

**PUBLISHER:**  
**J.BERMUDEZ**  
**FORMATTERS:**  
**M.MERILEES**  
**V.KANGA**

# The Sabre Trooth



Volume V, Issue v

Wednesday December 14th, 2011

**Inside this issue:**

Shortbread from heaven	3
Beating The Blues	5
Burgoo Review	6
Diagnosing the Dr.	7
2 mins with Joe Cerisara	7
Feelin' The Pump Again	10
Bike Lane Controversy	12
Physics Of The Future Review	12
Top ten Holiday Tunes	13
Astrology Jones	14
Indie Rock' N Roll	16
Gifts on a Budget	16
End of The Internet ?	17
Senior V-Ball Overview	19
More than just people in need	19
At Home Beauty Tips	20
Holiday Drinks	21
Top Ten Holiday Movies	22
Math Fair	23
Book Face	24

## A chat with the Choices chaps! - Derrick Gravener

You may have heard people mention the word "Choices" in your classes or the hall. Choices: The word "choice" in the dictionary IS described as "a possible course of action that is decided upon." I think that's a good way to describe Sutherland's new program, "Choices" as well. I sat down with the two guys running it, Lucas and Tyrone, to find out just what this program is.

Derrick Gravener (Sabre Trooth) (ST): How did you guys start this program?

Tyrone Brown (TB): Well it's a school district initiative and Sutherland was chosen to be the first school to run it.

ST: So it's kind of like a pilot program?

Lucas King (LK): Choices is a straight-up pilot program, it's the first of its kind but it's gonna spread so by next September it'll be in every high-school in North Van. (continued p.3)



LuRone...? TyCas...? No matter what way you say it, Sutherland's newest dynamic duo is on the job!

## How to write a Letter to Santa -Mohammad Khanali

As the weather gets colder and colder and our wallets become lighter and lighter, we all forget that 'old tradition' of when we were young and wrote letters to Santa. Only reason I say 'old tradition' is because everyone knows Santa has his elves reads his emails, not his letters, because no one actually writes anymore (sorry English teachers).

You're probably wondering, "Well, I haven't used this renewed way of contacting Santa"—don't worry, I've got you covered. Here are a set of tips on getting what you want for Christmas.

Tip #1 – I can't say this enough, ALWAYS BE POLITE WHEN WRITING TO SANTA. Use your manners in a well oriented way. (In other words, no cursing, no bullying, and no trolling Santa for God's sakes... Bah who am I kidding.)

Tip #1.5 - YES SANTA IS REAL FOR ALL YOU NON-BELIEVERS.  
 (Continued p.3)



Are you naughty or nice?

## A chat with the Choices chaps! (Cont'd)



ST: Can you give me a general overview of what it does and stuff?

LK: [It's] providing an extra level of social, emotional and academic support to some students who may need it. Sometimes people can be here for a week or two; sometimes people will be here for a full semester. It's a flexible program depending on what a student needs at any given time. The people in this room can be working on lots of different things. Basically if you walk in this room, everybody could be doing something different. Lots of students are going to be working on online courses. By distributed learning you could be taking Social Studies 10, a science, lots of different courses, or you could have some students using it like a general support block where you're just checking in here, kind of like an LAC.

ST: Does this give you normal credits and stuff like that?

LK: It can.

TB: It depends because there are different levels of support. So sometimes you're not always here permanently. In this case you're not getting credits for this course, you're just getting support from us but if you're in this class as a permanent block you could get credits for that, it just depends.

ST: How does one get in here in the first place?

TB: It's a referral process and you're referred by your teacher, then the counselor and then we have a meeting called a school based resource team meeting and everyone discusses what's going on with the particular student and then we come to a conclusion of how we can best support that student within the school and sometimes Choices is the option depending on what their need is. So Lucas is the classroom teacher and I'm the youth engagement support worker.

ST: What's your teaching history?

LK: I've been a teacher now for over four years, I taught for three and a half at Keith Lynn before coming here.

ST: Did you have a specific subject area?

LK: Science and Socials, I also taught planning.

TB: I'm the youth engagement support worker; the one and only at the moment in the school district. It's cool but I will have some fellow youth workers in all high schools by next September 2012.

ST: What's your school district background then?

TB: Autism support worker, special education assistant, education aid, supervision aid and now youth engagement support worker.

ST: How long have you been with us?

TB: This might kind of give away my age; some people might do the math here but 15 years. I'm the youngest guy on staff, well, probably not, but we'll pretend!

ST: What do you guys do in your free time?

TB: What free time!? What kind of question is that?

ST: You have to have some free time!

LK: I used to be an outdoor enthusiast; skiing, hiking, camping, all that kind of stuff. Now my free time is spent with my two small children; I just had a baby girl named Alice and she's two months old and I have a son who's turning three in February, named Charlie.

TB: That's my buddy Charlie! (continued page 4)



## How to write a Letter to Santa (Cont'd)

Tip #2 – Make sure you say your first name, and a vague description of where you live. That is, unless you want Pedro-bear following you for the rest of your life.

Tip #3 – Even though Santa is awesome and everything, you should still SAY what you actually want for Christmas somewhere in the letter.– Don't forget because this is important – Jeez, people I mean Santa is magical, but he isn't a wizard or a warlock for that matter.

Tip #4 – This isn't really part of the letter, but don't forget to be extra nice to everyone during this month. Remember, he knows when you're awake and when you're sleeping (dang that sounds creepy) so he can easily put you on the naughty list.

Tip #5 – Don't forget to put cookies and milk out for him on Christmas Eve.

Still don't know how to write a letter? From all of us at The *Sabre Truth*, here is a sample letter.

*Dear Santa,*

*We hope you and Mrs. Claus are doing well.*

*This year we at The Sabre Truth want to do something a little different from last year. Inside this letter we enclosed a list of everything that we want this year from you. We hope to receive all of these (unlike that little problem we ran into last year) presents from you.*

*Our journalists have declared what they would like (in no particular order):*

*Candy, a girlfriend, a pony, your mom (don't ask), a book, candy (Again), a hippo, new phone, a new soccer bag, frozen chicken, a working iPod, a car, higher ELO, Mitchell, Tae Gu, a girl to like me, Chandler [Chandler said this], music, internet, chocolate, bacon, a polaroid camera, BATMAN, world peace, world pizza, a signed Canucks Jersey, MC Hammer's Pants, to understand Teenage Lingo [Mrs. Bermudez's request], sleep, Dhuga's arms and everything else in between.*

*Drop them off at Momo (the Prophet)'s house. kthxbai.*

*Ps: We'll have extra Bau5 cookies for you this year.*

Remember, if you're not cerial with Santa you won't get what you want. From all of us at The Sabre Truth (especially me), Happy Holidays, everyone!



## Shortbread from Heaven—Katarina Tsamis

The holidays are that time where you just HAVE to bake.. it doesn't matter if you like it or not, its just something that must be done. I usually get half way then get super bored and I don't want to mess around with any cookie cutters--no thank you. Also, I am not a fan of cleaning up the unnecessary mess that unfortunately goes along with the job. Therefore, I usually choose this recipe, as it takes about 5 minutes to prepare, and the clean-up is super fast. These shortbreads are also a holiday classic, and everyone usually likes them.  
(continued ? )

*“Mmm, I love cookies!”*



LK: So, free time is very limited these days so anything in my free time is spent with my family.

TB: My free time is spent trying to convince Charlie that I'm more important than the fish because when Charlie comes into the class, I'm easily dismissed and he goes right to the fish and I don't know if I should be offended by that but that's what I do in my free time; try to figure out how I can be better than the fish. [Author's note: the fish tank is pretty cool...]

ST: What's the hardest thing you've had to do in this profession?

LK: It has been one of the biggest challenges doing something completely new, like a pilot program. I've come from Keith Lynn where everything was drawn out, Keith Lynn's been in operation for 30 years or so, so the system is in place for everything, and to come into something new is quite a challenge.

ST: So you're kind of creating most of the program?

LK: You're helping, yeah, they have a vision but you're helping create what's going to roll out into other school which makes it exciting and quite a challenge.

TB: My position here, my primary responsibility is to work with kids and their social and emotional well-being. A big challenge for me is to try and support them the best that I can and the best ways that they need it, so that it's having a real impact in a positive way in what they're going through. There are a lot of kids here and things are happening

## A chat with the Choices chaps! (Cont'd)

in their lives which they never discuss with people and

So it's hopefully allowing them to be comfortable enough to bring it up and then taking the next step which would be dealing with it so that they can move on and be successful emotionally and socially.

It's a challenge trying to get them to open up and deal with it. Once they have, they do feel relieved.

ST: What has been your favourite part of the year and what's been the worst part for you?

LK: I think my favourite part is just coming to a brand new school and seeing all the cool things you guys do like the newspaper, all the clubs and things like that. At my old school I didn't see as much of that so I think that's really cool and meeting all the new students and staff has been great. I wouldn't say there is like a "worst" part, it's been great being a part of this school.

TB: My favourite part is of course being part of this new program, making a positive difference and impact with students here and when you can actually see that and you can see who's gone from doom and gloom to a big smile, that's what matter-- that's the best feeling! And the negative part is again having to fight for supremacy over the fish, it's very self-defeating!  
(continued p.5)

## Shortbread from Heaven (continued)

### Whipped Shortbread

Pre-heat the oven to 350 degrees

#### Ingredients:

1 cup butter  
1/2 cup icing sugar  
1 1/2 cup flour  
1 tbs vanilla  
1/4 cup cornstarch



Beat the butter until smooth, and add each ingredient until it's the consistency of whipped cream. Form the dough into a log and chill until slightly firm (half an hour or so). Then slice the dough or use a dough press to make shapes. Before you put the cookies in the oven, you can put sprinkles on as well.

When you take them out of the oven, let them cool, and they should melt in your mouth.

After the finished product was finally ready, I had some friends try them, and this is what they had to say:

"They're like heaven in my mouth!" -Sahara Elliot gr. 11

"Seriously melt in my mouth. Worth a million bucks I'd say!" - Marina White gr. 11

"That was a cute little piece of heaven!" -Hilary Lane gr. 11

***"That was a cute little piece of heaven!"***

Serve with coffee or a steamy cup of cocoa and enjoy!

## A chat with the Choices chaps! (Cont'd)

ST: How long did it take you to name all the fish?

LK: A student came in here and right away she was like, "What are the names of your fish?" and I didn't have any at that point, all I had was the picture of me with the dead salmon right behind them to let the fish kind of know who's boss around this classroom, but she took more of a humane approach towards them and had to name them, that was her first day, right off the bat every fish had to have a name.

ST: How'd you guys come up with the décor and stuff? It creates a really welcoming environment.

TB: I think a big part of the program is supporting the students and making them feel comfortable so they had a big hand in decorating. Lucas spends a lot of time with them choosing what's going to go on the walls here.

LK: The first student came up with a couple posters and then as far as the fish tank and stuff, I got hired on at the end of last year so I thought about a fish tank because someone told me about the calming atmosphere it creates and then the plants, we've just been piecing everything together.

ST: So do you guys want a lot of snow this season?

TB: No, we want none! When you own your own home, like Lucas and I do, we don't want snow.

LK: I disagree, man. I want tons, bring it! I got a new pair of skies last year so bring it on!

TB: For me it's like "no!" Snow means work!

LK: Got new skies last year, new tires on my car this year so I'm ready!

TB: I have all-season tires, which means they're only good for the summer and there's just too much property, which means lots of shoveling or lots of money to pay someone.

ST: So you live on an incline?

TB: Yes, so when I see snow I cry, and they're not happy tears.

ST: Is there anything else you want readers to know about you?

LK: Pop in and say hi! If they're ever curious pop in anytime that isn't class time and visit the fish, they'll be signing autographs at the end of each day.

Choices is located right next door to Mr. Benoy's room in the Socials' Wing so feel free to peek your head in, Sabres. If you think this may be the right option for you, talk to a teacher or counselor about it and always remember that help and "choices" are just around the corner for you at our school.



*Choices can't be complete  
without those clownfish!*

## Beating the blues— Sadie Burgess

As winter fast approaches, many people begin to start feeling down. They start to miss the sun and the cold takes its toll. In times like these everyone needs their own little pick-me up. When the sun decides to hide behind those dark snow (or more likely rain) clouds, people must create their own joy. Here are some ways to help fight off those winter blues.

Tip 1: Nothing says good feelings quite like a comfortable outfit. On those cold winter days bundling up in warm sweats, fuzzy socks, and a big baggy sweater can lift one's mood. Even showing up to school in comfy jeans or lulu lemons and a nice big hoodie can be just what you need to get you through the day. If you aren't one to wear sweats to school, then try adding fuzzy socks to your outfit. Little things can bring the most joy.

Tip 2: On grey chilly days one can feel like sleeping the day away and the dark dreary atmosphere can take its toll on your mood. Sometimes sitting in front of the fire bundled up in blankets with a hot chocolate surrounded by friends and/ or family can be the best remedy for the winter blues. On those dark cold days when no one feels like doing anything, invite people over and enjoy the warmth of the fire and each others' company.

(Continued p 6)



*Have a snowball fight  
with friends!*

## Beating the blues (Cont'd)

Tip 3: Bake some holiday treats (see recipe in this issue). Nothing says the holidays quite like the smell of fresh baked goodies. They're good to have out on a table somewhere so that people can eat them at any given point of the day. A nice little pick-me up like a cookie can be a great way to lift one's state of mind. The process of making the cookies could be enough though. It's a fun way to kill an afternoon and bring holiday cheer to a household.

Tip 4: Watch a holiday movie. Bring some holiday spirit to your life and watch one of those traditional holiday films with some friends. Even if you don't own any, that's alright because they play all season long on different TV stations. They are classics that many people watched as kids. Whenever I watch a holiday movie, it brings me back to the old days as a young kid when Christmas was one of the most exciting times of the year.

Tip 5: Sometimes you have to take a "glass half full" approach to life. If instead of looking at winter as a time of being stuck inside for months, look at it as a time to try new things. The season may seem more bearable if you have something to look forward too when the gloom sets in over North Van. Try finding a winter sport or activity you enjoy. Head up the mountain and try skiing, snowboarding, or even skating. Although, who says you need to head to the mountains to enjoy the snow? Activities such as tobogganing with some friends can be just as entertaining. Don't be afraid to give something new a try this winter.

Tip 6: Nothing says winter quite like a neighborhood snowball fight. Wait for a fresh snowfall then hit the streets with people from all over the neighborhood. Snowball fights put smiles on people's faces. They also get your blood pumping and help you stay warm. Running through the streets will help keep you in shape as well. Share some laughs, create memories and maybe meet new people who you didn't know lived in your neighborhood.

There is a lot to do in winter; you just have to get creative! A new season brings new possibilities, new opportunities, and new chances for memories to be created that can last a life time. Create new traditions and give yourself something to look forward to each and every winter. So put on that thinking cap and find fun ways to beat the blues.

## Burgoo boasts it's comfort food – Brittany Mnsic



Everyone who has ever entered North Vancouver via the Sea bus has most likely seen Burgoo, the cutest of the row of restaurants along the beginning of Lonsdale. At first you see a super clean cut, and a comfortable little joint being thrown at you, with a stone front and the words "Food for Comfort" under its name. When you first walk in, you are enveloped in exactly what they are trying to get across; a comfortable environment, except for the fact it that it looks expensive. While for some that may be fine, to teens with limited pockets, it is very worrisome. That is until you see the menu, which is a shock in itself. With dishes from all over the world, with fancy names and spices I've never heard of, this would typically terrify me into only getting water and crawling back into my typical homeland of McDonalds. Until that is I saw the prices, which threw me right back into my seat and yelled at me to stay and come back often. It was cheap, for a restaurant anyway. Having most meals be at ten to eighteen dollars, I was ready to get

my grub on; and that I did. Macaroni and Cheese, for ten dollars (yes I got the cheapest thing available). Although it didn't taste the price, as it was the best and "fanciest" Macaroni and Cheese I've ever had, and I love me my KD. I personally love to notice how restaurants plate their food, and this place did it fantastically, making me feel like I was extremely under paying for my meal...not that I'm complaining. So for the men of us who want to impress a girl with little dough, or for girls who want a night out; this is definitely the place to go. Next time you're in the area drop by for awhile, you might even spend less than you would at McDonalds.

## The Sabre Truth Thanks...

The Sabre Truth would like to give a special thanks to Max Jones and Cole Handel Lane for their hard work at providing us with The Grad Winter Formal pictures last issue.



## Diagnosing the Doc — Chandler McCorkindale

Every once in a while a little grade 8 or a little grade 9 will run up to me, tug my sweater and ask, “Mr.Chandler, why does the school have a doctor and why does he dress so sharp?” I always have to explain to the lil' guy that the man in tweed is Doctor Roland Schulz and he is not a medical doctor because we have no need for those at Sutherland, he is a Doctor of Science! As I explained this for the umpteenth time it dawned on me that maybe there was a better way to get the Doc more well known, so I decided to conduct an interview with him.

### **Sabre Truth: So what brought you and your luscious locks to Sutherland Secondary School?**

Dr. .Schulz: Well, I heard that this was a new school, it was a high tech school, and it was something different. I had been at different high schools before and I have taught overseas and at universities, so when I came into the North Shore District I was looking for something brand new, shiny and filled with bright students. (Editor’s Note: he is clearly referring to me).

### **ST: And what do you like about teaching at a high school?**

Dr.S: I like the fact that a lot of students are keen, (Slight pause) I like to work with teenagers because they are still very interested in the material and they are looking forward to what they are going to do in their careers as adults. It also gives you the opportunity to interact with a lot of colleagues who are also interested in teaching the sciences.

### **ST: What inspires you to teach the next generation?**

Dr.S: Well, just knowing that I am teaching people who actually want to learn Physics and also I like knowing that I am following in the footsteps of many of the great physicists, philosophers and educators of our time! (Editor’s Note: He says this with almost a childlike enthusiasm)

### **ST: What approach do you take to teaching?**

Dr.S: I take many approaches to teaching, I lecture, I use labs, I use notes and textbooks, I try to use technology and movies. Really I will try to do anything to make sure students are getting the most out of my curriculum. (Editor’s Note: I can vouch for that)

### **ST: Do you see your kids following in your footsteps?**

Dr.S: My Students....?

### **ST: No, your biological kids.**

Dr.S: Oh! It’s tough to say because they are such little guys, but it is possible because they are very bright...I do wish they would become soccer players though! ( Continued p. 8)

## 2 minutes with Joe Cerisara— Soroush Sharafzadeh

His seagull –like shrieks consume the halls, bouncing from locker to locker. His chest and stomach are famous, we’ve all seen him, we all know who the legend that is. But do we really know the real Joseph Cerisara? I spent 2 minutes with this fellow Sabre to get into the heart and mind of this confused and confident young man. I was able to meet Joe in a park near his house, he was very excited for the interview.

ST: Hey Joe! Now tell me, do you like Joe, Sepps, Joseph, or Giosepp?

Joe: Ah, well they are all valid names really. Everybody calls me something different, it’s all the same to me.

ST: Which would you prefer?

Joe: Probably Joe or Sepps, just keep it simple. ( Continued p. 8)



**Joe claiming Manchester city is number 1. Which is funny because this reporter thinks they suck!**

## 2 minutes with Joe Cerisara ( Cont'd)

ST: How did you ever get the nickname Sepps?

Joe: Well one day me and my friends were at a party. Ben Nesbit decided to call me Sepps and it just stuck, I think it was built off Gioseppy though.

ST: What genres of music do you like the most?

Joe: Oh I just like the classics, you could never go wrong with Pink Floyd, of course. Maybe a little bit of Biggie Smalls .

ST: Oh, Biggie Smalls or Tupac?

Joe: Definitely Biggie Smalls man, his slow flow is remarkable.

ST: Would you rather fight Sammy Dubbs (Sam Whitworth) on a Wheatfield or Sam Lee on the Great Wall of China?

Joe: Sammy Dubbs is a scrapper man, I'm going to have to go with Sam Lee, that would be an easy fight to win.

ST: Which haircut that you've had in the past years have you enjoyed the most?

Joe: Oh man I don't know. I'm going to have to go with the blonde Mohawk though, soccer season! The Ballotelli look. ( continued p.9)



**Mario Balotelli**

## Diagnosing the Doc (Cont'd)

ST: (laughs) So then they would have the big bucks to take care of you?

Dr.S: Ya, but probably only if they played internationally.

ST: Is soccer your favourite sport?

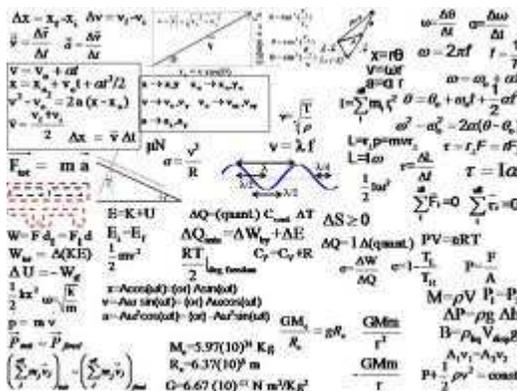
Dr.S: Yup I love it! I also I enjoy hockey too.

ST: Favourite team? Player?

Dr.S: For Hockey? Well I used to be a Canucks fan but I am a renewed Bruins fan. I was so happy for them when they won the cup because it has been such a long time since their last and I was always a Bruins fan in high school. My favourite player is number four, Bobby Orr! (Editor's Note: While I can agree that Bobby Orr is an outstanding player, the fact that the Doc is happy about the Bruins winning Lord Stanley's Cup made me grimace a little).

ST: Alright Doc, where did you study to obtain your PHD?

Dr.S: I have studied many places but I obtained my PHD at Simon Fraser University. ( continued p 9)



## Diagnosing the Doc (Cont'd)



The Doc looking fly as per usual

**ST: Have you published any books or papers?**

Dr.S: Yes several, and I am currently working on two books right now, but I have no time.

**ST: Where could one find these books or papers?**

Dr.S: Well you could google my name, or look around online. The problem is that a lot of the sites that carry my books and papers are very hard to access because you have to be registered to the sites to view my works.

**ST: Any Doctor tidbits for those looking into taking Physics or continuing their studies in Physics?**

Dr.S: Ask for help the minute you don't understand something because the minute you listen to another person's point of view on the topic it helps to expand your view on the topic.

**ST: Favourite part of your curriculum?**

Dr.S: I love teaching Einstein's Theory of Relativity because the look of shock and awe on my students' faces is priceless.

**ST: Greatest Achievement?**

Dr. S: Obtaining my PHD, because I worked so hard for so long on getting it and when I finally achieved it I was just filled with pride.

**ST: Doc tell the readers what happens when you let the ponytail out of its hair-band cage?**

Dr.S: The ladies go wild...I have to keep the ponytail under wraps.

**ST: And finally, do you agree when people say, "the Doc has the flyest ponytail in the school"?**

Dr.S: I agree and I am flattered. I had no idea my ponytail is such a hot topic.

Well there you have it ladies, gents and those who are questioning, *The Sabre Truth* has finally uncovered the mysterious man in tweed who inhabits the Science wing. So hopefully you will take your mass and accelerate on up to say hi to him or ask for help with your science home work, because ladies and gentleman the Doc is always in.

## 2 minutes with Joe Cerisara ( Cont'd)

ST: Do you like being known as the funny guy?

Joe: Well, I don't mind it, I like making people laugh, it makes me feel happy when I can put a smile on someone's face.

ST: That's cute.. Would you rather put a smile on the face of Jessica Alba, or Jessica Biel ?

Joe: Jessica Biel, man, I've always had a mad crush on her.

ST: What's your favorite song or movie?

Joe: Hmm... "Hey You" by Pink Floyd, nothing can compare man. Favorite movie.. That's a tough one, I'm going to have to go with Gladiator though. That movie, it just moves me. Russell Crowe...Oh my (laughs).

ST: Who has the best mustache in the school?

Joe: Mr. Bodnaruk man, Oh my gosh I'm so jealous of that thing. If I could grow that, I'd never shave. (continued p.10)

## 2 minutes with Joe Cerisara ( Cont'd)

ST: What do you think of Emile Heskey?

Joe: He is a living legend. There is nobody better at soccer than Heskey. He just- If anybody is not familiar with Heskey, go look him up on youtube. His step overs, they just can't be beaten.

ST: Do you ever read the Sabre Trooth?

Joe: Yeah, I always read the Sabre Trooth During BOB, it's always fun-better than reading novels I find.

ST: Who is your inspiration?

***"He is a living legend"***

Joe: TRON! From Fubar, definitely he makes me laugh.

ST: Trailer Park Boys or Fubar?

Joe: Definitely Fubar, just they're lifestyle, you got to love the Tron lifestyle. Living at the Mac.

ST: If the world was about to end, and you could link hands with someone, to follow you for the rest of eternity, who would it be?

Joe: Oh my... Oh my... that's actually a really hard question. Um... I'm going to have to go with Quinn Pearson, he's freaking cute. With Quinn as my wingman I can get whoever I want.

ST: Thank you for the interview Joe!

Joe: Thank you very much.

In 2 minutes I learned many new things about Joe! Despite his rough and greasy exterior, Joe has a very compassionate side to him. I'm serious, if you don't believe me, go talk to Joe yourself. He won't bite....actually he probably will, but that's okay.

## Feelin' the pump once again!: Holiday Edition— Amit Dhuga

Tis' the season Sabres, the season of spending time with family, sharing gifts, shopping at the malls, Holiday specials on TV...and here's the irresistible part, the food! Some individuals tend to get lazy or are too tired to hit the gym when they are relaxing at home by the warm fireplace with their families (trust me, even I tend to feel this way at times). That's where the Big Dhuga comes in to make sure that you'll be singing "Tis' the season to get RIPPED!!! Fa la la la la la la la!"

For this special Holiday edition of "Feelin' The Pump Once Again!", I'll be showing you a couple of workouts that can be done in the comfort of your own home. The reason for this is since the Holidays are about spending time with family at home or on vacation, why not bring the gym into your garage, basement, or wherever you have some space? Who says you need to hit the rec centre in order to feel a proper pump?



Whey Protein is  
where it's at!

## Feelin' the pump once again!: Holiday Edition (Cont'd)

**Bench Push-Ups:** first introduced to me by the very own Sardara Dhuga, is basically a more challenging version of your regular push-up. Place your feet on top of a bench and follow the exact same concept of the regular push up, it's that simple, or is it???

**One-Arm Pushups:** if no other pushup will leave you with an amazing pump, this one certainly will. Spread your feet farther than shoulder-width apart and place one arm behind your back and follow the push-up concept, then repeat with the other arm (I recommend this exercise for anyone who weight lifts regularly, since it might be tough for beginners!)

**Chest Fly:** this exercise focuses on the outer parts of the chest. Begin by lying on a bench, arms straight with your palms facing each other and elbows slightly bent. Slowly lower your arms to your sides, make sure that your arms are level with your chest, and then squeeze your chest to raise your arms back up as if you were hugging a tree.

**Bench Press (close hand grip):** the exact same concept as the regular bench press. For close hand grip, place your hands on the bar around shoulder width apart and lower the bar until your elbows are close to your sides, and then push up the bar until your arms are nearly straight, your elbows shouldn't be locked.

Now, the hardest part of exercising during the Winter Break...Nutrition. Keep it up for all of you who take protein shakes (whey is the best), but remember the consequences for taking too much protein powder that I referred to in the first part of "Feelin' The Pump Once Again!". Yes Sabres, I know Christmas would not be the same without Eggnog, but all I'm saying is that before drinking a lot of it, be sure to have a planned workout for burning the calories. There are 343 calories in total in a cup of Eggnog (calories from fat: 171) and the total fat in Eggnog is 19g, so just remember that. Then you have your delicious turkey dinners, and cake desserts etc, but then again, be sure to have a planned workout when you're done celebrating an amazing Christmas dinner with family!

Personally, during the Holidays I tend to stick to my normal gym schedule of Mondays, Wednesdays, and Fridays. I managed to catch up with 2 fellow grade 12 bodybuilders to see how they are keeping in shape over the Holidays. Brandon Buziol states, "following my normal routine, and lots of protein!" and Kevin Frisk explains, "I'm gonna stay in shape over the Winter break by keeping up with my gym schedule at local rec centers, incorporating active rest in between my sets (e.g. jogging on the spot or jumping jacks instead of just sitting there), playing sports and just eating healthy foods." There you have it Sabres, a list of exercises that will leave you with an insane pump and will definitely burn some calories. I hope you all enjoy the Winter Break with your families and I wish you a Merry Pump-filled Christmas and a Happy New Year!



The Bench Press (close hand grip)



The Chest Fly



The One-Arm Push-up



The Bench Push-Up

## A vicious cycle: The bike lane controversy— Brayden Newbery



The 2011 election for mayor in Vancouver was heavily centered around the new addition of separated bike lanes downtown. Drivers and cyclists alike are both extremely passionate about the bike lanes, as they deeply affect their daily transportation routines, whether it be to and from work or to other important outings. One candidate, Gregor Robertson, was fully in support of the new lanes, and oversaw the construction of them, seemingly without caring to view every side of the situation. Meanwhile, his rival candidate, Suzanne Anton, vowed to shut down constructions if she were to be elected. Although she is not opposed to the idea of bike lanes in general, she dislikes the way the situation was handled, and how drivers and cyclists have now been pitted against each other. As it were, on November 19th, Gregor Robertson was re elected as mayor of Vancouver.

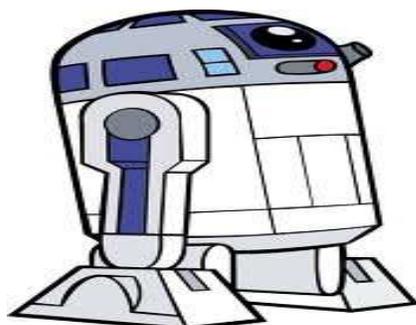
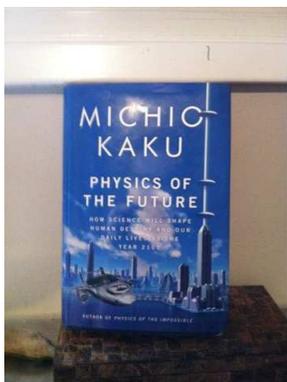
Avid downtown cyclists are elated about the separate lanes; they feel safer to ride freely for longer distances, and less at risk of getting in an accident. The potential consequences of cars and bicycles traveling in close proximity together are scary; an unsuspecting cyclist could be terribly injured or killed if a collision with a car occurred. Bikers have unanimously debated that if less car-on-bike accidents are reported, that should be means to justify the divided lanes. The new bike lanes raise both safety and health levels in the downtown Vancouver area, as more citizens are using them as their primary mode of transportation now. ( continued p. 12)

## An optimistic glimpse into the future— Justin Solyom

Published in March 2011, Physicist Michio Kaku's book *Physics of the Future* is yet another piece of resounding evidence which suggests that technology is on its way to becoming what most of us imagine it will be like in the future (self aware robots, advanced space travel etc.) Main stays of science fiction, such as robots, complex computing machines and advanced medicinal treatments are explored in depth, to name a few. Essentially, Kaku outlines his thoughts on future technologies, as well as the potential benefits and disadvantages to these technologies. Further credence to the legitimacy of Kaku's information is stated early on; Kaku travelled the globe, interviewing a wide variety of scientists at the fore front of their fields. The information that is compiled is organized in such a way that it is quite easy to understand, so don't fret (I realize some of you may be bit lacking in the brain department). Although understandably very interesting, the novel succeeds and falters in a number of ways.

Kaku is able to outline his information in a clear and concise way, which is extremely valuable in the way that the reader is able to understand the full scope and potential applications of these new advancements. The fact that Kaku puts forth a time frame as to when these advancements will become mainstream only adds to the intrigue and interest that this novel generates. Being optimistic in nature, I found Kaku's optimism somewhat reassuring, considering that these new advancements may entail many world changing consequences. Potentially the most exciting piece of information I ascertained from this metaphorical tablet of the future, is that almost anything that you and I touch will be connected

to the internet!



Robots such as these may soon become a reality.

Although I feel that it is good that Kaku is extremely optimistic about the future of the human race and technology as a whole, this possibly extrapolated sense of optimism may be the novel's downfall. It seems that Kaku has no desire to explore the likely possibility that seemingly benevolent robots will revolt and stage a coup against their human overseers (it is mentioned, albeit briefly.) This apparent unwillingness to explore darker side of human technological advancement left me with a feeling of incompleteness, like I had been cheated of realism. The length of the book is also problematic, as it can become dull and tedious at times. Finally, with a cost of over twenty dollars, many of you may find that the book is a bit too pricey to for your liking, although I implore you to give it a chance, given that it is a wise investment (trust me, I know a thing or two about wise investments).

All in all, Michio Kaku's "Physics of the Future" is an exceedingly informative, imaginative and thought provoking book. I realize reading is quite low on most of our respective priority lists, but for those that enjoy reading and are interested in science and potential life altering advancements in society, I encourage you to pick up a copy of this extremely enlightening book. You won't regret it.

## A vicious cycle: The bike lane controversy ( Cont'd)

However, numerous complaints have rung out, stating the negative affects that the lanes have had on traffic, and on local businesses. City officials confirm that they have indeed had a moderate impact on the economy of the area. While environmentalists may be happy, business owners face profit loss and downfalls in industry. A recent study reports that, although the losses are not large enough to create serious damage, changes should be made to prevent anymore similar effects.

Traffic flow is rather congested because of the new bike lanes, and parking zones have become cramped and unmanageable. For a driver that comes into town for a meeting at rush hour, the severe new problems with traffic can be very aggravating. The construction of aforementioned lanes makes matters even worse; more space than is actually necessary is used up, and traffic becomes even more clogged than before.

In relation to Sutherland Secondary, there was an open house meeting on December 7th to discuss the possible changes made to, and in between, the intersections of Boulevard Crescent and East 19th, and Lynn Valley Road and William Avenue. The object is to better the cyclists' connection through the Highway 1 interchange. It seems that, overall, the City is in support of the addition of divided bike lanes. However, the methods in which the lanes are brought about and constructed should be discussed. The positive affects on health and living are equal to the negative affects on transportation and economy. This shouldn't cause turmoil directly between the cyclists and drivers of the downtown area.

## The top 10 songs of the Holidays— Julia Gaunt

10. "Christmas Don't Be Late" by Alvin and the Chipmunks (original version). This song is adorable and so sweet! The chipmunks are pint-sized carolers, and just listening to this little tune, it can really make you smile. I recommend listening to this song if you want to smile and get in that "Christmassy" mood.
9. "All I Want for Christmas is You" by Mariah Carey. Her version of the song is just beautiful. Mariah has a beautiful voice, and makes you think of spending the holidays with that special "someone". This song also makes a person smile while listening to it.
8. "Santa Baby" by Madonna. Madonna sings a sleek 'n' chic version of the song, it is sung about a woman who is asking for a bunch of extravagant gifts from "Santa" such as yachts and rings. Madonna brings a more flirtatious and sassy style to the song that will keep you singing the entire song.
7. "Last Christmas" by Taylor Swift. Yes, I understand that Taylor has her own style of music, country, but she also sings Christmas songs. "Last Christmas" is Taylor's version that has the best of both worlds in her song. It has country and a relaxing feel to it. Her voice is soft and sweet and never becomes dull.
6. "Marshmallow World" by Phil Spector's (Darlene Love) version. This song may be old... but understand, that this version of the song, makes you feel like you live in a "marshmallow world in the winter when the snow comes a tumblin' down".
5. "Baby it's Cold Outside" by Dean Martin. This smooth crooner knows how to bring romance into the holidays, and getting cozy with a special someone during the winter time is really something special. This song brings a feeling of togetherness with family and loved ones to the forefront.
4. "Little Toy Trains" by Roger Miller. A slow, peaceful song such as this one is a great song to warm-up anybody's heart and makes them feel special about themselves and the joy that Christmas gives them. Roger sings this song perfectly, really exemplifies the beauty and wonder of Christmas.
3. "God Rest Ye Merry Gentlemen/ We three kings" by The Barenaked Ladies feat. Sarah McLachlan. Whenever, I listen to this song, two words come into my mind... and that's "Canadian Artists". These Canadian Artists bring this classic song and put a modern twist to it. This song not only is great to sing-along to, but is also great to tap your feet to it. The artists' voices meld really well to create a beautiful and folk-inspired harmony.
2. "12 days of Christmas" by Bob and Doug Mackenzie. "And a Beer in a tree" is the most popular lyric through the entire song and is so recognizable just by listening to it. This Canadian, comical duo brings joy and laughter to the song, and really brings out the definition of a Canadian Christmas "Ehh". (Continued p.13)



**My "Santa Baby"!**

## The top 10 songs of the Holidays ( Cont'd)

1. "Happy Christmas (War is Over)" by John Lennon. John and his beloved wife Yoko Ono wrote the song in 1971 and pretty much made it about the "Vietnam War". The song topped the charts all over Britain, and became a Christmas tradition for it to be played every year. The song's sweet harmony made a more traditional and a soft feel to the holiday season. If you love the song just as much as I do...Then I recommend listening to this song, and your holidays will always seem bright.

As there are so many other Christmas songs in the world, I couldn't possibly write about all of them. But these are just a few selections I have chosen. If you are wondering, yes, I did have a few honourable song mentions as well. These songs could include: "Santa Clause Lane" by Hilary Duff, "I want a Hippopotamus for Christmas" by Gayla Peevey, "Jingle Bell Rock" by Hilary Duff, "The Grinch" song, and many, many more. So if you are the type of person that just loves "jamming" out to Christmas songs.... Then look at my list! Who knows, there just might be something, which just might be what you are looking for.

### Astrology Jones



**Capricorn, December 22 – January 19:** You've always managed to get the work done, but now it's time for you to listen to someone else's point of view for a change. Face it; an extra hand never hurt anybody. Patience is the key and you will need a whole lot of it this upcoming winter. Take a break from all that tension and go out for a delicious holiday drink with a couple of your best pals.

Christmas movie: A Christmas Story



**Aquarius, January 20 – February 18:** Forget the old routine, and live a little. Decide to spend the holidays differently this year, and try to find that special someone for a special new year. Don't try too hard to impress, instead just be your imaginative self and play it cool. But even if you have new things in your life, don't neglect the old ones.

Christmas movie: A Charlie Brown Christmas



**Pisces, February 19 – March 20:** It's time to try something new, Pisces! You've always been super creative, so don't be afraid to step out of your comfort zone and take on a different approach. Don't let all that pressure get to you, and be proud of all your accomplishments. Independence is always a great quality to have and it will definitely teach you a valuable life lesson.

Christmas movie: Elf



**Aries, March 21 – April 19:** No need to smash open your piggy bank, because money is coming your way. Don't spend it all in one go though, because you will be needing it soon for some holiday surprises. Don't go out making rash decisions, but remember that it's okay to let your adventurous side shine once in a while.

Christmas movie: Miracle on 34<sup>th</sup> Street



**Taurus, April 20 – May 20:** Maintain your goals this upcoming year, and the stars will soon align to bring you some luck. A special friend may be in need of some great advice, but is not willing to ask for it. Make sure to keep level-headed and try to be there for him or her as much as possible. Also, don't forget to have fun this winter break while you can, because hard times are on their way. Buckle up, Taurus!

Christmas movie: Rudolph the Red-Nosed Reindeer



**Gemini, May 21 – June 20:** New years' is right around the corner, which means it's time to start making some new resolutions. Set a goal and try to completely devote yourself to it, as it will pay off in the long run. Success is headed your way, but remember to let go of all that negative energy and stick to the positive. Christmas movie: Scrooged

(Continued on p. 15)

## Astrology Jones (Cont'd)



**Cancer, June 21 – July 22:** Get over the fact that not everything is going to go as planned, but the outcome may just surprise you. Instead of waiting for that special someone to make a move, step up and make it happen! After all life is all about taking chances and what better time to do it than during the holidays? This month will be a fortunate one for you, Cancer! Christmas movie: How the Grinch stole Christmas



**Leo, July 23 – August 22:** You are a natural born leader, Leo! This month, try volunteering at a community shelter and put a smile upon the faces of those in need. As this will also bring you joy and that's what the holidays are all about. The sun is your planet; so don't forget to shine this winter break! Christmas movie: National Lampoon's Christmas Vacation



**Virgo, August 23 – September 22:** Ready to shop for the holidays, Virgo? Don't stress too much though, because at the end of the day it's the thought that counts. Also, like it or not, life is going to throw you a curveball, but it's nothing you won't be able to handle. Try to spend some extra time with your family this season and get into the holiday spirit! Christmas movie: Home Alone



**Libra, September 23 – October 22:** You know that something that has been bothering you lately? Well, holding it in is certainly not going to be much help. Try opening up to a close friend and you'll feel much better. Also, remember that you can't please everyone, so there is no point in trying. Christmas movie: The Polar Express



**Scorpio, October 23 – November 21:** Stop clinging to the past because you can't go back, instead look forward to the New Year and a fresh start. This is the year for you to meet some new people but choose them wisely. Stay off the naughty list, and enjoy the most wonderful time of the year! Christmas movie: The Nightmare before Christmas



**Sagittarius, November 22 – December 21:** Use this winter break to get out and explore the city. You may find some interesting details about yourself and those around you. Love is in the winter air, so keep your mind open to meeting new people for you might just find what's been missing in your life. You were born during the holiday season, so enjoy it to the fullest! Christmas movie: It's a Wonderful Life

***"Merry Christmas!  
Ho Ho Ho!"***



## It's indie rock 'n roll for me— Matthew Dick



From left, Curtis Leblanc, Adrian Sotres and Samuel Dick play Seylynn Hall as Trial and Tremor, all are alumni of Sutherland.

We've all got our own preferences, be it clothing, sports, television or food, but one of the most heavily discussed, and argued, one is music. It ranges from Daft Punk to Rammstein, from Lady Gaga to New Order, with genres going from techno/dance to the naked man tap dancing and playing his yellaphone (patent pending) on Davie Street. And with every age comes a new popular genre to rant about, hate on and fall in love with, for many of us it's Indie rock 'n roll. With such favourites as The Wombats, Deerhoof, Guillemots, Los Campesinos, Rabbit! and many more. But it's not all about the music, just as it wasn't all about music for the punk rockers in London, or the swingers in the '50s. There are a lot of things that go into a genre, clothes, attitude, relationships, and occupation. There's a lot more to music than just music.

To properly understand the Indie culture there's gotta be some understanding of its history, who started independent music publishing, peculiar and not always popular rock and roll, and the definition of under appreciation. What we listen to now derives

from rock from the '80s from bands like Sonic Youth and Pixies who started small, performing in bars and community centers, signing to small record companies and getting few but generally favourable reviews. Bands like Joy Division, and later New Order, changed how music was written and perceived by fans and other bands, transforming young children into the bands we listen to today such as U2, Interpol, Moby and Red Hot Chili Peppers. "The late Ian Curtis (Lead singer of Joy Division) had the knack of being able to express what was inside of himself and bringing it out and it drained him emotionally as it should drain any singer if he believes in what he sings." -Bono on Joy Division.

As far as clothing goes, there doesn't need to be anything as extravagant as a big black jacket with long leather boots and spikes jutting from every part of your body nor must you get anything 3 sizes too big and a tricked out Yankees hat to wear sideways. Indie is all independent and needs just a few things to stay relevant and afloat in the culture. Most people have some flannel and an old black hoodie, though any colour will work, so wear those when you're uncertain of anything else, but when you get the chance saunter on down to the Salvation Army. Pick up some old shirts, anything that's got a band on it buy, band t-shirts are a big yes, earth tones and leather jackets can keep any Indie king or queen quite happy and hip when they're grooving to Japanese Girls at the Rickshaw theatre. (continued p.17)

## Creative gifts on a budget— Stephanie Goetz

Yes, it's that time of year again! Christmas time! You might be frantically stressing about what to buy for your loved ones on a budget, but don't fret because I have some creative gift ideas to share, that will not only keep your wallet happy but bring a smile to their glowing face!

### 1. Personalized Scrapbook

This is a splendid present to give to whom you wish. It is a simple and fun way to put memories with pictures and words on a blank page notebook. If you have never made a scrapbook, this is a great time of the year to start because it is a meaningful present to give to a family member or friend, plus it's something they will keep forever. What's great is the dollar store has plenty of crafty supplies to get the creative juices flowing!

### 2. Quote a day jar

Don't get mistaken, this is not just any type of jar, this is a very special jar full of inspiring, life changing, wisdom awakening quotes for each day of the year! Buy any plain jar, and decorate it with whatever your heart desires. After, cut out positive quotes for 365 days of the year that give meaning to your friends or family members. Just think, everyday this person will open the jar and have a great start to their day!

### 3. CD

You could make a CD for your friend or family member with songs they love or songs that bring back memories you have shared together. I'm sure if you look, you'll find a blank CD somewhere where you live to put your magic touch on. If not buy one, or even ask one of your friends. To add more spunk to this CD, personalize the cover with fun pictures and a catchy title! This gift I find is perfect to give to your honey or best pal! (Continued p.17)



A personalized scrapbook will give lasting memories!



Give a Quote Jar to enlighten their day.

## Creative gifts on a budget (Cont'd)

### 4. Movie Night Basket

Who doesn't like a great movie night? This is an awesome present that keeps to your budget, and is truly an entertaining gift! Some ideas to put it together is buying a movie you know they will love and surround it with candy, popcorn, bubbly pop in a basket and Voilà! You're giving a present that will create a fun environment to just kick back and relax!

### 5. Starbucks Tumbler Mug

Now, you're thinking of what to get a coffee lover for Christmas? Don't just settle for a Starbucks gift card; buy them a fun, portable tumbler mug that they can fill with various delicious drinks! This is not just any mug, a tumbler mug from Starbucks lets you put pictures in the mug that could resemble fond memories you shared with this friend or family member for a reasonable price of 9 dollars. Every time they take a sip, they will cherish this mug with its memories.

### 6. Favour Gift

This gift is probably one of the best you can give to a family member or friend, because you don't have to pay a cent, all they need is your sweet time. Help them out by making a list of chores or favors you will complete for them as a gift from you. This is a good way to lend a helping hand!

All of these gifts are low in price and will for sure bring a smile to your friend or family member's face. This Christmas season and the ones to come, remember it's not what gift you buy, it's the memories you make. Have a great holiday, Sabres!

## It's indie rock 'n roll for me (Cont'd)

Nobody likes a know it all, not even know it alls like 'em, so unless somebody asks you about some cool bands don't go spurting out every EP you've listened to in the last decade. Keep your class and I can assure you everybody will be happy, there's a fine line between being an Indie kid and being a HIPSTER, and that line rests on being a respectful audiophile who genuinely loves the music he/she listens to and not buying everything that H&M sells. So if you're interested in becoming an Indie kid then do it, you're welcome to join and we're happy to have you, learn the culture, enjoy it, dance to it, sing along and do a bad cover, I'll record your song and sell it behind the 7/11. But never label something without listening to it, not all rap is bad, I don't hate all techno and I love a good musical, just give Indie rock your consideration.

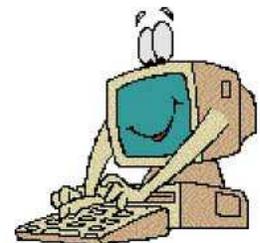
**Attention! Anybody interested in a good concert with new young Vancouver bands there is a show on December 28<sup>th</sup> at the Ambleside youth centre, featuring the reunion of Other Brother, The Mouths, guests Plant Life and Skycandy. 5:30-10:30**

Awesome bands to listen to: Rabbit! The Wombats, The Vaccines, Toy Horses, Super Furry Animals, Shout Out Louds, The Rapture, The Echoes, OH NO! Yoko, My Little Pony, The Motion Sick, Lydia, The Kooks, Karen O, Interpol, Band of Horses, Glasvegas, Fun. , The Feeling, Editors, Trial and Tremor, The Drums, Dan Mangan, Cake, Broken Social Scene, Pascal Picard, Anni Rossi.

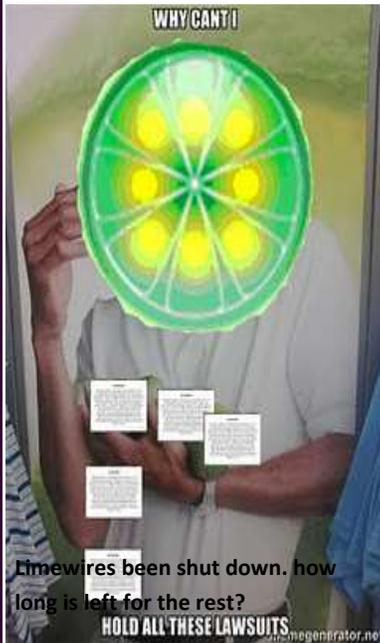
## The end of the internet as we know it? - Ryan McCormick

You may be wondering what the title of this article means. It's referring to the Stop Online Piracy Act, or SOPA. This is a bill that US Republicans are trying to introduce, which they claim is meant "To promote prosperity, creativity, entrepreneurship, and innovation by combating the theft of U.S. property, and for other purposes." This sounds all well and good, but in reality it only benefits the large corporations that produce music, video games, and all manner of electronic media. The bill gives more legal power to said companies, who already have the best lawyers in the world. Essentially, this bill will give the companies the power to sue anyone who uses their media without authorization. Let's say that there is a video with Party Rock Anthem playing in the background on YouTube. Today, there is a standard YouTube license, which essentially lets you use whatever music you want, as long as the company that made it has agreed with YouTube that it will allow users to use the music. If this bill passes, then the standard YouTube license doesn't matter anymore. The company can tell YouTube to remove your video, or they risk legal action. How many of you like that idea? Not many? I didn't think so. We already know how lawsuit happy the music corporations are. When the issues with the now dead music sharing website, Napster, happened, the RIAA (the recording industry association of America) were issuing lawsuits left and right. They attempted to sue a 12 year-old child and an 80 year-old lady. (Continued p. 18)

***"They attempted to sue a 12 year-old child and an 80 year-old lady."***



## The end of the internet as we know it? ( Cont'd)



As for the rest of the internet, this was said about the proposed bill, "The language of SOPA is so broad, the rules so unconnected to the reality of Internet technology and the penalties so disconnected from the alleged crimes that this bill could effectively kill e-commerce or even normal Internet use. The bill also has grave implications for existing U.S., foreign and international laws and is sure to spend decades in court challenges." That doesn't sound too good, huh? The bill would have the ability to kill open source programs and projects, which means that if you use Google Chrome, or Mozilla, there is extension you use for your browser. A good number of those could, and most likely would be shut down. Even social media sites like everyone's beloved Facebook could be affected by this. Streaming video games would become penalized, or even illegal without the express consent of the developer of the game.

Now then, how many of you have used a Peer to Peer file sharing program like FrostWire, or Bit Torrent before? Most of you have, and under the legislation of this bill, your internet service provider would have to alert the government, and would have the ability to shut your internet connection off, without warning. Does any of this sound appealing to the average person? I really doubt that it does.

This bill has been described as the beginning of the end of the internet, and many large websites oppose the bill. [Google](#), [Yahoo!](#), [Facebook](#), [Twitter](#), [AOL](#), [LinkedIn](#), [eBay](#), [Mozilla Corporation](#), the [Brookings Institution](#) and human rights organizations such as [Reporters Without Borders](#), the [Electronic Frontier Foundation](#), the [ACLU](#) and [Human Rights Watch](#) all oppose this bill. I have had people say that it doesn't matter to us, because we don't live in America. This is wrong, because almost all of the major websites are hosted in the US, so they are subject to the US laws, even though they operate in Canada. A major opponent of the SOPA is the internet Hactivist group Anonymous, who were behind the hacking of the PlayStation network, as well as being one of the driving forces behind the occupy movement. They have stated that if the SOPA is passed, they have promised retribution, in the form of "Operation Blackout". This is described as a massive DDOS attack on united states government websites. This would essentially shut down the websites, for as long as the people orchestrating the attack want, crippling government communications.

The members of the house of representatives have expressed that most of them don't have any idea what the results of this bill passing will be, and this has raised controversy. There is also the issue of net neutrality, which is the idea that a nation shouldn't force laws on internet access in their country. A country that is well known for not following this idea is China, and its control over the internet there has been described as the "great firewall of China." Well, this bill has been compared to that, but less severe.

This article may seem very biased, but it is probably the bias of the majority of internet users, as the bill almost exclusively benefits huge companies. They already have enough power, and its high time that they stopped gaining power over every form of media. If the proponents of this bill would just come clean and say that its basically an internet censorship bill, there would be outrage, but its intent is disguised by a thin veil of morality, meant to protect the huge companies form the so called "threat of piracy". This needs to stop, they aren't little children that need help in every dispute they get into, let the courts deal with the issues, without special protection legislature that they don't need.

If people are willing to go so far to stop this bill from passing, then the government should have figured out by now that this bill is a bad idea. All of the possible negative outcomes for internet users equal more power and money for the entertainment industry. They should see that this is a terrible idea, and stop. Well, that's my rant done and over with. I hope that you have a deeper understanding on the issue after reading this, as it may affect you as well.



## Sabres Senior Girls' Volleyball no longer known as just the underdogs— Kate Pearsall

Passion, determination, and a goal. A goal of putting an end to the provincial drought that has been haunting the volleyball teams for eleven years. Ability, encouragement and a team, a team that bumped, set, spiked and pretty much defied gravity on their journey to the provincials. What team? Sutherland's own Senior Girls' Volleyball team.

From the start of the season until the end it was an uphill battle the whole way. "A roller coaster season" said an anonymous team member. The Senior Girls were placed in the Premier League for the regular season and were constantly at battle against provincial champions and other high level teams. The Sabres worked extremely hard during practices and games, continuing to strive to reach their goal that was growing closer and closer.

At the beginning of the season when a ball was spiked down at the Sabres an individual would dive and rise as an individual; but at one point in the season the girls all dove and rose together as one united team. As the team began to grow, taking steps forward, so did the number of spectators lead by Joe Cerisara and Brandon Clarke in the Sabre suits. The support of the community helped lead the team to finishing off the season with a great outlook on the challenge ahead.

The Sabres were one game away, from their first win but more importantly the Lower Mainlands. Rockridge was their only obstacle, but the Sabres pulled up their socks and kneepads preparing themselves for an unyielding but crucial game. ( Continued p.20)

## More than just people in need— Nathan Mayes

The holiday season is about giving; more importantly about giving to those who need it. Most people would think about other people to give to this holiday season. But people aren't the only ones in need. Some pets are abused every day. Even right now, some poor pet is getting abused by an ungrateful owner. Most are lucky to be rescued by organizations like the SPCA and such. But after these animals are rescued, the organizations still have to find a way to support these animals for the rest of their lives. So they ask for the help of other people - people like us. As to not sound anymore like one of those pet adoption commercials I'll stop the guilt trip.

Seriously though, adopting a pet is a great idea. If you can find one that's right for your home and you have a family that loves animals, then maybe you should consider adopting a rescue animal. If you can't, then there's another really easy way to help animals in need - by simply going to a websites of any organization that helps out animals and clicking *donate*. Yes, it's that easy!



**Adopting a pet means a new Scrabble buddy!**

For those of you who would want to adopt a rescue pet but don't want a cat or dog, don't sweat; there are more than just those traditional pets that need adopting. There are tons of different animals you can support, like rabbits, hedgehogs, even chinchillas.

To adopt a pet you need to check out a website like <http://littlepawsrescue.net/>, find a pet you would want to adopt and fill out a form. Cross your fingers that the people working there think you are a suitable candidate to adopt a pet, because if they accept you you'll have a new friend for the holiday season.

Now, adopting a pet is a big responsibility, so you need to know a few things about your rescue animal before you adopt them. ( Continued p. 20)

## More than just people in need ( Cont'd)

1. Know how big your animal is going to get if you're adopting a younger animal (especially for dogs). If a dog is only five months and weighs thirty pounds...watch out...
2. Some pets still need house training, so if you don't have time to teach a pet how to do that, get one that already knows.
3. Don't get a pet simply because it's cute. A lot of people get a pet because they think they are cute when they get them, but end up surrendering them later because they become too much to handle because of the need to run off energy. Make sure your family will have the time to train and or exercise your pet.

If this article has convinced you that adopting a rescue animal or donating to support one is right for you, I suggest checking out the BCSPCA website, <http://www.sPCA.bc.ca/> or simply Google some other sites that deal with pet adoption.

If you love animals, and you're looking for a worthy cause to be charitable towards this holiday season, I recommend helping out an animal to make their rough time a little better.



*Can you say no to this face?*

## Sabres Senior Girls' Volleyball no longer known as just the underdogs ( Cont'd)



After defeating Rockridge in four sets the Sabres celebrated and prepared for the next game against Seycove that determined placing in the Lower mainlands. Beating Seycove, in five sets, the team rested up and practiced for the up coming Lower mainlands

In the Lower mainlands the Sabres lost some and won some leaving themselves with one more chance to make provincials. The wild card game. They dove and played their hearts out but in the end they were two points short from winning which left the girls extremely disappointed and yearning for another chance. But their wishes were granted and another chance arose. "A team dropped out and we were called up and asked if we wanted to go to provincials" stated the team and the Sabres quickly jumped at the opportunity.

The Sabres packed their bags and headed over to Parksville to finally play in the provincial tournament of their dreams. They fought and played as hard as they could but they lost their first seven games in the tournament. In their final game, against the team that originally eliminated them from provincials in the wild card match, the Sabres dominated and defeated this team which landed them in fifteenth in the provincials. One player stated, "The fact that we beat the team that had originally beat us made fifteenth worth it."

Our Sabres put their hearts into everything that they did, whether it was a practice or a game, it didn't matter, and that allowed them to be such a successful team. A couple of the players summed up the season by saying, "Going into the season as underdogs yet coming out with an awesome finish." Which we all must agree, is a pretty amazing accomplishment.

## Getting gorgeous with groceries— Cassie Heavenor

Dear beautiful Sabres, though I know you have striking good looks and beautiful shiny hair I believe everyone could use a little touch up now and then. Different beauty routines can be very expensive, but little did you know, most of the main ingredients in those products are in your very house! They are materials that are found on a usual grocery list!

### Would you like shiny healthy hair?

Try eggs! Yes, you heard me...eggs. I do realize that putting eggs in your hair is not something that a person would usually do but trust me on this one. When it's time for washing your hair, do your normal shampoo routine then grab one egg mixed with one tablespoon of water and soak your hair in it. Leave this mixture in your hair for 10 to 15 minutes, then rinse thoroughly. No need for conditioner after this. From my experience, you may not see any beautiful shininess straight away, but be patient young child and the results will amaze you. ( Continued p.21 )



*I'll have shiny hair tomorrow!*



### Do you have an annoying zit?

This one is pretty common. When it comes to being a teenager, unfortunately acne comes with it. Thankfully, I have a simple solution that just might help. Before bed, put a dab of toothpaste over your zit and it will be all dried out by the morning. This causes your zit to go away faster. If you don't have toothpaste (I sure hope everyone does) you can use lemon juice for the same result.

### Do you have rough facial skin?

Usually I would just recommend you use an exfoliating face wash. From personal experience, I know this is not something that everyone has around the house. If you have one feel free to use it, but if not, you can use sugar. Just plain white sugar will do the trick. Mix it with a facial cleanser or some soap and start exfoliating. You will have the softest skin at school! If random people are rubbing your face tomorrow, I will know why.

### Does your nose get red and irritated with the cold weather?

The cold weather is coming our way very fast so avoid getting a red chapped, sore nose by applying a little lip balm to the outsides of your nostrils before heading out. Now this one, caught at a funny angle, might look like your picking your nose with your chap stick so I suggest you do it alone and enjoy your snug nose with a sly grin.

### Do you have unfortunate blackheads?

Many people in their teenage years will experience blackheads and buy those blackhead strips at a near pharmacy. Those are sweet to buy but they can become pricy if you keep going back for more. For this one, I suggest Elmer's liquid glue. As small children, you probably put this stuff on your hands and waited till it dried to pull it off. Most kids do this because it looks like you were pulling off your skin. Well this is the same thing, but instead of your hands, put it on your nose. When it dries, simply rip it off for a bright clean nose.

### Do you want a whiter brighter smile?

A nice, clean, white smile is always enjoyable to look at. For this one, baking soda can do the trick! Before brushing your teeth, wet your toothbrush and dab it in some baking soda. Brush your teeth like you normally would and when you are finished, rinse your mouth out thoroughly. Try not to leave any baking soda in your mouth because it is not very healthy, plus it tastes pretty funky. I suggest brushing with baking soda before you brush with toothpaste because toothpaste tastes a lot better. Try the baking soda routine for a couple weeks and your smile will be picture ready in no time!

Have fun while doing these different routines, I mean putting eggs in your hair alone is not as fun as with friends. Enjoy yourself! However, when doing these routines, if you have any allergic reactions or discomfort, please, stop right away. Other than that, I hope you all the best in your beauty adventures. In the next couple days, I hope to see some healthy skin, bright smiles and shiny hair. You're welcome, Sabres!

## Venti-ing about those holiday drinks! - Derrick Gravener

Okay, so think back a few weeks ago: it's November, the guys are rocking (or failing) "Movember", there's still some sun popping out, Starbucks holiday beverages and treats are back, the leaves are on the gr-WAIT! It's November and HOLIDAY drinks are here!? Okay, back up, why are THEY here in NOVEMBER? Like the fall party crashers that they are, (they stole the spotlight away from my pumpkin spice treats!!!), we once again return to them, but we certainly aren't running to get them like we were last year.

I have to start this by ranting about the price. WHY, OH, WHY, are they so expensive? Better question, WHY are we still accepting the price? Let's face it, consumers lap up that junk that says "seasonal!" or "limited edition!" and they pay full price for anything like that to feel like part of something, part of a holiday or part of a "limited" trend. Ordering a Grande "Chai-nog," as the barista referred to it, I expected to pay a little extra but over six dollars!? That's like an appetizer at a restaurant or a combo meal with extra everything at a fast food joint. Reluctantly, I paid for this hybrid of Chai tea concentrate and eggnog and honestly, I was underwhelmed; there was barely enough Chai to keep me satisfied! I continued my trek through the day feeling disgusted with myself for getting into such consumerism, but oh so trendy for having this "seasonal" beverage. Darn it!

Starbucks - 1, Derrick - 0.



***Evelyn Yang stays loyal to the no-water chai tea latte all year round, and saves money with that!***

## Venti-ing about those holiday drinks! ( Cont'd)

Skinny Peppermint Mocha? Sure, we all want less calories during the holidays so WHY

NOT? And “only 100 calories in a tall!” well, I was caught, hook, line, and sinker there. It was really...bland. There was little peppermint flavor, and I could tell that the syrup used contained fake sweetener. And the mocha taste was hiding somewhere--on the appealing sign, clearly. Topping it off was, of course, no whip cream but an elevated “holiday” price instead, thanks Starbucks. Happy holidays to you too.

If you're in some sort of bizarre “I MUST SPLURGE ON A LATTÉ!” mood then I think you should go traditional with what's been served for 24 years, the eggnog latté itself. It gives you a rich eggnog flavor with some buzz from the espresso so you don't fall asleep after. Of course with a \$5 price tag for a grande, you're not going to want to get it that often, unless you're some sort of addict, in which case I think you may need some sort of sit-down support group.

Also on the holiday list are the Gingerbread and Caramel Brûlé lattés. Skip them. Go eat the real thing. There are numerous bakeries that make legit gingerbread, not just flavored syrup. Caramel Brûlé? I'm sorry, you're the awkward wallflower here, you're available all year long so why are you getting this publicity? Are you earning 17 million from a divorce? Didn't think so. Go get some real crème brûlée at Whole Foods, a good dollop of it is about \$4 at the dessert bar and it's not playing dress-up with its crème brûlée costume on like the blah tasting latté.

If you're feeling a little “peckish” and the glass display seems to be talking to you with its holiday treats, a simple word of advice is skip the holiday gingerbread loaf and the chocolate crème whoopie pie and go straight for the cranberry bliss bar which are so good Ms. Bermudez says, “[she]’d serve them in [her] own home!” They are available for such purposes in tray form. I think we all know what we're getting her now? On the flip side, as good as all the treats are, you're paying the bakery price for something that was baked off-site and came out of a plastic bag. Food for thought, Sabres?

I think the best way to get by this holiday season without losing your shopping budget is to stick with their year-round drinks and splurge only rarely on the “seasonals”. Be like grade 11 Marina Khem who says that eggnog lattés are “gross”! (She's saving up the dough this holiday season by denying those!) Or be like eleventh grader Evelyn Yang, who sticks to no-water chai tea lattés in the midst of seasonal craziness and year round. Another solution is buy your own carton of eggnog (the WHOLE carton is under \$5!) and MAKE YOUR OWN DARN LATTÉS PEOPLE!

Sure it's nice to have them here for what's now an “extended” period, but at the end of the day I won't be running after them in tears when they're leaving again, and neither should you.



Marina Khem stays cool, calm and collected this holiday season

## Movies to get you in the Holiday Spirit— Connor Hanley



Everyone's favorite reindeer

Every year around this time Hollywood belts out what seems to be like 100 Christmas movies which are fully loaded with cliches and bad acting. However, there is always that one rare gift under the great tree of Christmas films. The one gift that you weren't expecting at all, it's that one that beats out every other undeservedly high grossing film with an all star cast out there. This is the list of the best of the best, and if these don't get you in the holiday spirit; then nothing will.

### 8.Scrooged

The lovable Bill Murray stars in this film as a selfish TV executive who doesn't truly appreciate what Christmas is really about. His TV station plans on running a live adaption of Scrooge. Frank Cross (Bill Murray) isn't so fond of the idea, but after he is visited by the ghosts of Christmas past, present and future; he sees what he has become and tries to change his selfish ways.

### 7. National Lampoon's Christmas Vacation

It's Christmas time and the Griswolds are setting up for another family celebration, but things just never work out for Clark, his wife and their two kids. Clark's constant bad luck is worsened by his obnoxious family which turns what's supposed to be a nice dinner into a complete disaster.

### 6. The Santa Clause

The Santa Clause tells the story about a divorced father named Scott Calvin (Tim Allen) and his son, who had just been told that there is no Santa. On Christmas Eve, Scott and his son Charlie hear noises on their roof, so they go outside to see the real Santa who ends up tumbling from the roof and disappears before their eyes; leaving only the big red suit behind. Scott then puts on the suit and inherits the duties as Santa Claus, restoring his and his son's Christmas spirit.

### 5. Elf

*Elf is a film about a human named Buddy (Will Farrell), who was raised with Santa's elves, but due to his enormous size and terrible crafting skills, he is confronted by the Papa Elf and is told about who he really is, and sent to New York to live with his real parents. After he infuriates his Father (James Caan) by heartlessly interfering with his work, he makes it his goal to make things right with his Dad and get him back on Santa's nice list. (Continued p. 23)*

## Movies to get you in the Holiday Spirit ( Cont'd)

### 4. It's A Wonderful Life

**WARNING:** If you don't like classic dramas from the 40's then this is NOT the film for you. This film tells the story of a financially ruined but selfless man (James Stewart) who is so far in debt and overcome with depression that he is seriously contemplating suicide. But after a visit by an angel who shows him what life would be like had he not been born he has an epiphany where he realizes how many people he has helped through his life and when he awakens, he sees past his deprivations and becomes aware of the truly wonderful life he has.

### 3. The Year Without A Santa Claus

This classic 1974 TV special tells us the story of when old man Santa had a bad cold and decided to take a break from Christmas. Turns out the big man just wasn't up for it and dare I say it, he lost his Christmas spirit. Mrs. Claus decides to send Santa's two elves, by the names Jingle and Jangle go out to rally up some Christmas cheer to help Santa realize that Christmas still means something to everyone.

### 2 Rudolph the Red Nosed Reindeer

*Rudolph the Red Nosed Reindeer is by far the best TV Christmas special of all time. This instant classic is the story of a young reindeer who is singled out because of his nose that lights up. He and his friend go on a journey to find "fame and fortune." On the way they encounter the terrifying Abominable Snowman, a new friend, and the Island of misfit toys on a trek for the ages.*

### 1. A Christmas Story

The film is set in Hohman, Indiana and Nine-year-old Ralphie Parker wants only one toy for Christmas: a Red Ryder BB Gun. He uses various plans to convince his parents to get him this gift; however, he continually bumps into comments from others saying, "You'll shoot your eye out." This Classic is considered to be the best Christmas movie of all time, so good that some stations even do 24 hour marathons of this film on Christmas Eve. If you haven't seen it yet, you're missing out on a great film.

I hope these classics keep you content over the winter break. If you have Netflix, see if any of the above selection is available and enjoy a cozy Christmas! (Summaries and descriptions courtesy of IMDB and Wikipedia.org)



Sean and Matt's Project

## Gr.9's + Math Fair = Teenage Fun! - John Topham

To some of you, the grade nine math fair is a time of darkness, but to all the math lovers and geeks out there, it is the moment they've all been waiting for! Everyone at Sutherland will either have to do one soon, or has already completed their grade nine math fair and it can be more stressful than it looks. It contributes to a huge chunk of your final mark in math, which makes it all the more reason to do your best in it. The math fair that recently happened on Wednesday, November 30<sup>th</sup>, was a huge success because not only was it just the parents of the children coming to participate, it was also older and younger grades joining in. This year's math fair was made up of four grade nine classes and was

run by Ms. Johns, Ms. Dosanjh, Ms. Amirchimeh, and Mr. Mitruk. The way it works is that the teachers will come up with one main topic or theme for the fair and all the students will have to base their projects on that one theme. This year's theme was the North Shore and it was interesting to see because the projects were so different from each other with the wide range of ideas they came up with. One project that I enjoyed in particular was about Grouse Mountain, made by Sean Clarke in grade 9. The projects had difficult and logical games or puzzles that would take a lot of effort to solve. A lot of the parents (including me) felt like idiots when we were stumped by questions and games that were taught in grade nine math, durrrr. It was another successful math fair, thanks to the volunteers, students, and parents who helped out. One father even whispered, "To tell the truth, at first I wasn't all that pleased with coming here, but I actually am enjoying myself a lot." I hope this has inspired you to attend the next math fair to test your brains. Are you smarter than a 9<sup>th</sup> grader?



**Merry Christmas and a Happy New Year !**

Contributing Writers

Katarina Tsamis

Sadie Burgess

Brittany Mrcic

Chandler McCorkindale

Soroush Sharafzadeh

Derrick Gravener

Amit Dhuga

Brayden Newbery

Justin Solyom

Julia Gaunt

Anita Afshinkia

Marina Khem

Matthew Dick

Stephanie Goetz

Mohammad Khanali

Ryan McCormick

Kate Pearsall

Cassie Heavenor

Connor Hanley

Nathan Mayes

John Topham

**Sabre Trooth Volume V, Issue v**

**Sabre FM Ft Stan SB - Mohammad Khanali**

Whether you're in the mood for a relaxing RnB music, or if you're up for that techno-dub step, Stan SB has it all. Stan is a solo artist who is from the United Kingdom. He is quite young but also famous on the internet. He currently has a variety of different music such as RnB, Dub step and Pop. I actually came across this brilliant musician while searching up my favourite types of music, and from the first song I was hooked on to his music. Sadly you can't buy his album in stores (not that I know of) or anything, but on the other hand you can access it via YouTube, and later on buy most of the songs off iTunes. "Give them Hell" is Stan's newest single and probably one of the best tracks on the album. The album itself is also filled with amazing tracks, but "Give them Hell" and "Been Going" are probably my favourite tracks. Take it from me, you should really check out Stan SB, as his music is original when so much out there is not.



***Santa's Breakfast is on Friday December  
16th here at Sutherland!***

***Don't miss out on great times and good  
food!***



***Happy Holidays!***

*Some images used in this issue are courtesy of  
Google.*