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J. BERMUDEZ

FORMATTER:
H. DIELEMAN

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The gift of giving at Sutherland

-Anika Tsoulacos

Sutherland lends out a helping hand donating to charities this holiday season. Even Sutherland students are finding their own way to give back; which may I add is diverse and creative.

“Make A Difference Or Dye Tieing” is a T-shirt company that was created by grade eleven students Chris Vanderkooy and Peter Wilton. Their artistic and trendy t-shirts are hand-died, and use a variety of colours, as well as implement their cause on the t-shirt. You may have seen the two at lunch with their stand of eye-popping t-shirts but never known what the whole deal was. The proceeds of these nifty t-shirts go to the Kigali Christian Elementary school-feeding program, which gives these children food in their stomachs and the energy they need to carry on through the day. Something you and I take for

granted. Instead of going to the mall looking for a t-shirt, why not go right across the halls of Sutherland; you can get a trendy t-shirt while supporting a great cause!

Sutherland Student Leadership Council is holding a clothing drive, and they need our help filling up the chest in front of the office to the very brim. We can fill up the chest with unused or delicately used items like socks, scarves, mittens, hoodies, gloves, and any other winter clothing items. These items might not



These winter items will sure put a smile on someone's face

be valuable to us anymore, but when the items are distributed to the homeless in Vancouver they will undoubtedly express a feeling of appreciation and excitement, just like when you first got the item yourself. Think about it this way: are you going to let that jacket sit in the closet collecting dust for another year,

Cont'd pg.

The “Does Everything” teacher

-Brittany Mrsic

You know that one teacher who seems to do everything and we all just have to love them for it? Well that’s Mrs. Bunbury. With her running both the Student Leadership Council, and the school’s entire drama department, we can only help but grovel at her feet for all the things she does for us. Luckily for me I had the wonderful

opportunity to sit and talk with her for a bit about her life, her travels, and to learn just how involved she is in anything “Sabre.”

Brittany Mrsic: Have you found the school to have changed since before you went traveling ?

Cynthia Bunbury: I would say yes ... because there has

been a little bit of a shift in administration. We have had one vice principal leave and another one come in since I was working here before. It changes the tone of the school a little bit. I’d say that it is a little bit more upbeat. I get a sense that there is a little bit more youth around the school... I now get a sense of dynamism, I think perhaps it is just because

Cont'd pg. 2

The gift of giving at Sutherland *Cont'd*

or are you going to keep someone warm at night?

Those boxes in our classrooms filled with non-perishable items and cans we donated last week for Sutherland's Senior Basketball game are all going to one place; The Harvest Project. The Harvest Project helps individuals and families who are battling through a difficult time by providing food, clothing, household products, and even guidance and life skills. Give what you can to a great organization that gives the most it can and more to people in need.

Throughout the winter season, it gets even harder for

people in need as they struggle through starvation, the treacherous weather, trying to keep warm, and most of all a lack of hope. With the collection of food, clothing, and proceeds at Sutherland we can all help by giving what we can, thereby lifting a few weights of worry off the shoulders of the disadvantaged during the time they carry it around the most.



The "Does Everything" teacher *Cont'd*

I am back here and working, so it is a fairly exciting place to be.

BM: Where did you and your family travel to?

CB: We started during August, in Finland. We went there because we had met some Finnish families and had learned a lot about Finland, and had thought Finland would be a neat place. We had never been that far north before, so we spent a month in Finland. We also went, briefly to, Saint Petersburg in Russia because it's close to Finland, and we took a bus and stayed five days in Saint Petersburg. With Russian friends of ours, it was very interesting, so sort of an insider's view. Then we traveled directly from Finland to France by plane, and we spent the next three and a half months in France.

BM: Are you happy to be back?

CB: It is very nice to be so

welcomed back into the school, it is as if my students love me... and to feel as if I was needed. It is a great feeling, it really does feel like home.

BM: Is there anywhere in the world you still want to go?

CB: There are lots of places I still want to go to. I will probably go and live in France, maybe when I retire, and will spend a part of the year there every year. I particularly love France out of all the places I've visited. There are certainly places in the tropical nations where I would like to go and visit because I love the warmth but I'm not too keen to go off and do another long trip right away.



"There are lots of places I still want to go to. I will probably go and live in France, maybe when I retire"



The “Does Everything” teacher *Con’t’d*

I miss home, I miss my family, I have parents who are aging, it’s nice and I miss my community.

BM: As you are involved in the Student Leadership Council, as well as the school play ‘A Midsummer Night’s Dream which you are directing, are you finding that with these obligations being so close to Christmas break that life has begun to get stressful?

CB: Yes, yes, yes. However I have lots of good people working with me, a supportive family and some terrific parents and friends who come and help we stay late at night. often painting and things like that. I feel very well supported...and it always turns out right.

BM: Are there any upcoming events Sabres should know about?

CB: The play is opening on the 13th, and running through the 17th, and there is a matinee performance for a number of English classes on the 14th. The Student Leadership Council is running it’s food drive until the 16th which is the second last day of school...In the new year, we have at the end of January the North Shore High School Drama Festival where we will be entering two short plays which are both student directed and that will be quite exciting. So we encourage kids in the school to come down to presentation house from the 24th to the 27th of January .

BM: Why did you choose to do ‘A Midsummer Night’s Dream’?

CB: it’s a play that most students know. If they haven’t actually read it, they know of it, or they’ve heard of it.

It is an easy Shakespeare in that respect because it is not strange to people. I have also chosen a verse adaptation of the play so it’s not the full length of three hours that has quiet

complex language and many subplots...but it also runs at about ninety minutes ...it allows the audience to understand better what’s going on because it moves at a faster pace .

BM: How did you first get into theatre?

CB: When I was in school they didn’t teach Drama as a course, so I had to do it as an extracurricular... to in my final year, I played Juliet in “Romeo and Juliet”, and I have always loved Shakespearean plays. I pursued Shakespearean theatre when I was in university; I studied it when I was doing my degree in anthropology. I have been involved in community theatre and I have taught theatre at a high school level since 1988. I’ve written lots of plays and interesting variety shows for the stage. I have directed, written, and acted in community theatre. I have never done any professional theatre, but I’ve always wanted to. Maybe someday when I have a little more time I am going to volunteer for Bard on the Beach. Simply because I love it. So it’s just in my blood, not that I trained in theatre but I have become more and more knowledgeable over the years after working in it a lot. I also have lots of friends in professional theatre.

BM: What is your dream play to be able to put on in the school?

CB: To tell the truth, I actually prefer plays with smaller casts, and that don’t involve a lot of bells and whistles. I prefer to be able to develop my actors and I quite enjoy some of the smaller plays we do for the festival because we end up working with smaller casts and get much more personal time as a director with each of them.

BM: As a child what did you say you wanted to be when you grew up?

CB: I wanted to be an actor. I can remember from a very young age of talking to fence posts as we lived on a



Can you guess where Ms. B has been?

farm, so playing with the animals on the farm, as part of my cast. I would have them all doing stuff, and I imagined that I was some actor in a play very often in a play all by myself in the field. Which people might think is a little weird, but I loved it. So when I was in elementary school if there was ever anything going on I wanted to be part of it. In high school I was always a part of the school plays. I stopped doing community theatre after that, because I had to work so hard to play my way through university. I didn’t have the option of doing something for fun, but when I did community theatre I really loved it. Being a teacher of it, continues to allowing me to keep in touch with it... I had always intended on going to the national theatre school but it was too costly, and my family simply couldn’t afford to send me there, so I had to change direction. People make exceptions and have to accommodate what our lives allow us. So the fact I can be a theatre teacher lets me live vicariously through my students.

So if you ever wondered who was behind the awesomeness happening within the schools walls, now you know. Students who enjoy acting take her classes, and students who don’t know if they will should try, or at least join Mrs. Bunbury and the Student Leadership Council, to help her continue to add great spirit to the school.



A true love for Shakespeare



I wanna Hippopotamus for Christmas

I want a hippopotamus for Christmas
Only a hippopotamus will do
Don't want a doll, no dinky
Tinker Toy
I want a hippopotamus to play
with and enjoy

I want a hippopotamus for Christmas
I don't think Santa Claus will
mind, do you?
He won't have to use our dirty
chimney flue
Just bring him through the front
door,
that's the easy thing to do

I can see me now on Christmas
morning,
creeping down the stairs
Oh what joy and what surprise
when I open up my eyes
to see a hippo hero standing
there

I want a hippopotamus for Christmas
Only a hippopotamus will do
No crocodiles, no rhinoceroses
I only like hippopotamuses
And hippopotamuses like me
too

Mom says the hippo would eat
me up, but then
Teacher says a hippo is a
vegetarian

There's lots of room for him in
our two-car garage
I'd feed him there and wash
him there and give him his
massage

I can see me now on Christmas
morning,
creeping down the stairs
Oh what joy and what surprise
when I open up my eyes
to see a hippo hero standing
there

I want a hippopotamus for Christmas
Only a hippopotamus will do
No crocodiles or rhinoceroses
I only like hippopotamuses
And hippopotamuses like me
too!



Starbucks Holiday Sips

-Anika Tsoulacos

As soon as it's cold enough to see our breath in the arctic air of Vancouver, we begin to rely on our savior; which thankfully is on almost every corner of the city offering up their recognizable red winter cups. Over the years, Starbucks Coffee Company is a place we've all found familiarity with and a coffee house that has guided our taste buds to a thing called liquid love. That love has become even sweeter ever since Starbucks introduced their seasonal sips, which I had the privilege of trying and reviewing. My purchases from the menu included the rich Caramel Brulée Latte, the refreshing Peppermint Mocha Latte, the gustatory Gingerbread Latte, an invigorating Pumpkin Spice Latte, and the Egg-nog Latte. Even the names of these flavorful espresso based drinks scream comfort and satisfaction on a cold winter's day!

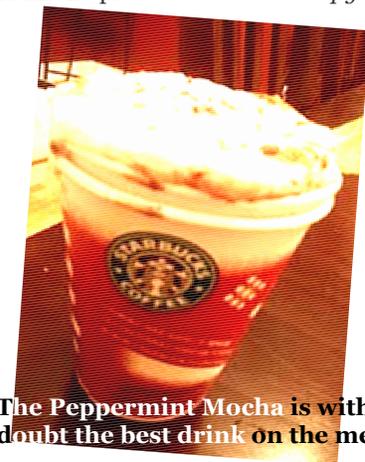
The Peppermint Mocha Latte is simply too good and you will surely finish it too quickly if you decide to order a smaller size than the grande. Starbucks should consider starting the size for this drink at grande, as a tall is simply just a teaser. This cup of holiday cheer is mixed with espresso, steamed milk, mocha sauce, peppermint flavoring, whipped cream, and covered with dark chocolate pieces. With the first sip, I knew the relationship between myself and the Peppermint Mocha Latte wouldn't end on that day and there would be many more days for the two of us to reunite. To further describe this delightfulness, it tasted like a mint chocolate bar had just been heated, with the addition of milk and even a bit of Christmas spirit. It has quite a distinguished flavour; being sweet and creamy, yet without an

overbearing taste interrupting the main coffee flavour. You could almost say it was more similar to a specialty hot chocolate than a signature latte.

Calling on: Those who are fans of Mint Aero, and for the ones who like flavor more than coffee.

Rank: 1st place.

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The Peppermint Mocha is without a doubt the best drink on the menu.

Starbucks holiday sips *Cont'd*



The Pumpkin Spice Latte invigorates your taste buds as you discover warmth and the interchanging of flavors from spicy to sweet. Not to mention, the comforting smell of pumpkin colliding with espresso, cinnamon, nutmeg, cloves, steamed milk, and like almost all Starbucks's beverages, the trusty whipped cream. Thinking about it now, Starbucks should start making candles, since the tantalizing scent of their beverages never disappoint your sense of smell. This beverage has a distinctive pumpkin and spice taste; however, it's not overbearing next to the espresso.

Calling on: Those who worship pumpkin pie at Thanksgiving

Rank: 2nd



The Pumpkin Spice latte brings comfort on a cold winter day.

The Gingerbread latte draws you in just like the aroma of hot-baked gingerbread cookies lingering in the air. This flavored coffee has a combination of espresso, steamed milk, gingerbread syrup, whipped cream (of course), and sprinkled nutmeg on top. Spicy, smooth and creamy is exactly what the Gingerbread Latte

stands for. With its hint of gingerbread taste and pinch of nutmeg, the drink flows quite nicely. --unlike some other lattes that defeat their description's purpose of being a coffee-based drink. Starbucks's Gingerbread Latte has even attracted some regular customers for the holiday season. "I'll never be caught drinking a latte unless it's a Gingerbread Latte. I actually had one today!" Louis Boyd of grade eleven reveals.

Calling on: Those who can't get enough spice and the ones who are looking for a stronger coffee taste

Rank: 3rd



The Ginger bread latte takes flavoured coffee to a whole other level.

The Caramel Brulée Latte has a smooth taste thanks to the contribution of the oh- so desired buttery-rich caramel brulée flavouring, espresso, steamed milk, whipped cream, and to top it all of toffee bit sprinkles. It's hard to argue with the price of this creamy concoction; purchasing a tall totaled \$3.95 (without tax) and this seasonal creation proved itself savory till the very last drop and well worth the money spent. If anyone tries to get in the way of you and the Caramel Brulée Latte, the best advice I can give you is to tell them you are coming down with an awfully contagious case of

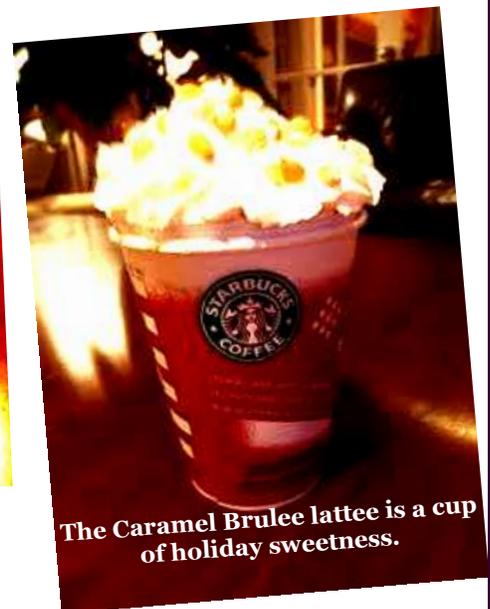
"nosharingthestarbucksitis."

It's a sure bet that you won't hear anymore useless begging for that delicious latte in your hands. Also, you have to think about the fact that these seasonal specials are not here for long. When the holiday season passes, so do they! However, some might suggest it tastes identical to the year-round Caramel Macchiato. "There's no difference between the two except for the random caramel sprinkles at the top." Francesca Posteraro of grade eleven states.

Calling on: Those who like rich coffee with a sweet kick.

Rank: 4th place

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The Caramel Brulée latte is a cup of holiday sweetness.

"The Gingerbread latte draws you in just like the aroma of hot-baked gingerbread cookies lingering in the air."

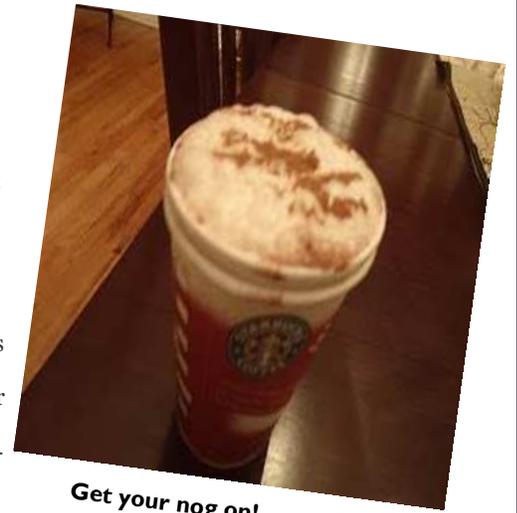
Starbucks holiday sips *Con't'd*

Finding out that the Eggnog Latte was one of Starbucks's holiday offerings didn't elicit quite the excitement that the rest of the holiday drinks had. Having tried eggnog only once before when I was younger, and thinking it was the worst thing I had ever tasted, you can only imagine the dread I felt trying the Eggnog Latte; in fact, I even avoided it for as long as possible. However, once I tried it, I was presented with a pleasant surprise! It didn't have the bitter taste that I remembered, and tasted more like a coffee filled with sweet spice. If I had to guess the spice without knowing what it actually was, strange enough, I would've guessed paprika. The real spice in the drink is nutmeg; which is mixed with espresso, steamed milk, and eggnog flavouring to make this holiday drink a favourite to many. Overall, I would say this drink was okay; I ordered a short and wasn't even able to finish the whole thing. It also left me with a strange after-taste that I had to deal with for the next two hours! Also, let's not forget how I was completely and utterly ripped off either. Not being

entirely sure whether I would enjoy the drink or not, and for what I intended to save a few cents, I got the smallest size; a short. For a tall (12oz), on the menu before taxes it is priced at \$3.95, and for a short (8oz) after tax, the total came to \$3.92! Even though the tall is shown before it's tax has been added, that is still mighty close for a 4oz difference. I did manage to get a smaller size like I wanted, but when I said I wanted to save a few cents, I didn't mean literally! Although the Eggnog latte was better than I anticipated, it still didn't 'wow' my taste buds, and this is why I put the Eggnog Latte in last place.

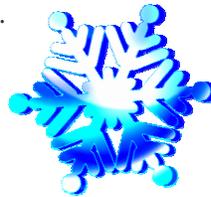
Calling on: Those who fit the typical scene of being curled up by a fire with a cup of eggnog in hand.

Rank: 5th place.



Get your nog on!

Starbucks's holiday drinks have proved themselves to be quite satisfying and worthy of their snazzy names. Although the prices might be ridiculous, there's no wrong in spending a couple of bucks once in a while on one of these warm flavourful holiday lattes. Right now is the best time to indulge in one of these holiday treats, and I mean now! Just like the winter season, these drinks won't be here forever!



Gaming: A love/Hate story

-Topher Pervan

It's been sixty years since the first recorded invention of video games and only thirty years since the alleged "Golden Age" of gaming, it seems as though video games have become such a massive part of our culture. While often considered a relatively new form of entertainment, video games have developed into a powerhouse industry with millions of supporters and developers. Video games have begun to define generations to come and we welcome it with open arms. However,

like all good things, they come not without their own controversies. Beyond the problems with censorship which plague almost every form of media known to man; there lies a deeper, more psychological controversy: Is there such a thing as being addicted to video games? From personal experience, I can tell you that video games do hold a large place in my heart and the term "addiction" just sounds too dirty to be true. Upon

further reflection, I can't stop thinking there might be an inkling of truth to my favourite pastime by having a psychological hold on not just me, but an entire society.

From the deep and "hardcore" genres to the simplistic, yet oh-so-prevalent social networking games; there is hardly a person in this school who can say they have never played a video game. Many people play games daily, it's become such an accessible form of entertainment.

Con't pg. 7

"there is hardly a person in this school who can say they have never played a video game."



Gaming: A Love/Hate story *Cont'd*

We've come a long way since gaming was a reclusive and often misunderstood habit. It's not unusual for the average gamer to sit in front of a screen for more than ten hours a week or more playing some form of video game. The numbers are a lot higher than you may think, and it's entirely possible they do there is hardly a person in this school who can say they have never played a video game. The point is, you may not consider yourself a gamer, but you probably play more than you realize. For most gamers, time doesn't seem to flow properly. I can't count the number of times I've played *Tetris* for what felt like a few minutes and turned out to be an entire afternoon. It gets to the point when you have to ask yourself "How much is too much?" There's no medically prescribed answer, but common sense would say that if you start finding your hands sore and your eyes tired, it's time to take a stretch and some fresh air.

According to American Psychiatric Association, there's no such disorder as being addicted to video games. That's not to imply that excessive amounts of anything can lead to symptoms akin to common addictions. By purest definition, an addiction is when the brain cannot function properly without regular exposure to a particular substance. It's often considered controversial to assume that a person can be addicted to anything but a psychoactive chemical, but nevertheless we still call anything negative in excess an addiction. It's estimated that the vast majority of people have some addiction by these standards, not the kind of statistics we like to hear. Are we too quick to condemn anyone who doesn't follow the same "ideal" lifestyle we believe in? The human mind is a strange

and mysterious thing, yet we go about tacking on labels to anything considered abnormal.

One of the more criticized points of gaming as a pastime is this concept that gamers often avoid social interaction and thrive in seclusion. While this may be true in a few minor cases, to claim gaming a negative thing is nothing more than prejudice. Video games have been about social interaction since their inception. Many of the first games like *Pong* or the earlier *Tennis for Two* were solely multiplayer games. It's still common in modern games, remember how *Pokémon* encouraged playing with friends? As the technology advanced, video games began to shift towards player-computer interaction rather than player-player interaction. Those same advances in technology have led to improvements in multiplayer experiences, though often overshadowed until now. The perfection of online multiplayer has radically changed social interaction and video games. It's not uncommon to interact with not just your friends, but thousands of people across the continent through video games. Plenty of true, personal interaction can be found through video games; they can have such a positive impact on society.

While I may promote the positivity of video games as a hobby, I do recognize it does have a psychological impact on many people. The most common example is the form of hallucination often referred to as the "Tetris Effect". Have you ever, after playing a video game for a prolonged period of time, begin to draw relations between reality and the game? This can vary from the superb organization skills developed from extended *Tetris* gameplay to the

pervading sense of paranoia from one too many, late night *Silent Hill* sessions. No matter

what the effect, this is definitive proof that video games do have a psychological hold on people. It's often suggested that too much gaming can also lead to

withdrawal-like symptoms when not playing. There's been no official testing into this, but I must admit I'm much easier to agitate while trying to focus on a game than in other situations. Whether or not that implies *Minecraft* has similarities with common narcotics is up to personal interpretation.

Now, don't go and get the wrong idea stuck in your head, I'm not of the opinion that video games are addictive and hazardous to one's health in moderation. In all honesty, they're about as addictive as any other form of media out there. Not to sound cliché, but there just might be such thing as too much of a good thing. As a person, you need to decide for yourself what your limitations are, and what you need to do to live a mentally and physically healthy life. In the end, there's nobody judging you but yourself when you decide to go on a daily hour-long *Farmville* binge. So, go out there, live a rich and full life! Video games may be the best thing since sliced bread, but you still have to breathe once in awhile.

P.S. As much as I enjoy the slew of games released around the holidays, I find video games make very lacklustre presents.



When you textbooks begin to look like tetriminoes, it's time to put down the Gameboy.

Musician of the month: Nathan Wong - DaSan Jung

We all like to listen to music with our iPods. For Nathan Wong, music means more than just listening to his iPod. He is the one of only two male flautists in senior concert and. You would not think Nathan as a music player right off the bat, but he is one of the valuable members of the senior concert band. He knows the music and understands it fairly well.

Sabre Trooth: Hi Nathan! Firstly, please introduce yourself.

Nathan Wong: I'm a grade 11 student here at Sutherland. I have been in the music program for seven years: since grade 6. Hopefully this interview will give a little insight as to who I am.

ST: Why did you choose flute?

NW: I chose the flute because two of my cousins in Australia also play the flute.

ST: Who was your flute idol growing up?

NW: When I was in grade 6, my elementary school band teacher, Ms Pinchin, told me there was a musician who played a golden flute! My friends then made jokes that I had a wealthy flute, since it has a gold mouth piece!

ST: Any other instruments do you play other than the flute?

NW: I play piano as well. I started when I was about six years old. As a kid, I absolutely detested playing the piano. As well, like every other person in this school who passed grade 4, I know how to play basic songs on recorder and xylophone.

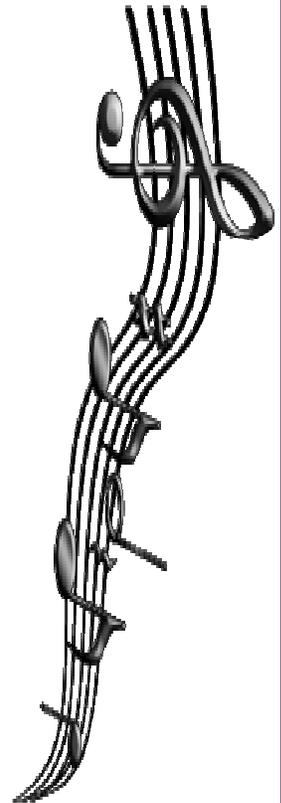
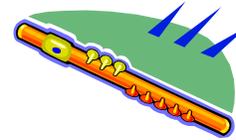
ST: What's the best part of being in band?

NW: Ms. Workman, the music director, is very energetic and extremely humorous. Also, playing music is a great way to wind down, and have fun. Band class is always something to look forward to. Best of all, you get a spare once a week in semester 2 to make up for those brutal early-morning rehearsals.

ST: Why do think there are so few grade 11's in band compare to other grades?

NW: There weren't many grade 11's who joined in elementary school, so that's why there aren't many in band today. There were 4 people in my grade 6 band class.

Cont'd pg. 9



"T'was the night before Christmas"

-Emilee-Ann Batista

As the Christmas season quickly approaches, everybody seems to be in good spirits as you see them rushing around the shops in search for the perfect presents. But we never really stop and think what it's about. To most, it's about spending time with their family and friends, and continuing their family's Christmas traditions.

As the Christmas season quickly approaches, everybody seems to be in good spirits as you see them rushing around the shops in search for the perfect presents. But we never really stop and think what it's about. To most, it's about spending time with their family and friends, and continuing their family's Christmas traditions.

Decorating my house for Christmas has always been a big thing. My mom goes all out. On the outside we have a couple lights, but when you walk through the front door, BAM! You've just collided with a wall of Christmas. While some families hang stockings on the mantle, others line their houses with lights of all different sizes, shapes and colours. I know I do both. Some keep it simple by just decorating a tree and placing a few ornamental pieces around the house. Others go big and transform their houses into a full Christmas wonderland, complete with reindeer and large candy canes on their front lawns.

When I decorate my tree there are

three steps. First, wrap the lights around it, second, put on the five boxes of ornaments and last, but definitely not least, place the angel on top (which my brother and I always fight over). Then my brother and I wait painstakingly for Santa to bring presents and stock the under side of the tree. The bright colours of Christmas lights bring cheer and joy to passersby.

Cont'd pg. 10



Now that's what I call a decorated house.

Molasses Spice Cookies -Matisse Emanuele

Is there anything a good cookie can't do? Besides being a tasty snack and delectable dessert, they make fantastic Christmas presents. These holiday inspired cookies will treat you and whomever receives them, very well. While these are great any time of the year, I love to make these around Christmas. They're a great break from sugar cookies and lots of icing, while still being festive. Stack them in a beautiful box and give the crispy cookies as a Secret Santa present! They turn out golden and crispy on the outside and chewy in the middle. These hold well and are not so filling that you can only have one! This winter break channel your inner Julia Child and make a cookie that will impress even your grandmother. Enjoy!

Ingredients:

3/4 cup soften butter
1 cup sugar
4 tbsp molasses
1 egg
2 cups flour
2 tsp. baking soda
1 tsp. each of cinnamon, cloves, ginger
1 tsp. salt

Method:

Cream butter and sugar until creamy. Beat in egg, then add molasses and beat well. Whisk dry ingredients together and add molasses mixture and beat well. Put it in the fridge for 1 hour. Roll into small balls and dip in white sugar. Place balls on cookie sheet (use parchment paper on cookie sheet) use a flat bottomed glass to dip in sugar and flatten each ball. Bake at 320F for 8- 10 min just until golden. Makes 2 dozen cookies. Serve with milk, eggnog, or a classic cup of coffee and savour the sweet holidays.



Makes you feel like a Cookie Monster doesn't it?



Musician of the month: Nathan Wong *Cont'd*

ST: Have you ever gotten a music award or something?

NW: Yes, I got a band 8 subjective award in grade 8. It's located in a binder filled with all my certificates. If you want specifics, it's on the bottom shelf of the bookcase in my living room, second binder from the right.

ST: Do you remember any embarrassing concert moment?

NW: Last year, during the spring concert, after playing a piece, I brought my flute down to my lap and accidentally crashed it against my music stand. It was rather loud!

ST: Do you have any superstitions before the concert?

NW: Not really. However, before the concert, I normally play a couple of lines from a piece of music and the good old concert B-flat

major scale as a warm up. When I sit waiting for the band to go up and play, I set my flute on a chair next to me.

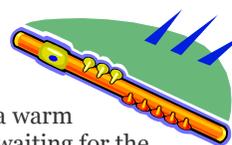
ST: What are your nicknames

NW: Nate, Nate the Great, Natedog, Natedawgg, Often Wrong Wong,

ST: What's your favorite one?

NW: I'd have to say 'Natedog' is the best one.

Con't pg. 11



"I brought my flute down to my lap and accidentally crashed it against my music stand. It was rather loud!"

T'was the night before Christmas *Cont'd*

People of the "Clark Griswold" variety tend to overdue it with the outside decorations by the addition of music and flashing lights that can sometimes distract drivers from the road and others like the "Grinch" would rather keep it to the bare minimum, if anything at all.

Of course, there's the food. It's most people's favourite part of the holidays. Most families cook up a complex dinner consisting of a turkey or ham, mashed potatoes, gravy, stuffing, cranberry sauce and various salads. Pies, cakes, gingerbread, and other assorted Christmas baking treats make up the dessert.* It all depends on your family's preferences and beliefs. A family with young children usually put out milk and cookies for Santa Claus on Christmas Eve to snack on after he delivers their long awaited presents. However, although I am much older than a young child, I still leave out cookies and milk. That's the part that makes Christmas so fun, believing in Santa. Who doesn't want to believe in him? He is the epitome of Christmas spirit. As a side note, for anyone who is lacking in the belief and spirit of Christmas department, go watch *The Polar Express* or the classic *Rudolph the Red Nose Reindeer*. Well? What are you waiting for?

A big part of Christmas is, of course, the carols. I don't know about you, but blasting some good ol' Christmas tunes is the perfect way to get into the holiday spirit. There's something about Christmas music that officially tells people "it's that time of year again." People involved in choirs have the tendency to go caroling around their neighborhoods, much appreciated by some; utter annoyance to others. Some people still

like to get in groups and go around caroling too though.



"Johnny wants a pair of skates, Susie wants a dolly..."

I, personally, wouldn't go singing door to door as I can't sing and I wouldn't want to harm anyone's hearing. However, it's still fun, so I suggest that if you would like to go caroling, but don't have the voice for it, go join a large group of people who can actually sing. That way you can sing to your heart's content and not worry about anyone hearing you.

Then there's the shopping. Another famous tradition around this time. Usually it starts in mid-November, but you always see that rather large hoard of people searching through shops at the last minute. I am slightly ashamed to say that I am one of those people. Some see it as an exciting part of the holidays and enjoy going out with friends and shopping for the perfect gift. Then there are those who just find it a pain in the...neck. It can become super stressful, especially when you're calculating how much it's going to end

up costing you. Time to get out that lawn mower...

Baking presents for friends is always good. Everyone loves a good Christmas cookie and it's super cheap. People now are also avoiding the Christmas shopping mobs by shopping online. I know my Gran has purchased quite a few things online. I'm impressed. My Papa is lacking in knowledge when it comes to the Internet. He once said to look something up on, and I quote, "Gogle". [sic.]

Christmas parties are a very popular way to spend the holiday. Be it a work party, family get together or a night out on the town, there is a party for everyone. You can meet new people, maybe even under the mistletoe, and reminisce with friends you maybe haven't seen in a long time. I always find that family Christmas parties are great because then you can re-connect with family you maybe haven't seen in a while and stir up some mischief with those cousins.

Two words: Advent. Calendar. Or, in some cases, bags. They are used to count down the days until Christmas, but usually kids and/or teens open each door to get that little piece of chocolate they so love. If I had an Advent Calendar like that, all the chocolate would be gone on the first day. I do have an Advent Calendar hanging in my hall. It's in the shape of a tree and my brother and I put up a different shape everyday. We also get Advent Bags.



Cont'd pg. 14

Musician of the month: Nathan Wong *Cont'd* -Da San Jung

ST: What was your most embarrassing moment in highschool?

NW: The most embarrassing moment would be in grade 10 in the math honors class. I wasn't paying attention and playing connect four with [Dasan], and the following day, I got two out of seven on a radicals quiz. Thanks Dasan! My friend later fished it out of the garbage can, uncrumpled it, photocopied it and had the whole class sign it as a birthday card!

ST: Back to music, what's your favorite genre of music?

NW: I like most genres, actually. I don't like rap or classical music though. I absolutely hate Chinese opera. If you have no idea what it sounds like, I dare you to look it up!

ST: Why is a person who plays a flute called a flautist, and not a flutist?

NW: I'm not sure. That's just the way it is. Both of the terms flautist

and flutist are real words which mean someone who plays the flute. Flautist just sounds a bit cooler though.

ST: Final question Nathan! Please classify your relationship with Hazel. (I.e. a good friend, a wife, a sibling, mortal enemy, etc)

NW: She is my biggest rival in school. I think most teachers have noticed... Although when she is in my class, I tend to work harder to get a better mark than her. Contrary to belief, Hazel is not my sister. I'm not related to her, and have no relationship with her other than fierce competitors. Hmm... What mark are you getting in Social Studies, Hazel? Yeah, that's right! [Author's note: Nathan seemed very pleased with this question. After giving a response, he let out an evil laugh]

ST: Thanks, Nate!

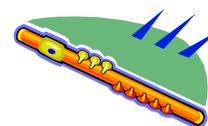
NW: No problem, thank you!



"Often wrong Wong" hitting the right notes!

Nathan seemed very relaxed and

serious, but showed some humor. His explanation of being a good flautist was [naturally] born with skills. He seemed very confident, but showed his intelligence at the same time. We can see Nathan playing in the spring concert with the rest of the band members in March!



108.4 Sabre FM

-Topher Pervan

Pick of the Month: Anamanaguchi

If you've got a taste for fast, loud electronic music, I'd suggest plugging into Anamanaguchi. Since the mainstream use of chiptune music in '80s video games, the genre has been relegated to relative obscurity and underground movements. Anamanaguchi performs most of their punk rock music through a synthesizer built from an old hacked NES, giving it all the classic sounds of old style chiptunes. The thing that sets them apart is their usage of live instruments on top of their synthesized tracks, creating the deep complex sounds of

modern music merged with the simplicity of chiptunes. With four members and tons of talent between them, Anamanaguchi has been around since 2005, performing live at underground joints across the United States. They've gained some more ground in the public eye since their performance at PAX 2010, but you'd be hard pressed to find an album of theirs in stores. Their first few albums, *Power Supply* and *Dawn Metropolis*, are available for purchase on iTunes, but you can get a free taste of all their singles on the band's website.



Recommended Tracks:

"Blackout City"
"Jetpack Blues, Sunset Hues"
"Airbrushed"
"Giant Contraband Robot"

Horoscopes -Astrology Jones



Aries:
March 21 - April 19

You are over ambitious, and are ready to take on anything that gets thrown in your way. Be careful not to take on too much. Your fiery temper may not be aimed at one person, but they may take offence. When you have a spontaneous idea or moment, take some time to think it through before announcing it to the world, you may get a better response. Today is the day to be peaceful and understanding. Focus on the positives rather than the negatives. This will find you luck and prosperity in the days to come.



Taurus:
April 20 - May 20

Your stubborn nature is not the best when dealing with your relationships. Be it your best friend, or more, you may have unknowingly made them mad at you, but there is still time to right your wrongs. Your way is not always the best way, and even if it is, put aside your feelings for theirs. Opening your mind will open your possibilities, and although they may seem crazy at first, if you look a little deeper and give them a chance, these opportunities will pull you out of sticky situations that may also come your way.



Gemini:
May 21 - June 20

You're curious about the world. Don't feel like you need to change for anyone. You are who you are for a reason, you need to own it and be yourself. Don't change yourself for anyone. If they can't accept you for who you are, they aren't worth being in your life. Now is the time to speak up, it will do others good to listen to you, so be bold and don't hold back. Your witty sense of humour will come to your aid during the next moon phase. Surrender to your curious side; learn as much as you can, you will be surprised at what will come in handy.



Pisces:
February 19 - March 20

Your trusting nature has served you well, but sometimes it can get you into trouble. Re-evaluate the people you are in contact with, and don't be so trusting with those who you don't know. It may lead you into trouble if you are. Stand up for yourself, and reconsider what you are doing for others that they are capable of doing on their own. Now is the time to dress up, socialize with friends and put your worries aside. Plaster a smile on your face and doors will open for you.



Cancer:
June 21 - July 22

Take everything with a grain of sand. You are over analytical and doubt yourself. You may feel like today is not the best day for you, but stop worrying and seek your answers. Information is available to you; so don't be afraid to search for what you are looking for. Your insecurities are pushing you away from what you love. Put yourself out there, take a deep breath and communicate. Communication is key. Cancers, you cannot do everything on your own, but don't blurt whatever comes to mind; try and communicate on a deeper level.



Leo:
July 23 - August 23

Things aren't going well for you right now and the pressure may begin to get to you. Be weary of how you handle any problems you may encounter as they will shape who you are as a person, for better or perhaps for worse. Take a step back and look at the person you are becoming, and decide if you are satisfied with it. It's not too late to make change, the stars are working in your favor. You're the type of person who loves to say yes, now is a good time to say no for a change! See where that takes you. Wherever you end up, no matter what you do, don't take the left path. You'll see what I mean.



Virgo:
August 24 - September 22

You know that thing you've been putting aside for the longest time now? It's time for you to step up to the plate and finally do it. It will work in your favor, it's written in the big dipper. Be sure not to bite off anymore than you can chew, as you are sure to choke on anything that doesn't fit in your life. Like Saturn's rings, you are constantly revolving around something or someone you need in your life. Don't be afraid to shy away from that something for a little while, it will show you how much it really means to you. Look out for the number 24, as it will bring you much luck in the coming days.

Horoscopes *Cont'd*



Libra: **September 23 - October 22**

Life is currently going great for you and the alignment of the sun and Jupiter is assuring this. Love is coming at you from every direction, brace yourself! A certain somebody beginning with the letter "G" will play a major role in your life this coming month. You have the tendency to speak before you think, so make sure that doesn't happen in the next few days. Analyze everything you are going to say deeply. Decision making will be crucial in the weeks to come and just because you decide on one thing does not mean you can not go back and fix it if you are not content with the outcome.



Sagittarius: **November 22 - December 21**

Take it easy there, Sagittarius. You seem to be trying to change things that you do not have the power to change. If this change is meant to happen, Saturn will bring it to you, just be patient. In the meantime focus on what you could be doing with your free time. You know that person you just can't get off your mind? Go and tell them they're all you think about, it will work in your favor. Be sure to avoid doors that are the color blue, for what lies behind them will bring you pain.



Aquarius: **January 20 - February 18**

Things are looking up for you in these next few weeks. You've been working hard, but you need to take more credit for it. Events will take a turn, and you will need to learn how to work with others. You can't do everything yourself. You will find that while working with others it may cause some temporary frustration. In the long run you will be satisfied with the outcome, and you won't have had to do as much work. It is the perfect time for you to be adventurous. Search your mind and ask questions when you don't understand.



Scorpio: **October 23 - November 21**

The pollution around you is ruining you and it's not being caused by the power plant downtown. Specific people around you are playing a negative role in your life and polluting your judgment. It's time to take them out like the trash and focus on what could be coming your way, an opportunity to make a staggering amount of money. With a little help from, believe it or not, your next door neighbour, and Neptune, you have the chance to earn mega-bucks. But be sure to act quick, for this chance will not be around forever. Do everything correctly, and you'll be finding yourself on the front page of the newspaper sometime soon...



Capricorn: **December 22 - January 19**

You're feeling the pressure of life at it's best right now. Looking into your past isn't always a bad thing. Remember that person you used to talk to and could connect really well with back in the day? Well, it's time to reach out to them and bring them back into your life. Find something to get your mind off the negative thoughts you've been having. Music is a great idea, use it to relate to what is going on, it'll help. Things will get better fast and you will soon be on top of your world. Be sure not to get overconfident though, for that can find you sitting at the bottom of a dark hole looking up. The answers to your most complex question lies in the sky, so take some time by yourself to study the stars.

“T” was the night before Christmas” *Cont’d*

Inside the bag is a present for everyday leading up to Christmas starting on December 1. It’s nothing big, just something small. As we reach the end of the advent calendar, we come across Christmas Eve. On Christmas Eve, most people are too excited for the next day to come, so parents will let them open one present right before they rest their heads for the night. Since their parents know what is hidden beneath the paper on each gift, they usually choose a small present that will satisfy their child’s needs until the morning comes.

My parents make a time for the next morning when we are allowed out of our rooms. This was because my brother and I would be up before six. Usually this still happens, but we congregate in either his room or mine and wait ever so impatiently for the clock to strike 8:00am.

*If you’re looking for a way to keep off the poundage at Christmas, check out Sardara’s article “How Not To Pack ‘em on like a bear.”



Might want to start dieting now and save your appetite for that scrumptious Christmas dinner.

Opportunity Knock -Alexis Morton

Nowadays, there are so many opportunities available to us that haven’t always been around. We are very fortunate to go to a school where people going out to the work force and experiencing the most interesting types of jobs you could ever imagine is not unheard of. It would be crazy not to take up these opportunities, but you might be surprised at how many students that aren’t putting themselves out there.

Perhaps you have a parent who you think has a fascinating job, maybe they are a hot air balloon pilot or an ice truck driver. If you think your parents’ jobs are interesting, chances are someone else will. Ms. Giraud doesn’t magically get these amazing work experience placements you know, so if you’re parents want to get involved with work experience, talk to Ms. Giraud in the counselling office, she’d love to hear about those remarkable jobs!

For those that want to get involved with the amazing opportunities that are work experience, or maybe you already are but are looking for something new and exciting to try, there are countless placements for you to try. If you are interested in one, see Ms. Giraud right away. Other schools

are offering the same opportunities, and you may lose your chance to a rival at Handsworth, or even worse, Argyle!

If you are in grade 11 or 12, and think you may be even the slightest interested in becoming a fire fighter, there is a great chance for you to try fire fighting out in April! On April 14, there will be a day to learn about the training, education, physical requirements and work with fire fighter equipment. Hurry in if you think this could be fun, there are only 4 spots remaining!

If you’ve ever wanted to see the United Nations in action, this is your chance at something a little closer to home, but you get to be a part of it! UBCMUN is the University of British Columbia’s Model United Nations Conference; a mock UN is set up by UBC students to discuss world issues and global affairs. This year’s conference will take place January 7th to 9th and during that time you can get 30 hours of volunteer work. Registration ends December 21st, which means that you have until Friday the 17th to scurry in and talk to Ms. Giraud.

When you have a dream to change the world, it’s hard to accomplish it in high school, but Synapse can help you.



Synapse are the Canadian Institutes of Health Research’s youth outreach program. You get matched up to a “real life” researcher who will be your mentor. They will help you develop your

idea into a science fair project, help you figure out your future plans, and even give you a first hand look at what it’s really like to work in health research.

A call is out to all grade 11’s and 12’s who are interested in Marine Biology and conservation. From March 27th-31st you will get to go to the Bamfield Marine Sciences Centre to observe species in our local marine habitats, discover marine species at risk and what we can do to help them, explore the beaches and waters of Barkley Sound, learn through field trips, lectures and workshops all while gaining work experience hours and meeting people with similar interests! Applications are due February 21st, so get in to see Ms. Giraud ASAP!

If anything sounds like fun to you, hurry in to see Ms. Giraud, as these spots won’t last, and students at other schools are likely to take your spot. Watch for future articles of “Opportunity Knocks” in *The Sabre Truth* for featured placements.

Dr. Love responses

- Kaelen (previously known as Forrest) Bentham aka Dr. Love

Dr. Love Reprise

It has been some months since I last took up the pen in the name of Dr. Love, and scarcely a week goes by that I am not reminded of the my time guiding young hearts in the name of romance on behalf of the Sabre Trooth. Recalling with fondness my time as Sutherland's Love Doctor, I am nothing if not grateful for the manner in which the school community embraced, humored, and utilized my bi-monthly advisories.

It has come to my attention, however, that following my departure there are some figurative "loose ends."

Unbeknownst to me, while I held the prestigious position of Sutherland's expert of love-ology, I had several young protégés - grad students, if you will - who have now received their doctorates in Romance and are rearing to respond to the proverbial battle-cries emanating from the battlefield of love that is our classrooms and hallways. I introduce to you your Doctores de Amor, who, after undergoing rigorous examination by yours truly, have been deemed up to the task of addressing your woes, worries, and concerns in the subject of love. After years of training, with decades of experience, and having spent most of July collecting fresh oysters from the sands of English Bay for use in my continuing endeavors to perfect Love Potion #9, I have full confidence that they will be able to offer the same gentle, genuine advice you have come to expect from the Sabre Trooth's feature love columnist.

Alas, I am not ready to relinquish my sweatervest yet. There are two letters that sit unanswered in my letterbox, and as long as they are addressed to K. Forrest Bentham, Doctor of Love, they will be answered by the one and only. To my successors: take notes!

Without further adieu: Love, Lust, or Louse?

Dear Doctor Love,

I suspected that my boyfriend was cheating on me, but when I confronted him about it, he assured me that he would never cheat on me and told me that he loved me and that I was "irreplaceable" and "unforgettable." Two days later, this girl had posted pictures of them kissing on Facebook that were time-stamped while we were dating. Then he lied to my face about the evidence. What should I do? How do I get over the humiliation?

Sincerely,
Deranged and Betrayed

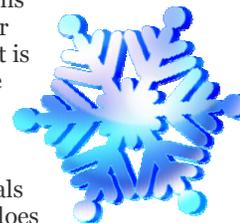
My Dearest Deranged,
Any person who has been forced to hunt for survival and not for game can confirm that it is not easy, nor fun, nor satisfying to scour the land in desperate search of vital sustenance. The weather will undoubtedly turn sour, the fox will relentlessly elude the hounds, the forest will always grow dark and unrecognizable after dusk, and occasionally, a casualty must be taken in order to survive. It has been this way for mankind since the dawn of time. The tribulations of romance are no different. Everyone has his or her own forest; all of us are hunting for our own happiness. We all take casualties, make mistakes, and fall upon hard times through no fault of our own. It is our reverence, our ability to rebound, that keeps humanity sustained.

There is no shame and no humiliation in suffering at the hands of Aphrodite. There cannot be shame in what is shared by all. Those who seem to have not been wounded in the hunt have not partaken. Remember that if you feel humiliated by your partner's infidelity. There is a study called victimology, which is basically the study of the

psychological effects on victims of traumatic crimes. It has always struck me as astonishing how so many victims are humiliated by the acts against them. I suppose it is human nature, but that sure doesn't mean it makes sense! To me, being a surviving victim is all about pride: pride that you endured what you were subjected to, pride that you were strong enough to carry on. Essentially, you are a victim here, so as long as you are surviving, you should be proud.

What to do now? Do your best to forget and move on. Don't ponder irrelevant questions. Could it have been? It does not matter because it is not. What if he had done something differently? It does not matter, he did what was done. Does he regret it? Perhaps, but does his regret demand your forgiveness? Regret is what's left after the original temptation is satisfied at your expense. Although nothing heals like time, fixation does nothing to speed up the clock. It's time to take roll call of your feelings, count the casualties lost in this leg of the hunt, and rebound. The forest still contains the bounty you seek.
K. Forrest Bentham

Dear Dr. Love,
I've been best friends with this guy for five years. For the past six months, we've been hooking up periodically. I've had feelings for him for quite some time now and I know he feels the same, but he refuses to ask me out formally because of an age difference of only a year and a half. What should I do? I want him to ask me out but he still refuses to. I'm too old fashioned to ask him out myself.
Sincerely,



Coming soon to *Sabre Trooth* "Doctores De Amor"
email: Sabresadvice@hotmail.com

Dr. Love responses *Cont`d*

Dear Ageless Love,

Age differences are always a tricky subject, because although it is easy to remain subjective and cast judgment from afar, our perceptions often change when we are directly involved. It's easy to sit behind a typewriter and say that one and a half years is hardly an age difference at all. When you're actually in the situation, however, it came make all the difference. Partly because numerical age really has little correlation to physical or mental maturity. When you're in a relationship with an age difference of ten numerical years but equal planes of maturity, it can seem as if your mums were cot-mates at the hospital. Transversely, when you're in a relationship with someone of equal numerical age, it can seem that one half of the relationship is more of a parental figure than a partner! If you have known each other and got along amiably for five years, as you say, I think it is safe to say that your respective levels of maturity are correspondent, or at the very least, complimentary. This is why I'm going to encourage you to examine other aspects of your relationship that may be weighing on his decision not to ask you out. Although I'm not going to completely rule out the possibility that this young man (or perhaps his family) is truly deeply troubled by an age difference of eighteen months, I am going to cast some doubt. To me, it seems more likely that he is afraid of losing the friendship you have fostered for five years, or that said friendship is all he

wants out of your relationship. Perhaps he feels the citing a difference in age is more respectful or less disruptive to your relationship than openly exploring how he really feels about advancing your relationship into formal stages. I think that what is in order in your relationship is an open discussion on what is really preventing the advancement of courtship. Yes, this may take some of the romance out of it (a level-headed talk over a bowl of Cheerios is somewhat less timeless than being serenaded from the balcony) but in modern times, it has to be done. As society progresses, sometimes we must sacrifice the nostalgia of tradition for the progress of logic.

On a personal note, it always strikes me as tremendously redundant that today's society is so fixated upon minimizing age difference. Two hundred years ago, marriages were often forced upon a bride unwilling to marry a man 40 years her senior. Now, society will often prevent the love of a couple with an age difference of only 4 years. My theory is that it is a hyper-reaction to the marriage rituals of the 18th century. Love always seems to be at-arms with age in some way. We can only hope that one day society will stop dictating the norms of our personal lives, and then our love will know no bounds within age or circumstance. Best Wishes,
K. Forrest Bentham

And so, my loyal readers, faithful submitters, and future successors, I leave you with these thoughts.

The Oxford Dictionary defines "synonym" as "a word or phrase that means exactly or nearly the same as another word or phrase." There are synonyms for most every word in the English language. There are no synonyms for love. The thesaurus attempts to provide suitable replacements: romance, adoration, affection. But the truth is that no matter how hard we rack our brains, there is no word in the English language that can convey an identical meaning. It's a simple word. It's among the first words learnt by most children, and it's probably the most universal word in the world. It requires very little explanation, and few have ever had to ardently explain the concept, for it seems that human beings are instinctively aware of all that the word encompasses. It seems fitting to me that love is the only word without a true synonym; those who have experienced it will tell you that there is no worldly equivalent, and no other way to describe it other than those two consonants and two vowels that mean so much coming from someone special. There is a world to explore inside those four letters, and there will be ample opportunity to explore that world. Triumph in that world, revel in that world, and folly in that world, but through your journeys, remember this: There are no synonyms for love.



TV vs Reality

-Charla Lewis

I think it's safe to say that we have all seen a T.V show or two that has left us rolling our eyes thinking "wtfudge...when does that EVER happen?" or "I wish that would happen in real life." Whether it involves the over-exaggerated love life of the "average" teenager, 90210, or the over-analyzed lives of a group of people who seem to be incapable of doing anything other than partying,

Jersey Shore, we're usually left with the same thought. They all end up having those moments where you're left wondering if the people who made the show actually live in the real world with the rest of us.

Honestly, if T.V was actually anything like reality though, most of it would probably end up being pretty

boring, and I doubt they would be very popular. From the drama of cat-fights to the romance of watching the "perfect match", T.V. shows all have those elements that you wish you could have in real life. Wouldn't you love to find your prince charming, or "tall dark and handsome?" Wouldn't it be easy just to find that frog to kiss and make him your prince?



TV vs reality *Cont'd*

Living in the world of Television, finding love would be as simple as walking into a room (as a spotlight shone directly on you, and your makeup and hair would be perfectly done), and you would spot "the one" from across the room and when the two of you made eye contact "At Last" by Etta James would play in the background. From there you'd get married, have two kids (preferably a boy and a girl), own a house in the suburbs, and live your happily ever after over and over as a re-run. Back to reality and you meet this guy through a mutual friend who's been trying to set you up forever (so you never really get to say he asked you out), you two end up hitting it off but not really being a "match made in heaven" type thing, and yet you settle. From there you

either get sick of each other and through a mutual agreement decide to "see other people," or he cheats on you and you're left with the consolation that "life isn't fair" from your mother who then proceeds to tell you her "back in my day" story for the umpteenth time.

You see Sabres, it's sad, but for the most part, life just doesn't happen like that; it's the thought of it though, that makes these shows so appealing. Most people probably wish they had a room full of writers and editors who could write every detail of life in for them. What fun would there be in that though? Life is about experiences that either make you or break you. If life were a T.V show you would just become another part in the



Sorry people, it only goes as far as the T.V screen...

mind-numbing, value-distorting, and indoctrinating media, whose sole purpose is to entertain. So unless you want to live a life under the microscope all day every day, like on *The Hills*, or *Jersey Shore*, be thankful you can enjoy being a Regular Joe or a Plain Jane. In the long run, tans fade and the beach bod and party scene just won't last.

"life just doesn't happen like that; it's the thought of it though, that makes these shows so appealing."

QUIZ: How's your driving?

- Kimi Razavi & Charlene Damian

You don't have to be a legal driver to understand the rules of the road. If a cop is chasing you down it's pretty obvious that you should pull over, not speed up. Or, if a dimwitted squirrel decides to race across the street only a few feet ahead, you'd probably slam on the brake pedal so hard that your seat belt locks and the next day you wake up with a big bruise across your chest. Unless you have memory problems, like Dory from *Finding Nemo*, driving should be as simple as 1-2-3. Really, it should. So take this quiz to prove how good your driving is, not only to your friends, but to yourself. You

never know what the right answer might be, but really...hopefully you do!

1) A car cuts you off on your way home from school, so you...

- A) flip them off, then chase them down so you can teach them a lesson.
- B) think, "That was close," then continue on your way.
- C) shout, "Noob!"
- D) wonder what just happend.

2) A bird lands on the hood of your car, your next reaction is to...

- A) pop the hood then laugh manically.
- B) shoo it away gently so it won't get hurt.
- C) honk the horn and yell, "Interference with my console!"
- D) try and reach out the window to pet it!

3) Your car fishtails on black ice, you have only moments to...

- A) swear uncontrollably then stomp repeatedly on the break.
- B) take your foot off the gas/break pedal then just steer your car as best as you can to safety.
- C) think, "Noo, game over!"
- D) shout, "weeeeeee!"



QUIZ: How's your driving? *Cont'd*

4) You're going through the drive thru at a fast food restaurant when somebody hits your bumper, you...

- A) reverse into them, causing a lot of damage while pushing them out of line.
- B) exchange insurance calmly and rationally.
- C) shout, "Noob! That cost me a lot of XP!"
- D) shout, "Earthquake!"

5) You're stuck in traffic and it says on the radio that there will be a one hour wait, so you...

- A) honk the horn until something happens.
- B) wait patiently, it's all you can do.
- C) think, "Lag, complete lag."
- D) think, "These cars put together look like a rainbow!"

6) The person in the car with you is being a back-seat driver, you...

- A) slam on the break, smashing their head into the dash.
- B) accept the constructive criticism but ask if they'll ease off a bit.
- C) shout, "There's only one controller and I'm using it. Stop nagging me, you'll have your turn!"
- D) think about what's for lunch today.

7) A bicyclist is taking up the whole lane, you decide to...

- A) rev the engine to scare them.
- B) understand we need to share the road, besides, we're the ones creating pollution.
- C) think, "This level is taking forever..."
- D) roll down the window and shout, "How's it going der?" with a southern accent.

8) You crash into a hearse, your next move is to...



- A) drive, drive, drive!
- B) immediately prepare yourself for a million "I'm sorry's" and give a helping hand.
- C) pull out your imaginary assault riffle and KO any witnesses.
- D) wonder why they changed the name 'limo' to 'hearse'.

9) The car you wish to purchase someday is...

- A) a monster truck or hummer.
- B) a minivan or beetle.
- C) the batmobile or a jet pack.
- D) a horsie!

MOSTLY A's

Sorry to break it to ya, but the Grim Reaper called, he asked why you haven't you died yet. You, my friend, have a bad case of road rage. Which means that once you set foot in the driver's seat, you get instantly angry. Whether it is because you think you have way more driving experience than you actually do, know one knows. The best way to cure this type of insanity, is by watching *Napoleon Dynamite*. Why, you might ask? Patience. You need to understand patience. And the patience you need in order to watch that movie is outstanding, there's no doubt that it won't cure you.

MOSTLY B's

Congratulations! You've passed the test with flying colours! You're a pretty decent driver who understands the basics of the road. No speeding, no littering out the windows, no talking on your cell phone. You are one top notch driver who deserves their "N" right away... what? Are you expecting a prize or something? Haha sucker!

MOSTLY C's

Hey buddy, wanna lay off the video games for a bit? I'm sure *Grand Theft Auto* can wait. You need to get a grasp on reality and drive properly. There's no high score when you speed up and there's no bonus points when you hit the crippled old woman over there on the sidewalk. Open the car windows, breathe in the moderately fresh air and infuse yourself with sunlight. Don't become a vampire, nobody likes them anymore and btw...the gearshift is not a joystick!

MOSTLY D's

You have the driving skills of a mongoose. Do you even think when you drive? Or do you imagine double rainbows and flying fish? If you can't concentrate on driving, then I bet you can't concentrate on what you're reading right now. Do you even remember what I just said? Fine, I'll start over. You have the driving skills of a mongoose...

In need of a good gift?

-Lucia Barokova

As the leaves start to fall and the weather gets impossibly cold, just over the horizon lays a holiday that is both dreaded and anticipated. Whether you are counting down the days left until the holidays, or dreading the wretched season when you have to spend ridiculous amounts of money, Christmas is coming. By working in retail this holiday season I have picked up some pointers. One of the easiest and often the best gifts given can be a book.

When it comes to getting precisely the right gift, it all comes down to personality. Are you buying for an avid reader? Big thinker? Entertainment junkie? Here's some different personalities for you to choose from.

First on my list of personalities is the *Big Reader*. This

person is known for their wide appetite for literature. They like classics, post-modern, and everything in between. Some great gift ideas are perhaps a book journal to keep track of all the books your giftee has read? Or perhaps some book ends to keep their books from falling over, and keep them looking nice and tidy on their shelf. Two books to look out for are *Sarah's Key* by Tatiana de Rosnay and *Water for Elephants* by Sarah Gruen.

Another personality on my list is the *Proudly Canadian*. This person could write a novel about all the things great about this fair country of ours. Beyond the maple syrup and the poutine, this person loves the great variety of talented authors, and musicians. What proudly Canadian person doesn't love hockey? For those hockey fans on your list why not buy

them the book *Gretzky's Tears* by Stephen Brunt? Or another idea might be a book on *100 photos that changed Canada* by Mark Reid.

Third on my list is the *Jokester*. This individual's mantra is to always look on the brighter side of things. They're a lover of laughs, and a guru of gut-busting guffaws. For all those fans out there of the show *How I Met Your Mother*, these next two books are a guaranteed like. The first book is called *The Playbook: Suit up, Score chicks, Be awesome* and the other one is called *The Bro Code*. Both of these books are a great laugh. This next book however is just downright hilarious with a capital H. Warning; this book does contain some profanity and very descriptive language. It's called *A**holes finish first* by Max Tucker the author of *I Hope They Serve Beer in Hell*.

Cont'd pg. 20



Five cars for students

-Andrej Tomasevic

If you're looking to find a second hand car that is affordable as well as being stylish, you might just want to start looking as soon as you have your "L." As a new driver, you can find all of your car wants and needs on either Craigslist or at your local car dealership. Young drivers can have a great car, and not have to spend a load of money on it, as long as they know where to look. I've come up with the top five affordable cars for a high school students, and you never know--maybe your parents will offer to pay half!

BMW 325 2001

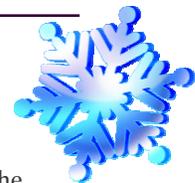
Price Range \$5000- \$9500
The BMW 3250 2001 one of the best cars out on the road; it is fast reliable and very sporty. The 325 has 184 horsepower and reaches speeds of 100 kilometers per hour in the amazing time of 6.3 seconds. With this car you will definitely be one of the fastest on the road, and you will get it for a pretty sweet deal. The best colors for this car is definitely silver and black.

Acura RSX 2002

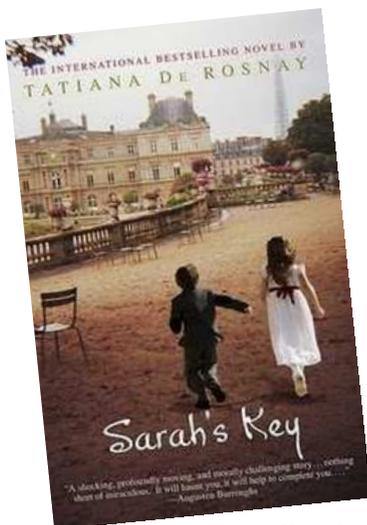
Price Range \$4000-\$9000

The Acura RSX 2002 is one of the streets hidden secrets, as it is usually found being displayed in street car shows. The Acura is a car made by Honda but it is basically its luxury counterpart. The base model of the RSX has a killer 160 of horsepower. The RSX S is the sports version of this car and you can get it for only a few thousand dollars more than the base model. The RSX is the perfect car if you are into adding spoilers, skirts (basically lowering your car) and various other sports kit items. This car looks best in the colors black, silver and blue.

Cont'd pg. 21



Need a good gift? *Cont'd*



Next on my list of personalities is the *Entertainment Junkie*. If you ask them a question about what's hot, who's who, and where to focus right now in the world of entertainment, they are guaranteed to know the answer. This person might enjoy a movie or a music journal to keep track of all their favorites. To maybe the new Keith Richards biography *Life* or Jay-Z's book

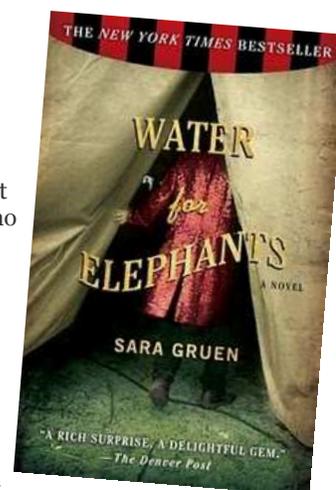
Decoded. Both are great books for those entertainment junkies out there.

Lastly on my list of personalities is the *Historian*. For this individual the future holds very little fascination for them. But the past? That's what makes them jump for joy. There's no event, no leader, no era that they don't want to know everything about. They might even start most of their sentences with "Back in..." Good books to recommend or buy these people are either *Obama's Wars* by Bob Woodward, or *The Mad Man and the Butcher* by Tim Cook.

If you're still stumped for an idea, or a gift for someone you could always resort to the *Quick Pick* option available online at www.giftfinder.chapters.indigo.ca/quickpick.php. It's a nifty little tool that requires

only three steps to get you from no gift to a great gift. Lack of time should never hamper your ability to find a great gift.

All that it requires to do is pick the age range your giftee is in. the choices range anywhere from a toddler to an adult. The next step requires you to pick a gender. Finally the last step is picking a price range. There you have it – some fantastic gift ideas. What are you waiting for? Pick one and go!



How not to pack 'em on like a bear -Sardara Dhuga

Let it snow, let it snow, let it snow, well, unless you are in Vancouver where it freaking rains! However, this season will bring around another terror that is worse than any pouring rain or blizzard. It's time to face another season of that creeping holiday pudge. It starts out behind the black curtain with Halloween candy. Before you know it, you are getting a restraining order against the hits from the turkey stuffing, the endless candy canes, and all of those mouth-watering holiday desserts. All in all, most people put on an average of around 7 to 10 pounds.

Lucky for you, I, the *Sabre Truth's* fitness advisor, am here to save you. There is a way to beat off the holiday pounds before it's time to feast. The way to fight the war on fat is by shoring up your body's fat-fighting defences now. In simpler terms, a toned body burns calories at a much higher rate than one without much muscle mass.* Another bonus is that getting in shape now will give you extra energy for juggling holiday obligations. Here are five ways to keep you healthy and pound-free over the holidays, while still getting to enjoy the occasional treat.

1. This is, in my opinion, the most important point that can be made. Self-motivation is the most important factor when trying to promote weight loss, and even if you are just hitting the gym. Concentrate on issues other than diet, exercise, or even health. Think about what your driving force is, and about the goal you want to achieve. Simply stated, you cannot be scared fit. Instead, it's looking forward to living and feeling better that keeps people moving. (Or you could be doing it to look even better for that special someone).

Cont'd pg. 22

Five cars for students *Cont'd*

Volkswagen Golf 2002

Price Range \$4500-8500
 The Volkswagen Golf has the small car feel, but with all of the space you desire on the inside. In the class of a small family car this takes the cake, but the low price makes it perfect for any student. Well known for its great fuel efficiency many avid car fans consider the Golf a very fun ride. This is one of those cars that almost every color suits, but the best are: silver, red and black.

Mini Cooper 2002

Price Range \$3000-\$9000
 The Mini Cooper is truly a unique car, with its small stylish feel it's truly one for the road. Sporting a very retro feel to it because it was first made in the 1960's, and has kept its same charm. The Mini is much like the Golf, is very good on fuel economy,

since it has a fairly small engine. If you actually enjoy finding a parking spot, the compactness of this car is highly convenient. For a student the Mini is a great as it's not too powerful. To be the most stylish one on the road either go for yellow, or blue.

Audi A4 2001

Price Range \$3000-\$7500
 The Audi A4 a true quality German engineered car, with great design, it gives a greatly comfortable and enjoyable ride. It can easily reach speeds up to 230 kilometers per hour. This basically being a cheaper alternate to the BMW 325, is just lacking the sport car feel. The A4 Quattro version offers a 4 wheel drive, providing better control in the snow and wet, providing a much easier ride in difficult

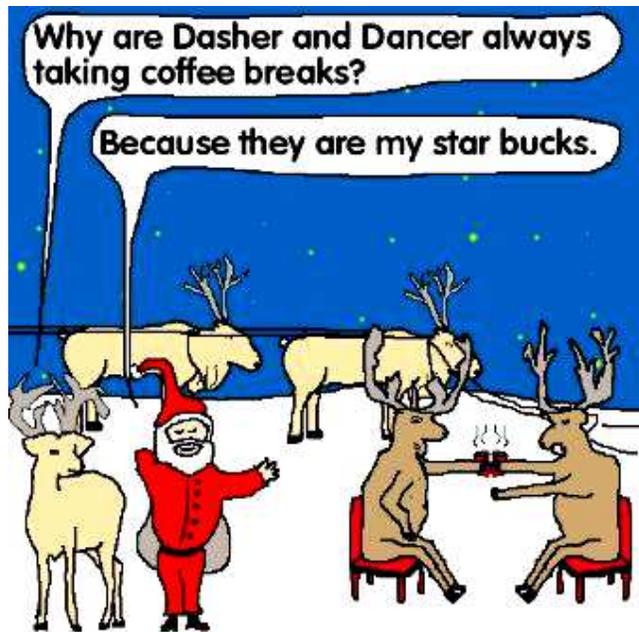


The beautiful bmw 325

conditions. Audi does a great job to give you more then what you paid for. The most preferable colours are red, and silver.

No one wants to have to beg their parents to borrow their cars, so save up for one of these beauts.

"it gives a greatly comfortable and enjoyable ride."



Photos courtesy of www.google.ca/images

Pack 'em on like a bear *Cont'd*



We don't need to go into hibernation-mode during the holidays!

2. Next we need to get you in touch with reality. It may seem funny and “lawl” worthy in the beginning, but trust me, in the long run it will help. Buy a journal and record your goals, your motivation, starting measurements, and eating plans. Then, chart the progress you make. This is what any certified trainer would do for you. Next, set goals that are within reasonable limits. Don't just go and say, “I'm going to lose 20 pounds,” begin with weekly goals and avoid the stress of those unrealistic expectations. Losing something like 2 pounds per week is both a healthy and realistic goal.

3. Creating your plan is also essential to building lean muscle mass and burning the calories, thus hitting the fat. Everyone needs, in their workout, some cardiovascular conditioning (cardio exercise), toning, and resistance training, and there are a ton of different methods to accomplish these goals. Follow my “Exercise of the issue” articles to find new and improved exercises for a range of muscle groups to help vary your routine. The general idea, in weightlifting,

is not to work the same muscle groups twice in a row and averagely go to the gym 3-4 times per week. However different fitness experts will tell you different information. This is, however, my general rule of thumb.

4. This point is fairly similar to number 3. However, I want to clarify the types of workouts. Cardiovascular conditioning is aerobic exercise, which can be obtained through running, swimming, biking. Even more, gyms have so many different cardio machines, just get on one and keep your heart rate up. Toning exercises are what builds lean muscle mass. The exercises that are done are usually worked with a set of 3-4 with anywhere from 12-20 reps. With some exercises you could push it and do 50 reps. This will give u toned muscle, rather than bulk obtained from doing something like 3 sets with 6 reps. Lastly resistance training is generally done with the resistance bands, which vary in resistance and should be used depending on your fitness level. One thing that works very well is combining both weight training and resistance. Taking dumbbells and a resistance band and doing bicep curls has far more beneficial results than just doing one of those options. You're muscle fibres are getting worked the whole time due to the resistance and more stress is being put on them.

5. Lastly, and the easiest part in leading a healthy lifestyle, and essential to keeping your

body rested to help develop those muscles to burn those calories: REST! Yes, rest is the other 30-odd percent in keeping your body looking good and fit, make sure that after a day of intense exercise you get a good night's rest and you do not work the same muscle groups the next day, if you work out at all the next day. I think there's enough said here, so get your rest, and be pumped for the next day.

With these tips, you will find yourself keeping those pounds off, even while you have the occasional sip of eggnog and a crème puff (just try to keep away from the sweets, and DO NOT forget your greens!). God knows that I will be chugging the eggnog, all the while making sure to not gain a pound and burn it all off running the Grouse Grind.

***Author's note:** *being toned is great, yes; however, everyone is great the way they are, and as long as you take the effort to eat healthy and exercise regularly, you can expect change. Above this, you must understand that self esteem is what is needed and it must be understood that you are beautiful no matter what you look like, as the saying goes, “people like you for your pros, however, they love you for your flaws”.*

“being toned is great, yes; however, everyone is great the way they are, and as long as you take the effort to eat healthy and exercise regularly, you can expect change.”



December sports schedule -Andrej Tomasevic

Monday December 13th

Senior Girls basketball vs. STA 7:00pm
Junior Boys basketball vs. Seycove 5:30pm
Juvenile Boys Basketball @ Handsworth 4:45pm
Bantam Boys Basketball @ RockRidge 4:00pm

Wednesday December 15th

Junior Boys Basketball vs. Windsor 4:30pm
Senior Girls Basketball vs. Elphinstone 6:00pm
Bantam Boys Basketball vs. Argyle 4:00pm

Tuesday December 14th

Juvenile Girls Basketball vs. Carson Graham 4:00pm
Bantam Girls Basketball vs. Handsworth B team 5:15pm
Junior Girls Basketball @ Handsworth 6:00 pm

***Senior boys basketball team leaves
December 15th for a tournament in
Anaheim and return December 21st.
Good luck boys!***



First game of the season: North Shore 2010 Invitational Tournament - Janelle Hoy



**Sabres & Van Tech Playing Their
Hearts Out.**

December 2nd was the beginning of the North Shore 2010 Invitational Tournament at Sutherland Secondary. At about 2:00 PM, the large gymnasium began to fill with spectators ready to watch the 2:15 game against Van Tech. The gymnasium was full within the first ten minutes with five minutes left before the tip-off.

When the game began, the starting players were Jordan Penman, Kim Garma, Ali Farokhi, Preet Gandhi and Alex Serdyuk. Preet Gandhi won the opening tip-off and after the ball was dropped a few times, Preet Gandhi scored the first basket. Not too long after that, Kim Garma scored another basket. Preet

Gandhi was the first one to score the 3-pointer. Justin Pow and Matt Hilder wrestled down to the ground a few times to keep a hold of the ball. By the end of the first quarter, the score was 24-5 for the Sabres. The crowd was pretty rowdy and loud during the game and gave a lot of support to our Sabres. Some even supported Van Tech. Van Tech had some impressive players and did very well with passing to each other and blocking.

As the first quarter ended and the second quarter started, the spectators got louder, more students and even other school's basketball teams, were piling into the gymnasium. The Sabres kept their lead as Matt Hilder took a foul shot to make the score 31-5. Justin Pow did some more wrestling around on the court to keep a hold of the ball. The boys did quite a lot of chest passes throughout the game and there was quite a lot of tripping on the Sabres done by Van Tech. Deven Woolley got tripped more than once by the opposing team. Since Van Tech was doing so badly in the first half of the game, their coach already appeared defeated and sat back in disbelief. Kim

Garma scored within the last twenty seconds of the second quarter to bring it to 46-14 at half time, which lasted about ten to fifteen minutes. The third and fourth quarter came about, and they passed quickly with the Sabres dominating the court. The boys played very well, but the thing that disappointed me was that by the time the half time started, the bleachers began to drain because it was around 3:10 and no one wanted to stay and watch the rest of the game. They didn't want to sit there for another half hour or even forty minutes to see the final score. Preet Gandhi, Jordan Penman and Matt Hilder all had defense throughout the second half of the game. By the time the fourth and final quarter slowly came to an end, the final score between Sutherland Sabres and Van Tech was 84-32.

All and all, the Sabres and Van Tech had a pretty fair played game. Both had some good plays. Preet Gandhi, Jordan Penman, Justin Pow, Deven Woolley and Kim Garma all play fantastically and they all had wonderful plays and defenses throughout the game. Continue to come out and support your school team, The Sutherland Sabres.

'Twas the night before Christmas,
 when all through the house
 Not a creature was stirring, not even a mouse;
 The stockings were hung by the chimney with care,
 In hopes that St. Nicholas soon would be there;
 The children were nestled all snug in their beds,
 While visions of sugar-plums danced in their heads;
 And mamma in her 'kerchief, and I in my cap,
 Had just settled down for a long winter's nap,
 When out on the lawn there arose such a clatter,
 I sprang from the bed to see what was the matter.
 Away to the window I flew like a flash,
 Tore open the shutters and threw up the sash.
 The moon on the breast of the new-fallen snow
 Gave the lustre of mid-day to objects below,
 When, what to my wondering eyes should appear,
 But a miniature sleigh, and eight tiny reindeer,
 With a little old driver, so lively and quick,
 I knew in a moment it must be St. Nick.
 More rapid than eagles his coursers they came,
 And he whistled, and shouted, and called them by name;
 "Now, Dasher! now, Dancer! now, Prancer and Vixen!
 On, Comet! on Cupid! on, Donder and Blitzen!
 To the top of the porch! to the top of the wall!
 Now dash away! dash away! dash away all!"
 As dry leaves that before the wild hurricane fly,
 When they meet with an obstacle, mount to the sky,
 So up to the house-top the coursers they flew,
 With the sleigh full of toys, and St. Nicholas too.
 And then, in a twinkling, I heard on the roof
 The prancing and pawing of each little hoof.
 As I drew in my head, and was turning around,
 Down the chimney St. Nicholas came with a bound.
 He was dressed all in fur, from his head to his foot,
 And his clothes were all tarnished with ashes and soot;

A bundle of toys he had flung on his back,
 And he looked like a peddler just opening his pack.
 His eyes -- how they twinkled! his dimples how merry!
 His cheeks were like roses, his nose like a cherry
 His droll little mouth was drawn up like a bow,
 And the beard of his chin was as white as the snow;
 The stump of a pipe he held tight in his teeth,
 And the smoke it encircled his head like a wreath;
 He had a broad face and a little round belly,
 That shook, when he laughed like a bowlful of jelly.
 He was chubby and plump, a right jolly old elf,
 And I laughed when I saw him, in spite of myself;
 A wink of his eye and a twist of his head,
 Soon gave me to know I had nothing to dread;
 He spoke not a word, but went straight to his work,
 And filled all the stockings; then turned with a jerk,
 And laying his finger aside of his nose,
 And giving a nod, up the chimney he rose;
 He sprang to his sleigh, to his team gave a whistle,
 And away they all flew like the down of a thistle.
 But I heard him exclaim, ere he drove out of sight

"Happy Christmas to all, and to all a good-night."



SANTA'S BREAKFAST

FRIDAY

DECEMBER, 17TH

DON'T MISS OUT ON THE
GOOD TIMES & GOOD FOOD



We're here too!

-Sarah Reid



Basketball is a sport that is hard not to love, with the quick plays and the shots that you never think are going to go in swishing in the net as the ball falls through it. It's a rarity that a basketball game gets boring, even if a team is winning by 30 or more, there is always something to watch and something to cheer for. The senior boys basketball team is often mentioned not only in the *Sabre Trooth*, but it seems to be everywhere you look. As a someone who has been on the girls basketball team since grade 8, I'm a little tired of seeing the boys getting a lot more attention than us. I'm not saying that I don't like the boys basketball teams, I love them. I'm just like every other excited Sutherland who goes to all of the games that they can, and cheers in the crown during the lunch time games like the annual lunch time game that happened on December 9th. I'm just saying don't forget about the senior girls teams – were here too.

Even though we have yet to win a game, we have a very promising season ahead of us. We have the grade 12's who have been on the Sutherland basketball team since

grade 8, all together there is 3 of us. I know that that may not seem like the large number but that is all we need with the talented grade 11's that have joined the team this year. Every girl on the team this year is bringing there own individuality and talent to the game. We've had some great plays this year, with great passes and even greater shots making there way into the net.

Even though we are without a win so far this season, that doesn't stop us from going out and trying our best and working hard. Our first game this season was against Carson Graham. I'm not going to lie, we are a good team, but Carson is a very good team. We battled hard in the game and after half only let them score 15 points in the last twenty minutes of the game. Our second game of the season was against West Van Secondary, and while only having seven players, we went out with the attitude that we were going to win, and we were in the game till late in the 3rd period. Our third game of the season was against Seycove, while only having six players able to play, we were only behind by

two points in the end of the third, and had a good game all together, and some players even have the battle wounds to show for it. Our fourth game of the season was against STA. While they had at least 16 players filling their bench we only had eight. We didn't let the fact that they had double the amounts of players that we did shake us. We all knew that we had a good chance to win that game. With the defense and the offense feeling rushed we were behind by about 20 points at the half. We had a couple minutes to talk about it as a team, and the second half was much better. We got our offensive and defensive rebounds, took better shots, and calmed down.

Although the season hasn't had the start that we were all hoping for, we're not ready to give up and we never will be. We have the talent, and we have the drive, all we need is to get those "unlucky" shots to fall through the net. We may not be as strong or as tall as the senior boys, but we're still here, and we plan on being here for a while.

"Even though we are without a win so far this season, that doesn't stop us from going out and trying our best and working hard."



9th Annual Sutherland Holiday Classic

-Giampaolo Posteraro

On Tuesday December 9th, Sutherland hosted the 9th Annual Holiday Classic Basketball game vs the North Shore's Windsor Dukes. With star players Jordan Penman, Preet Ghandi, and Louis Boyd injured, it was interesting to see how the game was going to turn out. With commentating provide by yours truly, the game was bound to be a good one right off the bat. The starting lineup consisted of Kim Garma, Alex Serdyuk, Erik "the boss" Moss, Ali Farokhi, and Cooper Sweeney. Sutherland's senior boys ended up with the win with a score of 51-48, with the last ten seconds of the game providing more excitement than we saw the whole game. With star performances by Matt Hilder and Alex Serdyuk, it was not a surprise that Sutherland came out with the win. Make sure to attend every game this season and watch your senior boys have a great year in basketball!



Photos courtesy of Mr. Benoy

CONTRIBUTING WRITERS:

KAELEN F. BENTHAM

GIAMPAOLO POSTERARO

SARDARA DHUGA

LUCIA BAROCOVA

CHARLENE DAMIAN

JANELLE HOY

DA SAN JUNG

CHARLA LEWIS

ALEXIS MORTON

BRITTANY MRSIC

TOPHER PERVAN

KIMI RAZAVI

SARAH REID

ANDREJ TOMASEVIC

ANIKA TSOULACOS

EMILEE-ANN BATISTA

Check us out online at <http://www.nvsd44.bc.ca/schoolsites/sutherland/>

GRAD BEACH DAY PICS!

