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The Sabre Trooth

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Volume VII, Issue V

Meet Sutherland's newest vice principal



Vice Principal Dohm settles into her new office digs.

When Mrs. Martin vacated the position of Vice Principal, we all wondered who would fill her shoes. After a few weeks of waiting, the good news came out that one of our counselors, Ms. Dohm, was getting the job. Although many of us are used to seeing Ms. Dohm's smiling face, we at The Sabre Trooth wondered how well we actually know this popular person. We decided an interview

was in order.

Sabre Trooth (ST): Where else have you worked?

Ms. Dohm (MD): I Worked at Sutherland from the beginning of my career and before that I was a substitute teacher.

ST: What have you taught?

MD: I have taught ESL, math, pre-employment (social, sci-

ence/technology)

ST: How did you like working with students?

MD: I love working with students.

ST: When did you learn you had the position? How did you feel about it?

MD: Officially two weeks before Christmas I found out that I had a new position. I was happy.

ST: What qualifies you for this position?

MD: What qualify me for this position were the technical things like leaderships.

ST: Why did you want to become a vice principal?

MD: I want to become a Vice Principal to explore the other side of teaching and mostly the education system.

ST: What are the hours like as an administrator?

MD: I had to come to school during the Christmas break to move my office!

ST: How has it changed you or your life?

MD: It has a lot more paper work compared to being a counselor.

ST: How is being a teacher different from being an administrator?

MD: Right now I am on steep

Meet Sutherland's newest vice principal cont'd

learning curve. There are a lot of things that I am learning for my new position.

ST: What vision do you have for Sutherland?

MD: My vision for Sutherland is to continue being positive!

ST: Any last word for students?

MD: Feel free to approach me, I like to be an approachable person and help them with any problem that they have.

-Hengameh Rahmati

"Wild" comedy is sure to please



This year, Sutherland's Drama Club are putting on a comic play called "The Wild Flowering of Chastity: or Chaste Across the Stage." Hilarious, fun, and not too long, this is a play you don't want to miss. The cast are working hard to make this production a memorable one. Eight actors and five crew have been rehearsing since October.

In addition to performing at the school, the cast and crew are also participated in The North Shore High School Drama Festival. This was a great opportunity for everyone to participate in workshops, get professional feedback, and see other schools perform. They will be performing at Sutherland on Tuesday, Febru-

ary 5th, Wednesday, February 6th, and Thursday, February 7th. Sutherland Staff members get one complimentary ticket for the February shows. If you love comedies then come to "The Wild Flowering of Chastity!"

-Delainie Childs

**"This is a play
you don't want
to miss!"**



The actors practice their parts for the Drama Club's newest production.
Photos: Shannon Yearwood



Behind the scenes of the Drama Club's performance

School is a great place to explore what you love. I had the chance to interview a few of the lads behind the production of "The Wild Flowering of Chastity" and see what they enjoy about treading the boards.

Nathan Mayes, grade 12, plays a naïve man-child who has been engaged to Chastity, the title character for years.

Sabre Trooth: Describe this show for me in your own words.

Nathan: It's crazy! Completely hilarious, I can see why Mrs. Garcia chose it.

ST: What's it like having Mrs. Garcia direct?

N: She's very clear with her directions and really makes us work together as a family, not just a cast.

ST: What are the other "family members" like to work with? (careful here Nathan!)

N: Everyone is really great and welcoming. I think Mrs. G cast us all perfectly, we all fit our parts.

ST: What is your absolute favourite part of the show?

N: Watching scenes with the Sherriff and Violet. We also have this cartoon scream that is hysterical.

ST: What's the most difficult part about doing this show?

N: Balancing a show, school and life in grade 12 is crazy hard!

Amit Dhuga, also grade 12, is lead crew member for the show. He is the muscle of the production.

Sabre Trooth: What's it like working as crew?

Amit: It's a new experience for sure, but new things are always good to try.

ST: Do you prefer being on-

stage or backstage?

A: Onstage is better. It means I get to be with the actors and I'm not by myself.

ST: If you could choose any role male or female in this show to play, who would it be?

A: Melody for sure. She's an interesting character even though she doesn't have too many lines.

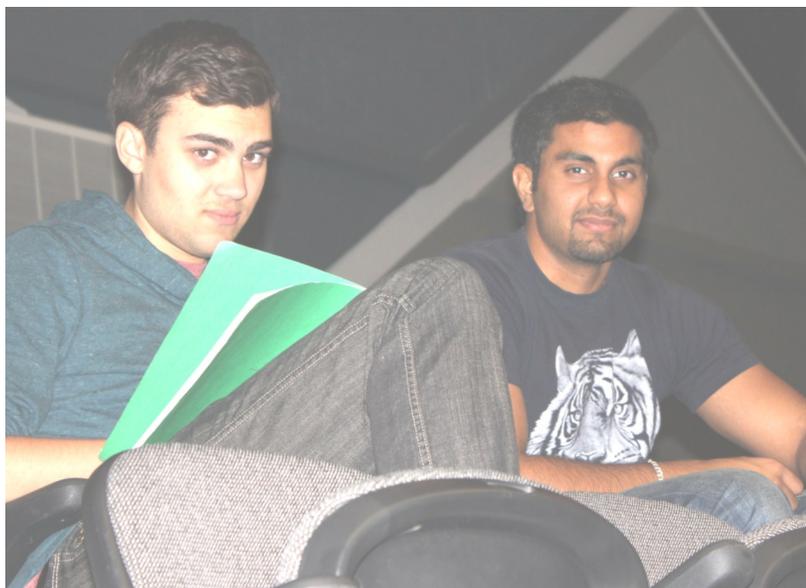
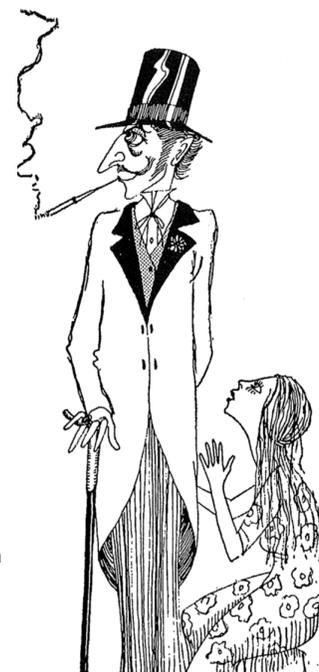
ST: As head crew what are your duties?

A: I stand in when actors are away. I set the stage and clear it. I also get to be the train (Amit admits this is his favourite part of the show)

ST: What's it like working with Mrs. Garcia?

A: I've worked with her before, so it's not too different. This is my first real show with her though. It's been interesting for sure, and it's been a great experience.

-Natasha Guerra



Nathan Mayes (left) and Amet Dhuga (right) take five at a rehearsal.
Photo: Shannon Yearwood



Delainie Childs makes up actor, XXXXX during a recent rehearsal
Photo: Shannon Yearwood

Clothes for cash



On January 15th, the Sutherland PAC held its 4th annual Clothing Drive fundraiser. School families cleaned their closets and stuffed bags full of their gently used clothes all for a great cause.

The clothes are collected on behalf of the North Shore De-

velopmental Disabilities Association. The DDA then sells the bags and gives Sutherland \$2 per bag for the first 150 sacks and \$3 per bag for any number above that.

PAC collected 340 bags totaling \$870. While not quite the haul they had last year (almost

\$1000), the fundraiser was still a great success.

Not only does this event help the DDA, it also helps the environment by supporting recycling, and, of course, our school! The funds will go towards purchasing educational enhancements for Sutherland students.

-Katie Japaridze

Spin to win!



It's that time of year again, Sabres! It's time to hop on a bike and cycle to nowhere.

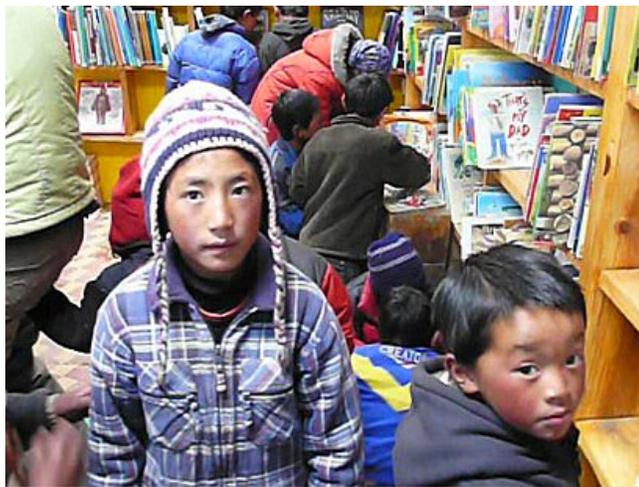
Sutherland's second annual spin-a-thon for charity is on the 7th of February. Get some pledges from your family and friends to fundraise. Our sister

school in Nepal, the Buddha Academy, and the library we support in Shri Kantipur greatly appreciated our donations last year, so we thought we'd do it again!

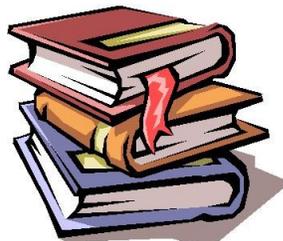
Bring a team of up to twelve people and take turns cycling.

A day at the "races" includes food and entertainment for all participants and the possibility of some great prizes. Come on out and bring your team!

-Natasha Guerra



Nepalese children enjoying books (Internet images)



Teens live politics in action



Student delegates get a taste for international politics at this model UN conference.

Internet Image

Everyone who's ever taken a socials class knows that the UN is an organization that helps countries all over the world. Last year I got the chance to experience what it was really like to be a part of a group that does so much. Model UN is an opportunity for students to experience what it would be like to become a delegate of the United Nations and discuss pressing world issues.

Hosted at the Hyatt Regency Hotel, delegates to Vancouver's Model United Nations (VMUN) stay for three days speaking about and debating international problems and

their possible solutions.

Last year, a small group of Sutherland students journeyed to downtown Vancouver to take part in this conference. Nearly five hundred people attended in all! We prepared for the weekend by writing position papers in the persona of our respective countries and committees. I sat on UNODC (United Nations on Drugs and Crime) and discussed with my fellow countries the issues of drug wars in America and human trafficking.

The weekend was super long, and though we had breaks, I'm sure I spent fifty dollars on

coffee alone.

The best part of VMUN was getting to know my fellow attendees. I spent nights giggling with my roomies and feeling like I was helping the world fix its issues.

Through three exhausting days I got incredibly tired, stressed and paranoid, but through all this felt like I had impact. I look forward to this year—and though I am worried about my lack of sleep and I have money set aside for my caffeine fixes—I can't wait to represent Nepal on the World Health Organization.

-Natasha Guerra

“Through three exhausting days I got incredibly tired, stressed and paranoid, but through all this felt like I had impact.”

Now for some important announcements...

Congratulations to Josh Vocal for winning last issue's contest: "Sutherland's Punishment". Please stop by Room D204 after school and see Mrs. Manara.

Some important dates to mark

on your calendar are February 7th (report cards), February 8th (Professional Day, no school), and February 11th (Family Day, no school).

For those students who are

wishing to obtain some volunteer hours and have fun in the process, the organizers of the basketball tournament, March Madness are looking for help. See page 19 of *The Sabre Truth* for more info.

Monster inspiration

From the moment I stepped off the Skytrain at Rogers Arena on my way the “Born This Way Ball” I knew that I was not alone. 19,000 other Little Monsters from all over had come, just like me, to see our ever-loving Mother Monster. It didn't matter what we were wearing or what colour, age, gender, or sexual orientation we were, we were all there for one reason: Gaga.

Being who we are, my mother and I dressed up Gaga-style, completely over the top. We fit right in, and even took pictures with other Little Monsters!

“It didn't even matter that our seats were way up high, as long as She was here.”

The energy of the crowd was simply amazing. It didn't even matter that our seats were way up high, as long as She was here.

Lady Starlight and DJ madeon opened for the Queen. Around seven Lady Starlight began showing some alternative dancing and mixes that, unfortunately, were not really my style. DJ madeon, however, impressed me greatly. Only eighteen, his skills were impeccable. He also danced while mixing, which didn't hurt.

At around eight, the silver curtain rose and screams began all around, including from my own mouth. From behind the curtain a huge gothic castle emerged—a live band within its walls. A small army of pleather-clad dancers emerged from the magnificent fortress to the music of “Highway Unicorn” (Road to Love) surrounding a six legged unicorn which carried the salmon-haired woman who we were all there to see.

As a floating-head image of the



Mama's castle

Staff photo

Queen recited the opening monologue of the “Born this Way” video, I began to cry. It sounds stupid, but in that moment I knew my views would never be the same. My awe was only multiplied when the castle opened up to reveal Mother Monster “giving birth” to her new race of Monsters and then herself to the tune of her anthem “Born This Way”.

Between the choreography, the castle, and Mommy herself I

had no idea where to look. Through songs such as “Poker Face”, “Judas”, “Electric Chapel”, “Telephone”, “You and I”, and “Paparazzi”, lights, dancing and astounding vocals assaulted my brain.

To say Miss Gaga had a few costume changes would be the understatement of the year. From showing up in a variation of her classic meat dress, to a motorcycle hybrid, to studs and fishnets, Mother Monster



Lady Gaga wows Vancouver when she roars into town

Internet image

Monster inspiration cont'd



Lady Gaga masterfully changes her look
Internet image
amazed.

Just as crazy as the multitude of outfits were the sets. Meat couches and grinders, an entire apartment within the castle, a see-through bathtub, and moving stairs were just a few of the amazements.

For me this show wasn't just about the music. Lady Gaga is an activist for LGBTQ youth, so throughout the show the Lady had some very important things to say. We listened and screamed our agreement with her through our tears.

Near the end of the show, sitting at her underwater rock piano, she told the stadium that Virgin Mobile would donate five

thousand dollars to a Vancouver charity, but if the fan she called picked up their phone. Virgin would double the donation. As the phone rang, we all looked about in anticipation. Yes, the call was answered. A completely awestruck girl picked up her phone and listened as Gaga serenaded her with an acoustic version of "Born This Way" that melted everyone's hearts.

As the show drew to a close, the dancing got more vigorous, and the crowd got even louder. For her final number, she told us, "I don't speak Vancouver, but I can if you like". She then proceeded to wow the audience with an inspiring version

of "Scheibe". The stage went black, but we Little Monsters would not let our Mother stop there, oh no. After five minutes of hard-core screaming for more, Gaga returned in a robe atop the bell tower of the castle to start her encore.

She began with an acoustic "Edge of Glory", which soon morphed into the album version. Taking off her robe to reveal a black studded number, she began to sing "Marry the Night" and encouraged us to join in. Nearly finished, she looked at her loving Little Ones in the pit at the front of the stage. Out of the thousands of us, four lucky, and hysterical, fans were hand-plucked from the pit to hug, kiss, and dance with Gaga during her final song: "Cake".

Lady Gaga is not just a singer, or an idol, she is someone to look up to. She advocates for equal treatment of all people, tolerance, respect, and above all LOVE. Imagine if the nineteen thousand people in the audience followed her example. Imagine if the whole world could understand the love I felt from total strangers and could show acceptance to all like I witnessed that night. Not only does my Mother Monster, Lady Gaga, make amazing music she makes me want to be a better person, and inspire others to do the same.

If one concert can make me laugh, cry, sing, scream, and love like no other day of my life, well jeez, it must have been a good one.

-Natasha Guerra

"Imagine if the whole world could understand the love I felt...and could show acceptance to all like I witnessed that night."

Great movies for keeping winter at bay

Do you remember that old children's book, *Fredrick*, by Leo Lionni about the field mouse who soaks up the sun's rays and "collects colours" and "words" while his friends work to store food for the winter? Then, during the coldest part of winter, when all the food has

run out, it is Fredrick, the storyteller, who feeds his friends with stories and words to sustain them during the harshest time of the year.

Well, we're all a lot like those field mice. Sometimes the only thing we want at this time of

year is to simply have a story to entertain us, inspire us, and help us temporarily escape from winter's icy grip. The following three articles are reviews of some of the *Truth* staff's recommended cold weather flicks.

Some Like It Hot still sizzles

"...a movie that incorporates slapstick humour with witty dialogue and plot... the 'greatest American comedy film of all time'"



Marilynn Monroe shines in this movie (Internet image)

As a girl who usually favours movies that require a family sized bar of chocolate and water proof mascara, the 1959 black and white comedy *Some Like It Hot* did not initially capture my interest. In fact, the only reason I chose to watch this movie was due to my love for anything that involves the 50's pin up model, Marilyn

Monroe. Director and producer Billy Wilder, however, was able to create a movie that incorporates slapstick humour with witty dialogue and plot, allowing the sizzling comedy to live up to its description as the "greatest American comedy film of all time"

For those of you who have not seen this legendary comedic masterpiece, the story follows the antics of two highly mischievous, womanizing musicians, Joe and Jerry (Tony Curtis and Jack Lemmon), who, after witnessing a mob massacre in Chicago, luckily escape by joining Sweet Sue's all girl orchestra. Dolled up, and on their way to Florida, the now fabulously feminine Josephine and Daphne, are forced to deal with everything being a woman entails, from shaving their legs to coping with rude comments from the opposite sex, all whilst trying to resist the enticing beauty of their fellow band member, Sugar (Marilyn Monroe).

Marilyn Monroe provides a refreshing and charming performance of the hopeless romantic, Sugar who, in her own words, always gets the "fuzzy end of the lollipop". Her flirtatious performance of the iconic song "I Wanna Be Loved By You", adds sophistication to the very humour-based plot. Marilyn has sex appeal, without needing to be tasteless and trashy, the sex in the movie is always hinted and never shown, so you can be sure of no awkward moments whilst watching with relatives!

Tony Curtis plays his role as the lady's man with precision

Some Like It Hot still sizzles cont'd

and ease, creating an unmatched chemistry between him and Marilyn. Yet, Jack Lemmon's hilarious portrayal of Jerry and Daphne steals the show! His bubbly personality and cheeky lines give *Some Like It Hot* a happy-go-lucky theme, without losing the elegance which comes with all black and white productions.

Perhaps Lemmon's most memorable part in *Some Like It Hot* is his final conversation with Osgood, a multimillionaire determined to marry the strikingly hairy Daphne; As Daphne frantically tries to stop Osgood from arranging their wedding, he accidentally cries out, "but you don't understand, Osgood! I'm a man". Osgood then unex-

pectedly responds, "well nobody's perfect!"

Some Like it Hot could be described as an extremely old fashioned version of the 2004 American comedy *White Chicks*. Both follow the same basic plot: boy dresses up as girl, then falls for a girl, who thinks he's a girl! In contrast, *Some Like It Hot* holds enough style and quality to allow it to last forever as a memorable and hilarious comedy.

At times, *Some Like It Hot* cools off considerably, but, for the most part Mr Wilder and his hilarious trio keep it fast paced and amusing. The only criticism I could make is that due to the fact it is an old movie, the light-

ing and special effects lack in the excellence we see today.

As a teenager who is surrounded by colour movies, I did at some points find this movie boring, nevertheless, by the end of *Some Like It Hot*, I was able to appreciate the charm and grace that a black-and-white picture holds. *Some Like It Hot* is not going to leave you with a headache or a heart-ache, so if it is life lessons you're after this is not the movie for you. If, however, you are looking for a light hearted comedy that will leave you laughing for days, then log onto Netflix and watch *Some Like It Hot!*

-Ellie Irving

"I was able to appreciate the charm and grace that a black-and-white picture holds."



Jack Lemmon and Marilynn Monroe share some "girl time".

Internet image

A fun flick for a night with the girls

About two weeks ago, I had a sleepover with my friends. We were talking for ages, then we decided to watch a chick-flick. Many movies came to our minds, but we decided to watch one of my favourites: *Angus, Thongs and Perfect Snogging*. This is one of those movies which you have to watch

with your girlfriends.

This film is about a girl, Georgia (Geogria Groome), who is not very good looking and worries about that. On the first day of the school year, Georgia and her friends, Jas (Eleanor Tomlinson), Ellen (Manjeeven Grewal) and Rosie (Georgia

Henshaw) spot two new students who have just moved to Eastbourne from London. They are brothers, fraternal twins Robbie (Aaron Taylor-Johnson) and Tom (Sean Bourke).

Georgia falls for Robbie. (Continued on page 10)

A fun flick for a night with the girls cont'd

Like in similar teen-angst movies, here too is Lindsay, a popular girl who flirts with all the guys. When Georgia finds out that Lindsay is flirting with Rob-

bie, she does all she can to not make this happen. This movie is really funny and enjoyable, especially if you are watching it with your friends. When I first

watched this I laughed for a long time. So, I would recommend you to watch it and have fun. -Katie Japaridze



The stars of the movie:
Georgia Groome and
Aaron Johnson
Internet images

“Tarantino does a disturbingly accurate job of portraying the life of African-American people during the time of slavery.”

Funny, thrilling, *Django Unchained* hits all the right notes

If you are looking for a good movie to watch, there is probably no better choice than *Django Unchained*, the newest of director Quentin Tarantino's movies and arguably the best one so far.

The story takes place in the 1850s, in Texas where Dr. Schultz (Christopher Waltz) a German dentist, and bounty

hunter, seeks out and frees Django (Jamie Fox) a recently sold slave of the Speck brothers, Django is freed to help Dr. Schultz locate the Brittle brothers.

We quickly find out that Dr. Schultz despises slavery and makes an agreement with Django to give him a horse and \$75 to help him locate the Brittle

brothers. Django discovers that he has come to enjoy the bounty hunting business and joins Dr. Schultz on a permanent basis. The two travel to Mississippi, to a slave plantation called Candieland. It is the largest and scariest plantation known to all slaves. They then discover that Django's wife is being kept there. Dr. Schultz and Django then make a plan (continued on page 11)



Jaimie Foxx and Leonardo DiCaprio take viewers on a wild ride.

Internet image

Django Unchained hits all the right notes cont'd

to get Django's wife back. Naturally the plan doesn't go quite as they expect.

The movie has a couple of funny one-liners, and is packed

with amazing action scenes . When it comes to racism and violence, Quentin Tarantino does a disturbingly accurate job of portraying the life of African American people during the time of slavery.

All in all this is a terrific movie that ranks up there in my all time list of favourites.

-Isaac Booth

The delicate mechanism

The Earth has a very intricate system that has developed over billions of years so it can constantly renew it's energy in order to nourish and sustain itself. When an organism of the Earth dies, it doesn't simply perish and become forgotten, it's matter and energy are recycled for a diverse array of biological entities to feed on, or possibly even for a brand new compound to form in it's place. This cycle of regeneration is the sole source of all life on Earth.

Do you believe that this same system of regeneration can be applied to our cancerous concrete habitats that we have manufactured for our own security and comfort? Not only do we separate ourselves from the cycle, but we corrode the currently existing cycle with chemicals and pesticides. The toxins emitted by humanity in a single day of commuting and trading take decades, if not centuries to get filtered into natural, healthy compositions of life-sustaining compounds.

As far as deciphering this cycle goes, the only thing we can say we know for certain is how ignorant we are as to understanding how the cycle operates. As of the year 2013, we can only estimate as to the long term effects of our toxic habits, but they may be far worse than

we could ever imagine.

I believe a lot of this damage is stemming from our belief that we are more resilient to the elements than any other animal. It is as if we believe that the Earth can be bent to our will, and corrected to fit our needs! A lot of people I've talked to actually deny the fact that humans are categorized as animals. This belief that we are somehow not animal life forms is catastrophic to the condition of the Earth. Our daily routines *do* have an ever-lasting effect. Just because it isn't instantaneously noticeable does not mean that it isn't happening. We are still just as susceptible to the Earth's forces as any other animal of this Earth.

If we continue to poison the air, not only will plants and animals affected, but we will vanish along side them. This won't be a permanent extinction of life on Earth though. This will be a period of decimation, but the Earth will recover. And the species that has the potential to conquer the cosmos and decipher the universe? It will be no more.

Maybe, given time, another species will evolve again: but that could take another three billion years—and that's only if luck is on their side as it was for us during our development.

Obvious solutions to our predicament have been made apparent already, yet as aware as we are, we seem to still have a complete disregard for the status of our own home. Simple solutions involve choosing cleaner ways to commute, recycling pattern, reusing as much as we can, and cutting down the need for paper. Using our energy to make these problems clear to our economy-driven governments wouldn't be a bad use of our time. In fact, it just may be more productive than watching your favorite TV show, just maybe though.

-Kyle Nordio

“Using our energy to make these problems clear to our economy-driven governments wouldn't be a bad use of our time.”



A Nigerian prince wants your help!

Every parent has heard the horror stories of people getting scammed through the internet. Some by a Nigerian prince wanting to get freed and others fake banking websites. There is no shortage of story's and articles talking about people that

have lost money. This happens often, but is completely avoidable. There are steps ever person should take before using a cash transaction, whether it is buying a new Monitor on EBay, selling a Rock Band drum set through Kajiji, or trading on a

forum, you can never be too careful. Although there are many things that can go wrong, no one should be afraid of purchasing or selling things on the internet.

“I had been scammed out of \$30 online just due to the fact that I rushed.”

You should:

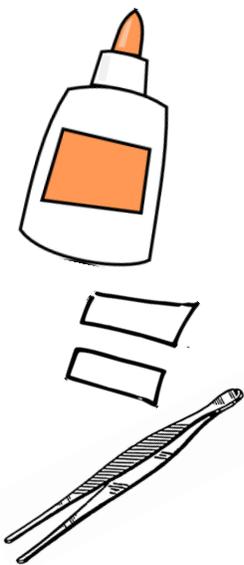
- Always check reputation. Ebay has a great reputation system.
- Ask about item history, and condition. “Near mint” has many meanings.
- Use verified web sites, such as Craigslist, EBay, and Paypal, which brings me to my next point...
- USE PAYPAL. It is a trusted middleman of sorts. Paypal is a verified alternative to giving out your credit card number. Paypal also benefits the buyer by allowing an instant refund if you file a dispute. Use this, but come equipped with proof, if you have been scammed.
- If a deal seems too good to be true, it usually is. Don't buy anything like an iPad for \$40, because there is a good chance that it may not be what they described.
- Over-communicating is better than under-communicating. Always ask questions.

Try to do these things, and you will have a stress free time when dealing with sellers and buyers. The Internet is scary if you don't know where to look. A man was scammed out of roughly

\$20,000 USD worth of EVE online currency, recently. Just virtual numbers in a virtual world that had the worth of a new car. I had been scammed out of \$30 online just due to

the fact that I rushed, and let the scammer go first. Whether it is \$30 or \$20,000, you can never be too safe.

-Julian Stark



Hacks make life better for all

The world is filled with small aggravations. Happily, for as many frustrations as there are, there are an equal number of life hacks, or shortcuts to make life easier and more efficient. Here are a few hacks we have discovered here at *The Sabre Truth*:

- Sleep with a towel on your pillow to prevent acne.
- Use Elmer's Glue on your finger to pull out splinters instead of tweezers.
- Dial 9 when a solicitor calls you, often it will permanently remove you from their list.
- In an elevator, press your floor number and the close door button at the same time. Your elevator will not stop until it gets to your floor.
- When sneaking around the house, walk on the sides of the stairs to reduce creaks.
- Put your iPhone in a mug with the speakers facing down, to increase volume significantly.
- You can clean your toilet effectively with Coca-Cola.
- Press Stop, Stop, Play on a DVD to skip all ads and trailers to go straight to the movie.
- Putting your car remote over your head when unlocking the car in a parking lot will allow you to operate the lock from farther away, as the signal is not having to pass through other vehicles.

-Julian Stark

Chinese New Year



Chinese New Year is celebrated on February 10th. This year is the year of the snake.

On Chinese New Year, the children are given red envelopes. In these envelopes is usually money. If you are going to give out a red envelope it's good to make sure the amount of money is even. Odd numbers can be associated with the money given during a funeral. Giving out eight dollars is usually found in the red envelopes since it is related to wealth. Besides red envelopes there are also gift exchanges on Chinese New Year's.

Markets will also be set up



during the New Year. You can usually buy flowers, toys, clothing or fireworks at the markets. Fireworks are also important to Chinese New Year's. The firecrackers are rolled up in red paper and are attached to a long fused string as shown below:

According to legend Chinese

New Year started by a fight between the Chinese people and a beast called Nian. It was said that the Nian came on New Year to eat crops, livestock and villagers. So the villagers would put food on their doorsteps so the Nian wouldn't attack more people. One time the villagers saw that the Nian was scared away by a child wearing red. From that day on the villagers would wear and put out red on Chinese New Year.

Chinese New Year isn't just one day, it's actually seven. Here is an outline of what happens:

First Day: Firecrackers are lit and some families may go to visit grandparents.

Second Day: In the old days this would be when women that were married would go visit their parents.

Third Day: On this day it is considered unlucky to go visit family or friends.

Fourth Day: Some people might have a meal called Spring Dinner.

Fifth Day: More firecrackers are lit and people might eat dumplings in the morning.

Sixth Day: Today is a day for visiting family

Seventh Day: It can be known as the common man's birthday.

Some of you might want to know what animal you are in the Chinese zodiac:

Pig: (1995) you are extremely nice, good-mannered tasteful, intelligent, always seeking more knowledge, and exclusive. You are compatible with the Rabbit or Goat.

Mouse: (1996) you are quick-witted, clever, charming, sharp and funny. You have excellent taste and are a good friend. Though you can also be greedy with money. You are compatible with the Dragon or Monkey.

Ox: (1997) you are steadfast, serious and hardworking. Sometimes you feel insecure. You are compatible with the Snake or Rooster.

Tiger: (1998) you have leadership qualities, are charming, ambitious, courageous and warm-hearted. You are compatible with the Horse or Dog,

Rabbit: (1999) you are compassionate, sincere, and like to avoid conflict. Sometimes you are seen as a pushover. You are compatible with the Goat or Pig.

To get an up close look at Chinese New Year festivities, you only need to hop the Seabus and then take the Skytrain to Chinatown in Vancouver. In Vancouver, you can go to the 40th annual Chinese New Year Parade. It will be held at 11am on Sunday, February 17th. It starts at the Millennium Gate on Pender (between Shanghai Alley and Taylor Street). I hope you now understand Chinese New Year's better; I leave you with this traditional Chinese New Year greeting: Gung Hay Fat Choy! -Lydia Wierdsma



Dancers in Richmond celebrate the new year (Internet image)

Just in time for Valentine's...cheesy pickup lines!

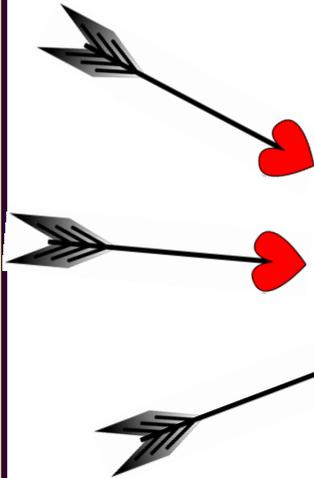
Here are some opening lines to say when you are out and about. Use them at your own risk!

1. "Have you got a raisin? (no...) how about a date?"
2. "You're like a dictionary...You add meaning to my life."
3. "When God made you, he

was showing off."

4. "If I told you that you had a nice body, would you hold it against me?"
5. "Do you have a Band-Aid? I scraped my knee when I fell for you."
6. "I lost my number... Can I have yours?"

7. "Are you from Tennessee? 'Cause you're the only ten I see."
8. "You see my friend over there (points to buddy). He wants to know if you think I'm cute":
9. "You must be a parking ticket, 'cause you've got FINE written all over you."



And now for our favourite pickup line, courtesy of Sutherland's very own Jackson Spencer....

10. "Are you a pre workout supplement? 'Cause you are making my heart pound!"
-Ellie Irving & Delainie Childs



Laughs to brighten your day...

A guy shows up late for work. The boss yells "You should have been here at 8:30!" he replies: "Why? What happened at 8:30?"

They say animal behavior can warn you when an earthquake is coming. Like the night before that last earthquake hit, our family dog took the car keys and drove to Arizona.

I always look for a woman who has a tattoo. I see a woman with a tattoo, and I'm thinking, okay, here's a gal who's capable of making a decision she'll regret in the future.

I failed my driver's test. The guy asked me "what do you do at a red light?" I said, I don't know... look around, listen to the radio..."

There are two kinds of people... Those who can extrapolate from incomplete information

It takes a long time for a giraffe...to swallow its pride.

I don't like my computer memory. Not one bit.

Ellie Irving & Delainie Childs

How to stay positive during winter

In wintertime, blue fingers and blue feelings go together like hot chocolate and marshmallows, but this year it can be a little different because the *Sabre Truth* has the keys to keep you happy during this chilly season. There are ten ways for you to stay positive during the winter:

1. Stay active socially: it is always good to be a member of a group in which you feel comfortable. Try to do something helpful something, that makes you feel better. Being involved in school activities is also a good idea because that way you can make new friends and also enjoy your school experience more.

2. Be active physically: One thing which is very helpful any time of the day is activity. Winter is a great time for snowboarding, skiing, and ice skating .

3. Stay active mentally: You can be mentally active by doing crossword puzzles, seeing plays (like *The Wild Flowering of Chastity!*), reading and staying curious and involved.

4. Act positive: A recent study from the CDC showed a strong link between healthy behaviors and happiness. If you have positive behaviors you will be less threatened by depression.

5. Pamper yourself: Always have pleasant plans in mind to make you excited, as winter seems endless. By doing that you are also helping yourself to pay less attention to things that bother you most.

6. Relax: Try to spend a few minutes each day doing nothing!

Relaxation, especially in the form of yoga, can alleviate stress and leave you with a calm energy. Mental exercises like meditation and positive thinking can help you to keep depression at bay.

7. Embrace winter: This time instead of waiting for winter to be done try to look for the things that it offers such as different sports that we normally don't have them in other times of the year like ice skating, ski, and more.



8. Eat well: What and when you eat has a huge affect on your mood and energy. Avoid refined and processed foods (like white breads, white rice, chocolate, and sugar). These foods are not only devoid of the nutrients your body craves, but they zap your energy levels and can affect your mood, causing depression, lack of concentration and mood swings. Try to eat whole wheat breads, brown rice, veggies, fruit, and get your daily 8 cups of water. These healthy foods not only provide your body but also provide your mind with nutrients, and stabilize your blood sugar and your energy levels.

9. Catch some Zzz's: Most of us normally want to sleep for a little longer during the winter, but with all we have going on, sometimes sleep is the first thing to go. With a little time management, and some self-discipline, we can

have our shut-eye needs. Aim for seven to eight hours each night, and try to keep bedtime and waking time consistent. That way, our sleeping patterns can normalize and we will have more energy. Try not to oversleep 12 hours on the weekends, because it can actually make us more tired.

Don't forget naps! A short 10 to 30 minute afternoon nap may be all that is needed to re-energize midday.

10. Get some sun: We all know that sunlight provides us with vitamin D. However did you know that it also improves our mood? Winter days are shorter and darker than other months, and because of the cold weather, a lot of us spend less and less time outdoors. Lack of sunlight can cause many of us to become depressed—without knowing why! Similar to exercise, sunlight exposure releases neurotransmitters in the brain that affect mood. Try to spend a little more time outdoors. Keep your shades up during the day to let more light in. Sit near windows during classes. However as we do not have lot of sun light in Vancouver generally we usually have these problems and we can not do anything about it, but what we can try is to change the light bulbs in our house to "full spectrum" bulbs. These mimic natural light and actually have the same affects on our mind as the real thing. This way we may get more light.

-Hengameh Rahmati

“The fulfillment of our needs, not our wants is what makes us happy.”

Horoscopes



Aries– Lots of people will come to you for help in these next few weeks with exams on the horizon. Remember you have some of your own too! Make sure you keep studying yourself, and keep the balance between work and play.

Taurus– As the last few weeks of the semester go by make sure you stay out of the bragging rut! Doing better than a friend can be empowering for you, but be mindful of what you say to them.

Gemini– Keep your friends close as this semester ends. You will need them as the season changes over, and DEFINITELY through exams. Be sure to help them just like they're helping you.

Cancer– The future can be scary, but you don't need to stress too much right now! Calm down and focus on one thing at a time. Quick study sessions instead of 4 hour glances at books will do you worlds of good.

Leo– You hate the end of the semester because all the homework you did is suddenly worthless. Well, honestly, in the end yes. But before recycling everything, be sure there aren't some helpful notes, or a cute drawing from a friend hiding in that ominous binder of yours.

Virgo– Some tough decisions are on their way to you this month. Make careful decisions that will benefit you in the long run. Be sure to avoid snap choices and always read the fine print of any deal!

Libra– Oopsie... you've done it again. With all your talents and all your love, you've managed to annoy someone close to you for the umpteenth time. They do know you're sorry, but they just can't seem to forgive you... yet. Just keep apologizing and they'll get over it.

Scorpio– You want to escape. You want to go so far away that no one will ever find you. You want to run from commitment, from exams, from your family. But slow down for a moment and take a step back. It may look overwhelming now, but when it's all over, you'll realize that it was really nothing.

Sagittarius– Watch your piggy bank this month. You have a high tendency to impulse buy, but with not enough coming in after the Christmas rush, spending is not a great plan for you right now. Go shopping with a bud who can supervise purchases, or only bring a select amount of cash with you where you might be tempted by pretty things.

Capricorn– Your family is a madhouse right now. You feel like you can't get far enough away from them. Take as much time as you can to spend time alone or with friends. Work out those sibling problems from when you borrowed your sisters sweater and get your fam functional again.

Aquarius– Making new friends is a priority for you, and this month brings golden opportunities. Go to that café with your friends or that party you bought a great outfit for. Branch out of your comfort zone and meet great new friends.

Pisces– They say the past always comes back to bite you, but this time maybe you've learned. As history repeats itself try to remember the lesson you learned last time so the end result isn't as painful as last time.

It's back! The NHL returns



Now that the labour dispute is over, it will be business as usual on the ice. (Internet image)

With the lockout finally (and mercifully) at a close, we no longer have to witness a petty and incomprehensible fight of billionaires against millionaires, both amazingly claiming they don't receive enough of the hockey-related revenue.

The most important items to be shelved have to be the nails to chalkboard, ear drum bleeding, useless coverage spewed forth by major Canadian sports outlets such as Sportsnet and TSN Daily. They were relentless!

The start of any season is always a joyous and exciting spectacle, and a lockout-shortened one (while sinister and infuriating at its core) brings with it some

intriguing and redeeming qualities otherwise unheard of in a conventional season. For example, teams will only play 48 (all intra-conference) games as opposed to the standard 82. With an average of one game every two nights, this will truly be survival of the fittest.

Don't be surprised if a young, and relatively inexperienced team such as Edmonton has an exceptionally hot start because of this.

It is unreasonable for fans to expect players to go from virtually no hockey at all to quality high-scoring games. Sloppy and tentative play along with multiple injuries (I can hear the groins tear-

ing from here) should be expected. So, don't be shocked if the quality of play usually associated with this time of year is not mirrored by what's on the ice. After all, these people we tend to idolize as super-human deities are athletes, not robots.

With all that said, it will be refreshing beyond words to hear a debate about trading Luongo/Schneider, instead of one about the true definition of "hockey-related revenue".

-Harrison McCorkindale

Go Team Go!

“After all, these people we tend to idolize as super-human deities are athletes, not robots.”



Hawaiian Hoops

In the week before Christmas break, Mr. Thornhill and the senior boys basketball team headed to Hawaii to play against others from around the world. The trip to Hawaii provided the boys with a brilliant opportunity to test their skills and meet new people. To prepare for the trip the team took part in individual and group fund raising events, including

car washes and selling chocolate bars. On the trip the boys got time to bond as a group, and were given the brave, yet foolhardy experience of challenging a bunch of New Zealanders to a game of rugby. According to Clement, we could not handle to truth of what really went on: "I don't think any of the things we did would be allowed to go in the

paper". When asked what the boys learned from their once in a lifetime trip, we were given the answer, "we learned that we could sweat in places we never knew we could sweat!" Perhaps the *Truth* doesn't need or want to know the truth...

-Ellie Irving

Sutherland athletes help others understand Canadians

During the senior boys basketball team's trip to the Aloha state, our boys got some experience in cross-cultural communication because as Mr. Thornhill said in an email to staff, "At the opening ceremo-

ny, each team was expected to perform some kind of skit or performance. Some teams sang their national anthem; others their school fight song. Our guys did something original. Mitch Merilees and Clement

Isanganino wrote their own rap song about Canada, and performed while the rest of the team did 'Canadian dance moves' which brought the house down. The lyrics are as follows:

Coming from Sutherland,
Vancouver is the city, Canada's
the motherland.
I'm the Mer Man,
These are my boys,
So listen up we hope you enjoy,

We got the Bieber,
And the beaver,
North Van is where I'm from
and I'll make you a believer,
We come from a place with
lots of snow,
Where maple syrup is a staple
and we drink it nice and slow,
When we turn on the radio
we hear Drake,
But we even know that what
we hear is fake,
Our house is made of ice, we
call it an igloo,
We ride around all day on
massive caribou,
Don't get us started on saying
EH,
Cuz we realize that we really
say it erydayyyyyy,

And everyone knows that the
man is, sinistra,
We use metric, not imperial,
We put skim milk in our cereal.
We also eat poutine, it's the
best,
You'd never know that it's bet-
ter then the rest,
We enjoy double doubles
from Tim Hortons,
Our health care system, we
feel it's important,
We enjoy hockey and lacrosse
too,
We have lots of farmland and
cows that go moo,
We're peace keepers, and our
people are nice,
We're multicultural we eat a
lot of rice ,
This is our home, we love it so,
Thanks for watching our show.



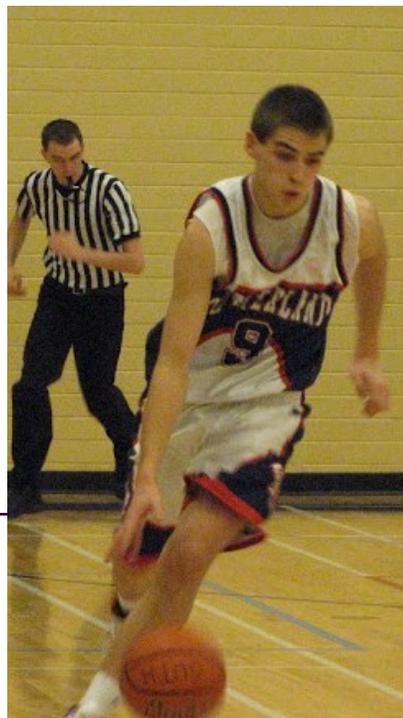
The basketball team enjoyed beaches like this one while visiting Hawaii. Internet image

Sabres gut Eagles

On the 15th of January a friend and I witnessed a wondrous event in Sabre history. The boys of our senior basketball team took on the evil Carson Eagles to a fabulous victory! The guys played valiantly, despite some roughness from the opposite side. Lots of fouls were handed out and the ref,

who had clearly taken his grumpy pills that morning, would not let up on even the tiniest calls. Our poor Sabres got tripped, kicked, and shoved but after nearly two hours of hard go-time we prevailed: beating Carson by close to ten points. Way to go boys!

-Natasha Guerra



#9 Mitch Merilees goes on the offensive (photo: Mr. Benoy)



Show your Sabre Pride!



“Student volunteers are needed to help out with this fun event”

Do you love basketball?
Do you want to help out more in your community?
Are you a fan of Special Olympics?
If the answer was yes to any of the above then you should consider volunteering with the Special Olympics March Madness Invitational Basketball Tournament! Once again Sutherland will be hosting this

amazing event which takes place March 23rd and 24th.

Over 20 teams from all across British Columbia will be hitting the courts here at Sutherland, and we need volunteers to help make this a success. We are looking, in particular, for people to fill the jobs of referee, scoreboard operator, statistician, 50/50 raffle sales, door concession, timer, counter,

mascot and rebounder.

If you are interested and have any further questions please do not hesitate to contact Sophia Stewart at sophiaestewart@yahoo.ca, or signup with Ms. Giraud in the counselors' office. The more volunteers we have, the better and more fun this event will be!

-Sophia Stewart

The Sabre Trooth hibernates

With the first semester at an end, we must also, very reluctantly, bid a farewell to our journalism squad. I caught up with a few of your *Sabre Trooth* journalists to ask them a few questions about how they enjoyed their time in the course.

How would you describe the overall atmosphere of the journalism environment?

Kyle: The vibes emitted from a class full of journalists would suit anybody's preference. There are times of necessary chaos but also frequent times of active and productive group-oriented work.

Ellie: This class has a very fun and relaxed atmosphere. The students and teacher work hard to produce the best paper possible.

Delainie: Journalism is very relaxed yet structured. There is mutual respect between the students and teacher.

Would you recommend this course to others? Why or why not?

Kyle: The process of generat-

ing the written material would benefit any type of person. No matter who you are, there will always be a topic you want to write about. On the publishing side of the paper, there's a job for any type of person—if you enjoy working with computers, there's a job; if you enjoy photography or art, there's a job; if you enjoy editing other people's mistakes, you have a job!

Natasha: Yes! If you like to write and enjoy smaller classes, you'll have so much fun!

Katie: Yes, I would recommend this course to others because when you take it, you are actively improving your writing. Improving your writing will help you get better grades in all your courses.

In a few sentences, how would you sum up your personal experience with this course?

Kyle: My experience was extremely beneficial to my overall progress of growing up and figuring out the type of person I want to develop into. In an odd way, I discovered previously unknown things about myself just by having the op-

portunity to sit and write for a complete undisturbed hour.

Hengameh: I loved this class. I made good friends here.

Delainie: My journalism class has helped me to improve my writing whilst having fun.

Natasha: Our class was super chill and friendly. Although we sometimes have to write about things that we are not into, usually we can talk about things we enjoy. We discuss funny issues and laugh tons. I'll remember hilarity galore, fun games and bonding with my fellow classmates. Not everything is what you want to write, and sometimes Mrs. Manara turns into a dragon lady, but overall it's a GREAT class!

Lydia: This course was very entertaining and will improve your grammar skills.

Katie: I had a lot of fun here. The atmosphere and the people are both great!

-Kyle Nordio



The Sabre Trooth will return next September with a new group of student journalists. If you are in Grade 10 or 11 and writing for the school paper is something that interests you, consider taking Journalism 11/12 next year.

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Until next time