

PUBLISHER:
J. BERMUDEZ

FORMATTERS
J. BONDY
J. TOPHAM

Inside this issue:

Valentine's Day– love it or I hate you	1
Valentine's Day– not that great	1
Valentine's Day poll	2
Every rose has its top 5 list	4
Ten ways not to ask someone out	5
Bookface: Inheritance Cycle	6
Journalism Course	6
The Human Revolution	7
Gameface: Bioshock	8
The Pierced Generation	9
Crazy scientific love	10
If I had a million dollars	12
God save the Burger King	13
What turns YOur-tube on?	14
Those little red envelopes	15
Kick-start your New Year's resolution	16
Sabre FM	17
Artist of the month	18
Ultimately your new favourite sport	18
Vancouver hosts Olympic events without ice	20
Sutherland's spinathon!	21
Interview with Jakub Hrica	23
Five cheapshots for the New Year	25
Letter to the school	28

The Sabre Trooth™

The Sabre Trooth Volume V, Issue vii

Tuesday, February 14th, 2012

Valentine's Day- love it or I hate you By Matthew Dick

Why do so many people have to hate on Valentine's Day so much? I get it, it's a highly commercialized holiday with very little real sentiment in it, but that doesn't stop us from enjoying Christmas does it? Darn right it doesn't. And it's true that some people are single on this 'coupliest' of days, but some people like Delaney Rocchio in grade 12 who says, "It's not really a special day to me." Some people, however love it, and look forward to it as a day to show your love and appreciation for everybody without being labeled creepy or strange. Maybe it's all the pink hearts and red flowers being forced down our throats, but some people just have to learn how to



Alistair Campbell with a gaggle of lovely ladies enjoying his bodacious personality

swallow it down with a smile on their face for the sake of others. Other people suffer through endless waves of sports they hate, movies they didn't like and music they detest. Just deal with it for one day and it's over, alright boys and girls?

Now for all the couples, the lovers, the love-struck and the love-stuck. Don't be too annoying today, keep down the incessant outbursts of mentioning your significant others to your

-Continued on next page

Valentine's Day- not that great By Brittany Mrsic

Holidays are when we learn the importance of hope, family values, sharing and how to check your candy for poison. All being fairly important experiences of one's life, we have come to enjoy and look forward to the holidays. That is until we come across Valentine's Day; where the "happy" and paired up cou-

couples spend countless hours, and dollars, getting prepared for the ever so necessary event. Leaving the "forever aloners" to go home, and accept the reject chocolate from their mothers. Yet should Valentine's Day really cause such a pointless division between society? Or should we ignore that fact and



A "forever aloner" at its best

-Continued on page 3

Valentine's Day- love it or I hate you Cont'd

not so significantly in love friends. That being said, don't dial it down too much, it's still a day for flowers hearts and dinners for two. Hopefully you already have your presents set and reservations made. Some guys are a little pressured like Alistair Campbell in grade 12 who says, "Well, it's a little personal but I'm still not really sure." You're out of luck if you're waiting for tips to save you. However, here are some fun things to do, to make, or buy for your lovely lady or dashing gentleman.

Many of us are short on cash, and those that aren't should just buy a fancy dinner and chocolates for him or her. A great thing to keep in mind is to meet each other ASAP, because nothing is worse than showing up too late and making them feel forgotten or abandoned. Next is getting a card and fill it from top to bottom with cheesy lines and stupid drawings of hearts or you two holding hands. Anything deemed lovey-dovey is great, and anything you make is even better, personally my favourite gifts have always been hand made with love. Always keep the one you love in mind, never being cheap, just being sweet.

Anybody single on V-Day is deserving of a hug or two, some deserve three but let's keep it PG at school please, but there's no need to sulk or cry in a corner. Delaney Rocchio is "going to go out with Francesca, Anika and Carol for dinner then go see 'The Vow'." Do something like that you single ladies and gents, perhaps see 'Sherlock Holmes' instead though guys. Have a fun night with the people you love or like, don't get too bogged down in pure romantics and just treat it like any other Tuesday night, but make it more fun than any other Tuesday night.

Happy V-Day Sabres!

Sabres share their secrets with Valentine's Day poll By Zahra Ghodsi

As the Valentine's Day is coming and the cold weather of February brings people together; it also creates an atmosphere where chocolate and flowers become popular to express feelings to each other. At Sutherland our journalists gathered a quick poll to get a sense of how Sutherland students feel about Valentine's Day.

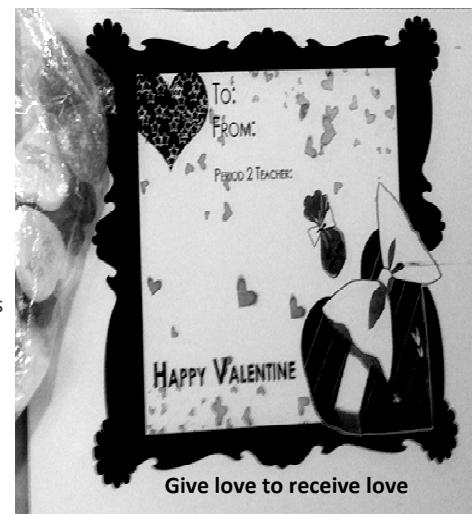
The first question asked was: do you like Valentine's Day? Why or why not? This question revealed many interesting responses from long answers, to one-three words answers such as "Sure" or "I don't care".

Many people suggested that liking or not liking Valentine's Day "Depends on if you have a girlfriend/boyfriend." As Benomi in Gr.10 explained, "It's only good if you have someone to share it with" which related to why many others did not like Valentine's Day. One Gr.11 student said "Being alone at time where being in a relationship is celebrated isn't fun". Some people see Valentine's Day as a pressure to make them feel bad, as a student in Gr. 10 said, "It rubs the fact that you're single in your face".

There was also many people who said they don't like Valentine's Day because "No one loves" them for example Mitch in Gr.11 said he doesn't like this day because, "He's forever lonely D:" or Joe Cerisara in Gr.12 said, "I'm ugly" which I think he should know love is not only about appearances. Don't worry, Joe, I'm sure there are some Sabres pining for you.

In most cases I agree that Valentine's Day can be boring and pointless if you don't have a boyfriend/girlfriend and even hurtful in some cases. But there are other ways to celebrate Valentine's Day. For example, Marina Khem in Gr.11 said, "It's an opportunity for me to watch all of those cheesy chick flicks and I love eating ice cream and lots of chocolate". Many others picked up similar interesting traditions to spend Valentine's Day,

-Continued on next page



Valentine's day– not that great Cont'd

-hail down to the holiday of pure consumerism?

Yes, it could be debated that a day to appreciate that special person in your life is a nice thing to have; but shouldn't you appreciate them every day anyway? Marisa Arnold, in Gr.12, answered this question with flair of distaste in the holiday, stating her dislike came from "The fact that it makes every single person in the world so depressed." Well those who aren't in a relationship that is, and if you are, get prepared for either a graceful slide into a simple day of love, or extreme stress and a feeling of obligation. Having spent the past seventeen years of my existence watching my friends get given the occasional flower, or box of heart shaped chocolates all adorned with cute cards and sentimental messages; all

the while doing diddly squat for their guy of their affection. Does this lean towards a sexist holiday? Or am I purely friends with extremely lazy girls and they have set a bad precedent in my mind? All in all this whole "holiday" is basically society throwing a whole boat load of cash into every store that sells something "pretty". Should we stand up against it? Or freak out, and ask the closest person to us out, to avoid the tearful day of loneliness.

If you're single, ask your best bud out and spend a night out. Go to a restaurant feeling "pretty" or "handsome" or go to a coffee shop and look for a "hottie" to spark up a conversation with; or merely stay home and understand THERE IS NOTHING WRONG WITH BEING SINGLE.

"-THERE IS NOTHING WRONG WITH BEING SINGLE."

This is a common misconception around this time of year, just because you don't have a hand to hold while you go down the halls doesn't mean it's cold. If you're paired up, set a cash limit; choose something to do that means a lot to both of you; or you could just do the same old nothing you normally do and maybe buy them their McDonald's for a change. You should know it only lasts a measly twenty four hours, so if you really wanted to, just sleep through the whole thing and pretend to be sick. Get over it, it's just one day--and what doesn't kill you can only make you stronger.

Sabres share their secrets with Valentine's Day poll Cont'd

-mainly by eating chocolate and candy, as a student described he/she thinks it's a good day "Only because of the chocolate part of it," and others referred to this day as a romantic, loving day because "It's colourful" and filled with hearts and happiness because "It brings people together". They also see this day as a good opportunity to receive "Teddy bears" and "Romantic gifts".

Some of the students think of Valentine's Day as a precious day since "It's a fun day to express your feelings toward others," and it's a day that "Symbolizes love." A Gr.9 student describes it as "The time of love and you can't go wrong with doing stuff with people you love". To most people V-Day is a time of celebration with your loved ones, as Chelsea Robertson in Gr.12 said she likes Valentine's Day because she gets to spend it with her boyfriend, and it's their three-year anniversary. On the other hand some students took Valentine's to another level as a Gr.10 student said, "The only good thing about it is taking girls out after, you know what happens next", and another Gr.10 student, George Clooney, said he doesn't like Valentine's Day because "I don't like all the STI's".

Some students had different opinions referring to the day of love as not a holiday at all. An anonymous Gr.9 student said. "School is not out so it's not a holiday" and another Gr.8 student said, "It's not great because you don't do anything special with the family." Ian in Gr.10 suggested, "People shouldn't take only one day for their loved one". It was also described that Valentine's is a day made only for commercialism and profits suggesting that Valentine's is a "Commercialized love" and referring to it as "A waste of money".



Sabres share their secrets with Valentine's Day poll Cont'd

There was also one student who gave a response different than all other opinions. A student in Gr.10, Mike.H., said "Valentine was a very noble man" and that's why he likes Valentine's Day.

Another question asked was: If you could date a celebrity, who would you date and why? Unlike the first question the responses to the second question had less detail and were very much alike, but still there were some interesting answers to read. A majority of girls said they would date Channing Tatum because he's "sexy" and "talented", they would also date Zac Efron because he's talented, hot and nice and as a Gr.10 student said, "He's sexy and he knows it". When all the people mentioned in second question were actors and singers there was one girl, Tiffany Konechny who said she would date "Kevin Bieksa because he's talented, classy and I admire everything he stands for. Similar to someone I like". On the other hand a majority of boys said they would date Megan Fox and as a perfect description a Gr.9 student said, "Why wouldn't you?" which I guess with having most guys saying she's "Hot, nice, and sexy" this would be acceptable. There were also some people who said they would date a celebrity only for their money. Celebrities like "Oprah" and "Steve Jobs" were mentioned, while there were some people who had no interest in dating celebrity and "dealing with fame" and Ian in Gr.10 said "No celebrity is more special for me than my loved one." Good call, Ian. Also many people said they would rather date someone from their own grade. There was some sarcasm which I found in the answers as one Gr.10 student said he would date "Rebecca Black because she is the best singer". Who knows? Maybe this person was serious?

After reading the responses of many students I can predict that this Valentine's Day will be a nice day which we can celebrate in our own ways with our friends and loved ones.

Every Rose Has It's Top 5 List By Connor Hanley

Yes, there WAS once a time where being a grown man and wearing more make-up than the LG's of today was the thing to do; these were also the days of the "Hair Metal" genre. Hair Metal is (in most cases) a nasty combo of heavy metal and glam metal where powerful guitar solos and hairspray somehow worked; however, what Hair Metal as a genre will be remembered most for is the love ballad. Here is a look at five of the best cheesy love ballads of the 1980's.

5. You Don't Know What You Got (Till It's Gone) -Cinderella.

While Cinderella tried to move away from their Hair Metal roots with their second album; they'll forever be known for their love ballad "You Don't Know What You Got Till It's Gone" which falls right into the hair metal category. The song title basically describes what it's about, because 9 times out of 10; you really don't know what you got 'till it's gone. The powerful lyrics, screeching vocals and dramatic piano is what made this song so popular. So popular, that it still remains as Cinderella's biggest hit; peaking at #12 on the US charts in 1988.

"All in all, I'm glad I wasn't born 20 years earlier so I wouldn't have to listen to most of this music"

-Continued on next page



The lit lighter is the universal symbol of a good slow song.



Every rose has it's top 5 list Cont'd

4. Love Bites -Def Leppard.

A love ballad list just isn't complete without some Def Leppard. "Love Bites" is unique in the sense that it has that signature Def Leppard sound, but isn't drowned in the melodramatic emotions that was present in most power ballads at the time. Regardless, this song was a huge success for the band as it marked their first and only single on the Billboard Hot 100 to date.

3. I Remember You -Skid Row.

The third single from Skid Row's self titled debut album was their token power ballad as the popularity of the song type was at its peak during its release (1989). Although their other hit single "18 And Life" scored higher on US charts, "I Remember You" did better internationally, charting on the Top-20 in 6 different countries. The song was so popular that it was the #1 prom song in the US in 1990.

2. Home Sweet Home- Motley Crue.

The one that started it all. "Home Sweet Home" is best known for being the success that influenced the sappy love ballad bandwagon in the mid-late 80's, though most of you may remember it from the end credits to "Hot Tub Time Machine." The song is considered to be one of the most popular power ballads as the video was the first one to be aired on MTV. The song remained a hit as it was MTV's most requested video for four months.

1. Every Rose Has It's Thorn -Poison.

"Every Rose Has It's Thorn" is a dramatic ode to lost love that's widely considered to be one of the "best" Power Ballads of all time. The song was written by Poison's front man (Brett Michaels) about his deteriorating relationship with his girlfriend. The widespread success of this song has made it Poison's only song to reach #1 on the Billboard Hot 100 and #1 on our list of love ballads of the 80's.

All in all, I'm glad I wasn't born 20 years earlier so I wouldn't have to listen to most of this music; although Motley Crue isn't that bad. Hope you all have a great Valentines day; I know I won't.

Top 10 ways not to ask someone out for V-Day By Chandler McCorkindale

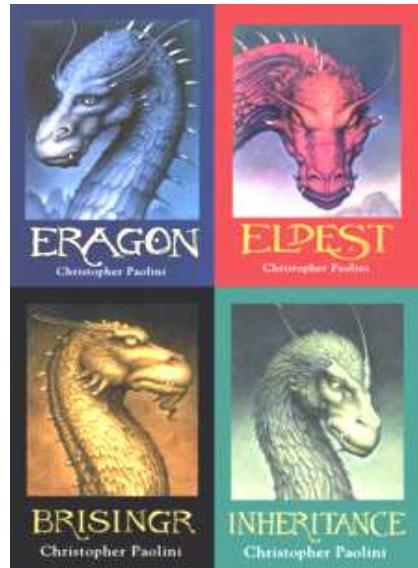
1. How much is your going rate for Valentine's Day?
2. Could you ask your super attractive friend out for me? If she says no then you'll do just fine...
3. What's your mom doing for Valentine's Day?
4. I know my restraining order says we aren't supposed to talk, but wanna go out some time?
5. My friends dared me to ask you out...so let's get going... okay?
6. I have a fetish for desperate girls so you're in luck to day....now ask me to go out with you.
7. You look like my sister, I like that so let's go out.
8. Let's go out? And do you have some dough I can borrow to pay for dinner?
9. Wanna go out? I have coupons to an all you can eat buffet and you look like someone who can appreciate that.
10. Do u ummmm maybe wanna chat on msn l8r?



**Sit down son, you just got rejected.
Nothing new of course.**

Bookface By Ryan McCormick

This isn't a conventional bookface, as normally it's just one book, but instead I'm going to cover a series of books. That series is the *Inheritance Cycle* by Christopher Paolini. There are 4 books in the series, and they are huge. I mean HUGE. In the 4 books, there is a whopping 2773 pages. The story is based around Eragon, a 15 year-old boy in the world of Alagaeasia (no, I can't pronounce it either) who finds a dragon egg, which eventually hatches. The dragon that hatches forms a bond with Eragon, and he learns about the riders, an organization of dragon riders that used to control mostly everything, but fell from power. Eragon embarks on an epic, and I mean truly epic, journey, which is about as far as I can go without spoiling the story. Now I realize that 2773 pages seems like quite a challenge, but try reading the first book, and if you like it, it is worth it to read the rest.



The Inheritance Cycle includes four books.

Come one, come all!

We at *The Sabre Trooth* are dedicated to providing you with informative and entertaining articles pertaining to whatever subjects we feel fit to print, whether they be school events, pop culture or the just plain bizarre. We have gone from being a simple club to a full-fledged course, complete with credits and a fair marking system! Of course, being a school funded course the continued existence of the paper is entirely dependent on whether or not new members/students can be attracted to it. Therefore, we urge anyone who enjoys writing, sharing his or her opinion, or who is interested in contributing to the school culture and being part of the newspaper to select 'Journalism 11/12' as one of his or her courses for next year. All are welcome!

**Questions? Concerns? Comments?
Feel free to email us at sabretrooth@hotmail.com
We want to hear from you!**



The Human Revolution By Ryan McCormick

Deus ex is the best game in existence. Also, Adam Jensen never asked for this. Review over.

The storyline in this game is like a great spy movie, with science fiction worked into every bit. You play as Adam Jensen, an ex-swat working as a security guard for Sarif Industries, the leading biotech corporation. The game is set in 2050, where augmentation, the grafting and replacement of robotic body parts to enhance, and bypass physical limitation is becoming commonplace. Sarif industries is working on a top secret military augmentation, known as the typhoon. augmented Mercenaries break into the building and kill the scientists working in the labs to get to the typhoon. You have to try and stop them, which is a huge mistake. You end up being thrown through a glass wall, smashed into a wall and shot. The mercenaries leave you for dead and leave you bleeding out. Your boss, David Sarif, decides to have you augmented to save your life. Six month later, with an extensively augmented body, (about 80% of your body is augmented) you set out to find answers. I can't say any more without ruining the plot, unfortunately. Your character, Adam Jensen, is one of the biggest bad-asses in video game history, as well as being the source of the much quoted (by me anyways) "I never asked for this". You then set out to find answers about who the mercenaries that attacked the labs were, and who was behind the attack. Adam Jensen is a very compelling character , and despite being more than half machine, seems quite human.

Deus ex: Human revolution is a first person shooter/rpg/stealth/Metal Gear Solid hybrid. It is not your average fps, in the way that you can't 'Rambo' in spraying bullets everywhere, expecting to kill all the enemies in the room. First of all, you probably won't have enough ammo to do this, and second, you aren't iron man. You can go multiple paths for every mission, from crawling through air vents to sneak past or surprise your enemies, on occasion you can talk your way through, or you can try to kill or otherwise incapacitate your opposition. The combat feels very smooth, with the exception of certain special weapons that trigger a short cutscene that interrupts the action, which can make for an easy escape from a huge group of enemies surrounding you.(you probably shouldn't have gotten into that situation in the first place, n00b). Proper melee combat was replaced by a takedown system, which allows you to either knock out or kill one enemy (two with the proper augment, which will be explained later). A takedown costs energy, which is represented by a bar of batteries in your HUD. The non-lethal takedowns usually involve punching an enemy's face in, while the lethal ones are considerably more interesting. As a part of the augmentations you received, you have blades that extend from your wrist or elbow, which cut through enemies like a blowtorch through butter. Or, you grab an enemy's head, then spin your arm and hand around, snapping several necessary bones. The guns nearly make up for the lack of melee combat. The amount of weapons you can choose from is great. From the trusty machine gun, the long range tranquilizer rifle, and even a laser rifle, you won't get bored blasting people apart.

Augmentation adds another level of depth to the gameplay, letting you customize your abilities to match your playstyle. As you work through the game, you gain experience points. When you reach a certain amount of experience points, you get a praxis point, which lets you unlock another augmentation. Again, the scope of augments you can choose from is amazing. It's like shopping in the store that has everything. My personal favourite augment is the typhoon explosive system. Essentially, it turns you into a walking frag grenade. Activating it disperses explosive charges in the area around you, which explode a moment later creating a circular killzone, leveling any enemy in the area. You can take a stealth augment, which turns you invisible for however long your batteries last, draining them every second. You can augment to punch through walls, and if an enemy happens to be near said wall, it, shall we say, n'tend



Seriously guys, stop it.

The Human Revolution Cont'd

doesn't end well for them. Also, you can throw dumpsters and vending machines at people with ease, but can't sprint for more than 5 seconds without augmenting for extra sprint.

The visuals in this game were very well done, as would be expected from a Square Enix game. The graphics are quite good, and every now and then there is a cutscene that is rendered in stunning detail. However, the depth of the game extends beyond the visuals. Hacking computers for passwords contained in emails is necessary, and in the inboxes is not only the passwords, but also personal emails, and Nigerian spam emails. No, I'm not joking, they included Nigerian spam emails.

From this review, you may think that this is the perfect game. Unfortunately there are some issues with it. First off, the boss fights. In a game where it's all about choices, forcing you to fight a boss that can absolutely devastate you in a manner of seconds, while sponging up clip after clip of machine gun fire doesn't make all that much sense. Some of the optional side missions feel repetitive, or just too darn hard. Some of the missions involve knocking out a target, who just so happens to have 5 friends with shotguns, machine pistols and the like, without harming the target who is shooting at you. Pretty poor design if you ask me. However, these are minor flaws that don't really detract from the atmosphere of the game too much, but should have been considered before release.

All in all, Deus Ex: Human Revolution is a great game if you're looking for something more challenging than your average FPS, while being less hardcore than Metal Gear Solid. I give it 9/10 for a compelling, gritty story that keeps you hooked, great character design and progression, good gameplay, and relatively few flaws.

TL;DR: If you want a game with little to no story, boring characters, and repetitive gameplay, play Call of Duty: Modern Warfare 3, otherwise known as the \$60 map pack, and don't get Deus Ex: Human Revolution.



Adam Jensen himself, showing off his fancy augmentations.

"If you want a game with little to no story, boring characters, and repetitive gameplay, play Call of Duty: Modern Warfare 3"

Gameface: Bioshock By Samir Bhimji

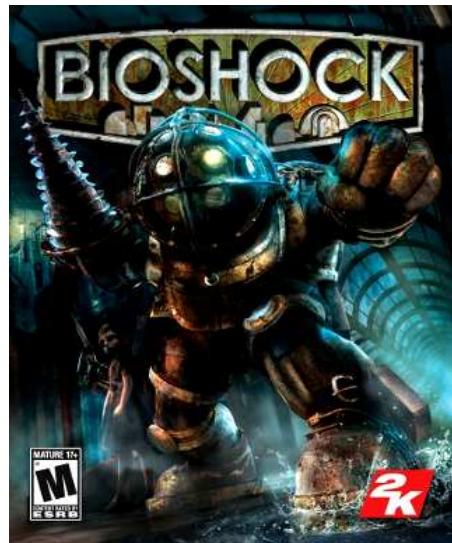
In this day and age of meathead protagonists, brown environments, repetitive gameplay and plot lines slapped together by feral badgers, it's nice to know that there are games that can still enchant, delight and, on a good occasion, scare you into soiling your undergarments. Even after several years of gaming Bioshock continues to sit pretty at the top of my favourite games list. The game, released in 2007, takes place in the underwater city of Rapture in 1960. You play as a nameless and mute protagonist trying to escape the city after surviving a plane crash in the middle of the Atlantic Ocean. Rapture is a city built on objectivist views (based off of Ayn Rand's book, Atlas Shrugged.) However, the city has let its capitalistic ways get the better of it, and mu-

-Continued on next page

Gameface: Bioshock Cont'd

Rapture is in ruins: mutated citizens, roaring giants in diving suits and pale, creepy girls stalk the leaking hallways. The graphics still hold up after nearly four years and gameplay involving mutating your body to let you birth wasps from your wrists or fire electricity from your palm is the best way to get around Rapture. Pile on an immense plot, a fully realized world, truly blood-curdling moments and moral choices on whether you exploit or rescue Rapture's innocents adds up to an experience similar to playing through a work of art.

"Rapture is in ruins: mutated citizens, roaring giants in diving suits and pale, creepy girls stalk the leaking hallways."



A Big Daddy and Little Sister: two of Rapture's more interesting citizens.

The Pierced Generation By Dani McLaughlin

Within the Sabre youth at Sutherland, there are many expressive people. Some people wear wacky clothes to express themselves; others show who they are through art forms such as dancing, painting, and drawing. But many people within society express themselves through the art of body piercing. I'm not saying that little Johnny who sits silent in the back of your socials class is taking part in the grotesque art of suspension (an art form where people pierce themselves with hooks and hang for a period of time). What many people don't realize that body piercings are considered art in many religious and spiritual cultures. Cultures in Asia stretch their ears for religious reasons, and Hindu women would wear nose piercings on the left nostril once they reach child bearing age.

Although I'm sure that teenagers within Sutherland do not get nose piercings to show they are eligible for childbirth, girls and guys within our school are getting piercings everywhere. From the common

ear, naval and nose piercings, to cheek bone, lip piercings, to the Marilyn Monroe imitation piercing. Many variations of piercings are starting to pop up around school, but when I asked around what students thought about piercings, I got many "they're okay" and "I really don't know". Not many students seemed to pay too much attention to the new found fad of getting body and facial piercings, almost as if they have become a set part of our generation. However, we teenagers don't realize the risk we are taking by getting such facial piercings.

Older generations hold a different attitude toward piercings, unlike our generation. So when a teen gets an eyebrow piercing they don't realize that with that piercing they may also be throwing away future job opportunities. When I asked my own manager, Randy Clough, from Safeway whether he would rather employ someone with a facial piercing or without, he said, "Facial piercings and extreme ear pierc-

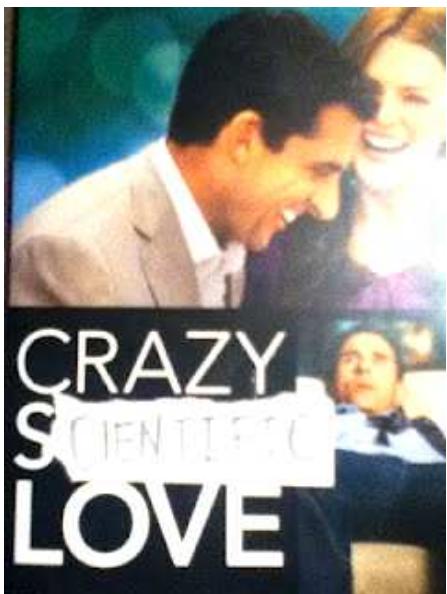


Kerri Inglis showing off her lip piercing and ear spacers

-ings are unprofessional in my eyes and in many of our customers' eyes as well; the same is thought toward sleeve tattoos. If you are working in a club or a bar, the urban community would welcome the piercings, but within large corporations and other formal businesses, piercings are not welcome."

Piercings, in my opinion, are creative and beautiful. That may be because I live in Vancouver, a city with many cultures, traditions, and religions, or maybe it because I am part of a generation where everyone is different in their own beautiful way. Society seems to be undecided if this should be accepted or not, that's why it's based on your personal preference. The decision falls on you. Yay or Nay?

Crazy scientific love By Taryn Audet



February 14th. The day some dead Saint gets a designated 24 hours to remind us of our luck (or misfortune) in love in the form of sappy pink-and-red heart-shaped cut outs and red velvet cupcakes. And regardless if you're single or on your way to the altar, perhaps a face of a crush or two will fly through your mind at some point today. Whether you're daydreaming about the cute girl in Chemistry or Ryan Gosling, there's a reason you've picked them above all others. And no, it's not because of their surely dazzling personality.

Well, maybe a little bit.

But just like there's a scientific formula for beauty, there's a science behind attraction - and it explains everything from why he smells so good (without the layers of Axe) to why you can't articulate to your buddies what makes her so great.

I realize that the scientific approach is not the first thing most think of when it comes to love, but surprisingly it can reveal a lot of fascinating - albeit strange - facts. I mean, did you know that scaring someone can produce as much attraction as seducing them? That while you're wearing a spicy, floral fragrance you'll be judged as twelve pounds lighter than you actually are? I didn't until I read Andrew Trees' book *Decoding Love*, a psychology book on the scientific facts behind love.

The movie they should have made.

Analyzing Aesthetics

I'll admit, when I first read this next part in the novel, I was a little shocked at the blunt honesty - and I don't mean to sound cynical or pessimistic in the ways of love, but when Trees, says "Let's ditch the idea that beauty is subjective. It's not," he means it. Apparently, the human brain doesn't see everyone as lovely, unique little snowflakes; we're "virtually hardwired" from birth to have certain preferences in appearance.

We've probably all heard that the most symmetrical faces are generally considered to be the most attractive - but that's because it's an indicator of how healthy you are! The rudimentary instincts of males and females alike is to find a good mate, and our subconscious tells us health is very, very attractive. The healthier you are, the more likely you are to produce hearty, strong offspring - something our inner caveman/woman tells us we want.

Guys, ever wonder why the girl with the long hair sitting next to you in math is so cute? Hair is another great physical display of health; and long, lustrous hair signals "equally long and robust good health". Studies in the field of science and attraction have proven that women with long hair were generally judged to be more attractive than women with short hair. Men also prefer full lips and a shorter, lower face because they're both idealistically feminine.

And ladies, who hasn't gazed an extra second or two at the towering Senior boy with a chiseled jaw? What Hollywood leading man doesn't have the large, square, "manly" jaw and a height over 6ft? These actors are chosen for a reason; women love these features, and not without good reason! The chin serves as a signal of genetic fitness - it requires a lot of testosterone during puberty to produce that look, which is why women find it attractive. And height is important for yet another evolutionary reason: it's "a fitness indicator, a sign of good genes and good health," and even beyond that, these guys generally have greater self-esteem and will even earn more later in life.

While all of the above may have seen a bit harsh, remember this - studies have proven that while emotional expressiveness, attractiveness, and social skills all contribute to one's likability, attractiveness ranked the least important of the three.

-Continued on next page

Crazy scientific love Cont'd

While all of the above may have seen a bit harsh, remember this - studies have proven that while emotional expressiveness, attractiveness, and social skills all contribute to one's likability, attractiveness ranked the least important of the three.

Probing Personalities and Performances

We've all clammed up when starting a conversation with our crush, whether it was last week or in the first week of kindergarten. But turns out, the words we actually speak are far less important than how we say it. As Trees put it, "the vast majority of our communication comes from body language and tone, while less than 10 percent of our communication is the words."

Girls, even if you spot a new guy - that you haven't had a single conversation with - across the room at a party, there's always a way to start one! And that "way," in this case, is sending encouraging signals. There are a lot of nonverbal signals that draw guy's attention, such as primping, nodding, licking your lips, flipping your hair, or even "presenting" your neck - but there are two very simple signals that, when done correctly, have a very high success rate. Making eye contact and smiling, especially when paired together and done multiple times, is more or less a direct Cupid's arrow to the heart. Well, maybe not entirely, but it might finally get through his thick skull to come over and talk to you. And the best part? The number of signals you send counts for far more than how you look! A study done by psychologist Monica Moore showed that women who "signaled" frequently were approached more often than the most attractive woman who signaled less frequently.

And boys, I'm sure you can't help but love that bubbly blonde you have three classes with, right? Well, research shows that animated faces are "seen as more attractive than one that is devoid of emotion." So for both genders: keep on smiling! And apparently familiarity is a powerful aphrodisiac, as tests have proven your attractiveness rating will rise the more you bump into the object of your desire.

Wondering Why?

Males are generally more promiscuous because they, on the innermost level, want to reproduce with as many women as possible to ensure their offspring's survival. The men you meet today aren't trying to get every woman they date pregnant, but the reason "players" are so prevalent in modern society is because of evolutionary trends. Overall, men look for youth and beauty in their partners because they are indicators of a fertile mate - something they want, even if they don't know it.

Females look for status and wealth in their mates not because they're "gold diggers" - okay, there's always the exception - but because financial success and prominence in society would ensure the survival of any offspring they produce. This is why we see a multitude of young, beautiful women with older, wealthy men and not vice versa - it's engrained in us from an evolutionary standpoint.

All information was taken from Andrew Trees' *Decoding Love*, so if you want to learn more - he writes about everything from how long a hug should last to why fighting is good - check it out!

Finally, while there have been astronomical amounts of studies done in this field, we can't forget that there's something indefinably mystical about love. After all, *The Notebook* sure isn't science.

"the vast majority of our communication comes from body language and tone, while less than 10 percent of our communication is the words."



If I had a million dollars By Cassie Heavener

Money money money, I'm starting to think that's all we think about in this day and age. I admit it, I think about money often. But then again I thought to myself, what if there was no money. No businesses, no stores, no selling of food, maybe even no sports. I then decided that was too depressing and thought about unlimited money. No, we as humans cannot have unlimited money but we can have large sums of it. How do people get that you ask? Well, you could work your way to the top like Bill Gates or Oprah Winfrey but let's be honest, not everyone has Bill's brain or Oprah's work ethic. You could take the easy way out and buy a \$5 ticket that could change your life...

Yes, ladies and gentlemen, I am talking about the lottery. The lottery may seem easy to win; though, your chances are extremely low, making it actually very hard to win. Did you know that there is a bigger chance of you dying while buying a lottery ticket than actually winning the lottery? Well that's the last time I buy a ticket...

Winning the lottery, to some, is usually nothing but a dream. Some take the route of traveling, "I would go on a trip to every place in the world, do you know how cool that would be?" claims Marisa Mylett, a grade 11 student. Some take the route of pleasure, "I would buy myself a personal slave" says Jessica Kyllo, a grade 12 student or Spencer Neville, a grade 10 student responded with, "I would probably buy a house in Paris and buy a really nice car. I would probably go scuba diving in the Caribbean sea every week". Mollie, a grade 9 student said "Well seeing as winning the lottery is part of my life plan I would go shopping and also save some for the future". Through everyone's response they mentioned spending the money right away. Would you ever think about saving all of the money and living life as if you didn't win at all?

I had a privilege of meeting a lottery winner myself. For privacy reasons we are going to call her Meryl Streep. I asked Meryl Streep to tell me about the day she found out she won. I assumed she was going to share a story about how she was washing dishes, then got the call and ran away, buying a horse and galloping through a meadow on a beautiful black stallion. But, Sabres, I was very wrong. Her response may surprise you, "I burst into tears [and said to my husband] 'way to screw up a perfectly good life' "responded Meryl Streep.

"We didn't go and claim the lottery for quite a few months just so we could have some time and space to think about if this is going to be okay, for us and for our family" says Meryl Streep, referring to how she and her husband felt about winning the lottery. She continues, "We wanted to make sure it was right, because to a certain extent it effects your entire sphere." When most people spend their winnings within the first year, I think Meryl Streep was really onto something, a different track, a smarter way to handle this.

It is known that large sums of money can really change a person. We all have seen a classic TV show that has the "rich snob" well this was no scare for Meryl Streep. "I didn't want my family to grow up relying on money, I wanted my sons to build a real character" she exclaimed to me, expressing how much she didn't want her life to change just because of this lottery win.

Now don't get me wrong, Meryl Streep did win the lottery so obviously she did have to spend it on something right? Well yes and no, she did end up buying a beautiful house and quitting her job, but from her answers I'm sure you can assume that she saved a lot of the money for different purposes in the future. I'm not usually one to give money advice, which is why I won't be giving it but I would say to follow Meryl Streep's actions. She seems to really know how to handle life as a millionaire. What a calm and collected person, I would suggest meeting her if you ask me. Maybe Google her name and see what comes up. Now regarding money, she is my new hero. Love you Meryl Streep!

"I would buy myself a personal slave' says Jessica Kyllo"



Oh the possibilities...



God save the Burger King By Samir Bhimji

School dances. Letting your mother teach you how to drive. Fast food. What do all of these things have in common? These are the trials the average teenager must take on, prevail, then grimace at the memory of. Fast food, in particular, is a common staple for teens. In the bustle of our pre-adulthood we have no time for meals that are “healthy”, “cultured” or even “moderately priced”. No, instead we take our hard earned allowance and spend it on greasy fries, slapped-together burgers and two-dollar fried “chicken”. Recently, Burger King has slipped back into existence in North Vancouver: a challenger for burger joints like McDonald’s. Tasked with the deed of eating there (it could have been worse: there was talk of making me visit an Indian restaurant) I threw on my fanciest of outfits and cardboard crown and took the ultimatum of a question to BK itself: are these burgers fit for a king?

The Burger King I visited was the one on Marine Drive. While the lack of a valet was disappointing, it did little to disdain my appetite for a grilled chunk of animal between two slices of bread. The inside had a sort of 80’s diner aesthetic: think cherry reds and black and white checkers paired with posters of burgers and witty one-liners on the wall. The background aside, ordering my food was a bit depressing. Behind the cash register was a blank, white wall which gave off the impression of being in line at a state penitentiary. Not to mention that the workers’ personalities matched the wall. But one does not go to restaurants for the cheery staff and food served with smiles. Because smiles are inedible. No, the average Joe buys fast food for speedy service (which was delivered) and greasy comfort food (grease was delivered). I decided that to receive the full Burger King experience I would have to buy something with a name that included the word “Angry”. Fun fact: Angry Poutine is a thing. Angry Whopper meal on tray (at about eight dollars) and cardboard crown on head, I dove in.

Is Burger King’s burger better than McDonald’s? To put it simply, yes. But that answer relies heavily on the fact that McDonald’s is pretty nasty. While McDonald’s single-patty burgers are thin as paper, the Angry Whopper was pretty filled out. Burger King “flame broils” its burgers, but that makes no difference grease-wise. To sum up the Angry Whopper: it’s a Whopper with spicy ingredients thrown in. It’s always nice to see spicy food in a rather bland food industry, but the problem I had was that it was not very spicy until I was half done with the burger. It took me a good thirty seconds before I realized that I was NOT having a stroke but that the jalapeño peppers were simply crammed into the center of the burger. My intestines weren’t too happy. The fries were of the thick cut variety; call me a hypocrite but I do prefer the thinner fries that McDonald’s offers. My verdict? Don’t go out of your way for Burger King (or any other fast food, really). If you do find yourself in the neighbourhood with a hankering for Angry food, try the poutine in my memory.

Rating

Atmosphere: 3.5/5

Service: 2/5

Price: 4/5

Taste: 3.5/5

Overall: 13/20



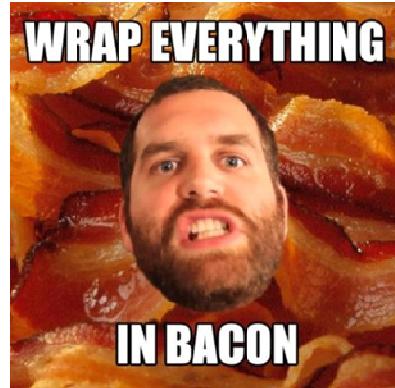
Burgers fit for a king or a king fit for burgers?

What turns YOUr-tube on? By Mohammad Khanali

We all watch Youtube videos. Whether it's for educational purposes or just for a quick laugh, Youtube is a huge part of our life. Among those videos there's always going to be those bad videos where you go "UGH, WHAT THE HECK? WHAT AM I WATCHING!?" (I'm thinking of Shoenice22 in this instance). So I've decided to compile of a list of good Youtube channels you should check out and possibly subscribe to. Though these are only five channels that I'm going to feature in this article, they are not by any means a full and complete list due to the fact of that Youtube is quite large and there is just no way to get a complete list. Another thing to remember is that these are just based on my preferences, and you may or may not like what I have added in here. On that note, let us begin.

5. EpicMealTime

Coming at number five is EpicMealTime. This channel is quite unique in the fact that it's just a bunch of guys who make food out of other food. It's actually not as bad as it sounds, it can most likely be pretty interesting and funny to watch them do what they do best (because I already know a bunch of other people who look up at them as heroes of the kitchen counter). Although what they do is not really recommended unless you want to blow up your arteries with the amount of calories (Doesn't that sound like fun? :D). And I already can hear you trolls out there saying, "BUT PROPHET, IT'S WAAAY BETTER THAN WHAT YOU DO. THEY MAKE DREAMS COME TRUE." All I have to say to that is touché.



4. Brentalfloss

Brentalfloss is number four on my list.

So who is he you ask? Well if you don't know already, I LOVE video games, like seriously, so what better than to review someone who adds lyrics to all the awesome soundtracks from old SNES games? Well ladies and gents (mostly gents) I introduce you to Brentalfloss. I know it's kind of hard to take a bald man seriously, BUT SERIOUSLY, this guy is good. Unfortunately, he isn't famous among the people I know. Be warned though his songs may contain profanity. Don't come back to me saying "OH MY GOD, MY PARENTS HAVE BANNED ME FROM THE COMPUTER. IT'S ALL YOUR FAULT!!!!" Well, avid reader, I'm sorry to say but I have to, I TOLD YOU SO.

Is there anything else left to say?

Add LYRICS TO EVERYTHING!!!

3. Nicepeter

Nicepeter? You haven't heard of him? Just get out. Get out right now. If you haven't seen *Epic Rap Battles of History* then you have not lived. YOUR LIFE IS NOT COMPLETE. Seriously, drop this newspaper, and go find the nearest public computer and Youtube him. I'll wait.. No actually I won't, go look him up after. This guy is the best at making good music and funny videos. So what is *Epic Rap Battles of History*? Well Nicepeter takes all the historical people who lived once upon a time, and he makes them have a rap battle against each other based on their own experiences. Again his videos may contain profanity of some sort, but come on, live a little. Trust me you'll thank me later.

2. Nigahiga

(Puts on hipster glasses) Ahem, I knew Nigahiga BEFORE he was mainstream. Sorry, I just had to do that, but seriously, I've known Nigahiga for awhile. Back when "How to be a Ninja" was quite popular, I used to watch it and try my best to mimic it. This guy used to be number one on Youtube, he had the highest amount of subscribers (I can't recall the amount but it was probably seven digits or above.) Nigahiga is known for randomness. All of his videos are usually random and he just talks about whatever he wants, and it's usually pretty funny. Check him out as well.

Continued on next page

What turns YOur-tube on? Cont'd

1. RayWilliamJohnson

Alright, we've stalled for enough time already; let's talk about the number one Youtube'er. RWJ is the person who beat Nigahiga in subscribers. If you didn't know already, I'm a fan of his work and I find most if not all of his episodes pretty funny. So what does RWJ do? Well he reviews viral videos that occur on TV, or on the web. He usually has something funny to say about them. RWJ also does work in a bunch of other channels, so if you do enjoy his work check him out in YourFavoriteMartian, Animonster and BreakingNYC. His other channels may contain profanity, but on RWJ, they're usually bleeped out.



This article is TOTALLY worth a GEEZUS!

Anyways, thanks for sticking around to read all this, and you really should check out most of the people I've noted. I'm sorry if your favourite Youtuber did not make the cut on my edition. I already know that I've probably missed some good channels but as I said before I can't mention all of them. This is the Prophet signing off.

Those little red envelopes By Justin Solyom

If someone were to ask you if you knew when Chinese New Year was, would you be able to give them an answer? For most of us, and by most I am referring to the culturally ignorant (excluding the Asian community in this case), Chinese New Year is nothing more than a minor blip on our radar, around January or February. I myself had little knowledge of this important event in the lives of many of our peers, which perhaps is a reflection of just how detached we are becoming from other cultural groups. As a result of this saddening realization, I took it upon myself to learn as much about this celebration as I possibly could, at least in the limited amount of time I had.

In essence, Chinese New Year marks the first day of the Chinese calendar, similar to ours (go figure). In our calendar, Chinese New Year is not on a fixed date; it varies from year to year (it was on January 23 this year). Each year in the Chinese calendar corresponds to an animal, such as a snake, pig and many others. There are many traditions associated with Chinese New Year, such as the hanging of red lanterns and the giving of small red envelopes which generally contain money. The dragon dance is also an important part of the New Year celebration, as is the use of firecrackers and a gift exchange. Large family dinners are also commonplace during this time, which usually include pork, chicken, fish, dumplings and of course, a form of dessert.

The importance of the color red is an extremely important aspect of the New Year's celebration. As the legend goes, the beginning of Chinese New Year began with a fight against a mythical beast known as a "Nian". The Nian would come at the first day of the New Year, destroying crops and killing livestock, children. The villagers soon realized that the Nian was afraid of the color red, and firecrackers, which in turn inspired the tradition of hanging red lanterns and other red decorations, as well as the exchanging of red envelopes and the use of firecrackers.

Not surprisingly, our fellow Sabres don't know much about this extremely important celebration of Chinese culture. When asked if he knew when Chinese New Years was this year, a Grade 11 student, who chose to remain anonymous, told me that he "(thought)

Continued on next page

Those little red envelopes Cont'd

-it was some time in December". In general, responses varied from having a limited amount of knowledge on the subject to none at all. One student even told me that he didn't think there was any difference between our New Years and Chinese New Years. Talk about a loss of faith in humanity. On the other hand, Grade 11 student Woody Chang, who celebrates Chinese New Year, divulged to me that he prefers the money making aspect of the holiday, "I just like the money." Don't we all, Woody?

Next year, Chinese New Year is on February 10, and I encourage you go out and enjoy the festivities, or at least the food. Most importantly, the impact of Chinese New Year on the Asian community as a whole cannot be understated, a cultural celebration that transcends the individual and material objects; that brings together families in a celebration of companionship and friendship, but most importantly, (at least according to Woody) those little red envelopes.



An important element of a Chinese New Years parade, a dragon.

Kick-start your New Year's resolution! By Stephanie Goetz



Every New Year we have a wish or goal for ourselves that we would like to achieve by the end of the year. Whether your resolution is big or small, anything is achievable if your heart and mind will stick to it through thick and thin. After you thought about your resolution and are now thinking, "well what's next?" hopefully my tips and guide will help you to follow through and stay with your resolution because you deserve to achieve your goal!

Resolution: To be Healthier

Wanting to be healthier is a great new years resolution because there are so many possibilities to achieving this goal through your everyday life. Start by drinking lots water throughout the day and eating smart snacks when you get hungry by packing on the go snack bags filled with foods such as

McRae getting fit for 2012!
almonds or apple slices and peanut butter to fuel you throughout the day. Don't diet because you will just deprive yourself of foods that you love, instead add more fruits, veggies and whole grains to your meals that will keep you fuller longer. Find a fun physical activity you and a friend enjoy because exercising does not have to be boring. The Rec-centres have great exercise classes for reasonable prices, so sign on up! Walking to a friends house, or to and from school will have great benefits because your getting exercise and your helping the environment! Try to get your family or friends involved to a healthier lifestyle, because support is key to sticking to your resolution!

Resolution: To save/ make money

This is your year to get a job and get the cash flowin' in! First you have to make the money in order to save it, so write up a neat and professional looking resume that will impress the employer. When you go job hunting have an open mind and apply to as many places as possible to have a better chance of getting an interview. Once you get an interview remember to bring an extra copy of your resume and don't forget to dress to impress! Now lets say you got the job and you have been working there a few weeks and

Continued on next page

Kick-start your New Year's resolution! Cont'd

the cash starts rollin' in. Try not to spend it all at once even though it might be tempting. Instead ask your parents to open a savings account for you to put some of your hard earnings in and that way you can start to save up for school or travelling after High School.

Resolution: Do well in school

You can get those golden A's if you really want to, the only thing holding you back is yourself. Start by using your planner to mark down all your homework, classes and tutorial times so you don't forget, trust me it helps big time! Ask plenty of questions in class, so when you go home to do homework, you're not having to resort to Google for the answers. When the teacher asks you to take notes in class, they aren't doing it for amusement, actually take down those notes to help you study for the next test and scan them each night so you're not frantically studying the day before. Remember that it's not the end of the world if you don't get perfect on a test, quiz, or even letter grade, because as long as you tried, it will strengthen you to do better next time!

Resolution: Try something new

If there is anything you have wondered or have dreamed about accomplishing, then this is your year to let go of any fears, and live your life to the fullest! Try something new everyday whether it's a new food, hairstyle or reading a book instead of watching T.V., open your mind to possibilities. Make a bucket list for this year and try to do everything on the list before the end of the year to show yourself that you can accomplish what you want to in life. Maybe trying something new to you, is trying something again that you used to love, maybe it's playing a musical instrument or showing your talents in a school play. My challenge to you sabers is to try to take a moment everyday and cherish all the little things in life!

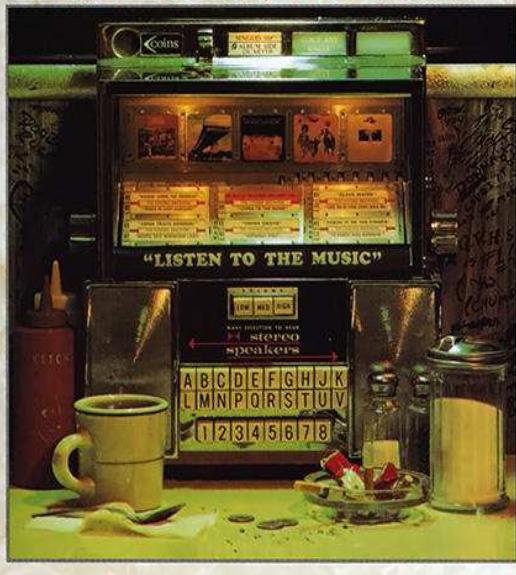
I hope that this year you will succeed at what you want, and accomplish all your goals, just remember to stay true to yourself and never give up, Sabres!



I tried skiing, what will you try this year?

Sabre FM: Old vintage that makes you wanna boogie By Cassie Heavener

BEST OF THE DOOBIES



American rock band, "The Doobie Brothers" have been taking the world by storm. When their name is mentioned do you know who they are? Sadly the case is usually not. They are an older band, and with their long hair and mad guitar skills they have gathered their fair share of fans along the way. They play old vintage rock that really just makes you want to boogie. If you're going on a road trip, I highly suggest these brothers on your iPod. They make the trip not as painful. With Tom Johnston on guitar and lead vocals and Dave Shogren slapp'n da bass together with their other band members they play old vintage rock that really makes you want to boogie. Recommended album : "Best of the Doobies" this album is just what it claims to be, the best shaking your body, grooving album out there. Recommended tracks: "Listen to the Music" and "China Grove" the opening riff of China Grove just makes my heart melt, I hope it will to you too.

-an album jam-packed with great songs

Artist of the month: Hannah Heavener By Frances Miltimore

Hannah Heavener possesses an outstanding talent involving paper and pencil. She was chosen as the “Artist of the Month” due to her skill in art, charming social skills, and her sister told me to choose her. I lured her into a trap to get her to spill previously classified information on the reason behind her success.

ST: What is your favourite form of art?

H: I love drawing more than any other type of art because I love using pencils.

ST: What's so cool about pencils?

H: Pencils can come out in multiple shades and you can easily erase it or smudge it for excellent shadows. I love pictures in black and white though because it forces you to imagine colour.

ST: What are your favourite things to draw?

H: I love drawing celebrities because I like drawing still images and celebrities are well known so when my friends recognize who I'm drawing it feel's like I did a good job.

ST: Do you draw the whole figure or just faces?

H: I love drawing faces because you can really notice the difference in everyone's face which is quite amazing.

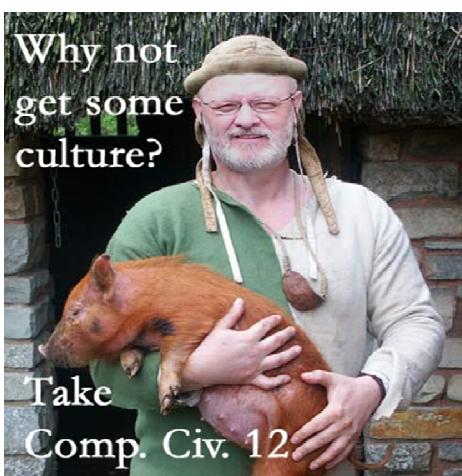
ST: What is your favourite picture you've sketched?

H: Probably my Matt Damon one.

ST: Tell me your biggest inspiration?

H: My biggest inspiration? Hmm... well I don't really have an artist that I really look up to but seeing amazing pieces of art inspires me. If I had to choose though my biggest inspiration would be my oldest sister (sorry Cassie). My sister is currently in art school and she comes home daily and shows my family these amazing characters she easily thought up. Seeing her artwork inspires me because I see how amazing she has become.

-Continued on next page



Why not
get some
culture?

Take
Comp. Civ. 12

Hey you! Take Civ. 12!

Ultimately your new favourite sport By Brayden Newberry

The sport began as casually as it is still played today; an unsuspecting high school student in the sixties with a small idea that immediately found wild popularity. Joel Silver, a teenager residing in New Jersey, suggested to the student council at Columbia High School that they introduce frisbee as a sport to the student body. Two years later, in 1970, the growing sport saw its first international tournament.

-Continued on next page



Introducing: Hannah Heavener!!!



Artist of the Month: Hannah Heavener Cont'd

ST: Is your whole family artsy?
H: Everyone but Cassie.

ST: If you woke up with no hands how would you pursue your art career?
H: I guess I could make some breakfast and continue to sketch...using my feet.

ST: Do you think sketching with your feet would work out for you?
H: Probably, I'd get famous because I did the pictures with my feet.

ST: Does Cassie's vibrant hair colour ever make you want to smush a tomato on a canvas?
H: All the time.

ST: And the most important question, I heard you got hit on by a chongo in Australia.
Thoughts?
H: No comment.

Hannah Heavener everybody!!! The recognition given to Hannah is well-deserved because she is like the pictures she draws: dynamic and 'supercalafragilisticexpalidocious'.



Clearly Matt Damon!

Ultimately your new favourite sport Cont'd

The sport gradually began to move from high schools to colleges to institutions, and with the expanse of locations came the change of names. From Frisbee, to Football Frisbee, and then eventually, in 1975, to Ultimate when the first intercollegiate championships were held at Yale University with teams from all over the Northeast participating. In the year following, Ultimate became even more viral, reaching out to infect colleges from the East Coast and the Midwest. However, the States couldn't contain the sport for long; the United Kingdom was catching on. By the early eighties, five British universities had their own Ultimate teams. In 1980, the UPA

(Ultimate Players Association) was formed and since then they have been hosting regional tournaments and naming a national champion annually.

Well, what's so great about Ultimate, you ask? The answer is clear: the simplicity, the energy, and the spirit. All you need to get a game going is four items to mark the front of two end zones, a disc, and at least four willing players. Unlike most popular team sports, Ultimate is primarily a co-ed sport. This allows for the potential of a larger roster, and the marriage



-Continued on next page

Sutherland's own Protectors of the Human Race 2011 -Photo credit to Carol Newberry

Ultimately your new favourite sport Cont'd

"If this wonderful sport sounds like something you would enjoy, well you're in luck!"

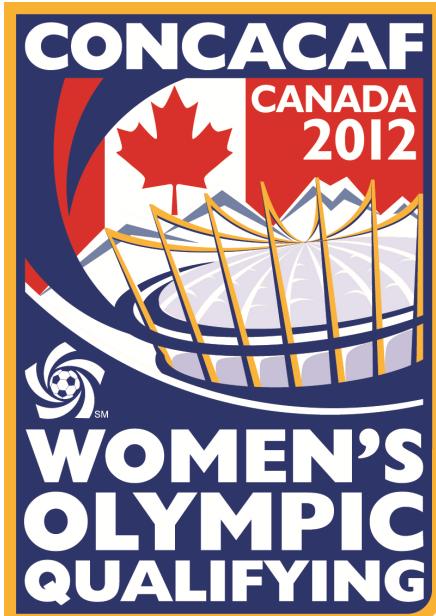
-of feminine creativity and male testosterone. Although winning is very rewarding (whaddup, bragging rights?), most of the real fun is derived from choosing a team name and uniform, and whipping up an awesome playlist to keep the team pumped through the entire game. A typical game is often played until one team scores thirteen or fifteen points, but sometimes it is necessary for a time cap to be put in place.

Ultimate is the most legit sport you will ever play. In your dark days to come, you will look back on your glory days as a Frisbee-thrower and pat yourself on the back and you might stop crying. I personally have been playing the sport for a very long time and, in my career, have seen hilariously creative team names ranging from Urine Trouble, to Flick in a Box, to The Thunder-Thigh Wizard-Dragon Alliance 3000.

Instead of being officiated by stern, crusty referees, another upside to this boss of a sport is that the players get to control the game themselves; it's all about the Spirit of the Game. It's a non-contact sport, so if someone knocks into you, you call a foul, and it is their choice whether they contest the call or not. A big part of the sport is just being honest, and enjoying yourself so much that it feels unnatural to do anything but play fair and square.

If this wonderful sport sounds like something you would enjoy, well you're in luck! Sutherland Secondary just happens to proudly host their own team: The Protectors of the Human Race. It is open to all grades, so be you a scared, nervous little Grade-8 or a sexy, agile Grade-12 (like Alistair Campbell), come out and show your stuff! We hope to start practices right after spring break, but listen in on the announcements for more information. Bring a water bottle, your cleats, and a friend, and prepare to have the time of your life. Literally. This will most likely be your prime.

Vancouver hosts Olympic events without ice By Taryn Audet



Two years after the 2010 Olympics, Vancouver is playing gracious host to more prospective gold-medal athletes. This time, however, their arena isn't filled with ice or snow.

On Tuesday night 7,500 fans filed into the seats of BC Place Stadium to watch the CONCACAF Women's Olympic Soccer Qualifying matches, and both games played demonstrated exceptional skill that will surely entertain the crowds at the upcoming London 2012 Olympic Games.

Minutes before the Guatemala v Dominican Republic game, Guatemalan fans vigorously waved flags and brandished jerseys in support of their team, cheering loudly despite the sparse filling of the stadium's seats. When the clock finally ticked down to kick-off, Guatemala arrived with an unusual but heartwarming gesture of entering the field whilst holding hands.

The latter team kicked off and retained enough control to have captain Wendy Pineda score the first goal of the match in the second minute, assisted by Idania Perez.

The Dominican Republic's control after kick-off was spastic, and in the fifth minute Pineda scored yet again. Short, quick passes made Guatemala indomitable, and a mere four minutes later Maria Monterroso scored another goal to -Continued on page 22

Sutherland's spinathon! By J. Bermudez



You may have seen some teachers around the school looking mighty casual on Thursday, February 9th. When else does Mrs. Boucher get the chance to don a Scottish pride t-shirt and yoga pants? Well, she was one of the many "spinners" who helped to raise \$600 for The Trans-Himalayan Aid Society through Sutherland's successful spinathon.

Sutherland's students, teachers, SEA's, and administration spun, spun, spun from early morning to the afternoon to benefit TRAS. Terrific spirit and music filled the cafeteria while the spinners worked hard to earn their donations. Well done to the SLC with the help of Mrs. Bunbury, who transformed the cafeteria into a zone of athletics. Sutherland's spirit was spun throughout the school and many thanks to the students and staff who took the time out of their day to participate!



Good job everyone!

Vancouver hosts Olympic events without ice Cont'd

- make it 3 - 0.

Before the halftime mark Wendy Pineda would earn a hat trick with a fantastic goal in the 28th minute - one that would later be chosen as goal of the game.

After half Guatemala retained their control, the Dominicans often giving it up with loose, sloppy first touches. Ana Lucia Martinez of Guatemala outsmarted the goalie with quick touches to score the 5th goal, and the 6th and final goal belonged to Maria Monterroso in the middle of bedlam in front of the Republic's net in the first minute of injury time. When the whistle blew signalling the end of the game, the teams exited without much celebration, the increased number of fans cheering nonetheless.



An intense game!

Less than an hour later the game between Mexico and the USA would begin, the match well anticipated and readily filling up the stands. When the competitors entered the field they already exemplified the epitome of rivals, with Mexico in black and the US in white.

Mexico's fans dominated the stadium, decked out in green and an array of giant sombreros. Despite the lack of a warm reception, USA kicked off and kept control in their back line until moving the ball upwards and quickly taking a shot before the first minute was over. Near the seven minute mark Mexico retaliated with a strong shot on net, but the Americans kept possession and Carli Lloyd scored the first goal with a strong shot to the bottom left corner while the goalie was recovering by the opposite post.

The goal of the match followed in quick succession for the Americans, with Heather O'Reilly capitalizing on a great opportunity when a rebound was given to her by the Mexican's goalie. Mexico continued to pressure the US, and seemed to be gaining momentum - however the repetition of ill-placed long balls helped the Americans keep their lead.

Midfield Heather O'Reilly continued to play effectively with clean, crisp balls and good movement between her and her defensive backs, Rachel Buehler and Becky Sauerbrunn.

By the second half Mexico was bunching up and the American's constant aggression from all players turned them seemingly invincible. Despite the lack of a lead, Mexico's fans kept energized, as did their players - the will power of the athletes was never questionable.

The match continued in the same fashion until Laruen Cheney sent a high corner kick into the left corner to be headed in by Carli Lloyd in the 57th minute for her second goal of the game.

Mexico's lack of communication and movement in the box became their downfall, and the American's flat four back was impregnable.

While Carli Lloyd may not have worn a hat, she sure showed us all a trick - in the 85th minute she scored her third goal, giving the USA an official 4 - 0 lead when the injury time ended and the match concluded.

-Continued on next page

Vancouver hosts Olympic events without ice Cont'd (Again...)

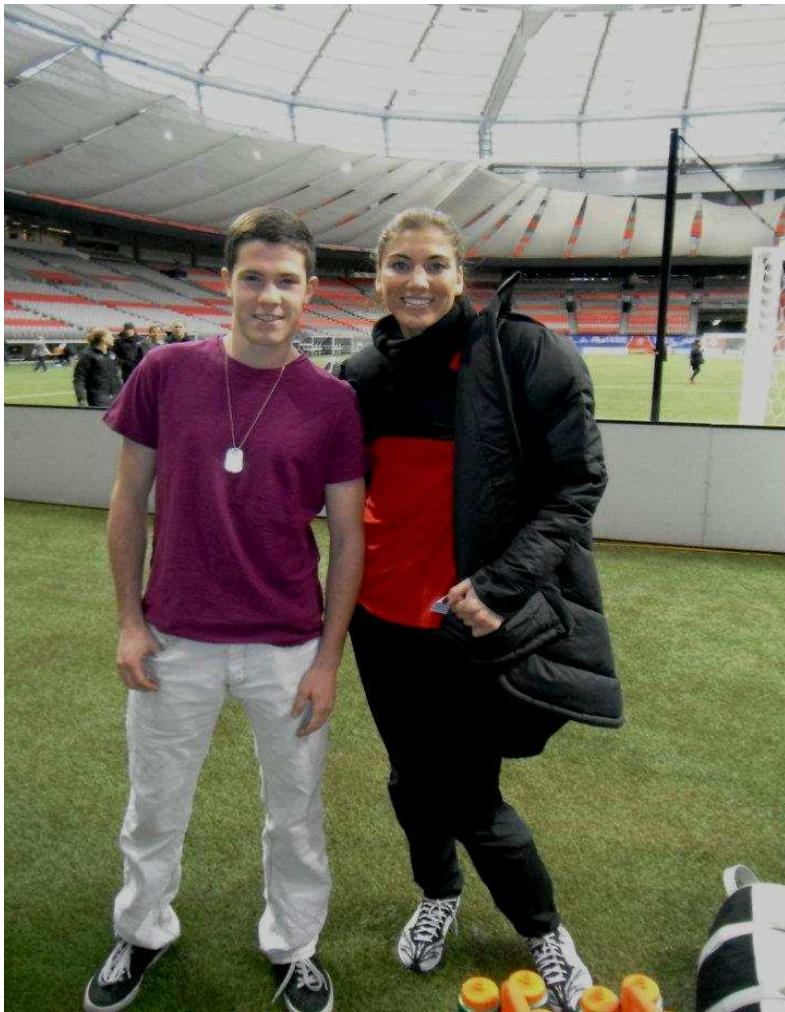
Mexico's persistence never came to fruition, however their fans didn't seem to notice - they still remained as enthusiastic as ever towards their own players and refused to receive the USA with anything but jeers.

Canada's women will play Mexico in the ever-important semi-final round on the 27th of January.

When most Canadians hear Olympics, they picture snow and ice and hear the blast of a goal horn accompanied by the shrieks of blades on ice ringing through their heads. However, this year another breed of competitors will be bringing home medals - athletes with cleats, swishing ponytails and a penchant to kick things as hard as they can.

Jakub Hrica- Sutherland's football sensation By Soroush Sharafzadeh

It's not Ridgeway lunch time football anymore, dedication and determination has gotten Grad Student Jakub Hrica one step closer to his dream. Right now it's in his grasp; just like former Student Gianmarco Penasto, Jakub was selected to a Professional Serie D camp in Italy. Jakub decided to take a different route, going back to his motherland, trying to kick start his career from Slovakia. I had the chance to arrange an interview with Jakub, in his very busy schedule.



Jakub with Hope Solo, I still want my answer buddy.

ST: Jakubo! The superstar, how's it going buddy?

Jakub: I'm pretty good! How are you?

ST: I can't complain man. Last year it seemed you were ready to go to Italy, what made you choose Slovakia?

Jakub: I chose Slovakia because this coach I know, he knows a person in Slovakia and I have a better chance making a team there, than I do in Italy, it would be a bit easier.

ST: I couldn't imagine leaving everyone and everything so suddenly, are you more scared or excited?

Jakub: Uh, a bit of both, I'm scared because if it doesn't work out- I don't know what would happen after. I'm excited because I'm finally going and doing stuff I want, but I'm kind of scared leaving my family.

ST: What do you think you would do if you didn't make it?

Jakub: If I didn't make it, and didn't become a professional football player, I would see what else I like, maybe criminology-something interesting.

-Continued on next page

Jakub Hrica– Sutherland’s football sensation Cont’d

ST: (laughs) Haha, okay Detective Hrica. Have you ever had such passion for anything rather than football in the past?

Jakub: Acting! From grade 6- 10 I really liked acting, but then I started watching football, and I just liked it more.

ST: Favorite food?

Jakub: I like chicken. I like chicken a lot, and rice. I also enjoy pizza and junk food, but I can’t have it very often.

ST: Have you had to change your eating habits since you’ve decided on becoming a professional athlete?

Jakub: I’ve been eating healthy, I have to eat my vegetables, I can’t really eat junk food anymore. Every once in a while.

ST: I see you got the honor of meeting Hope Solo. So tell me, would you rather score on her or with her?

Jakub: Hahahahahaha (No comment)

ST: Okay, by the way, were you planning to sue me and the Sabre Trooth for the “goat” incident? Because we are a Non-profit organization.

Jakub: (laughs) No of course not, I was kind of surprised to see it there, but it’s okay I’m fine I was okay with it after a while.

ST: Were you ever interested in any sports?

Jakub: Yeah I played hockey for about 7 years, but then I started playing football more, and I enjoy it more.

ST: Who’s your inspiration?

Jakub: MESSI! Because he’s a good player overall, he’s a nice guy- I think he looks like a nice guy. And he helps people you know? He’s not full of himself like some other players. I like his playing style, and just everything about him, he’s nice.

ST: Okay so you think he’s nice. Who would win in a fight: Messi or Christiano Ronaldo?

Jakub: Man I don’t know, because Ronaldo is pretty jacked, but Messi has speed so I don’t know. I’m going to have to stick to Messi though, he’s my favorite.

ST: What is your favorite goal you’ve ever scored?

Jakub: I liked the one where I was going down the left wing, and I crossed it in, that one looked pretty good. People have said it was a cross, and it was a cross, but it’s still one of my favorite goals.

ST: It’s only been three years since you’ve been in house with most of us, explain how you’ve been able to improve so fast.

-Continued on next page

“Who would win in a fight: Messi or Christiano Ronaldo?”

Jakub Hrica- Sutherland's football sensation

Jakub: I just really enjoy playing football, it's my passion, I Just worked really hard over the summer, every summer I just worked harder and harder to accomplish what I want. I just liked getting better and better and working on my skills.

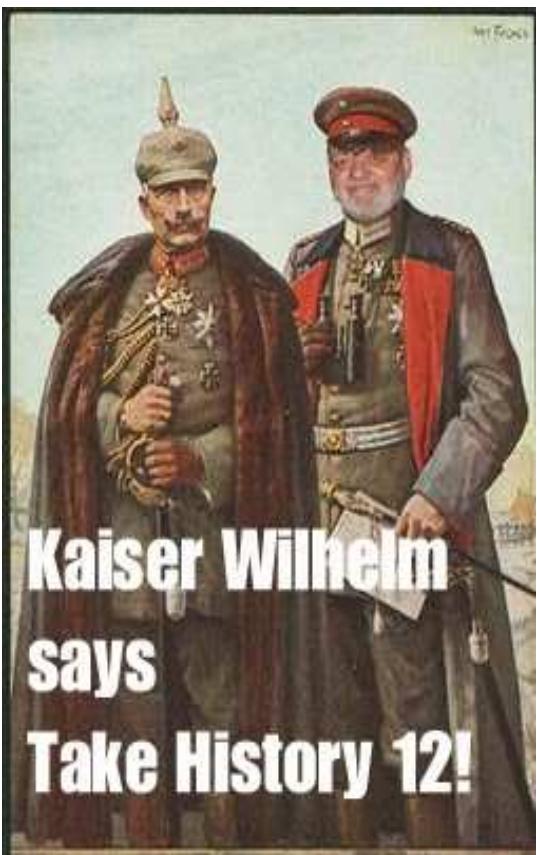
ST: So what do you have to say to the people who doubt you?

Jakub: Nothing much, you know I understand why people would doubt me, it's hard to do. There have been times where I doubt myself too, but you know I got to believe. So I don't really care, it doesn't stop me from doing it, I believe in myself, so if they don't that's their problem and not mine.

ST: Do you have any final words for your friends and supporters?

Jakub: Yeah, I just want to say I've enjoyed my time here in Sutherland. And I'm glad I'm a part of Grad 2012 because they are a bunch of great guys, and everyone's been so nice to me, so thanks a lot.

ST: Don't get me wrong, as your friend I fully believe in you and as a critic I've had my doubts too, but it seems you like playing as the underdog and I know you will persevere. It's been great playing football with you and it's been an even greater honor being your friend along the way. When you're in Slovakia, I hope your next plain is to Spain and not Canada. Thanks for the interview buddy.



**Kaiser Wilhelm
says
Take History 12!**

Mr. Benoy wants YOU to take History 12 next year!

Five Cheapshots for the New Year By Curtis Gunn

"Boooo--" that was the sound of the crowd chanting when something that shouldn't be called is called. But there is something that frustrates the fans even more: dirty hockey. It's when a player cheap shots another player and the fans get all rowdy and won't sit down or shut up. This is a growing problem in the NHL, as the players are growing dirtier and dirtier. Head shots and blind hits are a growing problem for the NHL to deal with. Also, another major problem is that the league is sooo corrupt that some players can commit such foul hits and get away with game misconduct. While other players who don't even hit them that hard only get suspended for two or three games because it looks so much more serious. What do you think is dirtier, a hit from behind, and the player goes headfirst into the boards, or a blind side open ice hit to the head? Either can have such a devastating result, for example if a player was to get smoked from behind, and go head first into the boards, they could suffer from concussions, broken bones, torn ligaments and the list goes on. Then, if a player takes an open ice hit to the head, they can suffer from serious brain trauma or damage.

Another dangerous hit in the amazing game of hockey is a hip check. The hip check gets a huge reaction from the crowd, but is not always clean. For example, Boston Bruins' Brad Marchand's dirty hip check hit on Vancouver Canucks' Sami Salo. Marchand was suspended for five games -

Continued on next page

Five Cheapshots for the New Year Cont'd

Then Zdeno Chara broke some guy's neck and he got five minutes and a game misconduct. The players who get suspended deserve it, and the punishment should be more than just a suspension. A player can just take a couple games off and come back and do the same thing. Either way, the game of hockey is growing increasingly dirty and brutal and until something giant happens like the Todd Bertuzzi and Steve Moore incident the game of hockey will continue with dirty players getting away with their crimes. With that we begin the countdown:

5) Steve Downie's Cheap shot On Sidney Crosby.

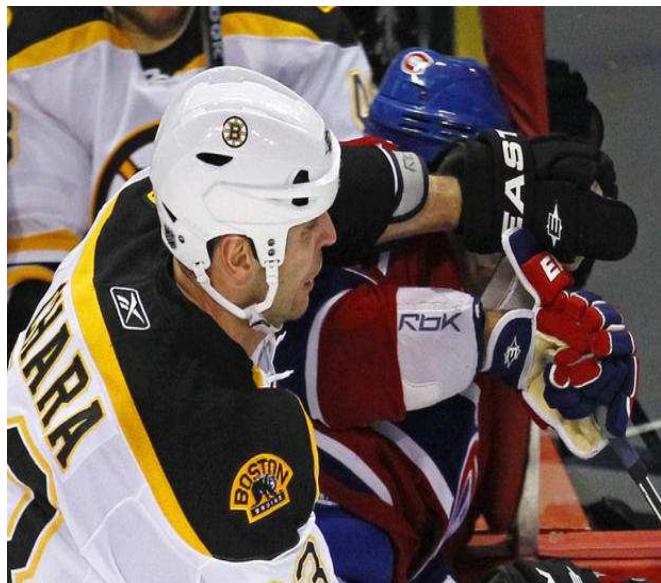
Okay, so I felt I had to do this one as everyone complains that Sidney Crosby is the "best player in the world" and he has had so many people hate on him and that players are always trying to hurt him. Well, Crosby played the puck up to his teammate and was driving (with his leg tangled up) awkwardly into the boards. Steve Downie was only fined for the hit on the Penguins Captain. The play was not as dirty as some of the other player's hits in the countdown but if you watch the video, Crosby's knee is twisted and he is in serious pain. What I don't get is if a player goes after another player like this and it could be fatal, the league just fines a player. Personally, if I was a coach and a player drove my star player into the boards when he didn't even have the puck I would be pretty upset.

4) Matt Cooke "Headshots" Marc Savard.

Matt Cooke has always been a pest, especially for getting under the opposing team's skin. Matt Cooke has had a bunch of incidences with his dirty blind side hits to the head. Enough about the player, because this is about one incident that involved Boston Bruins power-forward Marc Savard. Crossing the blue line with his head down, not smart idea in the NHL, you expect to get smoked, but not blindsided. Well that was the case, as the Pittsburgh Penguins forward blindsided the Bruins forward and the consciences were once again bulls***. Marc Savard was almost out for 2 full months and Cooke walked free, and his dirty plays didn't stop there as he got a 4 game suspension for a hit from behind on Columba's Blue Jackets defense man Fedor Tyutin and a ten game suspension for his dirty elbow against New York Rangers Ryan McDonagh. Dirty, Dirty.

3) Zdeno Chara "finishing his hit" on Max Pacioretty.

6 ft. 9 vs. 6 ft. 2.....Wow unfair much? Zdeno Chara, is the winner of the hardest shot contests, Norris Trophy winner and tallest player in the NHL. On March 8, 2011 Zdeno Chara of the Boston Bruins "finished his check" on Max Pacioretty of the Montreal Canadiens, by riding the Canadiens player into the part of the boards where the bench ends, making his head collide with a tiny foam mat. That little foam mat barely protects the player from a lot of impact because you still have the force of the hit behind the player. Either way the player is going super-fast into an object that is not going to move and the result is not going to be good. Pacioretty broke his collar bone and had a concussion. Chara should of let Pacioretty go instead of riding him into the boards and injuring him. Chara was given a five-minute major and a game misconduct, and no further punishments. The league really



Owned much?

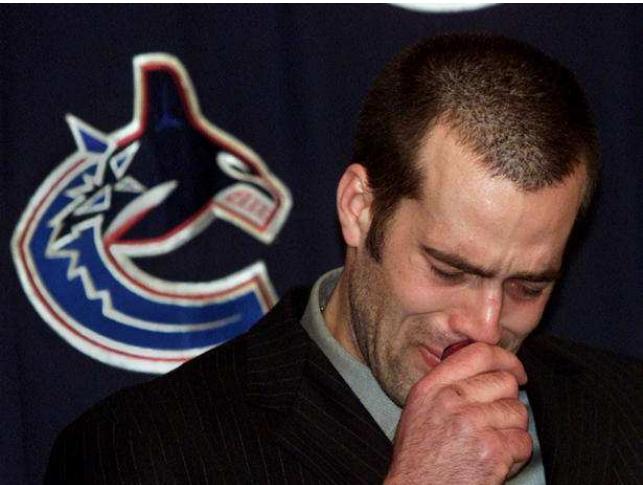
-Continued on next page

Five Cheapshots for the New Year Cont'd

-dropped the ball on this one, Chara should of got more punishment but he walked like a free man, which is wrong.

2) Marty McSorley plays baseball with Donald Brashear's head.

SWING. That is what Marty did exactly. He legit swung his stick and smacked Vancouver Cauncks player Donald Brashear in the face. With only three seconds left in the hockey game and he just smacked him in the face for no apparent reason. Brashear fell backwards, and smacked his head on the ice causing a grade three concussion. Marty McSorley would never play another game in the NHL. McSorley was suspended for 23 games in total and was charged with "assault with a weapon." This suspension is one of the longest suspensions in NHL history, and will be remembered for a long time.



Even heroes cry. There's always love for you.

shot on Canucks' Captain, Markus Naslund, that was indeed, brutal. As Moore didn't receive a penalty the Canucks were enraged. Bertuzzi was not intending to injure Moore but what he did will never be forgotten. Some say that the Canucks' coach at the time, Mark Crawford, told Bertuzzi to go after Moore which he did. Crawford was "laughing" when Moore was on the ice with three broken vertebrae. The Vancouver Canucks were under a 19 million lawsuit by Moore. I think the world should stop crying over what has happened. You play dirty, you get brutalized, or in this case, hurt the captain, your career gets ended. Fair trade? Bertuzzi was just doing what his coach told him to do. Personally, this event did not really have any effect on me. Does it have an effect on you?

I know that there is probably worse stuff that has happened over the time hockey was invented, but these cheap shots stood out in my memory because of the inconsistent consequences. **If you want to disagree with my opinion, write into the paper at, sabretrooth@hotmail.com**

But no cheap shots allowed!

"-My boy, Todd Bertuzzi of the Vancouver Canucks ended Steve Moore's Career and took things just a bit too far."

1) Todd Bertuzzi annihilates Steve Moore.

The most anticipated event hockey has ever seen! My boy, Todd Bertuzzi of the Vancouver Canucks (forever missed) ended Steve Moores (Colorado Avalanche) career and took things just a bit too far. Down 8-2 Bertuzzi tried to get Mr. Moore's attention by giving him some whacks in the back of the leg's, unsuccessful of getting a reaction, Bertuzzi grabbed the back of Moores Jersey and just gave him a brutal haymaker to the back of the head. 225 pounds on top, then a dog pile happened, over a good 1000 pounds on Mr. Moore's broken neck didn't help the situation. As the crowd cheered for what Bertuzzi did, they then grew silent as they found out that what he did was brutal.

Bertuzzi was retaliating for a dirty play Moore had a week or so earlier. Mr. Moore had a dirty head-



Mark Crawford allegedly laughing when Todd Bertuzzi ended Mr. Moore's career.

**Contributing
Writers:**

Matthew Dick

Brittany Mrsic

Zahra Ghodsi

Connor Hanley

**Chandler
McCorkindale**

Ryan McCormick

Samir Bhimji

Dani McLaughlin

Taryn Audet

Cassie Heavener

Mohammad Khanali

Justin Solyom

Stephanie Goetz

Frances Miltimore

Brayden Newberry

J. Bermudez

Soroush Sharafzadeh

Curtis Gunn

The Sabre Trooth Volume V, Issue vii

An important letter to the Sutherland Community

Dear Sutherland Secondary Students and Grand Boulevard Residents,



This tree holds many memories.

On Tuesday, January 10, 2012 the sun was shining brightly. At 2:45pm, I grabbed our coats and touques and headed out on one of our weekly walking adventures to the boulevard to explore it with my two young children. We love to cruise the boulevard. We observe nature, play endless games at the chestnut tree, find treasures, catch up with neighbours and friends we see along the way and introduce ourselves to any kind samaritan who is willing to let my daughter pet their dog. This treasured park has become somewhat of a refuge and sanctuary for my family. You see, my young son is autistic. "Autism is a life-long neurological disorder that prevents proper understanding of what a person sees, hears, or otherwise senses." "People living with Autism can become easily confused and respond inappropriately in social situations." With my son's developmental disabilities, our daily life is extremely challenging and most days can feel very isolating and very overwhelming. Getting out to the park and enjoying the outdoors is one of the few things he truly enjoys. Jumping, running, laughing and playing together as a family on the boulevard are sacred moments. Moments in our life, when all of the stars align.

The little cherub looking pinetree with all of its imperfections, crooked branches, and stunted growth that we have all come to love and admire on the boulevard between 18th and 19th has, over the years, brought my family a tremendous amount of joy. Especially at Christmas time. Four years ago, when we moved into the neighbourhood, we noticed that somehow, magically, every year, this little tree gets decorated and transformed for the holidays. Someone in our community takes the time to decorate and store all of the beloved ornaments and garland that adorn this little tree year after year.

For the past three years, I have made it a family tradition that after we've opened our gifts and eaten a hearty Christmas morning breakfast, we take a walk to our favourite little Christmas tree. Together as a family, we each hang our new ornament Santa has brought us in our stockings and take time to honour the spirit of Christmas, our love we share as a family and to give thanks for the community in which we live in. It is our one special Christmas outing we share together as a family. It is the happiest part of our Christmas celebration. The hustle and bustle of the Christmas season is too stressful for my son to manage, so our Christmas is very unique to us. It's very low key and spent very quietly in the comforts of our own home enjoying time together, just the four of us.

At 3:00pm on the 10th, the kids and I stood at our little tree and admired its beauty and made sure that our decorations were still hanging proudly. They were. We skipped off happily and played. At 3:45pm, upon our return back up the boulevard, I could see that in this short period of time someone had taken our ornaments and smashed them into a million pieces on the pathway. Trying to fight back the tears and the pain in my own heart, I attempted to re-direct my daughters attention so that she wouldn't see the ruin of our beloved family tradition. To no avail. She spotted the large piles of broken coloured pieces. She was shattered and so was I. She was sobbing and asking me "How could someone do that to us Mommy?" "Why would someone wreck our little tree?" "Christmas is wrecked Mommy and Santa will be angry." With some tender hugs, a few wise words and a promise of a hot chocolate waiting for her at home, I finally got her to dry her eyes and be on our way. Thankfully, just this once, my little son didn't understand.

To the person or persons who committed this careless act of vandalism, blatant disregard for community and the Christmas spirit, let this be a teachable life lesson for you. I am hoping that you are a good person, who has made a bad decision. For your decision, I'm sure, was forgotten only moments later by you. A stunt you pulled 'trying' to be cool in front of your friends. Show boating I'm sure. I want you to know how deeply you have hurt my family by your senseless act. It will never be forgotten by me. That little tree may not mean anything to you, but it means EVERYTHING to me. For it symbolizes my family. Its imperfections, its quirky nature, its glory - makes it perfectly perfect.

Going forward, as an ambassador(s) of our community, I hope that I can help you realize that life is really all about cause and effect. What you put out there to the world, is what YOU are going to get back in return. Start making good decisions. Be kind to yourself and to others. Start realizing the implications of your actions. Even the little ones....

-Kristen Jenkinson

