop with a representative from IBM Canada. Remember, you need three of these workshops to graduate, so get on it!

You can get more information, or direct any of your questions to Mrs. Giraud in the counseling office, as well as checking the board outside of the office. But the newest (and probably the quickest way) is to check Mrs. Giraud’s extremely new blog, [pgiraud.blogspot.com](http://pgiraud.blogspot.com). Check it out!

## The day in the life of a band geek

Matisse Emanuele

On Tuesday, November ninth, at seven pm, I found myself performing at my last Fall music concert at Sutherland.

Overall, I couldn’t be happier with the way that it turned out. Every year the grade eight through twelve band and choir students find themselves in the incredibly stifling large gym for the Fall Night of Music, the only concert where all bands and the choir perform.

Directed by Ms. Michelle Work-

man, the five bands and choir performed and showed all that they had learned in such a short time.

Senior Jazz Band was a stand out with a insanely original solo by Chandler McCorkindale who did an impromptu scat solo in the first song of the night, *The Funky Turtle*. That was followed by: *Easy to Love*, and *Dance like No One is Watching*. Senior Jazz gave one of the best performances

to date in the first concert of the year.

This year, because of cutbacks, Ms. Workman has fewer blocks to teach more students. The grade eight and nines therefore, are broken up into two blocks, period three grade eight and nine concert band and period four eight and nine concert band.

Up first was period three who played two tunes: *Excalibur* and *Last Rose of Summer*. Pe-



## A day in the life of a bad geek cont`d...

riod four played *Elizabethan Suite* and *Spiritus*. Together, both bands played *Plaza Park Escapades* which was the highlight of both performances because the song choice was lively, fun, and enjoyable. It could be because the younger grades are still learning theory and classical music is the best way to do this, but a recent trend has been for softer, less well known pieces. This is one of the reasons that the crowd (and the other players) enjoyed *Park Place Escapades*; it was a very nice break from the other songs the junior bands played. After the talented grade eights and nines took their bow, junior jazz band was up playing three songs: *Down for the Count*, *Gold Card*, and *Mr. P.C.* The Solos were outstanding for such young players and all of them show great promise and talent. Sean Beaudoin, Julian Stark, Lana Kobayahi, and David Stewart, were the soloists of the night. From experience, I can say that it is no easy feat to stand up in front of an audience and play by yourself. However, these students made all of us proud.

Concert Choir is always a treat because the fall concert is the only time that we hear them. They sang four songs: *Laudate*, *Candle on the Water*, *When I Fall in Love*, and *Seasons of Love*, a crowd favourite. *Season of Love* solos were by Kaylee Szakacs, Joelle Standnyk, Brayden Newbery, Farleigh Hodgson, and Claire Nicholson, who took the immense task of performing a well loved song, and did it beautifully. *Seasons of Love* was by far, my favourite part of the night and choir should be very proud of themselves.

Finally, Senior Concert Band took the stage. Grade ten to twelve students played *Tempest Rising*, *Reflections*, and *Spirit of the Flacon*.

The fall night of music was an outstanding success. Congratulations to all who performed and thank you to all the volunteers.

If you missed the fall concert check out the spring one in March, it will be a night to remember.



Rocking out!

## 24 hour fast

### Mrs. Bunbury

The fourth annual 24-Hour Fast (our third sleep-over at school) went off beautifully yesterday. We had 60 students participating, with most sleeping over. A presentation of a month-long trek in the Himalayas, which included a visit to Buddha Academy in Kathmandu, and the official opening of the Prakash Library in Srikandapur, Nepal, was given by Brian Sheffield, a former director of TRAS. A current

director, Daphne Hales, gave students the history of Buddha Academy school, which uses our contributions to fund the vocational training program. Students played capture the flag in the hallways, played cards, did homework and watched the documentary film, "One Peace at a Time." Pledges are due on Monday, but we anticipate about \$3000 will be raised for our two charities. A great time was had by all;

while the night seemed short, everyone was up at 7 a.m., rooms were tidied and we all sat down to a continental breakfast in the multipurpose area at 8:45 a.m. Thanks to teachers for accepting fast participants back to classes a little late. Thanks also to Dan Huzar and Wendy Matsubuchi for their willingness to brave an overnight with all these great kids.

Cont`d on p.6

## 24 hour fast pictures

Ms. Matsubuchi



## A day to remember

### Sardara Dhuga

This year, on November 11th, our school hosted the annual Remembrance Day assembly. As it was in previous years, the school's senior concert band played arrangements as the students walked in. Once everyone was seated, Mrs. Martin gave a rundown of what would be happening during the assembly. Something different about this year was the fact that the assembly was student lead, as student Leadership Council Vice President Matisse Emanuele was the MC, who

gave a thoughtful and very moving opening speech. As her speech came to a close, the bagpipes entered with the cadets, administration and other honoured guests. Once they took their seat, the band played Oh Canada, while everyone sang the anthem. Next, the ESL class gave peace in different languages, which was followed by stories by the families of soldiers, each told by Jessica Horsnell, Darylle So and Emilee-Ann Batista, who are all fellow student Leadership

Council Members. There was a digital media presentation presented by Morgan Hansen called "Why we remember Remembrance Day". Once that ended, Drama 10 did a presentation called "Etched in Blood and Bones", which I found to be a touching act. Then, the beautiful voices of the senior choir sang "In Flanders Fields", which had a solo done by Kaylee Szackas. The piece was very touching and was sung very beautifully, enough to bring some tears.

"The Last Post" was then played very well by Adam Mere, which thereafter was followed by a moment of silence. It was an incredible feeling to be able to hear a pin drop with so many people in the gym. All Sutherland students had behaved in a really respectful manner. Following that was the bagpipes and then Adam Mere doing a closing. The assembly then drew to a close as the bag pipe started playing and signalled the exit for the honoured guests. It was yet another creative and touching ceremony.



## Merry Christmas!... Wait, what?

Janelle Hoy

Everyone, including myself, would like to know why Christmas decorations are coming out right after Halloween. As soon as November first hits, there's only about fifty-four days to get your decorations and lights up, and purchase your Christmas trees and presents and that's Christmas. According to Hillary Dieleman of journalism "December first is the first day you're allowed to start putting Christmas lights up". Most people want to rush into Christmas so that they have everything set up and ready to go. They have lots and lots time for shopping for gifts and getting prepared for the big turkey dinner most families have. There is also a lot of pressure and stress on people when the Christmas season comes along. Mothers and fathers are constantly working and doing their Christmas shopping and don't have much time for their kids because there is so much going on. A lot of the time it revolves around their kids at Christmas. As soon as Halloween night is over, Christmas music comes out on radio stations, television commercials and in the mall. Even movie previews and movies for Christmas are coming out on T.V. The Christmas holiday is one of the most expensive holidays, but doesn't mean it has to be done right after Halloween. I find

that going from one holiday straight to another is too much and there should be some what of a break between the two so parents can take time to sit down and relax for themselves. That way they don't need to work their butts off for two holidays back to back. Not all kids want to help out and get ready for the Christmas holiday. Where's the break for the parents? When do they get time for themselves to sit and relax or do something that doesn't involve their children being around? All kids want to

do something else that doesn't involve anything to do with Christmas. Putting out Christmas decorations makes everyone think it's just around the

giving. Even though it's a one time thing every year and very important, it's still like Thanksgiving. If Thanksgiving doesn't need a lot of time to prep for one weekend to eat turkey, then Christmas doesn't either. Most people shouldn't be stressing out on it because the present's and Santa Clause aspect of it is mostly for kids.

Things don't need to be done first thing once one holiday is over. People need to relax and take a break once in a while corner, so people start rushing when there's really no hurry at all. You want to make sure that you have fun when you're getting ready for Christmas! It should be a time of celebration and laughter not hair pulling and grumpy-ness. So don't start worrying about Christmas until December 1. That's when you really need to start the shopping and decorating. Use November as a time to relax and brainstorm what you really want for the holidays to be about— sharing fun times and leaving stress behind.



do is have fun. Christmas doesn't need to have fifty-four days to be set up. Maybe a month at most. Christmas items don't need to be in stores until at least the end of November, not the be-

and do something else that doesn't involve anything to do with Christmas. Putting out Christmas decorations makes everyone think it's just around the

## Winter fashion 2010

### Charlene Damian

As our coldest winter is arriving with the ludicrous  $-10^{\circ}$  and below temperatures out there, we need to find ways to keep warm while looking "fiiierce", in doing so. This, ladies and gentlemen, is your study guide.

When winter is settling in, you want to be able to feel your hands while spending a day out in the frigid cold. With this, we bring in gloves. You can never go wrong with the different variations out there: from knit to wool, it'll be a hard choice to pick. Fingerless gloves are also a big statement; you can be warm... while being capable of changing the song on your iPod as you wait at the bus stop! This also goes for scarves. This season, long scarves or "circle scarves" are making their way outside with the comforting feel of wool and so forth.

Now for the most important thing you guys are searching for, jackets. When you pick something to keep you warm and un-frostbitten, make sure you consider something military or anorak. Big, bold and shiny buttons are one thing to catch your eye on while you're exchanging money for something to keep you nice 'n' toasty. Military jackets and anorak are definitely staple pieces in wardrobes these days.

For all you grad girls out there looking for dresses: maxi dresses, mixed coloured, and one shouldered are perfect this season. You'll spend less time figuring out the perfect one for the cold climates while looking for these numbers.

What's new for your feet? From rugged booties to thigh highs, it's never a dull moment when you're wearing boots for walking around. When it comes to boots, keep it tall and sleek or utility-inspired, full of buckles. Lace-up is also hitting the streets lately. The look for ankle boots has gone rough with either wedges or platform biker in taupe tones and materials such as suede. The colours you're seeing for this season are corresponding with the cold temperaments with neutral colours, like beige, camel, and grey. Dark red is definitely "red-hot" this winter. Navy blue and earthy/army green are also the go-to hues.

Finally with everything above, we head over to don'ts. A tip for Sutherland Sabres out there committing this fashion crime time and time again: don't wear denim on denim. I don't care if one of the pieces is a different shade than your pants, you still look like a farmer. If it wasn't jeans with a denim jacket as well, such as a denim dress with the jacket, even then it's like looking at a hillbilly. To state the obvious, hillbillies aren't fashionable if you weren't aware of that before.

Another look not to ever be used is running shoes out of the gym. I don't know if you knew, but P.E. class was over two periods ago, so why are you still wearing them, bud? It's a display of sloppiness and it looks unhygienic what with the sweat seeping in them from that last block. Now that you know what to wear and what to . . . stow away, you're virtually on your way to beating the freezing temperatures outside and looking good stylish at the same time.



Ready to herd her cattle.



Just workin`it

## Small, medium, and large through the centuries

Hillary Dieleman

When you look around the school you can see, everyone of us is different. Sure, many of us have the same shoe size, and lots of us have the same shirt size, and some might even have the same jean size. I'm here to ask you, "what's small, medium, and large?" "Since when was a size zero a size?"

It's amazing how over the past few centuries' societies view of that "perfect woman" has changed so drastically. If we go as far back as the 18th century, a woman who was considered very attractive was larger than most. Women of this time would indulge themselves so they could achieve that full figure. Any woman that caught the attention of all men was about five foot five and over 180 pounds.

As time moves forward, and into the 19th century, the view of the "perfect woman" started to change. An attractive woman of the 19th century had a large waist, large chest, and starting in the mid-19th century had very tiny waists. This was the time when women started taking drastic measures for beauty. Corsets were now a must for every woman's wardrobe. Some women would tighten their corsets so tight they could barely breathe, to the point they would faint. It got so extreme that some women would pull their corsets so tight it had the potential to crack ribs. I have always heard that women in the 19th century would take out a rib or two to make their waist smaller. In my research I have found that this is a myth.

The idea of the "perfect woman" continues to change, and we head into the 20th century.

Women were a lot smaller in this century than the woman of the 19th century. Women still had a full figure, and full of curves. Corsets were no longer something that women were wearing but the small waist was still a thing of beauty.

Time goes by, and we head into the 21st century. This is the century that the "skinny woman" came into view. Now women are taking extreme measures to get that "perfect" stick figure. Here are some crazy statistics:



A woman loving herself in her curves

- One in five women suffer from an eating disorder.
- Eating disorders affect up to 70 million individuals worldwide, and of those 70 million, 90% are between 12 and 25.
- 11% of high school students worldwide have an eating disorder.
- Eating disorders have the highest mortality rate over any mental illness. Society's view of the "perfect woman" has gotten so extreme that health and lives are at risk. So I ask again Sutherland, "is zero a size?"

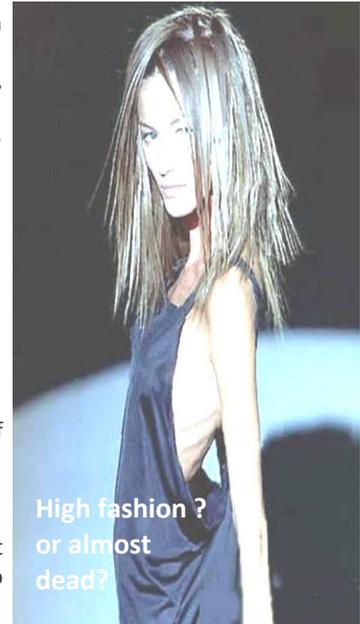
I'm not the best at math but I do

know zero is nothing, does that mean those jeans are non-existent? Then, stores will add another zero, to make the size even smaller. Shouldn't the size become 2 (0)? We know zero multiplied by anything-just equals zero, so we're right back to where we started. What if we add a "1" in front of the double zero does that make it "100"? Does that make a large? What happens if we try to divide our waistline by the zero, mathematics state it can't be done, your calculator will say "error!"

Now, I'm not trashing anyone who wears a size zero, I used to be that size. Every

person has their own size, and if we all really think about the evolution of women, every one of us would be perfect in one century, and every one of us wouldn't be perfect in another.

Remember Sabres, in the words of Christina Aguilera, "your beautiful, no matter what they say."



High fashion ? or almost dead?



19th century woman needing two people to tighten her corset.

## To suit or not to suit, that is the question!

Giampaolo Posteraro

Grad year has finally fallen upon us, and with every year comes its spectacular events. Grad events like boat cruise and banquet are great because they give us the opportunity to really bond with everyone in our grade (before everyone heads off in different directions to tackle life). Around the time of our first grad event, we constantly hear the buzz of girls talking about how stressful it is to buy dresses and shoes. Believe it or not Sabres, grad events can prove to be stressful for some males as well. That's where I come in. Grade 12, for most guys, happens to be the time when we purchase our first suit. Buying your first suit in a way is almost like your first step to becoming a successful, good looking man. If you have no clue what I'm talking about, and are sitting at your desk asking yourself, "what is suit?" or "how do I suit?", let me help you out. A shocking statistic is about to come your way, readers, so brace yourselves. A whopping forty percent of grade 12 male students suffer from the disease *I-dont-feel-comfortable-in-a-suit-itis*. Yes I know, it is very sad. But don't lose faith yet, poor boy, there is still hope for you. So read ahead, and follow my advice and you'll be looking be looking sharp in no time.

The first thing I suggest doing is talking to the most important man in your life, the internet. Use Google to your full advantage. If you're one-hundred percent suit-illiterate, research different types of suits. Maybe you want to go for the three piece, or the sleek all black look. Whatever it is you're looking for, the internet will help you out with ideas. My second piece of advice is to talk to the second most important man in your life, your father. Your papa will be thrilled to go shop for your first suit, as it will make him feel like he is seventeen again, and not a forty-four-year-old fart. Head to your nearest Moores and take your time to look around for exactly what you want. What's the use of spending 400



Follow Cudder's advice and keep the suit simple.



Over-sized suits are a no!



Look at these good-looking men!

dollars on a suit if it's not even the one you're looking for? Personally, I prefer the black or charcoal solid coloured suits, but if you're confident in your style, then why not go for the red and black pinstripe? Once you have your suit picked out, it's on to the shirt. It really depends on preference, if you have chosen a black suit you may want to think about buying an all white or gray dress shirt.

Now, it's on to one of my favourite parts of your attire, the zapatos, or shoes for you gringos. Most of the time a classic pair of black oxfords will suffice, but if you want to take your swag to the next level, try matching your black suit with a pair of brown or white shoes, you'll look much more sophisticated. Last, but not least, we have the accessories. These are your best friend. If you prefer to go for the more casual look, then leave out a tie and go for the open collar. If you're going for more of the formal look, then throw in the tie of your choice! Most colours will work, but don't go putting on a yellow tie if you're wearing a red shirt, you ain't no clown! Lastly, let me remind you that if you're a bit short on the dough, one suit can go a long way! You don't need to buy three different suits for three different events, just use this advice and accessorize. Whether you're changing the colour of your shirt or wearing a bow tie or an ascot rather than wearing that stereotypical tie, people will never notice it's the same suit if you change up your look. Be creative! I hope that 40 percent of the males suffering from this killer disease find their cure. If you'd like to help out a worthy cause visit [www.boyswhocantdressfoundation.com](http://www.boyswhocantdressfoundation.com) and donate, every penny helps dress fellows in need of a suit!



## Things that make you say "Hmmmmm"

Anika Tsoulacos

*"invention that forces  
one eyebrow to raise  
slightly higher than the  
other"*



Could Mr. Mikkers have the next best invention?



The LED umbrella ready for action.

<http://img1.topfreebiz.com/o2010-5/LED-Umbrella-BLG10231--2720617646.jpg>

In this current day and time, we've been privileged with innovative and creative products that fit into our modern existence with ease and popularity. Once in a while; however, we come across that one mind blowing and spectacular invention that forces one eyebrow to raise slightly higher than the other. Or for those of us that are anatomically challenged, we tend to stick with the double-brow raise. The following inventions range from the practical and useful to the downright bizarre and hilarious.

With the rain pouring down this season, and Darth Vader making days come to a close at 4 P.M, there's one new and revolutionary thing we can count on. With the invention of Sang Kyun Park's LED Umbrella, you can fight off the darkness and the rain at the same time! This snazzy, multi-functional umbrella's stem lights up with the touch of a button and the power of its three double-A batteries. But hold on a minute, if you're questioning the fact that batteries and water are in this mechanism and are asking yourself "how can this not be a recipe for disaster"? I have the answer. There is no need to be worried about the danger of electrocution when you're prancing around in the rain with the LED Umbrella, due to its highly indestructible and sealed battery compartment. The price of the umbrella ranges from twenty-five to fifty dollars and can be found at DinoDirect online. On those dark and rainy nights you won't be caring how much you spent when a "great bantha (surprise)" occurs and you're face to face with Dark Vader. Thankfully, you've got your trusty umbrella saber to fight the villain off and lead the way home. For those who have fantasized of being Luke Skywalker as the night calls, or even if you're someone who is tired of walking through the trails late at night feeling close to blind, then I'm sure the LED Umbrella will not be a product that disappoints.

## Things that make you say "Hmmmm" cont`d...



### Butter on the go

<http://img301.imageshack.us/i/buttersticktypela2.jpg/>

Now, let's just pretend it's 8:28am on a Monday morning and you've just popped a bagel in the toaster for breakfast. The problem is, you've only got two minutes to get to the bus stop outside of your house. Everyday, you butter your freshly toasted bagel, and you're not willing to pass up that delectable spread so you can get to school on time. One choice is to catch the next bus, relax and enjoy your succulent bagel. Alternately, you can sprint madly to the bus, make it on time for school, and butter your bagel on the go. How can this be possible, you ask? Well, with the Butter Stick Type you can make the impossible possible. With the same construction as a glue stick, you just spread it on; it even has the same adjustable twist at the bottom. Some people might think your crazy gluing your bagel if they can't read the label, but heck, you'll have the hot buttery bagel and you'll be able to make it on time!

Kenji Kawakami, who is a Japanese inventor, designed both the Butter Glue Stick Type and the Hay Fever Hat. However, they are not sold in stores, or anywhere for that matter. Japanese inventor, Kenji Kawakami doesn't sell any of his inventions; in fact, he believes them to be 'Chindogu'. A Japanese word which means: strange tool. Kawakami is the founder and president of the international Chindogu Society, where he believes Chindogu is an art, and if anyone sells their products for money, they are surrendering their purity as an artist.

The Hay Fever Hat is another invention that has proved itself to be extremely useful; however, it's nothing you'd want to show off in public. When you've got a cold acting up and it's impossible to escape the constant sneezing, often those so called 'convenient' tissue packages end up empty all too quickly, and you're too sick to leave your house. Then and only then would I say you should put on the Hay Fever Hat. Maybe even then I'd be careful about getting too close to the windows if the blinds were open. However, if you've got some furious symptoms acting up, it might even be a smart idea to attach this toilet paper hat to the top of your head. After all, it's a sure bet you won't run out.



Being sick doesn't have to be a public disgrace.

[http://www.elistmania.com/images/articles/110/Medium/Hay\\_Fever\\_Hat.png](http://www.elistmania.com/images/articles/110/Medium/Hay_Fever_Hat.png)

Cont`d on p.14

## Things that make you say "Hmmmm" cont`d...



Tonight, you are going overtime, catching up on the unfinished reading for English. You're tired, and you've still got five daunting chapters to go. Too tired to sit up and read, your best resort is to lie down in your comfortable and cozy bed. But who wants to lie down and read with the miserable after effects of a 70-year-old grandma's cranked neck. With Hammacher Schlemmer's Supine Reading Glasses you can read while laying down flat and escaping the discomfort. Or if you're just chilling, these glasses are just as great for lying down and watching your must-see television show. The two glass lenses reflect light 90 degrees so you can lie down normally and escape finding the awkward positioning. For 25 dollars at Hammacher Schlemmer Online, you can buy these glasses and save yourself the money you could later be spending on surgery! With a lifetime guarantee, there's no guessing whether or not you'll be satisfied; as a matter of fact, I'm sending my order in right now.

These glasses have got extreme nerd appeal.

[http://www.ncmedical.com/items/fullsize/2009\\_07\\_17\\_11\\_15\\_40\\_12\\_NC28841A\\_LG.jpg](http://www.ncmedical.com/items/fullsize/2009_07_17_11_15_40_12_NC28841A_LG.jpg)

Browsing through others' cameras, there seems to always be one similarity; there's always that one picture that you can tell was captured by the person in the shot. Whether it is the awkward expression on the face of the person who took the picture, a massive arm blocking the lens, or the fact that there's a quarter of someone's face missing; you can always find the evidence. You will have a hard time deciphering these offending pictures when taken by the Quick Pod. Another advantage of having the Quick Pod is that you won't have to ask random people to take your pictures for you; leaving you with the possibility of a stolen camera, or a rushed and unattractive picture. This is great for vacations and something you should put on your list, especially if you are traveling with a friend. Not only can you take pictures, but it also gives you the ability of capturing live videos. For twenty-five dollars you can get your own extended arm and stop wasting time taking lousy pictures. The contraption can be found at many electronic stores and at most camera stores. If you've started your Christmas shopping, this could be a great gift idea for that one person who is hard to shop for. If you could use a hand, the Quick Pod can lend an arm.



Looks like it's going to be a great shot

[http://www.whoa-ho.com/product\\_images/quikpod/120LR.jpg](http://www.whoa-ho.com/product_images/quikpod/120LR.jpg)

Are you subject to singing in the rain, tapping your heels, or looking for rainbows and just feel like there's something missing? Well if you are, then you must be a Leprechaun! But if you don't follow any of these activities, then how about trying something new and fun. With Paddy O'Connell's Instant Irish Accent Spray you can do just that. Working instantly, with just one spritz, the Irish Spray activates invisible language receptors in your mouth that let you carry out the hard-to-master Irish accent. For this very small container the price is high at \$7.99, but just think about how much fun you'll have with it; especially on the designated St. Patrick's Day. Who knows, it might even bring you good luck.



Release your inner Irish

[http://farm1.static.flickr.com/4/5015204\\_9f14829974.jpg](http://farm1.static.flickr.com/4/5015204_9f14829974.jpg)

## Things that make you say "HmMMMM" cont`d...

With all of the inventions out there, it seems impossible to think of an idea that hasn't already been thought about, or one that's not already being sold. However, it's not necessarily about making something original all the time, but perhaps making something that has already been created with a new and improved twist. These inventions have proved themselves as useful, or at the very least entertaining; and in the present that is what draws us in as consumers.



<http://www.commondreams.org/view/2010/11/22-11>

## Why the world needs superman

### Matisse Emanuele

#### The Case for the Superhero

While people are united all over the world today, it seems that there are larger and larger gaps between nations and conflicts arise out of these gaps. In a world where it is impossible to unify everyone, it seems like Hercules is needed to perform this task, however, it is impossible to find someone to unite the world that does not have his or her own agenda. Superman is unique in that he has no political or financial agenda. He is not here to solve the world's problems; he is here to help us move towards a solution.

Do we need a man in red and blue spandex to do this?

Some argue yes, and however partial I am to Clark Kent in spandex, it is also a fact that while the person who achieves this need not be an alien from another planet. A completely out of this world idea could be just what we need to get our creative juices flowing towards new ideas. Or we could just have a Superman of our own.

Hope is what drew me to Superman in the first place. Our Journalism class stated that he is a "beacon of light in

dark times," a figure that will stand in front of a speeding bullet, when no one else dares.

People will say, "Superman is unbeatable, what is there for him to fear? Superman is not unbeatable, Kryptonite is deadly to him, and where there is good there will be evil, so never count Kryptonite out. And, while everyone is afraid of their own "Kryptonite" today, no one stands up to it, for fear alone is what seems to stop them. Superman does not bow to fear, he realises that there are worse things than death, and there are things he personally would take that risk for. Yet Superman cannot risk everything indefinitely. For how would a selfless superhero keep saving and being good day after day? Every superhero needs a superhero. Every person, needs someone to save them from time to time.

Lois Lane saves Clark every day; she keeps him sane, she reminds him why he fights, why he stands up for what is good and what is right. There will be moments where you hit the ground hard and forget how to fly. Sometimes you forget why you

would even want to fly in the first place.

A Superman or Wonder Woman does not need to have heat vision to make a difference. In fact, it could be argued that giving someone the strength and the help that they need when the time comes makes mere mortals superheroes, sans the cape. So if this is the case, does it not stand to reason that anyone could be a superhero? Perhaps, the world doesn't need a Superman after all.

#### The Case Against the Cape

Lois Lane is a journalist with no superpowers other than her nerves of steel. Yet, time and time again she saves the world. She exposes injustice and calls the world's attention with the words that she puts on paper. She fights her own battles, and does not need a cape or anyone wearing one, to win small battles everyday.

Everyday the world sees a superhero emerge, someone who stands up, helps another person, and becomes someone's saviour. Everyone needs one and everyone can do to be one some of the time.

Perhaps Superman would only inhibit

Cont`d on p.16

## Why the world needs superman cont`d...

this side of ourselves. With him to do our dirty work we might become lazy or simply grow accustomed to having everything done for us. Or would he spur on admirers and pick us up when we are down?

He could show us the good, the noble.

He could also inspire hatred and evil the likes that we have never seen.

He could be the unifying figure that inspires the world.

Or would he simply be one more thing to start a war over? Needless to say, we will never know until Krypton is destroyed and Kal-El lands on the Kent farm. The idea, is what matters. The idea that we can choose. Superman could be evil, he could use his powers to destroy and concur.

But, he doesn't.

He takes the hard route to do what is good. While he is a fictional character and almost all of what happens in comic books is never going to work for real life, there is much to learn.

For me, I believe that not only does the world need the 'Man of Steel', we all need our own personal superhero. And, no, it's not just because he looks fantastic in the tights.



A superhero could be right around the corner!



Is Obama a modern day superhero?

The man of steel.

## Criticizing the aliens

Ben Bowstead



“Don't look up” is exactly what you shouldn't do when the world is invaded by alien intruders. *Skyline* is a blend of horror, sci-fi, (and yes, action) that some people can't get enough of. When Los Angeles is invaded by an unnamed alien race, a group of people stick together and try to survive the invasion. The main characters are: Jarrod (Eric Balfour), a young man who has just arrived in Los Angeles with his girlfriend for his friend's birthday party. Elaine (Scottie Thompson), is his girlfriend traveling with him. Terry (Donald Faison), is his best friend, and his birthday is unfortunately just before the aliens arrive. The acting in this movie was believable, except of course, when the actors were given unoriginal lines. They did a good job, however the story was too weak to really support their characters.

While not the best script ever written, it is decent and for the most part well thought out. However, the movie did feel exactly like a revisit of *Signs*. There are many similarities between the two, least of which is that they both have their main characters stuck in one building for the duration of the show. While many characters died (leaving less room for character build), the story still held up, for the most part was convincing as to the fact that aliens were flying around the city. What do they want? Well, that becomes pretty apparent once you

get a little later into the movie. We have seen this kind of movie before. However, there were some subplots between the characters that completely ruined the story line for me. A love triangle that just didn't make sense (nor was it even fully fleshed out), and a relationship that was taken a step too far in the middle of an apocalypse that plays badly into the main story line. But even though the story was mediocre, the visual effects were a spectacle to behold!

The first thing I thought when I saw the alien ships was “absolutely awesome designs animated to perfection!” They are the best special effects I have seen since *Avatar*. So beautifully animated that they look real, the vast collection of graphics that appear in the film are stunning. When you get to a certain point in the movie, the organic textures that appear on screen are gross, moving, disgusting, and well done. The people who worked on the show managed to completely bring to life the aliens that appear throughout the show.

So is it worth the ten dollars I would pay to go see it?

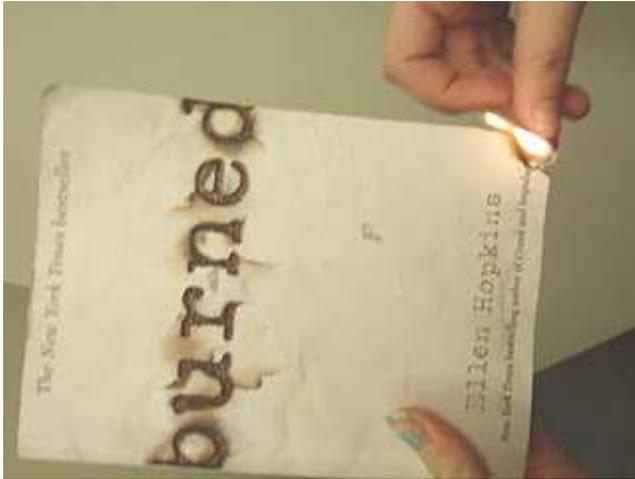
Yes. The graphics alone are worth seeing at the theater, instead of the crappy pirated, or scratched DVD copies you would see. So I encourage all of you to go see the movie *Skyline*, otherwise you'll miss out on a buffet of graphics and story that make some of the best sci-fi movies. I would rate this movie a 3.5-4 out of five.

If you want to catch the movie it's playing at: Park & Tilford and Cinemark Tinseltown.

*“absolutely  
awesome  
designs  
animated to  
perfection!”*

# Bookface: Burned

Anika Tsoulacos



*“twists and turns of emotion that will leave you wanting more until the very last line.”*

Ellen Hopkins’ book *Burned* is written in free –verse just like other books she has written. She is named one of America’s best selling female authors for a reason, as her books are raw, gritty, and consuming.

Pattyn Von Stratten is the main character in this story; a good Mormon girl who wants to see and experience the other side of life from her family’s closed box. She lives in a strict household with her six other sisters to take care of, an alcoholic

father to cope with, and she must adhere strictly to her family’s religion. Every now and then, her father will open the Johnnie Walker Scotch Whiskey and drink until he forgets his haunting past. With his drinking, things also get violent. Continuously on nights with Johnnie Walker, Patynn’s father adds additional bruises to the ones already displayed on her mother’s body. When Pattyn finally decides to tell someone at the church, they don’t believe her; leaving the demon in her family free to roam. In an attempt to escape her life at home, Pattyn finds distraction at school with a boy named Derek. However, that’s only temporary. She finds herself lying to her parents, drinking, shedding her clothes with the boy and getting caught, and things go from bad to worse with broken noses and smashed windows. Everything a good Mormon girl should be is questioned and sabotaged. Pattyn’s parents turn to Bishop Crandall for advice and explain to him all the mischief Pattyn has gotten into. He says she should be severely punished. Her parents come up with a punishment of stranding her on a ranch in the depths of Ne-

vada for the summer with her Aunt J. However, life with Aunt J lets Pattyn unexpectedly find happiness and freedom; her true identity, and gain a loving relationship with her Aunt. Pattyn’s situation shines even brighter when she is introduced to Ethan, a college student that is intrigued by Pattyn the second he sees her. They kindle romance all throughout the summer, and we come to know Ethan as the best thing that could ever happen to Pattyn. When summer comes to a close, and the school year looms around the corner, they are separated hundreds of miles away. However, the two agree that their love was not a summer fling, keep in touch, and one day hope to start a family. When an unexpected outcome happens, Pattyn finds herself running away from her troubled family life to share a new one with Ethan. They end up on the road, and surprisingly come to realize their love was not meant to be. Read her story, and feel Pattyn’s twists and turns of emotion that will leave you wanting more until the very last line.

## 108.4 SABRE FM

J.Bermudez

### Pick of the Month: Sharon Jones and the Dap-Kings

If you like throwback artist, Julie Black, I recommend you try listening to Sharon Jones and the Dap-Kings. While this band may be outside of your adolescent radars, open your minds because Jones’ performance is like a young Aretha Franklin mixed with James Brown at the height of his career. Jones and her backup band (who by the way, are tight-nit and never miss a beat), recently played at the Commodore and it was an unbelievable show. The small framed Jones is dynamite on stage and even when she performs live, her voice is soul perfection. Sounding just like the tracks on her albums, her talent makes other artists’ voices pale in comparison. Sharon Jones and the Dap-Kings were also recently featured on the new Conan O’Brien show, where they blew the audience away with their unified and stellar performance.

Recommended tracks:



“100 Days, 100 Nights”

“How Long Do I Have to Wait For...”

“If You Call”

“Mama Don’t Like My Man”



Cont’d on p.19

## 108.4 SABRE FM



Sharon Jones and the Dap-Kings make music for the soul.  
Photo courtesy of Google Images.



### In search of satisfying sushi.

Christopher Pervan

The other day I was wandering down Lonsdale, in search of food, when I came to a shocking realization. There are too many sushi restaurants in the world. Big ones, small ones, some better than others, it's not uncommon to even find sushi packaged in gas stations (Although I would never recommend it). On Lonsdale avenue alone, there are over a dozen restaurants advertised as specializing in sushi, not counting the many other restaurants which serve this delicious and varied dish. It can get a little overwhelming even trying to decide where to eat, let alone what type of sushi. With all the choices, it can be hard to decide, but I've prepared for you your cheat sheet to sushi in the Lonsdale area.

Up around 18<sup>th</sup> street and Lonsdale, you'll find a nice big restaurant named *Sushi Katsu*, which allegedly means Windy Sushi. You'll probably notice from the outside that this place is usually empty around the dinner rush, don't let that fool you. *Sushi Katsu* is perhaps one more authentic sushi experiences you'll come across on this side

the water. It has the kind of decor that's you'd expect from a Japanese restaurant, plenty of lanterns and plants to hit your heads on. The great thing about this restaurant is they make a magnificent Dynamite Roll, perhaps the best I've ever had. Not in the mood for sushi? *Sushi Katsu* has a nice big menu chock-full of delicious Japanese cuisine, they make the best Nabeyaki Soba (prawns, noodles, chicken, and a lot more) by far.

Need a meal in a hurry? What about a nice sit down lunch? *Kokoro* is a nice convenient place to head for lunch or a snack. The first thing I noticed about *Kokoro* was that it was painted navy blue and was very much bigger on the inside. When you first sit down in this marvelously spacious restaurant, you immediately feel its relaxing atmosphere. It would seem this restaurant would have the world's fastest sushi chef, as you can get in and eat faster than you can say "konnichi wa". The food itself is nothing

*one more  
authentic sushi  
experiences  
you'll come  
across on this  
side of life!*

*Cont'd on p.20*

## In search of satisfying sushi cont`d...

extraordinary, although they do make an exceptional Unagidon (barbeque eel). With it's convenient location and great atmosphere, *Kokoro* stands out as the best Japanese restaurant to bring a few friends to.

If you've ever eaten at the Quay, you've probably walked past *Ake Bono* a dozen times before, maybe you've even looked it over before moving on to other things. *Ake Bono* is probably the least assuming restaurant at the Quay, if I had a nickel for every time I passed up a chance to eat there. Do not take me lightly when I say *Ake Bono* may be the best sushi restaurant in all of North Vancouver. For only ten dollars, you can get a nice assortment of sushi to try out, you can't possibly go wrong. This place is amazing, from their simple salmon rolls to their Inari (sweet rice and tofu), you can watch it all prepared right in front of your eyes. The food is quick, convenient, and utterly delicious; once you've eaten at *Ake Bono*, you will eat there at every opportunity.

There is one restaurant that deserves special mention, and that is *Little Tokyo* at Lonsdale Quay.

In comparison to other sushi restaurants, *Little Tokyo* is relatively expensive, and nothing out of the ordinary as far as their sushi goes

Even the inside feels about as welcoming as the Quay itself, probably because their doors are constantly open. There is one thing that *Little Tokyo* does so well to make up for its many faults, that is the Crazy Roll: the greatest sushi known to man. I cannot do justice to the indescribable awesomeness that is the Crazy Roll, I have walked through the pouring rain just to taste this delicious dish. In simplest description, the Crazy Roll is a deep-fried California Roll, but there is so much more to it. There is something in it's creation which leads to a meagre California Roll being transformed into this pinnacle of culinary delights. For that, *Little Tokyo* redeems itself.

All things considered, it's as hard to say what the best sushi restaurant is as it is to say what the best type of sushi is. The main thing to keep in mind is to

try new things, get a taste for what you like. Remember, variety is the spice of life!

*"I have walked through the pouring rain just to taste this delicious dish"*



Not even a picture can show the sheer awe inspiring glory of the Crazy Roll.



## A Midsummer Night's Dream (in mid-winter)

Christopher Pervan

We're quickly approaching opening night for our school's production of William Shakespeare's *A Midsummer's Night Dream*. With an amazing cast of students, this year's production is turning out to be a completely spectacular show. Come watch this timeless, enchanting story of love and magic which will amuse and entertain people of all ages. Tickets go on sale Monday, November 29<sup>th</sup> for \$10 dollars each, and they'll be on sale outside the theatre at lunch. Performances will be running the week of December 13<sup>th</sup> at 7:00 PM. Also, keep an eye out for our review of this play in the next issue of the *Sabre Truth*.

## The frugal student's guide to grad events

Kaylee Szakacs

Ah, grade twelve. Being in the top-tier grade myself, I can say that I am definitely looking forward to all of the good times this year I'm going to be able to spend with my classmates outside of school. That's right; I'm talking about grad events. These are the events where boys and girls alike dress up and dance the night away. But how is it that most girls have new dresses for every event? And new shoes? And have their hair and make-up done professionally? The answer is quite simple. Every grad has parents that have millions of dollars hidden away in off-shore bank accounts. Talk to your parents about getting your share when it's time for the next event.

Right. Like that's what happens. The truth is, money is really tight for a lot of us grads. The majority of us have part-time jobs, and have had them for quite a while. So why is it that when grad events come around, people get freaked out about not having enough money? There are two answers. 1) We are very frivolous with our pay checks and 2) we have this idea that grad events must cost hundreds and hundreds of dollars. While the first of the two answers may be true, the later doesn't have to be. It's too late to save money on the *Winter Wonderland*; nevertheless, here are some tips on how you can maybe spare a bit of cash for the next event.

### Don't do designer!

There are plenty of places to get a drop-dead-gorgeous dress without breaking the bank. Besides, your 'rents will not be impressed when they find out that little couture frock sitting in your closet could pay for half of this month's mortgage. Instead of places like BCBG, Le Chateau, and Guess, take a look through the racks at H&M, Forever 21, and Suzy Shier. You are guaranteed to find a dress there, but the great thing is, you'll find the kind of dress that is nice enough for a grad event, but also simple enough to be worn again if need be. Speaking of re-wearing dresses...

### Recycle dresses

Have a dress in your closet that you wore to a wedding last year? Use it again and wear it to an event. Sure you might be worried about people remembering that you wore it, but how many guests from that wedding will be at your grad event? I'm guessing not too many, if any at all.

### Buy comfortable, black heels

The perfect pair of heels makes every girl feel just that much more on top of the world. But why buy a pair of obscurely coloured heels to perfectly match a dress you'll wear once? Instead, buy black heels. Black heels can be worn with any colour and it gives you the timeless-beauty look. Also, avoid heels bigger than three inches. They cost more and will be killing you an hour into the event.

### Find a creative friend

The majority of us girls have been wearing make-up since the early teen years; so why go and have a professional doll you up when you know you can do the job yourself? Or, if you're not as talented as you wish you were, why not ask a friend to give you a hand? You'll get a look that's different from the one you usually go with and it will probably only cost you a hug.

There you go, girls. These sure-fire tips will have you saving your money left, right, and centre for the next grad event. Besides, when you're already paying fifty-five dollars for a ticket, wouldn't you want to do whatever you could to save a little extra cash?



Katie Winterbottom saved money on her formal dress by using one her sister bought but never wore.



Courtesy of Google Images.

### Grad theme day pictures



*Rock on!*



## Winter Formal Pictures



*Looking good  
grads! What a  
successful event!*



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**Check us out online at  
[www.nvsd44.bc.ca](http://www.nvsd44.bc.ca)**



## Senior Boys' Soccer - Chris Zepedeo

**Sardara Dhuga**



The enemy is that way!

Photo by: Hillary Dieleman

As winter draws near, the winter sports start up. We say goodbye to fall, and the fall sports; in this case, we recall the Senior Boys' Soccer Team and their goalie, Chris Zepedeo.

Chris thought that his team's season "went really well, I thought we could have done better, we just got unlucky." Chris, being goalie, was a key player but he told me that his "first half [of the season did] not [go] so well, but then I got comfortable and played my best."

Not knowing why Chris was uncomfortable at first, he told me that he was younger than the rest of the team, as he is in grade 10, while "[the other guys] were all older, so I felt odd," he stated. From his fellow teammates, however, he was seen in some cases as the guy who "kept [them] in it all game."

Taylor Durham of grade 12, stated that Chris was "good, he's one of the best goalies we've ever had and now he knows what senior soccer is like and is ready for his next two years."

Chris feels that he will "for sure play next year" and that "it will be a lot better because all of my friends will be seniors on the team."

The best game in the eyes of Taylor for Chris' shut-down goalkeeping was against West Van, "he played his best," said Taylor, "in the playoff game, he kept us in it all game, just an unlucky goal near the end." Chris felt the team played "really well against Argyle, first game against them. I made a lot of key saves." To make it even more important to Chris, he told me that it was the first game "I felt really comfortable with the team."

There you have it Sabres, we saw an "overall good season" for the Senior Boys, and I would like to say congrats to Chris for doing it so well as a single grade 10 amongst a bunch of grade 11's and 12's. Good luck next year!