

FORMATTER: the Prophet (Mohammad Ali Khanali)
 PUBLISHER: J. Bermudez



Have a great Summer, Sabres!

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BYE BYE BOUCHER BY CHANDLER MCCORKINDALE

After 19 years at Sutherland Secondary School, our very own Scottish Siren, Ray "the McCorkindales pushed me into early retirement" Boucher is retiring.

Ray Boucher has many skills but her most well known skill is her ability to connect with the students she teaches and make sure they receive the best education possible. It is most definitely a good thing that she decided she no longer wanted to be a nurse and went into teacher college or else neither I nor any of my fellow journalists would be able to put this wonderful newspaper together.

Since 1993 Mrs. Boucher has given Sutherland everything she has and we appreciate and respect the hard work and dedication she has put into her craft. When asked about some of her best teaching moments at Sutherland, Mrs. Boucher just laughed the question off and said "there's too many". When asked about her worst moment as an educator she told me

about a dreadful grade nine class she had about two years ago that would have made her quit teaching if it was her first ever class (Editor's Note, no that was not my class). The fact that in 19 years of teaching Mrs. Boucher reported only one incredibly tough teaching moment just tells you that Ray Boucher is tough Scottish lass who does what she loves to do with no complaints, she is hard worker who doesn't quit and she has never given up on Sutherland.

Mrs. Boucher's favourite thing about teaching is watching her students grow and learn to love English; it is also the thing she will miss most. The toughest thing for her was always helping students with learning disabilities feel equal in the classroom, she never wanted them to feel foolish or different. I think that sentence shows you how much Mrs. Boucher cares, she's not here just for the pay cheque, she's here because she loves the students and she loves the English language. I doubt any-



Mrs. Boucher appears relaxed before retirement. Where's her usual stern look? Those steely Scottish Eyes always keep her classes in line

body in this school would dare say "Mrs. Boucher never cared about me".

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CLUB INCEPTION: A CLUB THAT'S NOT REALLY A CLUB BY TARYN AUDET

Climbing a mountain – fun (albeit hard). Skipping school to climb and enjoy that mountain – even more fun. Missing school to spend time on Grouse with friends – the best. And on Wednesday, June 6th, that's exactly what I and a dozen or so others got to do. Although my bum knee prevented my trek of the Grind, I got to brave the mediocre weather to enjoy Grouse and all its amenities – lumberjack show, chair lift, etc – with the club I'm so overjoyed to be a part of, Best Buddies.

Myself and three other girls joined the club at the beginning of this semester, hopeful to get to know the buddies amidst January's wet rain and snow.

Every Tuesday myself and four

other grade 11 students – Darya Jalali, Emma McFarlane, Chrissie Masakayan and Carson Hamner eat lunch and joke around with the special ed students of Sutherland. We bond with each and every member, learning more about their personalities likes and dislikes every day.

Best Buddies never feels like a "club" in the technical sense of the word; attending our "meetings" never feels like an obligation or a labor. It's fun. We all laugh and joke around – even singing on occasion – while enjoying our lunch; it's a day I always look forward to. When I interviewed Emma McFarlane, a fellow grade 11 student and Best Buddies member, what she had to say sounded a lot like my

thoughts.

Sabre Trooth: So how long have you been a member of the Best Buddies club?

Emma McFarlane: It's always seemed really fun and interesting, but I didn't join until the beginning of this semester

ST: And it definitely is! What made you want to join in the first place?

EM: I wanted to join because I thought it would be a good experience to get to know the best buddies.

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BYE BYE BOUCHER - CONTINUED

If you are ever going to become an educator Mrs. Boucher stresses that you must be able to work with young children and you must love what you do, again that is what makes Mrs. Boucher so great it's because she loves what she does.

When asked about her plans for retirement, Mrs. Boucher is hoping to travel, volunteer, and catch up on some reading. However, she will still be coming by to help out with the Reach for the Top Program once a week and she hopes she will see more people come out next year.

We at the Sabre Trooth, would

like to take a moment to thank Mrs. Boucher for giving our school everything she had to give. We at this newspaper are inspired by her abilities as an educator and when we write an article we often ask ourselves WBRT (Would Boucher Read This?). We know that through her teachings she has affected many a student and taught them to reach for the top, while inspiring her fellow educators to maybe someday reach her level. We would like to encourage you to go visit Mrs. Boucher before she goes and tell her and thank her for all she has done for you.

Her parting words to Suther-

land are: "This is the best school, I'm sure of that. It is the best because it is so welcoming and the students are so great. So please keep up the welcoming attitude and the inclusiveness. Everyone is accepted here, and that is the strength of Sutherland." We agree with you Mrs. Boucher, and we will heed those words, we promise.



"We at this newspaper are inspired by her abilities as an educator and when we write an article we often ask ourselves WBRT (Would Boucher Read This?)."

CLUB INCEPTION: CLUB THAT'S NOT REALLY A CLUB - CONTINUED

ST: Now that you know all the best buddies, how would you describe the club?

EM: The club is really upbeat and fun. All the best buddies have a great sense of humor and are always laughing, and always have great stories to tell us.

ST: Do you have a favourite memory from the time you've spent with them?

EM: My favorite memory is definitely our field trip to Grouse Mountain. It was a great opportunity for all of us to spend time together outside a school setting. All the different activities we did, like watching the Lumberjack Show and riding the chairlift, really brought out their personalities.

Everything Emma says runs true and I can't relay that enough. When you walk through Sutherland's hallways, you pass several familiar faces in the same crowd of hundreds of unknowns. Sometimes you write off certain kids for aspects you can immediately spot; "Oh, there's that one annoying grade

eight," or "that's the fake blonde in grade ten. She seems weird." And when passing developmentally disabled peers, it's so easy to judge and label them by that one aspect – and that is the exact thing Best Buddies changes.

No one is defined by their mental capacities, certainly not the students I've gotten to know over the past semester. They are wonderful, hilarious, multi-faceted people that deserve more attention and acknowledgment than they currently receive from our student population. If you're hesitant to join next year, don't be, it's so much fun!

If you won't take my word for it, Emma had this to say: "Why



Best Buddies member Noah meeting the lumberjacks from Grouse Mountain's lumberjack show

hesitate?! It's one lunch hour a week that is ALWAYS fun, and ALWAYS something to look forward to! Plus, you get to know some of Sutherland's students that you may not have met before, and that feels great! The Best Buddies Club would be thrilled about any new members next year!"

See Mr. Gage about signing up for the best buddies club next year, if you're interested!

HIDE YO KID'S HIDE YO WIFE: ZOMBIE EDITION BY KATARINA TSAMIS

As everyone knows there have been some recent events that have sounded suspiciously like "zombie attacks". In Miami, a man who had previously snorted Bath Salts or a form of LSD, stripped naked and attacked another man. He started to eat his victim's face as he was still living.

Police were called to the scene and saw that the man had eaten his victim's nose and one of his eyeballs. When ordered to stop, he looked up and snarled at them. Police were then forced to use weapons and shoot the man, but apparently the gunshot had no effect. No choice was left but to continue to shoot him until dead. Once dead, officers report that the victim's face was unrecognizable, and he was sent to the hospital and is still in critical condition.

I figured I should look further into the subject, so when I found out that the local self-titled zombie expert, my cousin, a former Sabre, was over for dinner I had no choice but to pounce. (You may have seen him around... very tall, bright red hair, hard to miss). When asked if he thought this was actually a zombie attack he responded with, "No, I think it's completely unrelated to the topic. I think that some scientists will create something one day and it'll happen. Definitely science-related, this was just drugs.

It's not like he watched 'Dawn of the Dead' and then attacked. These are just raising people's zombie awareness. The nerd community is hyped though. This has been known forever and FINALLY going public." Then, unfortunately, he added, "You know, I've been part of a Facebook group for a few years now... you know what it's called, mom?" His mom, "I really hope you're kidding..." "It's called, 'The Hardest Part Of The Zombie Apocalypse Will Be Pretending Not To Smile'".

After the horror of hearing that he was being serious, I asked if there are different types of Zombies. He happily replied, "Yes, there are walkers. Like the slow, shuffling, walking dead type of zombies. Then there's the really scary ones that I pray don't happen when it DOES happen, the running or "rage" zombies, such as from '28 Days Later'. I suggest to most people that they read 'The Zombie Survival Guide' by Max Brooks." The expert's mother then gets up, looks at him "This is pointless Bryce... why are you talking to him about this Kat... it's NOT going to happen because zombies aren't real!" The expert looks at me, wide eyed, "Yes, yes it will."

When asked what type of weapon one would use to defend themselves, after some serious thought,

he replied, "I would personally prefer a crowbar, because of functionality. I could use it to... crowbar things, smash windows, you know." (I tried to stop him here, but no such luck).

"I mean really, you don't wanna be in close contact. Archery is a very good skill..." (Why me) "Problem is, you have to be good at it. Start now kids. Hand guns are too inaccurate, and at that point, you're boned anyways. Single firearms are the best. Make it count." Once again, he jumps in, "you know, I live in the ideal situation, 2nd floor of an apartment the only means of ingress (entry) would be the front door. They can't climb. By the way mom, if a zombie sees any light or movement you're bummed... so listen closely.

Stock non-perishable food items, cover windows, have axes ready" "HANG A SILVER CROSS" "... no mom... aim for the head, destroy the brain." "They're not real."

"You could break a zombie's arm, and it wouldn't feel it. Bite you and you die, then the virus reanimates your brain with its functions. I've been slaying zombies since I was 11, starting with the rereads in 'Zelda Ocarina of Time' probably one of the greatest games ever..." Thankfully the expert's mother cut him off, "Bryce, call grandma please."

Local Zombie expert remains anonymous



Thinking this was it, I left to my room, only to get a knock on the door five minutes later. "Water is very important, Katarina, fill everything with water as it may shut off. You're all gonna be thanking me. Oh! And plant a vegetable garden!" "Why Bryce?..." "Uh... for veggies. Do you really think Save-on will exist?"

So there you have it, clearly, I'll be safe and now you can be too! Now you know how to protect yourself when we're all apparently going to get attacked and become zombies.

BEST TV SHOW IS BACK IN ACTION BY CURTIS GUNN

The final edition of this year's Sabre Trooth, so sad. Anyways, welcome to my second issue on the magnificent hit TV series, The Walking Dead! I love this show, and it has grown so much. I remember when not many people knew about it and the first episode of the first season had only 5.4 million views on its premiere.

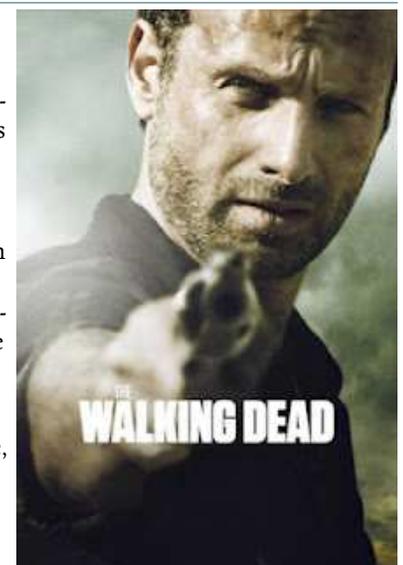
Now the season two finale had 9 million views, and that number is only growing. Anyone who follows Walking Dead must have heard of the Comic

Book series, where the idea for the TV series came from, and they also must know that the show doesn't follow everything that happens in the books. If you have forgotten what has happened in the past to Rick and his friends, here are the two season recaps.

Season 1 recap: Rick wakes up from a coma from a gun-shot wound he got in a firefight because he is a police man. Rick finds the city is ruined and covered with walkers, and sets off to his house to see if his wife and son are there. Rick is crying

because he cannot find his family and a kid named Duane hits him with a shovel. After celebrating what he has done Duane's father Morgan come and realized that Rick is just an injured man, who needs to be helped. Morgan explains everything that is going on about the walkers and that if you get bite you would get infected.

The group consisting of Duane, Morgan and Rick go into the police station and get some guns and go on their separate way.



BEST TV SHOW IS BACK IN ACTION - CONTINUED

Rick finds a horse and then goes into the city of Atlanta, Georgia. Rick runs into a herd of walkers and falls off his horse. While the horse is being torn apart Rick climbs into a tank. An Asian named Glenn saves Rick and guides a way that he can get to him safely. Rick meets up with a group consisting of Glenn, Andria, T-dog, Merle, Morales and Jacqui.

When Rick was being chased he dropped his bag of guns in the chase so they have to go and get it. After nearly getting by walkers Rick and Glenn return to the group and they are going to go into Camp. T-dog is sent to go unlock Merle when the group is running from walkers, but he drops the key down a gutter and the group has to drive away, leaving Merle handcuffed to the pipe. The group then goes into mountains and surprisingly Rick meets his family and everyone is happy! Rick is re-united with his family and his best friend and police partner Shane. Having a low number of guns at camp the group must go get the bag Rick dropped. After informing Daryl (Merle's brother) about them leaving Merle on the roof, a group of Rick, Glenn, T-Dog and Daryl go to rescue him.

The group goes to retrieve the guns but get attacked by some Italian Guidos who also want the guns. Glenn gets kidnapped and the group goes to the Guidos hideout and they almost get into a fire-fight but it doesn't turn out that way. When the group goes into the abandoned building where they left Merle on the roof, the group finds out the Merle cut off his own hand to escape.

The group returns to their car, which was stolen and this means they have to run back to camp. Other members are having a nice campfire and they camp gets surrounded by walkers and they all

must escape. So after an epic gun fight of putting walkers down they all escape to the (CDC) Center for Disease Control and Prevention and met this scientist who told Rick they are all infected.

A clock is ticking down and then it reaches 0 the whole building will go into self-destruction where it sets the air on fire. Everyone escapes with seconds to spare and the building explodes. End of Season 1.

Season 2 recap: The group gets stuck by abandoned cars on the highway. While searching for food and resources a herd of walkers come through and Sophia gets chased away. Rick saves her and tells her to wait in a spot but of course she doesn't. Shane tells group he is leaving, Dale won't give Andrea her gun back because he is convinced that she will commit suicide.

Later, Carl gets shot while admiring a deer in the woods. The unwitting gunman is Otis. Otis tells them about a nearby farm where the owner Hershel can help them. Horrified, Otis leads Rick and the gravely-wounded Carl back to the farm. The owner Hershel, a veterinarian proposes surgery. Shane and Otis go on a journey to get medicine for Carl and almost get killed, but Shane and Otis only have one bullet left each and Shane uses his to shoot Otis in the leg and so the walkers will stop chasing him and eat Otis.

Lori is pregnant with either Rick or Shane's baby because she is a notorious whore. Barnyard is full of walkers, Shane goes insane and breaks open the barn and the group shoots all of them and kills them. Then Sophia walks out, so after 7 episodes of trying to find her she was in the barn.... Thanks Hershel.

When Sophia walked out of barn it was a mid-season break and we had to wait. So after the long wait we get right back into it. Hershel goes into town to drink his problems away since his wife and family members were in the barn and he was convinced he could save them, but Shane and the group killed them all. Some thugs try to force information out of Hershel to where his

farm is but Rick saves him by killing both. Then they two guys Rick just killed friends show up and they get in a fire fight with Rick, Hershel and Glenn. One of the thugs is a man named Randal and he fell off a roof onto a spiked fence and it has gone through his leg. Rick takes him back to the farm blindfolded. Andria and Shane go on a secret drive to look for a place to live and it ends with Shane saving her life and then end up doing it in Shane's car. Shane is convinced that Lori's baby is his and he tells Lori that Rick cannot protect her and that Shane should be the new father. Shane wants to kill Rick after they get into a fight about weather or not they should kill Randal. Shane comes up with a plan of hitting himself with a rock and act like Randal escaped, so that he could have a way of making the group go look for him and try to kill Rick.

Shane kills Randall and his plan fools everyone. After that Shane lures Rick to an open field and has intention to kill him, so Rick puts down his gun and won't fight back, but quickly stabs Shane in the heart. Shane gets back up as a walker and Carl shoots him from behind Rick and Shane is dead. This shot attracts a whole herd of walkers and the farm is over run and the group gets separated. They somehow find one and other and they get in an argument about Rick killing Shane, but Rick tells them that everyone is infected. They all rest in the little garden thing. Then the camera view changes and they show a building in the distance. A prison, and also Dale dies somewhere in the season. It was because Carl didn't listen and he wandered off and was throwing rocks at a walker stuck in the mud, the walker escapes and then kill's Dale when he is looking at a dead cow later that night. So Carl single-handedly killed Dale, plus Carl had a handgun....and he was taught how to shoot...nice one bud.

Season 3 let it begin! So as you can tell I didn't add all the parts, but most of the important ones. Season 3 will be air in Fall 2012 with 16 episodes.

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10 TV SHOWS TO STAY INSIDE FOR - DERRICK GRAVENER

So you got huge summer plans right? Yeah? You have your job, maybe summer school, maybe a huge trip or a beach day, but what are your big plans after THESE plans? TV, yes TV, but not just your vanilla-flavoured re-runs, I'm talking TV that has some real depth here, people. This is TV you're going want to skip the beach for, it's THAT good.

10. *New Girl* (2011-present)

Do you know Zooey Deschanel? She's that chick in those indie movies like *(500) Days of Summer* and *Gigantic* and she's just really

"adorkable" in everything she does. SHE is the reason you watch *New Girl*. It follows her character (Jess) as she's fresh off her break-up with her cheating boyfriend, where is one to live when they need a place fast? The answer: a loft with three guys. This is by far one of the best new comedies this year. (Status: *New Girl* finished Season one last month and has been renewed for a second season beginning next year!)

9. *Episodes* (2011-present)

Remember Joey from *Friends*? Well everyone remembers Joey but no one remembers the actor's name. His name is Matt LeBlanc and

he's back on TV playing er... Matt LeBlanc. This is a play on the fact that no one really knows him for anything but Joey and it's hilarious. We follow Matt as he's getting a new start on TV on an American rip-off of a British show, as well as his relationship with the two British producers of the show: a married couple Beverly and Sean. Sheer chaos follows the three in the show but it fits the bill perfectly for a "scandal-comedy" and beholds Matt LeBlanc's best performance to date. (Status: The first season aired last year and the second season begins on July 1st!)

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BEST TV SHOW IS BACK IN ACTION - CONTINUED

The cast will have 7 re-occurring members: Andrew Lincoln portrays the series protagonist Rick Grimes, a former deputy sheriff from King County, Georgia, who has established himself as the group's leader. Sarah Wayne Callies portrays Lori Grimes, Rick's wife and Carl's mother. Laurie Holden portrays Andrea, a former successful civil rights attorney, who was separated from the group at the end of the second season.

Steven Yeun portrays Glenn, a former pizza delivery boy. Chandler Riggs portrays Carl Grimes, Rick and Lori's young son. Norman Reedus portrays Daryl Dixon, an insecure Southern redneck who's also the group's primary hunter.

Lauren Cohan portrays Maggie Greene, Hershel's tomboyish eldest daughter and Glenn's lover. Two new cast members have been added to the third season. David Morrissey will portray The Governor, a major antagonist in the comic series and Danai Gurira will portray Michonne, the hooded figure that saves Andrea in the season two finale and a prominently featured character in the comic series.

Two main cast members who are not returning are: Jon Bernthal, who played Shane Walsh; and Jeffrey DeMunn as Dale Horvath; both characters were killed in the previous season. I hope they make a new intro because some of the

cast are no longer with the group but having said that they will not be forgotten. So if you have read the comics you already know what's going to happen, but the TV series might not follow the Comics as we already learned. When Dale dies in the field in the TV series but makes it to the Prison in the Comics.

If you have not read the comics you should, they give a nice comparison to the TV series and you can debate which one you like more. I am also excited to see how many views the Season 3 premier had. I think it will have a great number. Enjoy Walking Dead, I know I will and all tune in to watch the Season 3 Premier!

If you have not read the comics you should, they give a nice comparison to the TV series and you can debate which one you like more.

10 TV SHOWS TO STAY INSIDE FOR - CONTINUED

8. *Girls* (2012-present)

What happens between *Gossip Girl* and *Sex and the City*? This is what creator/executive producer/writer and star Lena Dunham thought for *Girls*. It follows four twenty-somethings as they maneuver the twists and turns of jobs, relationships and parties in New York. It follows Hannah (Dunham) and her friends as they're all trying to make ends meet, figure out the weird relationships in their lives, and avoid STI's. The pilot wasn't that great but keep with this show because it's quality comes tenfold later on. I hate *Sex in the City* beyond pretty much everything (probably because of the horse-faced Sarah Jessica Parker) and spare myself from the obliviousness of *Gossip Girl*, so don't hold either of those from this show because it's a fresh, young-adult comedy that isn't cliché and isn't afraid to bite the bullet and offend some people watching. (Status: Currently airing its first season on Sunday at 10:30 on HBO which finishes June 17th. It has already been renewed for a second season!)

7. *The Good Wife* (2009-present)

This is the legal show for people who don't like legal shows. *The Good Wife* follows Alicia Florrick (a pitch-perfect Julianna Margulies) who chooses to stay with her political-figure husband after his infidelity, hence the title. It's an hour long show that dives into her perspective, her return to work in a law

firm, and her colleagues' and bosses' lives. It's rather refreshing because most shows would pick the husbands story but in this it's "His scandal. Her Story." (Status: *The Good Wife* just finished its third season last month and has been renewed for a fourth season set to air in the fall!)

6. *United States of Tara* (2009-2011)

Sadly, this show does not follow the school's resident Writing/English/Literature teacher Tara Alexis, but it still follows one Tara, named Tara Gregson. *USOT* stars the only person job of playing the multiple-personality laden Tara: Toni Collette. Not only is Tara a successful nursery mural-painter, she's also a mom, husband and sister. It's a sort of comedy-noir that dives into Tara's dissociative identity disorder, which causes her to switch simultaneously from "Tara" to different "alters" like the tarty teen called "T," the gun-toting alcoholic man, "Buck," or the 60's housewife "Alice." It's a fascinating storyline of a family dealing with mental illness, as well as trying to find your story in a muddled past. (Status: *Tara* had three successful seasons but unfortunately did not get an order for a fourth. *Tara* will never always live in our hearts, though.)

5. *Being Erica* (2009-2012)

There are really not a lot of GOOD Canadian TV shows out there. *Being Erica* breaks the mold though with a

really original concept: What if you could go back in time to relive your biggest regrets? *Erica* follows well, Erica, from her breakdown in the beginning to her triumphant ending. Erica is a real character on TV, "you know that girl with the great job, the great guy, the great house, well, I'm not that girl." At times it's funny, at times it's dark and at times it even takes on some notes of sci-fi. This show is the best Canadian TV show there was because it taught you more about you. (Status: This show rapped this year with four seasons under its belt, which is quite amazing for a Canadian TV Show. An American re-make is in talks though and if it does go through, oh, what high hopes I will have.)

4. *Weeds* (2005-present)

A "classy" young suburban widow takes on dealing marijuana to make ends meet; now, that's an intriguing show. Amongst all this, Nancy tries to raise her two boys and juggle a social life with her friends, dealers, and brother-in-law. *Weeds* is more comedy than drama but when it chooses to have the nail biting moments, the pressure surely is on. How far will Nancy go before she gets taken down? That's just what *Weeds* wants you to guess. (Status: *Weeds* has had seven successful seasons and it begins its eighth (and maybe final season) on July 1st paired with *Episodes*.)



A crazy Laura Dern in *Enlightened*

3. *The Big C* (2010-present)

Laura Linney stars as Cathy, a social teacher diagnosed with stage-four melanoma. This all sounds pretty daunting and dark but they somehow turned this premise into a comedy, but a dark comedy at that. With a limited amount of time left, how would you live? Cathy's answer is to the fullest, which to her involves breaking out of her shell and trying to fix her immature husband and rude teenage son which she doesn't want to live the world with when she's gone. If you don't know who Laura Linney is, watch this show and you will never forget her, she's spell-binding and believable in a storyline that sometimes takes some pretty odd ball turns for "the cancer lady." (Status: *The Big C* is currently airing its third season and word is still yet to be heard back whether or not there will be a fourth season but I REALLY hope so!)

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10 TV SHOWS TO STAY INSIDE FOR - CONTINUED

2. *Enlightened* (2011-present)

I didn't hear about this little gem till Laura Dern strutted up on stage to collect her Golden Globe for her performance in this. This show follows Amy (Dern) on her quest for change in her life, which begins right after her nervous breakdown at work. She has a lot of baggage: she has her widowed mom, her addict ex-husband who she's still friends with, and now she's got to deal with the company that left her on the blink of insanity. This show really teaches a lot of lessons about people and life in general. This show is by far the best show to air in 2011. (Status: *Enlightened* rapped its last season in the fall but has been renewed for a second, which will air this fall, get hyped!)

1. *Nurse Jackie* (2009-present)

I really get into dark comedies and at the moment, this is probably the cream of the crop of them. *Nurse Jackie* follows "Jackie," a drug addicted nurse who is constantly surrounded by temptation. She has a lot of secrets that we see firsthand and we get to watch the chaos ensue when the secrets come out. How many people can Jackie keep her addiction from? How can she continue to be a mother to her kids? In general, *Jackie* is a boundary pushing show that balances the ups and downs of addiction and comedy with expert precision, thanks to Edie Falco's stark determination for the character.

So when you're done globetrotting or flipping burgers for \$10.25, flick on your computer and give a few of these a whirl and see what you think. It will also give you a better answer for the whole: "so, what did you learn today?" because maybe you learned things about nurses, mentally-ill moms, cancer patients, marijuana dealers, or lawyers.



Laura Linney is unexpectedly poignant in *The Big C*

J N J'S WHAT NOT TO WEAR BY JACK BONDY AND JOHN TOPHAM

As two of the most influential male fashion icons of the school, Jack and John will be teaching you what NOT to wear. You better be reading carefully because if you disobey our fashion laws, your name will be put directly on our fashion death-list. From shoe wear, to accessories, and to full on disgraceful outfits, we will be showing you the "don'ts" of fashion.

It's about time someone took the initiative to take on an article like this and take down some of the WRONG clothing choices of the general public within this school. If our students can't properly present themselves, how does this look to other schools? It's bad enough that your mother is letting you walk out of the house like that, but if you are voluntarily doing this, then there may be something wrong with your brain.

The 'I'm not trying look' is what some students at Sutherland tend to over-abuse as they walk through the front door every school morning. The most commonly worn piece for the 'I'm not trying look' is pajama bottoms. This being the most disgraceful image you could possibly portray, you are basically letting world know that you give up on life. Sweat pants, much like pajama bottoms are an all-time low for fashion too. I can understand if you were in a rush but please, spare us. When we asked Mike Normand, grade 11 for his opinion on sweat-pants he said, "I think girls who

wear sweatpants have given up on themselves." One more thing, Uggs; it's bad enough that they're made of real sheepskin, but seriously, they look like they've been put together from scrap fabric from old, worn down drapes.

For our next feeble pieces of clothing, we will be introducing the "hardcore gangster North Vancouver look." The great thing about this look is that there are a handful of unappealing clothing pieces all in one which takes us less time to criticize them. In a previous article, it was already brought up how their pants are perhaps lower than their IQ's, but today we will be talking about different fashion faults. We are talking about beaters, puffy "skater/basketball shoes", fedoras, and those questionable Sutherland boys' basketball tracksuits!

As everyone knows, beaters are used for undershirts and for physical activity. You may have noticed that I did not mention that it is used for attending class in. THEN WHY DO PEOPLE DO IT! It makes one appear uneducated, and unhygienic. Message to all grade eights so they don't make the mistake that our seniors and juniors are making: Wearing those massive, puffy, jumbo, skater shoes makes your legs look like tooth picks. Get with the program and try some fabulous shoe wear that Jack and John can be seen wearing; Toms, flip-flops, and dress shoes that are worth more than your house.

Now let's get to the topic of head wear. Fedoras can be good or they can go horribly wrong. If you are dressed up nicely, fedoras can really compliment your outfit, but if are wearing cheap clothes it makes you look hilarious. Jack and John often like to share an evening together sipping our Shirley temples, and we like to take a recap on the fail fedora outfits that have been attempted at our school. Finally, we will cover the atrocious outfits that our junior basketball team were wearing. What happened to the classy dress suit, pants, and tie? Why would we all the sudden change the style to an immature jock look? It's not like your actually playing in those tracksuits, they are just for looks. If your goal is to make our team look good, then the mature dress code will do a much better job.

It is probably BOB right now if you are reading this, so please, stop and look around your classroom. If one of your classmates is breaking the rules of this article, then they are no longer your acquaintance. If you ever want to see us (Jack Bondy and John Topham) you may find us in the highest end retail stores of Vancouver, prancing around in our 100 \$ tee-shirts. We might also be wearing our suede, leather, or snakeskin shoes.



A prime example of one of the toughest North Van Gangsters and his clothing choices.

Drawing Courtesy of Jack Bondy

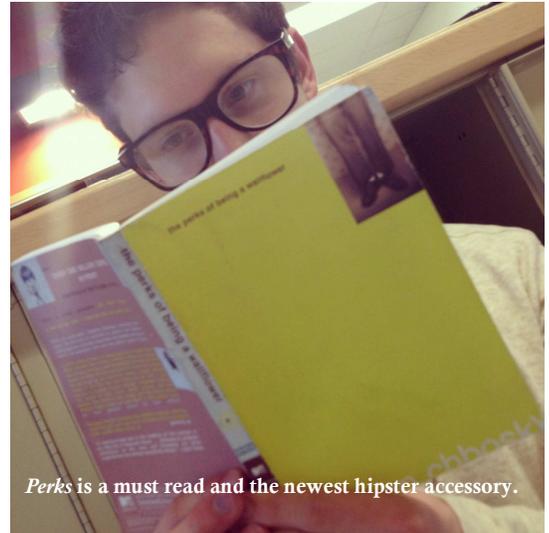
BOOK FACE: THE PERKS OF BEING A WALLFLOWER BY DERRICK GRAVENER

The last thing a lot of us want to do over the summer is crack a book after we did that pretty much the whole school year, but *Perks* is such a revolutionary novel that it doesn't feel like anything less than a gift. This little green book follows Charlie through his first year of high school which he is utterly terrified for, and although I thought it would now be annoying to read from the point of someone of this age, I found it surprisingly relatable because his tone throughout the book was very mature. Charlie is writing letters to an unknown person throughout the story and these are what we see. It's an essential

journey through Charlie that tells of someone finding themselves in the darkest circumstances, be it his Aunt's death or his best friend's closeted sexuality.

This book takes on some really controversial topics within it that it's been challenged for, but again, like Charlie's diction, it's taken on in a way that seems both mature and realistic. I used to be a huge reader but these days my taste in books has become increasingly picky. I have a lot of bookshelves in my house to place this one on but I always keep it right to my journal, it holds the same im-

portance to me. So, take it from me, a person who normally doesn't read religiously, that you will not be able to put this book down; it will stay with you for the rest of your life.



Perks is a must read and the newest hipster accessory.

NO ONE SCREAMS FOR ICE CREAM BY BRAYDEN NEWBERY

When you think of summer, what are some of the things that first come to mind? For me, it's the sharp snap of cheap flip-flops against the hot cement, massive discount cups of cola at McDonald's, the chilling splash of ocean water during a lazy day at the beach, and of course, the nostalgic jingle that signals the coming of an ice cream truck. What could be more accurate to celebrate the arrival of frozen Spongebob Squarepants on a stick than a playfully repetitive song that sounds like it's been pulled straight from the theme music of a children's cartoon? Unfortunately, the community of West Kelowna, BC has decided that the joyful soundtrack to the beloved dessert truck is actually tinny and annoying.

Their town has officially banned the use of music by food trucks, and the question remains: will this gloomy phenomenon spread across the province? One councillor of the West Kelowna district, Bryden Winsby, said that "[he doesn't] want [Kelowna] to go down as a no-fun city. Music is a good thing; some loud noises aren't bad at all. They give you a sense of celebration or excitement." Well said, Bryden; what a pal. Apparently, the motion to rid the town of simple joys was first passed due to many complaints from citizens who said that the songs played from the truck were just noise; one even went so far as to compare it to "fingernails on blackboard." She should probably just stay inside with her win-

dows closed then.

Kathy Michaels, a columnist from *Capital News*, said that "bylaws catering to potential intolerance are a bit over-reactionary," and suggested that the whiners probably should have been ignored. Ice cream truck owners that make their living on the Okanagan Valley agree. Kathy Erickson, owner of Scooter's Ice Cream said: "If we cannot play our music on the streets, nobody knows we are there." This painful sentiment was my personal first thought upon first hearing the shocking news; if I'm sitting in my back yard or on the beach facing the ocean, *how do I know* when that glorious beacon from my childhood should come sailing around the corner? It's more likely that I would miss my chance, which is a lose-lose situation: I miss out on creamy soft serve dipped in chocolate and almonds, while the owner of the truck is robbed of \$3.50. Erickson added that the music is "not any louder or more annoying than Harleys and trucks with boom boxes and loud muffles, so this is a happy sound."

Personally, I could really care less about

the government vs. community issue, or the polite universal belief that every opinion should be heard. Sure, maybe parents get sick of their children screaming and tugging on their sleeves every time the ice cream truck is heard from the distance, maybe that song, to them, is less like a melody and more like a trigger. However, I don't believe that the perils of saying "no" to one's child (ren) should outweigh the importance of fond childhood memories. What would it be like to never hear the sound of an ice cream truck approaching again? If we are to ban the ice cream jingle, then it is only fair that we also ban all car radios that have the ability to blare One Direction.

"What could be more accurate to celebrate the arrival of frozen Spongebob Squarepants on a stick than a playfully repetitive song that sounds like it's been pulled straight from the theme music of a children's cartoon?"

I scream, you scream, we all scream for ice cream!



WHAT'S YOUR IDEAL JOB? QUIZ BY STEPHANIE GOETZ

Summer is coming up fast and its time to hand in those resumes! If your looking for a job that matches your interests, personality, and skills well you are on the right track to finding your ideal summer job!

1. If you had a chance to fly anywhere in the world, where would you go?

- A. Italy, the food there is fantastico!
- B. New York, during fashion week.
- C. London, to listen to the local bands.
- D. South America to track through the Amazon jungles.

2. Your studying like a mad man for end of the year exams, how do you relax?

- A. Get in the kitchen and start cooking up a storm for some energy.
- B. Leave studying all together and start on my own creative project.
- C. Blast some tunes to take my mind off things.
- D. Go outside where the whole world is your textbook.

3. What catches your eye when walking down a busy street?

- A. That cool café you have always wanted to eat at.
- B. The new clothing boutique that just opened and is calling your name.
- C. The retro instrument store you have always wanted a new guitar from.
- D. Sports store to buy new gear for your next adventure

4. If your friends could describe you in one word, what word would that be?

- A. Zesty
- B. Creative
- C. Musical
- D. Adventurous

5. What channel do you mostly watch?

- A. The Food Network for new recipe ideas.
- B. Fashion Television, I love seeing the latest trends.
- C. Much Music, to listen and watch music videos.
- D. Discovery Network, I learn something new everyday.

6. When throwing a party, where would your friends find you?

- A. In the kitchen making delicious food for all the guests.
- B. Making last minute decorations to give the party a great scene.
- C. Playing the music for all the dancing feet.
- D. Socializing, telling friends about

current adventures.

7. In the summer where would you most like to be?

- A. Trying out new places to eat with friends.
- B. Looking for inspiration downtown for my next project.
- C. At an outdoors concert listening to up coming bands.
- D. Biking on trails in the forest.

8. What inspires you everyday?

- A. Everything about food, from the smell, taste, color and texture.
- B. Fashion is all around us, everyone has a unique style.
- C. Music, there is not a day that goes by without listening to my favorite bands.
- D. Nature, we live and explore it everyday.

9. What class do you have the most fun in?

- A. Foods/ Tourism
- B. Textiles/ Photo
- C. Band/ Choir
- D. P.E./ Socials

10. What do you want to experience after high school?

- A. Learn from the best at a culinary school.
- B. Getting a job interning for a fashion designer or taking a course in fashion.
- C. Going into a music program where I can learn more about music.
- D. Travelling the world to experience different cultures.

If you chose mostly A's

Here are some summer jobs to get you started in the restaurant industry:

- Cashier
- Host/ hostess
- Prep cook
- Chef
- Waiter/waitress
- Dishwasher

If you chose mostly B's

Working in the retail business is a great way in the summer to get started in the fashion industry. At the store you work at, it will teach you a lot about fashion merchandising, new trends and how to communicate with people, here are some job options:

- Sales clerk
- Work at a boutique
- Work at a jewelry store
- Intern with a fashion designer for the summer

Summer is almost here Sabres! Time to hand in those resumes!



- Help out with local runway shows and fashion events

If you chose mostly C's

For your love of music, there are some summer jobs that can keep the music around everyday, here are some options:

- Working at a local CD or vintage record store
- Helping out at gigs with bands that need help setting up equipment
- Work at local summer festivals with setting up stages
- Plan music events in the community
- Help out at a music camp for kids

If you chose mostly D's

Your adventurous spirit needs a summer job that will keep you moving and on your toes outdoors

- Work at a local SPCA
- Work at a pet store
- Work at community parks and forests
- Garden/ Mow lawns for neighbors

OUR SUMMER BUCKETLIST BY MARINA KHEM AND ZAHRA

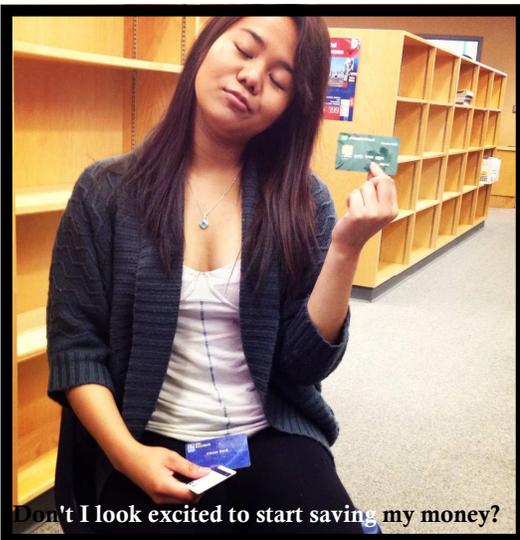
It's that time of the year again, "summertime when the livin is easy", whether you have plans or not this summer, it's time to give yourself a break from school and take it easy. It's time to cross out all of the things you have listed down on your bucket list. Here are some ideas to get you started and enjoy your youthful summer!

Road trip with friends!

Who wouldn't want to spend their summer with their friends on a road trip!? For me this summer, I definitely would like to explore more by going on a road trip with my friends! My idea of a perfect road trip is to do it in August! Everyone tends to be busy and have their own plans during the first month of the summer, so it will be the best way to end the summer by going on a road trip with my favourite people and spending some hard earned cash on what I deserve.

Save up money!

When it comes to money, I must say, I am horrible at keeping track of it. Even though I have a job, I always end up finding myself spending it on food or things that I don't even need. This summer, I have a goal of saving up at least five hundred dollars from my job. I may think it's impossible to not be able to spend the money during summer with all of the fun activities that will be occurring, but this is my goal and I'm hoping to achieve it by having fun without spending loads of cash! To do this you just have to find the right people to share the great times with! For those who are planning on saving up this summer, be proud of yourself! It's definitely a great challenge and you will be surprised how much you could save up



from your summer job, and maybe it'll be just enough for that something special you want.

Stay healthy

The pressure is on!!! Summer is here again and everyone has been hitting the gym for the past couple of months to get that "perfect" beach body. Come on though, it's summer, give yourself a break and be proud of your body! I would love to stay healthy, but when it comes to staying healthy, I wouldn't even know where to begin! I'll say it, I LOVE junk food, but who doesn't!? This summer, I want to see myself eating more fruits and vegetables, NO MORE FAST FOOD! Since I am not a big fan of the gym, I'm going to challenge myself to start jogging at least 3 times a week this summer. I guess we'll see how that turns out.

Volunteering

Summer is all about exploring and spending your time wisely. Some may choose to sleep in and go out at night, but I'd prefer spending my time helping the community. Volunteering will help with your social skills and your work experience. Choose where you want to volunteer carefully and make sure you're going to commit to the job. For me, I'd love to work at the Vancouver Aquarium or the Grouse Mountain Wildlife Centre. If you are an animal person, I suggest you check those places out! If you're stuck, I'm sure Ms. Giraud would love to help you find something that is "you," so run to her ASAP!

Bungee jumping

I always dreamt of that one moment when I can forget about everything in my life and just enjoy the moment, bungee jumping is a great opportunity to do so. Bungee jumping is a crazy thing to do, because you barely trust many people to share some things about your life, but while jumping you're trusting a piece of rope to save your life, so you can enjoy the excitement. During bungee jumping you forget about everything in your life and just enjoy the speed you're going down with the air going against you, getting so close to the ground but not touching because of the rope you've trusted, feeling like a bird that is getting close to ground but not landing. And if you think about your experience it might give you a more open view of life sense you know its value.

Exploring wild or historical places...or even your own backyard

It has always been my dream to be able to explore wild places such as jungles in Africa or historical places like Egypt. I always think that there are still



lots of hidden stories that need that need to be uncovered which would have a dramatic affect on human life, or some historical story that would answer many questions we have today. For example a secret castle or tomb with many secrets and things which are needed to be unlocked, or diving into oceans and discovering sunken ships like titanic and figuring out the story. However, if you're stuck at home for a stay-cation, then venture out to parks you haven't yet discovered, or beaches you haven't yet combed.

Diving

Imagine how fun it would be to swim deep into oceans and seas where you can see the ocean floor with all its beautiful fishes and sea plants. Being able to look at the world from an underworld point of view and swimming with dolphins and fishes, seeing the sun light under water is absolutely amazing. Try scuba diving lessons, and unlock the underseas for yourself.

Helping those in need

It is heart breaking to hear about stories that happen to some children or teenagers around the world or seeing many adults who have many conflicts in their life because of economical or political issues. One of my dreams is to be part of a team to go around the world and find children and teenagers who are in difficult conditions and in most cases have their rights taken away from them. I love to help them in anyways that is possible, such as fundraising for them, giving them education or provide an environment where they can meet their rights and needs so they can grow up to be successful people and build a great future. Social justice course is a primary step where you can get close to such dreams and I'm happy that we have this course available at our school, make sure to check it out if you have such dreams.

We all have different dreams and goals in life; it could be something extremely exciting or something to improve the world. It's up to you to accomplish these dreams, but the key to successful accomplishment is positive attitude and to be passionate about what you do! We hope that you will have an incredible experience and hopefully, you will be able to cross out everything on your list!

JACK WHITE JUST CAN'T STOP BY MATTHEW DICK

There is absolutely no mistaking who made this album if you have ever heard Jack White's voice, and that goes for anything he's ever done. From The White Stripes to The Raconteurs, over to The Dead Weather, Jack White has made his mark on rock and roll permanently.

His distinct vocals, guitar riffs, piano pieces and his drumming has carried through every band he's played with and every musician he's accompanied, and this definitely doesn't change in his first full solo album titled "Blunderbuss."

I don't see this as his greatest endeavour in his over 20 years of performing and recording, but let me assure you, if you like the Stripes for their three minute songs of pure overpowering guitar and singing you will love this album, and if you like The Raconteurs for some of their slower and more piano/drum oriented tracks then you're still going to love Blunderbuss. But be warned, this isn't like listening to Tokyo Police Club or The Black Keys, it's going to take a couple listens before you really love it and get what's going on behind every twang and strum of Jack White's guitar.

He hasn't taken much time off between tours with his various bands and associates and it really shows in this album, showing off everything he's learned from The Dead Weather and everyone he's played with. White said in an interview with the Georgia Straight that he feels "a responsibility – not a guilt, but a re-

sponsibility – to the word artist... a lot of people throw that word around... it's not an excuse to not work."

He is currently touring this album with two completely separate bands, one of only men and the other of women, which he chooses the night of each performance who will go on stage with him, allowing him to give the audience a completely different experience each night, he adds to the live experience by having no premade set-list to go by, they simply go with what feels right to them.

From the intensity of "Sixteen Saltines" to the swinging rhythm of "I'm Shakin'" there's nothing to not like for a fan of his previous works.

The continuity of the album is something to behold in itself, going from a harmony with his backup singers to full-out rock, to a steadily increasing mellow grouping, going right back up leading to "I'm Shakin'", followed up with four consecutive piano based songs and finishing the whole record off with a soft rock melody of a fiddle, brilliant harmonies



Jack White looks a little lonely without his usual encouragement, maybe cheer him up with some album sales

and electric pianos.

Make sure you check out this album no matter what kind of music you're into, be it hard-core, classical or even if you listen to The Beatles exclusively. Buy it at HMV for just \$12.99, or just download it illegally off of thepiratebay, I'm a student not a cop.

Suggested tracks: Sixteen Saltines, Freedom At 21, Take Me With You When You Go.

SABRE FM: UNCLE KRACKER "OH YOU MAKE ME SMILE" BY JULIA GAUNT

Even if he was my uncle I would be blessed. Uncle Kracker isn't really a common name around radio stations. He isn't a "Justin Bieber" or "Mac Miller", but some of his songs are pretty recognizable, especially if you are the type of person that listens to soft 'rock - N-roll'.

Matthew Shafer, or stage name 'Uncle Kracker' is a soft, 'rock-N-roll' artist. He began his career in 1987 and had been performing ever since. His brilliant, strong vocals make any song of his amazing. Shafer sings his songs through emo-

tions, and will create a smile on any person's face. His songs are easy to sing-along with (even though I have a bad singing voice) and will always keep a smile on my face. He has done a couple of cover songs, and has done a beautiful version of "Drift Away" (original version by: Dobie Gray in 1973).

Uncle Kracker has many solo songs as well (including a personal favourite of mine, "Smile"). His smooth silk voice is powering. Whether he is my "Uncle" or yours, he will never keep a person

from frowning. Check out some of his songs! And who knows you might even sing-along to them as well.

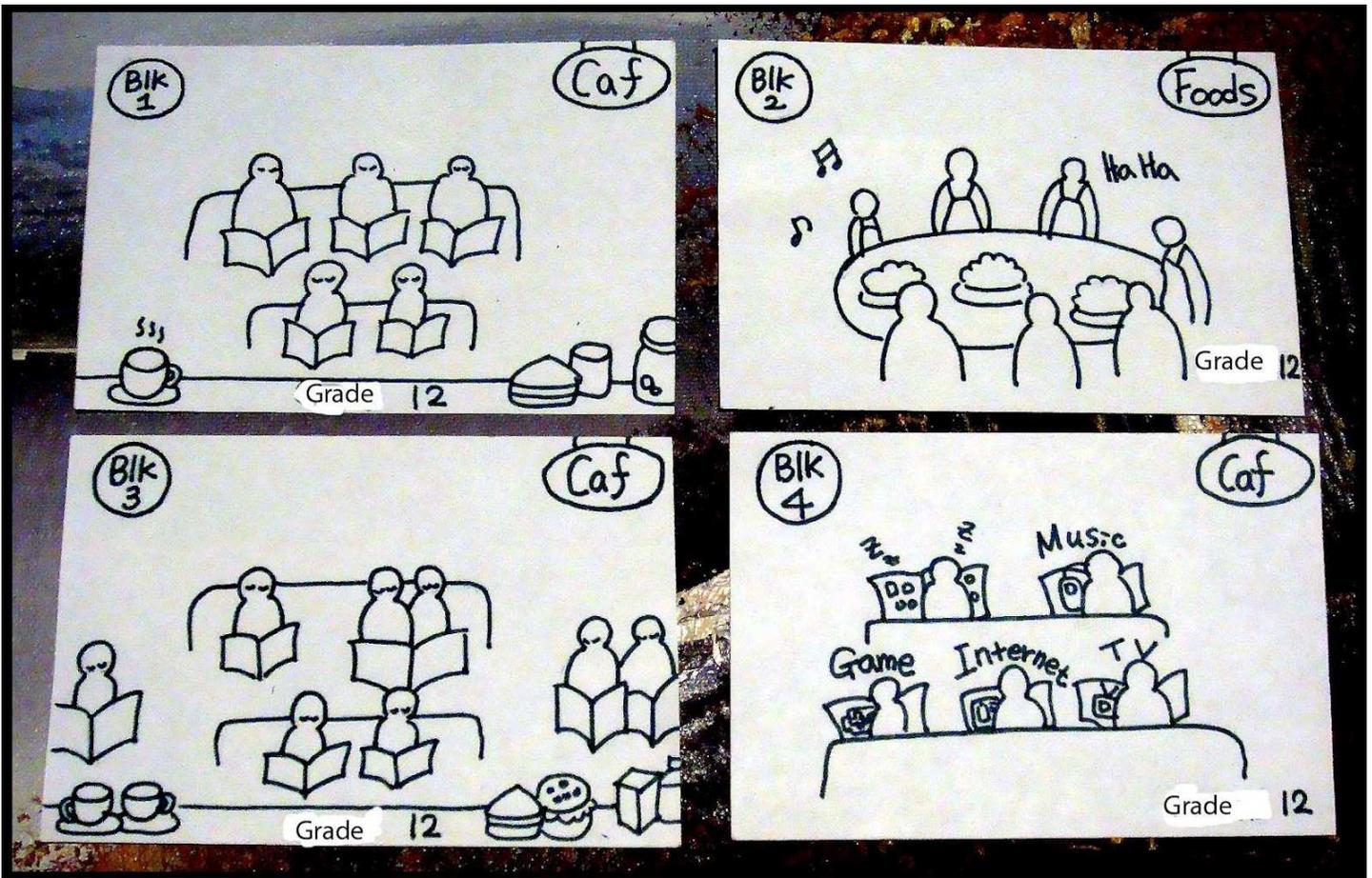
Some songs include;

- *Smile
- *Follow Me
- *Drift away



Uncle Kracker shows off his smile.

DIFFICULT LIFE OF GRADS BY DA SAN JUNG



TOP 5 IPOD APPS FOR TIME WASTING BY BRITTANY MRSIC

You've all heard of the typical go to's in an iPhone's app hunting experience. Popular apps such as Instagram, Angry Birds, Facebook and the like. Yet what else is there in the app world filled to the brim with another 500,000 choices to acquire (definitely not all free, even though most of these ones are), if you don't know them, then it is time to go looking.

1) **8Tracks**: a hybrid for every music lover who wants to share their taste with the world, and those who want to listen to them. 8tracks is basically a Myspace for different people's channels of music. You look up a genre or artist and get hundreds of eight song lists that you can listen to on the go and enjoy. The perfect way to find music, and definitely the most convenient.

2) **Shazam**: a simple little program. You turn it on hold it in the air, and in an instant it'll tell you what music is playing. Whether hip-hop, rap, or metal, it knows

what it is. Even without an Internet connection it'll save it's tidbit of information for processing when you do.

3) **Pages**: everyone has probably used word once in their life. This is the apple version of it. With the nifty things called iCloud you can write up documents and memos and have them accessible at any computer.

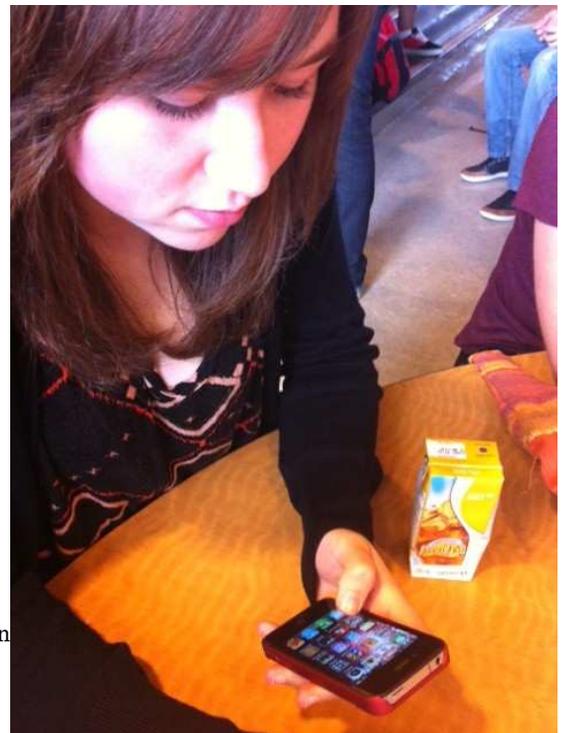
4) **Netflix**: bored in class? Bored anywhere? Pop in a few minutes of your favourite show. If you don't have a subscription borrow one, or use the swell youtube that comes on the device.

5) **Smurf's Village**: you watched the show as a kid. Now it's time to create a bit of that old magic. Create a fully functioning town of the cute little blue people. It's a great way to pass the time, and plus

they're adorable.

All in all, give a quick glance at the app market, Google, or other top lists. It's a world of time wasting adventure to be had.

The Addiction is endless



“GAME OF THRONES” REIGNS KING OF QUALITY TELEVISION BY JUSTIN SOLYOM

With its inception in April of 2011, HBO’s fantasy epic “Game of Thrones” has developed one of the most dedicated and loyal fan bases in all of television. Now putting the finishing touches on the second season of the show, “Game of Thrones” has proven to be one of the most popular series in HBO’s history, which is truly amazing considering the relatively short amount of time the show has been on the air, and the fact that the network already boasts such hits as “The Sopranos” and “Entourage”.

The show is based on the “A Song of Ice and Fire” series, which is written by author George R.R. Martin. There are five books in the series as of now, with two more planned for the future. The five books are available now include: “A Game of Thrones” (1996), “A Clash of Kings” (1999), “A Storm of Swords” (2000), “A Feast for Crows” (2005) and “A Dance with Dragons” (2011). The books series is exceedingly popular among critics and fans of fantasy alike, with it often being compared to J.R.R. Tolkien’s “Lord of the Rings”, at least in terms of scale and ambition.

On the other hand, you won’t find many people comparing both of these series in terms of story or characterization: Martin has stated in the past that he wanted to eliminate the fantasy “tropes” that he feels plagues much of the genre, including the “happily ever

after” ending and the “knight in shining armor” character archetype.

Martin more than sticks to his word; “good characters” are often killed in horrendous ways; popular characters are often either brutally killed or horribly disfigured. In fact, a certain event in the third book that involves many beloved characters and ends with many of them being horrifically murdered was one of the main reasons why the book series was adapted for television, according to producer David Friedman.

The title of the show, “Game of Thrones”, is borrowed from the first of the book series. This “game of thrones” aptly describes the main focal point of both the book series and the television series, with many of the major families of the imagined continent of Westeros vying for control of the land and the “Iron Throne”, a throne made of the surrendered swords of the enemies of the first conqueror of the land. Not only do both the book series and the television show boast an extremely original and engaging story, but they also have many intricate and complex characters that add further richness to the story on the whole.

The franchise also boasts a great deal of realism, at least as realistic as any book/television series that includes dragons and snow demons has any right to be.

The plot is rife with conspiracy theories and political intrigue, and is not for the faint of heart; extremely abrasive subjects such as rape and incest are explored, with death often being described in intricate detail. The amount of gratuitous sex and violence in the television series has caused for a great deal of criticism among viewers and critics alike, although a fair amount of this criticism unwarranted.

Due to the increasingly brutal nature of the book series as it progresses, many readers have



Peter Dinklage won an emmy for his portrayal of the cunning Tyrion Lannister.



taken to calling their previous unassuming selves “summer children”, as similarly described in the book. “For they are the knights of summer, and winter is coming” was the way the phrase was used in the books, to describe those unprepared for the hardships ahead. If you do decide to take the plunge and give this amazing series a try, be warned; all of your previous innocence will be lost once you have had your favorite character’s death described in gory detail.

The “A Song of Ice and Fire” series by George R.R. Martin and its television adaption are perfect for those who enjoy fantasy and a complex and intriguing plot. The franchise is both extremely popular and original because of the fact that it is exceedingly unpredictable and provocative, with no character safe for certain, fans of the television series and the book series alike are aware of this fact by now I’m sure. Because “when you play the game of thrones, you either win or you die.”

WORD ON THE STREET BY FRANCES MILITMORE

The newest word on the street is not a word at all, but rather an acronym disguised as a word. YOLO is not often said, but rather yelled by kids, leaving adults in an air of confusion. I asked teachers and my mom what they thought was the meaning of this misleading and over-used term.

Mom- Do you mean lolo? As in Lower Lonsdale?

Mr. Mikkers- Young Orange

Leftist Olivent
Ms. Lieblich- Yo hello
Ms. Garcia- Hello...?
Mr. Fortin- Ah like the Yo la Tengo band.

Unfortunately, nobody was right, but Mr. Mikkers was on the right track since he recognized it as an acronym. YOLO stands for You Only Live Once and is commonly blurted while performing an act of stupidity.

Examples:

Mom- Frances, don’t you dare..

Frances - YO-LO!

Mom- ?? >:(



Getting snugly with white trash YOLO!!

THE ABRIDGED BIOGRAPHY OF DA SAN JUNG BY DA SAN JUNG

On July, 28th 1999, it wasn't a special day until my mom and I were driving on the highway. There was a head on car collision which completely changed our lives. I still remember it with vivid images in my mind, but only little portions of it. There was a loud honking sound which didn't end until the ambulance arrived. I didn't know what was happening around me.

People were getting out of their cars coming closer to our car trying to break the window since the doors were locked. I couldn't look next to myself. There was blood around the car and the ambulance came and first took my mom away. I panicked because I was alone. Then the next ambulance came, picked me up and I was lying down on the bed, waiting and thinking. The next event that I remember was that I was in hospital lying down and hearing people crying around me.

I had to stay in hospital for about twenty months and had a surgery on my knee, gall bladder, and stomach which took about eighteen hours. Even after the surgery it wasn't getting any better. I don't really feel like the accident affected me that much because it happened when I was so young I don't remember most of the time in the hospital. I couldn't walk for a year after the surgery and even when I started to walk I was limping. It still bugs me to this day and I always feel a bit challenged when I am playing sports, so I always try harder and try my best. It still is really difficult to compete during sports since my knee often hurts.

My parents always told me to avoid rough sports so for me even playing soccer was not allowed. It was March of 2001, when I was fully recovered and it was time for me to go to elementary school. I managed to stay focused in



school but didn't make many friends since I was really quiet and didn't communicate with anyone else. The only difficult part was studying since I didn't know any Korean so I was always behind in school work.

The accident changed my mom's life completely. She was 29 when this happened and it had a huge impact on her life. She had to adjust her life due to eighteen surgeries that she had and most importantly because of her brain and back surgery she was not able to walk. It took her three years and a half to fully recover. I still remember the day when she came home from the hospital in a wheelchair with my dad.

She never lost her smile and always stayed positive which made me really comfortable and it helped me to stay strong and to believe in miracles. My personality changed and I started to talk openly with many people. In late 2004 all of a sudden my mom tried to stand up and it was most likely her strong will that allowed her body to walk. She was able to walk although she could only do it for a short period of time due to dizziness. Fortunately, now she is completely recovered and she can shop for hours!

As a kid, I spent most of my time staying with my grandparents since my dad was always busy. When I was a young seven year old I cried a lot and I was afraid to get on any vehicles. The only activity that connected me and my mom was baseball. I started to play in grade two and I always tried my best during a practice or during a game since baseball was my mom's favourite sport. For me it was almost a win or die situation because the only reason I was playing baseball was for my mom. (Lately, whenever we go back to Korea during the summer my mom and I always go to the baseball games.) I had to quit baseball after grade four because I got hit by the ball and got a concussion, although I began to play again in grade five until I



came to Vancouver.

Now that I think about it, I wouldn't have come to Canada to live if my mom and I hadn't gone through this ordeal. My mom wanted to experience different culture and she convinced me to study and live in Canada. Sometimes, when I remember about the past, I feel really lucky that I am able to do whatever I want to do and also I feel thankful that my mom is still around me. I think the incident really made me more mature (I know I can be immature sometimes in school...), a stronger person and I tend to think carefully. I always try to be positive and even when I'm a bit stressed I think about what could have happened throughout my life and tell myself, "This can't be that tough" and always try to fight off whatever the challenge might be.

INTERVIEW WITH BOMBTASTIC BONDY BY VISH KANGA

Hello Sabres! The Kangaroo is back and for my final article for the *Sabre Trooth*, I will be doing something that I've wanted to do for a long time--to recognize Sutherland's art program. Here at Sutherland many people overlook the amount of talent we have in the art department. We always tend to look at the more popular forms of art such as sports and acting.

These two are very hard to perfect and can take up to years of blood, sweat, and tears to finally reach a certain goal that one sets. This is also the same with drawing and painting and to be honest it's an amazing skill to have in your repertoire. Looking through many different sketches and having taken a great consideration of pictures, we here at the Sabre Trooth would like to honour our very own Jack Bondy as Artist of the Month. Jack is a very busy man and I had to hunt this fellow down. Finally when this "sexy beast" quoted by a gr.11 girl, was free of any women, I made my move and asked him for an interview.

Jack Bondy= JB
Sabre Trooth= ST

ST: Hello Mr. Bondy, First off, on behalf of the *Sabre Trooth* I would like to congratulate you on being the Artist of the Month and thank you for sharing your time with us.

JB: Thanks.

ST: Do you prefer painting or sketching?

JB: Sketching because there is no colour involved in a sketch, I feel that the viewer should be able to visualize their own colours in their mind, so one sketch could look very different for two different viewers.

ST: That is a very interesting point Jack. Where do you get your inspiration from?

JB: I mostly get inspiration from movies and video games, I'll tell you man, some designs in movies are incredible.

ST: Interesting...What is your favourite genre to sketch?

JB: SCI-FI. I've loved science fiction ever since I was a young lad, however, I also enjoy drawing

ST: How old would you say you were when you started drawing and how long have you had this passion?

JB: I probably started seriously draw-

ing at around age 7, so around nine years now.

ST: Wow, that's amazing! Have your drawings ever been showcased publicly?

JB: Actually yes, to my surprise one of my (few) paintings was showcased at Capilano Mall, here in North Vancouver. Unfortunately, it was a painting I personally disliked. Perhaps I should start making drawings of stuff I don't like more often (Laughs).

ST: A comedian and an artist is what you are sir! Have you ever entered any contests? If so how did you do?

JB: Yes, once in an art class we were told to come up with a design for a banner in the 2010 Winter Olympic Games here in Vancouver, unfortunately, I didn't win, I still cry about that sometimes.

ST: Don't even worry about it Jack, I'm sure that the judges messed up or something....What does an artist like you do to have fun?

JB: On my free time, I enjoy hanging out with my friends, shout out to my homies the N/Fs, DA PACK ain't got nuttin on us! And I also like to play video games. On the odd occasion I enjoy interacting with my cats.

ST: This group named the N/Fs have become popular very lately, would you care to enlighten the school on whom these people are?

JB: (No comment)

ST: What is your favourite food?

JB: I love sushi! It's amazing! I also enjoy Fettuccini Alfredo; it's definitely the best dish on this planet.

ST: Do you like sports?

JB: Sure, I like them, it's just I'm not particularly good at them.

ST: Would you like to pursue a career in art?

JB: Definitely not. As much as I like art it would be very stressful as an occupation. I could just picture someone calling me asking "Hello I would like 10 paintings by Friday!" I feel that it would be too much of a grind and I also feel that drawing is something you cannot rush. I feel that one must take as much time as possible to implement every little detail.

ST: Wow! That's really well said. Last question: do you have any tips for any young aspiring artists?

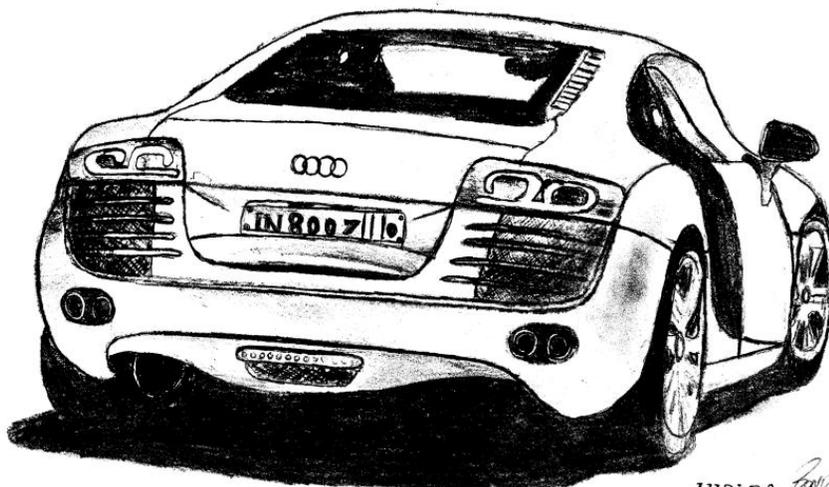
JB: Once in a while you should show your art to your friends and family and ask them their honest opinion on it. Do they like or dislike it about it? What could you do to improve it? With this in mind, you will be able to perfect your art and make it appeal not only to yourself but also to others around the world.

ST: Thanks for your time Jack. It was a real pleasure man. I wish you all the best in your art and I hope to keep seeing your beautiful sketches for years to come.

After a long year as part of the *Sabre Trooth* it is unlikely that I have met and interviewed a person like Jack Bondy. An artist, comedian and a ladies' man along with a great personality proves that Jack Bondy was a fantastic choice for June's Artist of the Month. Next time you see him, ask him to show you some of his sketches-I promise you won't be disappointed.

Journalism has been a great course. The skills that I've acquired and people that I have met are very unique. It has been an honour writing for the *Sabre Trooth* and entertaining many of you for the past year. I hope that you will all continue reading this brilliant school paper. Your support is greatly appreciated. VK trolling out.

You mirin bro?



ARMS OF STEEL: THE FINAL PUMP BY AMIT DHUGA

"No pain, pain is for [wussies]," a great friend (*cough* my brother*) once told me. Throughout the year, I have covered the back, legs, chest, and shoulders. Now, the wait is over. This article is about some of my favorite exercises that build the muscles I am most known for (according to the ladies), the biceps and the triceps. Sabres, I proudly present the third and final chapter of my franchise, "Feelin' The Pump Once Again!" ... this is "Arms of Steel: The Final Pump." Ever wanted to fill in those loose sleeves of t-shirts in your wardrobe? Or just look in the mirror and say "daaamn"? Well here are 4 (since I don't have room for all 14) of my favorite workouts that'll surely get your arms pumped a couple of inches!

Bicep Curl (Bar): This is a great exercise that really targets your biceps very effectively! Stand with your feet roughly shoulder-width apart, and knees slightly bent as you hold the bar in front of your thighs. While squeezing the biceps and bending the arms, curl the bar up towards your shoulders, but keep in mind that you **MUST** have your back straight and elbows stationary! The last thing you wanna result in is not being able to finish that last rep because of a collapse of the bar or yourself to the floor due to a serious back or elbow injury. After the bar is lined up with your shoulders, lower the weight back to starting position, but be sure to maintain control when doing this or your elbows could be severely slaughtered.

Preacher Curl (Dumbbell): this exercise is just one variation of the infamous "Preacher Curl," but the feeling is still explosive, I mean literally, your bi's will explode!! While sitting on a bench, place your elbow on your thigh so your arm is at an angle. Slowly lower the dumbbell so it is almost parallel to your thigh, and then slowly raise back to the starting position. If you are



The Overhead Tricep Extension

having trouble raising your arm back up, use your other hand to assist with helping lift the dumbbell, just be sure not to depend too much on the arm that isn't doing the heavy lifting.

Personally, biceps are my favorite part of the body to work (would you have ever guessed?), and I wanted to find out what part some of my other friend's/fellow grade 11 fitness classmates' favorite body part is to work on. Mahsa Ehtemam explains to me while she is shedding calories on the Elliptical, "I actually prefer cardio because it gives me energy!" Which is great because cardio is excellent for the heart, legs, and incinerating that flabby belly. Daryl Labar-da simply states with his "tough" guy face, "biceps because it has a large variety of exercises" which is true, many workouts are out there to target the biceps, but are only effective if performed correctly. Quinten Ditomaso says, "they are not the most important, but I find they are the easiest to work on and the results can come pretty quickly." This is not necessarily true, yes they are easy to work and results can come quickly but only if done properly, but they are one of the most important body parts because we use them for lifting heavy objects and hey, how else are us guys supposed to impress the gals? Also in my fitness class, Emer Bryan Vicente, grade 12, proudly rubs in my face "abs are my favorite because I have them!!" which I have nothing to say about other than "JEALOUS!!!"

Triceps Pushdown: if this doesn't "hit the spot" in your triceps, then I don't know what will! Stand roughly shoulder-width apart and your hands should be in front of your chest, grasping the bar, and palms facing the floor. Slowly push the bar down until your elbows are straight, but they can't be locked (also be sure to not bend your wrists or lean forward, your back should remain as straight as possible throughout the exercise). Bending your elbows, slowly return to the starting position (while maintaining control!).

Overhead Tricep Extension: a solid exercise to add some mass to those triceps! While sitting on a bench, grasp a dumbbell by the handle with both hands, and extend your arms upward so the dumbbell is above the back of your head. Your back should be straight and your head should not be tilted. Slowly lower the dumbbell until your arms are parallel to the floor (elbows bent at a 90 degree angle). Then slowly push back up to the starting position in a

controlled manner.

There you have it Sabres, bodybuilding tips and workouts from the Big Dhuga that focus on the back, shoulders, chest, legs, biceps, and triceps (a complete program for the summer!) I asked Jared Swant, grade 12, if he had any last words to give about bodybuilding before the torch is given to me, and he describes honorably, "A good tip is never to give up, if you don't see results right off the bat, don't be discouraged, hard work and time will tell. Get a blank planner or book and record your workouts and always try to step yourself up every time, outwork your-



The Bicep Curl (Bar)... and Robert



The Tricep Pushdown

self, and it helps to have a friend who is just as determined as yourself to push each other to that breaking point. To top that off, eating well makes you feel better and more in the mood to workout. You'll only gain as much as you put in."

Now, final tips from myself...always put **ALL** your dedication into your workouts, and never doze off because that will not lead to the result you are trying to achieve. Also, it's never about how much weight you're lifting; it's about the exposure of the workout. Don't let anyone judge you in your quest for great results, because in the end, you will be the one who has achieved and enjoying the "award."

For any more information on bodybuilding, just come see me! Hopefully I will be back in Journalism next year, but till then this is Amit "The Big" Dhuga, and my last quote for this year's Journalism class is, "Be the hero, feel the pain, feel the pump."

BIG IN JAPAN BY CHANDLER MCCORKINDALE

Want to hear a cool story bro? A story the Jordan Ladhar would be jealous of? Then look no further, readers, as here is my account of my time in the country known as Japan.

Tue, April 17th

The adventure of a life time begins. On this very day, the Sutherland Secondary Senior Concert Band began their trip to Japan by taking a bus to YVR. Once we were at the airport Carson Hammner and I already had a brand new experience and we had not even left the country yet! We were basically bent over by airport security because our unattended bags "resembled bombs and need to be incinerated". From then on we spent the rest of our day struggling to get through a brutally long flight.



Wed, April 18th

We have finally arrived at the Narita Airport after a rough 10 hour flight. Once we had gathered all our bags and instruments we took a bus to the Soshin Girls' School in Yokohama, there we met Mr. Abe (the band teacher), Ms. Shimana (the principal), and our host families.

I was paired with Jackson Spencer (yes readers, it was a struggle) and after meeting our host family we were taken out to an all you can eat sushi buffet. We ate many things I would normally never eat like: jellyfish roll, egg yolk and beef roll, nato roll (a fermented soy bean, e.g. vomit), a caviar roll, and a roll filled with tiny silver fish that still had their eyes attached! After dinner we drove to grocery market where we were able to pick out our meals. The family had money, what can I say? After a very long day we were taken home to our apartment and put to bed where we slept on a very comfortable carpeted floor.

Thu, April 19th

6 am wake up call, and the day begins. Jackson and I woke up to a very peculiar breakfast this morning, it was basically a dinner. We had cooked salmon, fried chicken, rice, soup. Honestly I don't even think I had cereal while I was there. After that the trek to Soshin began. We had to take a bus to the train station (aka hell on earth), at the train station you have to be fast and efficient or you don't get the train because this place is packed. Everyone takes trains in Japan and these trains are packed, they get so packed people are hired to push people on to the trains! After the train we had to walk up a massive hill to the school, I don't know how those girls do it every day but I do know they have calf muscles like Amit Dhuga...

Once we arrived at the school we got to sit in on a lovely church service, while I did not comprehend a single word of the service I

did get to appreciate the beauty of the chapel and its amazing pipe organ. After that we were treated to a tour of the school and we even got to sit in on an English class. Shortly after the tour we left for the Landmark Tower in Yokohama which is basically the Japanese Empire State Building and we got to see a great view of Yokohama. Then we went to the Nippon Maru (sailboat) which was kind of boring, and then off to Chinatown. The Japanese Chinatown is nothing like the one in Vancouver, it is beautiful, massive, and it doesn't have a weird smell associated with it. Later we went back to the school for one of the rare band practices we had on the trip and then packed up and went to our homestays.

Fri, April 20th

Same brutal wakeup, same grueling trek, but new sights to see! Our first stop of the day was the Imperial Palace which is where the emperor lives. The palace is surrounded by huge wall from olden times and has a huge gravel walkway surrounded by cherry blossom trees and a moat. The palace was beautiful and I thought it was a great way to start the day. Later we went to Big Camera, which is basically a Best Buy/London Drugs/Toys R'Us. This of course is where I picked up a Beyblade (boner-alert readers)! Then we hit up Ginza; aka the most expensive street on earth.

This street had an 8 story Armani store, a massive Apple Store, Louis Vuitton, Gucci, and more. The street is Robson on crack but I'm going to stop before I get Marina White too excited. After the street that made me feel like I was welfare we went to the street that could actually accept my measly dollars: Asakusa/Sensouji.

This place is a shopping village with cheap prices but great products; it is here that my wallet got a lot lighter. Also there was a huge temple where you could get your fortune

it.

Sat, April 21st

Today is the big day, today is the day of our concert. We got to perform with the Soshin Girls' band at the Tsuzuki Public Auditorium and it could not have gone more swimmingly. With an expert rendition of "O Canada" by Claire Nicholson and Yours Truly, the concert started off with a bang and ended with a Disney medley that brought the house down. Although the concert was great Jackson and I really brought our musical talents to the table later that night at Japanese Karaoke. Karaoke is a huge industry in Japan it is nearly everywhere and the place we went was pretty much an apartment building filled with karaoke rooms. Karaoke was so much fun but the highlight of the night had to be singing "Like a Virgin" with our stunning host mom, and watching Jackson Spencer literally stop time with his renditions of many a K-Pop song.

Sun, April 22nd

Jackson and I realized how much we mean to our family as they paid for our Tokyo Disneyland passes, lunch, and our souvenirs. It was such a genuine act of kindness I am not sure if I have ever been more touched. At Disneyland I slowly realized that it was exactly the same as any Disneyland but it was just filled with Asians. I had a good time but it was Jackson Spencer who had the time of his life because he lost his "Disneylandginit". Watching him struggle to go on Splash Mountain was just priceless. Later we went out for Tempura and sushi and let me be the first to tell you that you haven't had tempura until you've had tempura in Japan, it really puts the tempura here to shame.

Mon, April 23rd

Today is a sad day as we have to say good bye to our host families. The waterworks just can't seem to stop flowing and it is a genuine struggle to console our families that have treated us as one of their own for almost a week.

- Continued on the
Next Page

BIG IN JAPAN - CONTINUED

We promise them that we will see them again and we hid off to the next city. After a short flight out Haneda Airport we depart for Komatsu. Komatsu is nothing like Yokohama, it is a suburb like city with warm weather and it doesn't have the busy feel that the downtown city of Yokohama has. Also for some reason everyone drives there and they have TVs at the front of their cars that the watch while they drive...Safe much? I enjoyed Komatsu, but nowhere near as much as Yokohama.

We arrived at Komatsumeiho school for a welcome ceremony. The conductor (Mr.Saito) begins to put on a Luongo jersey as "Hockey Night in Canada" rings through our ears and suddenly it seems all of us begin to scowl as today was the day we found out from a phone that our Vancouver Canucks were knocked out of the playoffs. Later we met our host families and began the routine we started in Yokohama all over again.

Tue, April 24th

We begin our day at Meiho high school where we got to sit in on an English class and a Calligraphy class. You know how Ms. Permanand was always hard on us in French? While believe me when I tell you that this English teacher makes the "Perminator" seem like a warm fuzzy kitty.

She yells, she snaps, she is ruthless...but she gets results. Calligraphy was much more peaceful; we learned to write our names in Japanese in this class...while some of us did. (Editors



note, I can barely write readable English, let alone Japanese. Later we had another band practice and then we went home and I watched Jackson get frustrated over a nine year old kid who causing him to lose a "team death match" in MW2. (Editors note: sad life, Jackson)

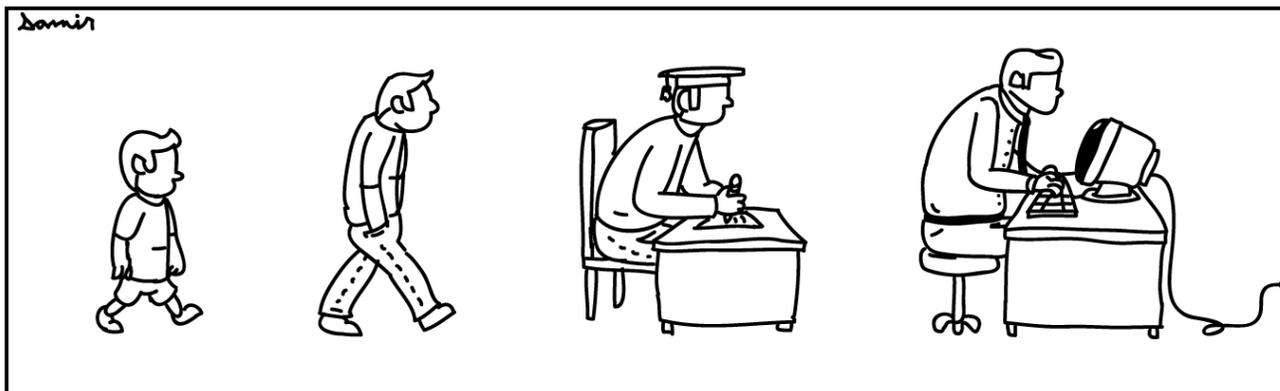
Wed, April 25

Today we got to visit the beautiful Kenrokuen gardens. It is a massive garden with very old fountains, trees, and beautiful flowers. Later we got to go to a Ninja Temple where we saw sliding doors, hidden stairs, hidden rooms, and even a suicide room. The Ninja Temple was spectacular. After that we had our final concert at Meiho School. Later we went to a BBQ your own food kind of restaurant; it was really nice to finally have some red meat. Then we packed up, headed to bed, and prepared ourselves for a long flight home.

Thur, April 26th

Another sad goodbye, another trek to an airport, and I am in the worst mood ever. I just want to go home because I am sick of fish, and I've been missing too many classic Dean Moncado personal stories. We finally leave around 5pm and are headed home.

Japan, a country I knew nothing about and yet now I consider it one of my favourite places on Earth. I hope this account of my time in Japan teaches you the readers about how much fun a cultural experience can be. I hope this inspires you to go out and have your own adventure because honestly it will change your life. I know this adventure changed my life and I hope this article changes yours.



Evolution of Grad

Good luck,
Class of
2012
- Samir

BLOCKBUSTING SUMMER PICKS BY NATHAN MAYES

With summer just around the corner and a plethora of a new movies coming, some catch my attention more than others. I'm going to shed some light on some films you might have heard of, and hype you guys up for some very, very, very big releases this summer *cough cough Batman cough*. So here's a few of my most anticipated movies of summer 2012. Note: My list of most anticipated movies only include movies released after classes end (June 15th) and when school comes back after summer (September 4th), sorry *Prometheus*.

The Dark Knight Rises- Release Date: July 20th
Starring: Christian Bale, Anne Hathaway and Tom Hardy
"Eight years after Batman took the fall for Two Face's crimes, a new terrorist leader, Bane, overwhelms Gotham's finest, and the Dark Knight resurfaces to protect a city that has branded him an enemy."
Source:<http://www.imdb.com/title/tt1345836/>

Why I want to see it?- Christopher Nolan's Batman movies are a couple of my all time favourites, not to mention I'm a pretty big Batman fan in general. *The Dark Knight Rises* has been hyped to be the best Batman film yet, and after *The Avengers* it needs to impress even more than it had to before. Everything about this movie is enticing. A few new characters (one who may have a lot more importance than what's been shown), a very large time jump (double the amount of time actually between the two movies), and a super secret ending that no one in the cast was allowed to have up until it actually happened. Not to mention all the new Bat gadgets! This film has been a long time coming and the world is waiting for the epic conclusion.

The Amazing Spider-Man
Release Date: July 3rd
Starring: Emma Stone, Andrew Garfield and Rhys Ifan

"Peter Parker finds a clue that might help him understand why his parents disappeared when he was young. His path puts him on a collision course with Dr. Curt Connors, his father's former partner."
Source:<http://www.imdb.com/title/tt0948470/>

Why I want to see it? - Well, to be totally honest I want to see the new Spider-Man to watch it fail. There have been rumours that Sony isn't very pleased with the end product and is already switching up the creative team for the

sequel. *The Amazing Spider-Man* looks ok from trailers, but there seems to be some major origin changes (like Uncle Ben may not die!), and as a whole seems a little unnecessary not to mention the costume isn't as cool too. There are some things I'm looking forward to though, like the lack of Kirsten Dunst and Tobey McGuire. Probably the most exciting thing I can't wait to see is Peter Parker in high school, being a nerd, who makes web shooters (I love the web shooters!) Spider-Man doesn't really even stand a chance coming out 2 weeks before Batman, and coming out the same year as *The Avengers*. Good luck Spidey.

Seeking a Friend for the End of the World- Release Date: June 22nd
Starring: Keira Knightley and Steve Carrell

"As an asteroid nears Earth, a man finds himself alone after his wife leaves in a panic. He decides to take a road trip to reunite with his high school sweetheart. Accompanying him is a neighbor who inadvertently puts a wrench in his plan."
Source: <http://www.imdb.com/title/tt1307068/>

Why I want to see it? - With all the end of the world panic that's been going on it's just nice to see an apocalypse movie that takes a lighter tone to it. After watching the trailer, I can tell there will be laughs to be had and lot of shenanigans to be seen. *Seeking a Friend* also just gives off that vibe of a possibly heart warming story too. This movie could show that the end of the world isn't so bad, if you have a friend. (Cue corny background music.)

Abraham Lincoln: Vampire Hunter- Release Date: June 22nd
Starring: Benjamin Walker and Rufus Sewell

"Abraham Lincoln, the 16th President of the United States, discovers vampires are planning to take over the United States. He makes it his mission to eliminate them."Source: <http://www.imdb.com/title/tt1611224/>

Why I want to see it? - Abraham Lincoln. As a vampire hunter! The concept alone sounds like a fun ride. There's also Tim Burton and the guy



Not your typical Build a Bear Workshop bear

who directed *Wanted* behind this thing, so I see a wild ride to be had. And it's just nice to see some vampires in a movie that don't sparkle.

Ted - Release Date: June 29th
Starring: Mark Wahlberg, Mila Kunis and Seth MacFarlane

"A story centered on a man and his teddy bear, who comes to life as the result of a

childhood wish."

Source:<http://www.imdb.com/title/tt1637725/>

Why I want to see it? - Seth MacFarlane finally gets a feature length film getting to play stuffed animal Peter Griffin, I'm down. The trailers are also pretty funny; the character of Ted seems really outrageous and will probably have the usual MacFarlane flare, and Mark Wahlberg playing a dumb guy, which looks rather entertaining. Also, Mila Kunis, that is all.

Brave- Release Date: June 22nd
Starring: Emma Thompson, Kelly MacDonald and Kevin McKidd

"Determined to make her own path in life, Princess Merida defies a custom that brings chaos to her kingdom. Granted one wish, Merida must rely on her bravery and her archery skills to undo a beastly curse."

Source:<http://www.imdb.com/title/tt1217209/>

Why I want to see it? - It's a Pixar movie, why wouldn't I want to see it? (Unless it's another Cars movie, no thanks.) *Brave* is also the first Pixar movie to have a female protagonist, and overall has a very different feel to it, which should be fun, and the characters are Scottish (bonus points). Now I'm



Dark Knight Rises + Josph Gordon Levitt = Batman Beyond???

not sure Pixar has different creative teams on their movies but the trailer says that the people who made the really good ones (like *Up* and *Toy Story 3*) are behind this, so it should be pretty freaking fantastic.

I will definitely try to scrounge up the cash to see every one of these movies this summer, and my amount of movie popcorn intake has been severely lacking. This list has movies that I think anyone could find at least one of these interesting and should also try and give them all a try. But if you can only afford to see one, see the Batman movie. Why? Because Batman.

TRI-FORCE ADDITION MOTHER'S BASEMENT BY THE PROPHET, SAMIR, RYAN MCCORMICK

As the school year wraps to an end, it also ends the year for some of previous Journalists, the grade 12's. Now obviously we can't let this school year end without a bang and that's exactly what we're going to do. Welcome to the Mother's Basement Tri-Force Addition. You've probably already met them before, as they have written for Mother's Basement. Now I have no idea how I was talked into this, because as you may or may not know, the Prophet is a lone-wolf badass. I guess just this one time because one of our more interesting writers is going to leave. Now you've probably not faced something this extravagant as this, but don't worry, we'll leave you breathless.

Game of the Year

Prophet's Choice: Hmm, this is tricky as we did have quite good releases in the 2011/2012 year but I have to say that this award in my opinion will have to go to Diablo III. Now, this actually came out not too long ago, but this game has probably been really anticipated by most of the video game fan base. It's a great game, and I assure you to go pick it up if you so do please, but if you don't, well there's other decent games out there too so don't be too bummed.

Samir's Choice: The 2011/12 timeframe didn't provide seem to wow me as much as it catered others with games like Skyrim and Modern Warfare 3. A few did stand out for me though: Infamous 2, Uncharted 3, Batman: Arkham City, Bastion and Gotham City Impostors (overlooked, multiplayer game that blends Team Fortress 2 with Call of Duty and Batman influences). But if Rayman Origins didn't make me cry childhood-based tears of joy, then I don't know what did. 2D and beautifully crafted, oozing with charm and crazy gameplay, Rayman definitely takes the imaginary award this time with its homage to the past.

Ryan's Choice: This is a tough one, because there have been so many good games released in the past year, but deus ex Human revolution takes the proverbial cake(it's a lie). It has great graphics, good gameplay, an engaging story, and while the protagonist never asked for this, what more could you ask for in a game?

Worst Game of the Year

Prophet's Choice: These are not hard to point out, 99% of the time Movies that are later made into video games are usually the WORST. To further make my point, take a look at Transformers: Dark of the Moon. I guess no CGI effects or hot girls can save the Transformer's Video Game Series from being the absolute

worst in all there was. I also want to point out that most Kinect Games are terrible, because of their lack of everything. How terrible you say? Like don't-waste-your-money-on-this-game-because-it's-going-to-be-leaving-you-unsatisfied-just-like-you-sacrificing-your-video-games-for-your-"girlfriend"-terrible.

Samir's Choice: There's always bad games out there, crawling in the seedy underbelly, just beneath media-awareness. But the one game that makes me want to tear up all my signed photos of George Lucas is Kinect Star Wars. Not every subject needs to be made into a Kinect dance-game, Microsoft. Especially Star Wars. What exactly do stormtroopers dancing to horrible pop music have to do with this classic, pillaged franchise?

Ryan's Choice: Any movie crossover for any platform ever. They are unilaterally terrible and if you buy them you should feel bad.

Worst Game in History

Prophet's Choice: Oh boy, this'll be fun. The Atari 2600, a console which not many of [you] readers will know, probably was the best putting terrible games on the market. I actually had the unfortunate luck of owning one, once upon a time. Anyways, there's a port for Pac Man on the Atari 2600 and let me get this straight, Pac Man is amazing. Pac Man is probably one of the greatest ancestors of gaming in all time. Now you may ask, then why is it so terrible on the Atari? Well I don't know about you, but if you EVER played this, you will soon realise the terribadness of this game. The sound is terrible, Pac Man's traditional "wakka wakka wakka wakka" sounds like "bonk bonk bonk" and the arrogance of the company just adds to it. Now it is the best selling game on the Atari Console, but I think it's only because people loved Pac Man. Atari produce 12 million copies of this game, while only 10 million Atari's were sold at the time. It's like this; lots of people love Call of Duty: Modern Warfare, but people only bought MW3 just because of the title and if they knew how bad this game is they probably won't have bought it.

Samir's Choice: Tennis for Two. God this game was so bad. It was just two lines hitting a line over a line. The graphics were just awful.

Ryan's Choice: Extreme paintbrawl. You probably haven't heard of this, and for good reason. The game is a poorly, and I mean extremely poorly, modded version of Duke Nukem 3D, with abysmal AI, bugs from here to the far side of pluto, and numerous other issues, probably owing to its two week production time.



Best Game in History

Prophet's Choice: Now there are many contenders for this title, but I think this title should be given to Legend of Zelda: Ocarina of Time. This game is simply amazing. It was made in 1998 and it was later remade for the 3DS (and even that version is great). If you haven't played this well, what was your childhood? HOW DARE YOU CALL YOURSELF A GAMER?!

Samir's Choice: Tennis for Two. This was the first video game ever! This little blip on a tiny screen would lead to eye-melting graphics, epic stories and fun that hasn't been known since the outdoors was discovered.

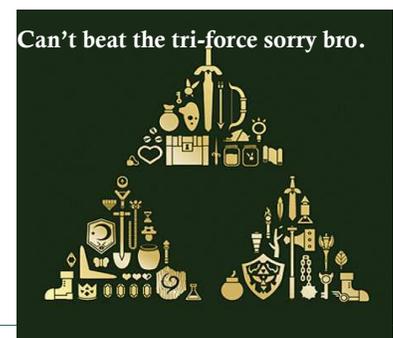
Ryan's Choice: The Legend of Zelda: The Ocarina of time. Who doesn't love Legend of Zelda?(While that was a rhetorical question, there is still a wrong answer) This game was great overall, except for the water temple, which nearly caused me several aneurysms.

Best Company

Prophet's Choice: Riot Games. They have excellent support, great mods, and an overall great game.

Samir's Choice: CD Projekt is a little company out in Poland, best know for producing the Witcher series. Recently, CD Projekt released an "enhanced edition", giving out loads of brand new content and an even better look for free. That's right: the equivalent of a twenty dollar DLC, but for free. The Polish are rad.

- Continued on the Next Page



THE TRIFORCE MOTHER'S BASEMENT - CONTINUED

Ryan's Choice: In the world of video-games, there is one company that stands above all the rest. This company is Valve, creators of the online video game store/community Steam. They spotlight indie games, have huge sales all the time, and are responsible for Portal and Portal 2.

Worst Company

Prophet's Choice: EA. No further comments.

Samir's Choice: EA. Surprised? Really? Didn't think so. Not only is EA the worst video game company of the year, but also the worst company in all of the US! (as named by The Consumerist) It takes some dedication to poor service, DLC rape and penny snatching like it's going out of style to earn that title.

Ryan's Choice: EA is not just the worst gaming company, but is the worst company in America according to Consumerist. They buy out smaller studios responsible for popular games, like mass effect, then twist the games into an unrecognizable mess. They are responsible for the mass effect 3 fiasco, and are behind Star wars: the old republic, or as I call it, The TORTanic.

Biggest Disappointment

Prophet's Choice: Halo Reach. This game leaves you craving for much more. It has the same platform as Halo 3, and there are no further improvements to the graphics. The game is overall somewhat fun, but it's like CoD MW3. People only bought it because of the title. And don't even get me started on armor abilities. To me, that's just plain stupid. It's like playing racing games for the storyline.

Samir's Choice: For everyone else, this year's big disappointment easily goes to Duke Nukem Forever: an awful game that took 12 years to excrete. For me, it was RAGE. Set in a (very brown) future wasteland you must... well I'm not really sure what you were supposed to do here. Shoot people and move to the next area, I suppose. Dazzling graphics turned muddy, and jaw-dropping gameplay turned repetitive and redundant. Broke my heart clean in half.

Ryan's Choice: Duke Nukem Forever. 12 years in development and it still sucked. That's all I will say.

Best Platform

Prophet's Choice: The PC wins it for me as well. Later in the future I think all consoles will realise that they were idiots with the Motion Controls. Or at least I hope they do.

Samir's Choice: With Nintendo, Sony and Microsoft pushing gimmicks and shoving motion control down our throats, it's really no wonder that the PC is this year's top platform. Not to mention that it is widely controlled by Steam, the player-friendly game store that keeps on giving. However, look for the WiiU to bring a new deck of cards to the table in the future.

Ryan's Choice: Which platform doesn't have gimmicky motion controls and a community of immature children? If you answered anything besides the PC, I'm going to have to ask you to leave. The PC is the top console because it does everything a regular console does, but better, and it has steam.

Best Exclusive (Wii)

Prophet's Choice: Legend of Zelda: Skyward Sword and Xenoblade Chronicles. They're tied in my mind for the best game on the Wii. Both are great games, amazing storyline, great controls, great graphics – you get the point. Buy them if you haven't already. Though the majority of games on the Wii aren't that fun, hence why Nintendo is trying to move past the Wii with their latest console the Wii U, these two are absolutely amazing games.

Samir's Choice: The Wii's on the downfall, but its last hurrah was definitely The Legend of Zelda: Skyward Sword. You know the story: Link's beloved Zelda is snatched away by some unspeakable evil, and Link must go on a mad quest (usually with an overly abusive sidekick) to retrieve her and save the land. The game took a few risks with characters and the watercolour-stylized world, but in the end gave gamers the finely-tuned, Wiimote-controlled game they craved.

Ryan's Choice: Mario galaxy 1 or 2, because Mario is awesome.

Best Exclusive (Xbox 360)

Prophet's Choice: Gear of War 3. Overall great game, if you want my personal opinion, it's the same thing as above.

Samir's Choice: Halo 6: The Ballad of Marcus Fenix. Halo's latest installment follows Gears of War star Marcus Fenix in the zaniest crossover yet. Trapped on an alien planet, Marcus Fenix has no choice but to team up with the spartans to defeat the covenant/locust threat in a game of Dance Central! Nah, I'm just screwing with you, I don't own an Xbox. What's a Mister Chef?



Just your typical weekend hang out with the guys, nothing to see here.

Ryan's Choice: Normally, I would ridicule the 360, but... actually, the 360 has no good exclusives. You have gears of war, and halo, which are essentially the same games, except halo was good at one point.

Best Exclusive (PS3)

Prophet's Choice: I think I'll agree with Samir on this one, inFamous is a great series especially because it has a unique storyline where you could actually choose to be good or evil. Even though evil is the easy mode version of the game, playing as the good side with your awesome lightning attacks is purely tons of fun. Probably one of the best games on the PS3, in my opinion of course.

Samir's Choice: While the Uncharted series is one of the most praised games on the Playstation, it's distant cousin Infamous is usually overlooked. The idea is simple: give the player rad superpowers, a sandbox city and ethical choices that determine whether you will be known as a hero or villain. Infamous 2 takes the crown for best PS3 exclusive due to its immense improvement since its prequel, thrilling plot, explosiongasmic gameplay and crazy new superpowers, as well as an online aspect where you can create and play your own missions.

Ryan's Choice: Best exclusive(PS3): The Resistance series as a whole are great, and it's a shame they aren't on PC..

Best Indie Game

Prophet's Choice: Bastion. This game has one of THE best orchestrated music. It's simply breath taking. I love this game so much. The style of the game is really well done, and it's obvious the developers spent a lot of time on this game just because of the way this game flows. It really feels like you're part of the game, and I think that's what I love most about Bastion. This is one of those games where it'll be hard to put down, even after you're finished the storyline. This game is just overall an AMAZING RPG, and I think that all RPG fans should check this game out.

Samir's Choice: Bastion. This one plucked the win like a ripe fruit off the lowest branch of the tree. The one plucked the win like a ripe fruit off the lowest branch of the tree. The tree of winning. The Bastion follows a boy tasked with rebuilding the destroyed world floating in the sky. Beautifully crafted world + exciting storyline + narrator with a voice that makes your ears drool = indie game winning.

Ryan's Choice: Serious Sam 3: BFE. Who doesn't love a good old fashioned shooter where the enemies are disgusting aliens, the protagonist is a manly badass, the guns are completely ridiculous, and your melee weapon is a huge sledgehammer? Also, there is no copy protection per se, but if you have a pirated version of the game, you get to fight a gigantic, invincible scorpion.

Worst Indie Game

Samir's Choice: Avatar Planking. What in the name of all that is motion controlled is this? Basically: you use the Kinect to pretend to lie on things, popularized by an internet phenomenon turned mainstream occurrence. Just kill me now and it'll all be said and done.

Ryan's Choice: No Luca No. You literally press a button to keep a cat from drinking your milk. 0/10 apply yourself.

Prophet's Choice: No Comment on this.

WORK HARD PLAY HARD ALANNA DUNBAR EDITION BY CASSIE

Volunteer work is a very important thing around a school and in the community. Having specific students ready to volunteer and work to make the school a better place is why our schools work out so well. Alanna Dunbar, a grade 11 student, is no stranger when it comes to volunteering. I got the chance to sit down with her and talk to her about her volunteer work around the community.

Cassie: You were very busy a couple months ago, what was your schedule like?

Alanna: In September, I did rowing three days a week, buddy reading once a week and had a BCIT photography course once a week. I also went to youth and was a member of the Sutherland SLC along with doing grade 11 at Sutherland. Also, now I work at Starbucks about four times a week.

Cassie: ZOINKS that's a busy schedule!! What volunteer work are you apart of now?

Alanna: In school, I am an active member in Student Council, Cancer Awareness, and Environment Club along with the Drama Club.

Cassie: WOWEE you must love your clubs! Next year are you going to be this busy with volunteer work?

Alanna: Yes, because next year I want to be a part of every club and I'm taking 11 courses.

Cassie: Will you have a social life?

Alanna: You know it, work hard play hard.

Cassie: Why do you commit to doing all of this? It's a lot of work!

Alanna: I try to keep all my doors open, plus I love being busy it makes me feel needed. I also don't like wasting my time.

Cassie: Fair enough, does anyone push you to do these?

Alanna: No, though my mom is a workaholic so I think it just got passed on.

Cassie: Alright, now we get down to business, the serious questions begin! If a movie were to be made about your life, who would play you?

Alanna: Dakota Fanning!!!

Cassie: Who would play me?

Alanna: Jack Black

Cassie: Thank you, that's very reassuring. Now, what are your views on Snooki's unborn child?

Alanna: Snooki's baby will be born orange and will be taking shots by the time the kid is potty trained.

Cassie: A mini oompa loompa. So, Alanna, what makes you angry?

Alanna: Rude people and lazy unhelpful people. I also hate kids that swear because you're only a kid once and its nice seeing a kid that's still pure.

Cassie: Agreed, plus little innocent kids are the cutest. If a bomb was put in your house and you had 13.57 seconds to grab stuff, what would you grab?

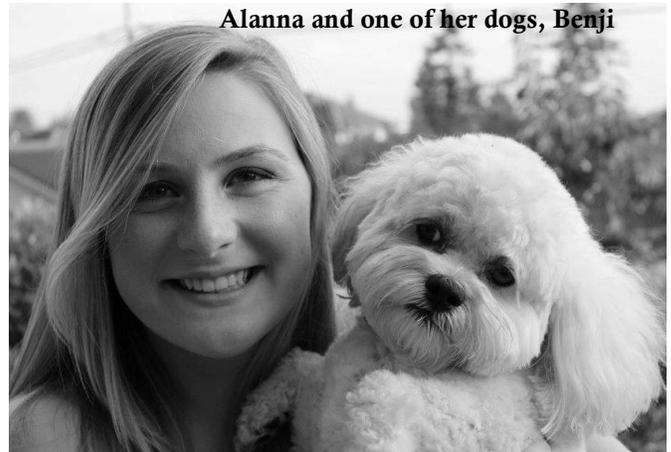
Alanna: I would grab my dogs and my cell, haha.

Cassie: What is something odd that not many people know about you?

Alanna: I'm obsessed with movies, since January I've watched 160 movies if that's anything. I also don't have a pinky toenail and I hate the word "epic". Also I'll do anything if it's funny, I believe you have to do everything once before you die.

Cassie: Agreed, gotta do everything once. Is there anything you would never do?

Alanna: I would never pierce my face, cut my hair really



Alanna and one of her dogs, Benji

short or cap someone in the arse.

Cassie: Hahahha short hair, been there done that. (Editors note, go check out Alanna's grade eight picture) Last question Alanna, what would be the best Halloween costume?

Alanna: A prosthetic leg. That would be really difficult and I would applaud anyone who could do that.

Cassie: Thank you, Alanna, for your time.

Alanna: No problem

As we can see here, Sabres, just because someone is super busy with lots to do doesn't make them a social-life lacking weirdo. Alanna is an amazing student who is a great role model and someone to have around the school. She helps in every way she can and this adds so much to Sutherland. As we saw from the awards night at Sutherland, volunteer work is very helpful and very rewarding in the long run. Well done to you, Alanna, for keeping busy and keeping your marks up. My hats off to you.

MORE THEN JUST AN ATHLETE BY JUSTIN SOLYOM

This month's featured athlete is an extremely talented 10th grade rugby player, Cole Keffer. He has quickly become one of the most dependable players on Sutherland's rugby team, due to his natural leadership ability, extreme level of competitiveness and a never say die attitude. However, not only is Cole an extremely successful athlete, but he is also an exceedingly engaging interviewee, with a great deal of personality and passion for the sport that he loves.

ST: When did you start playing sports?

CK: When I was five years old.

ST: What sports did you begin with?

CK: I started playing soccer when I was five, I played inline hockey when I was six and I played ultimate when I was seven.

ST: Which sport did you prefer?

CK: I liked them all the same.

ST: When did you start playing rugby?

CK: I started playing it in the eighth grade and I've loved it ever since!

ST: Why do you think you enjoy it so much?

CK: Well, I like all the contact and running but I enjoy it mainly because I feel closer to my teammates when I play rugby than in any other sport.

ST: Do you ever trash talk you opponents on the field? Have you ever been in a fight?

CK: I never trash talk and I don't think I've ever been in a fight.

ST: Not even once?

CK: Not once!

ST: Wow, you must have a lot of restraint. What about your teammates, do they ever get into this sort of trouble?

CK: I guess so. Actually, a lot of my teammates do (laughs).

ST: Speaking of your teammates, I hear you're good friends with fellow rugby player Jake Knapton. Have you ever had to get him out of a bad situation on the field?

CK: No not yet but we've been pretty close a couple times (laughs).

ST: (laughs) I'll take your word for it. When I asked Jake how he would best describe the way you play on the field, he used the word "beast". Do you think this is accurate?

CK: I don't know...I guess yeah!

ST: I'm sure your just being modest, but what kind of teammate is Jake? How would you describe him?

CK: He's great to have on the team, he's funny and he jokes around, but when it's time to be serious I'll use his words and call him an absolute "beast".



Cole Keffer: The man, the myth, the legend.

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MORE THEN JUST AN ATHLETE - CONTINUED

ST: He sounds like a great teammate, but do you have a favorite memory of him and your fellow players?

CK: Too many to say, but once at the under fourteen nationals in Calgary, Jake had a card stuck to his head and he had to rip it off, leaving a bald spot. It was really funny to look at.

ST: Sounds like you guys had a good time. On a different note, what motivates you to play your best before a game?

CK: I just think about what I'm going to do that game and I lose myself in the preparations before the game, it really doesn't take much to get me pumped for rugby.

ST: Well it seems to be working. How about Mr. Thornhill, your coach? Does he bring the same intensity to his coaching as he does to the foods room?

CK: Thornhill is an amazing coach! One of the best coaches I've ever had! Unfortunately, I've never had foods with him so I wouldn't know if he's intense or not but he really is an intense coach!

ST: Well he sure seems to hold you in high esteem! He described you as a "natural leader, a nice guy and an extremely competitive person" when asked. Does this kind of praise increase your level of motivation or does it not make a difference to you?

CK: It definitely increases my motivation to keep people thinking the way that they do about my play.

ST: I see. I thanks for your time Cole!

CK: Not problem, the pleasure was mine!

Humble, gracious and an all-around friendly guy, these are just a few adjectives used to describe the character of Cole Keffer. Throw in "beast", "leader", "nice guy" and "competitive person" and you have even a better understanding of the great guy that Cole is, as I'm sure Coach/Chef Thornhill and Jake would attest to. Cole is more than just a great rugby player, he is also a great person.

"Thornhill is an amazing coach! One of the best coaches I've ever had!"

END OF AN ERA? BY SOROUSH SHARAFZADEH

Let's move back to April 2006. It's the first NHL season since the lockout a year before. The Vancouver Canucks moved in with high expectations. As the season went on it was clear changes had to be made, as the Canucks fell short of a playoff spot. Early in the offseason, prior to the annual draft an enormous trade was made; leaving all of Vancouver buzzing. The Canucks acquired All-Star Goaltender Roberto Luongo, Lukas Krajicek, and 2nd round draft pick from The Florida Panthers, sending Todd Bertuzzi, Brian Allen, and Alex Auld. For the first time since the great Kirk McLean the Vancouver Canucks had an elite goaltender between the pipes. In Luongo's first season with the Canucks, he sky rocketed past expectations. Arguably the best player in the league for that season, he was the only reason the Canucks didn't miss out for a 2nd straight playoffs. Game after game Roberto demonstrated how dominant he could really be. I'm sure we all remember his first playoff game, when Roberto tied the all-time NHL record for saves in a single game at 76.

However, Luongo has had some very dark moments. The Chicago Blackhawks tormented and lit up Lu, eliminating the rivaled Canucks from the playoffs 2 years in a row. There's one thing all of us can agree about for Roberto's sake, he never gave up-not once. Despite everything the media and fans put him through, he just worked harder; and the 2010-2011 season is one none of us will ever forget. The Vancouver Canucks dominated every aspect of the regular season. Winning their first ever president's trophy by a landslide. Luongo started the playoffs on a roll, winning 3 in a row on the verge of sweeping the hated Chicago Blackhawks. Then Roberto's ugly side made an appearance, and once again the Canucks were on the verge of elimination. It's safe to say Roberto and the whole organization never had as much pressure ever before heading to game 7. Luongo played sensational, conquering his demons and finally eliminating the scum Blackhawks. Let's not forget THIS man took us all the way to Stanley Cup finals. Let's not forget THIS man was a critical part of this franchise's rejuvenation. Let's not forget THIS man was our captain, and the best goaltender this franchise has ever had.

It's sad to see that the media and unknowledgeable fair weather fans are his downfall. Rising star Cory Schneider also has a role in this. It's safe to say that at this moment Cory is a better, younger, and cheaper goaltender- but is he really proven? Can he carry the load that Luongo bared upon his shoulders for 6 years? What will happen when these same fans turn on him? Are we really overlooking everything Luongo has done for us, and simply moving on with Schneider? As sad as it maybe, perhaps it's time for a change.

Don Cherry said it best, claiming Luongo was humiliated this year as he went on to say,

"But I'll tell you one thing Vancouver. You're going to let the guy who won the President's Trophy twice, A Veizna Nomination all the time, he took you to the seventh game in the Stanley Cup and you're going to keep the guy who won 1 game in the playoffs? I'll tell you one thing I'd be very careful,

but Roberto you have to get out of there."

To all of Luongo's haters, I hope you're happy. The best goaltender we've ever had is on the verge of leaving. However, his legacy will never be forgotten, Luongo battled every night in what should now officially be considered the NHL's goalie graveyard. There's definitely moments we can't bear to remember, but surely there were moments we will never forget. Despite all the rumors and controversy I can't help to feel that his era was cut short and that in the heat of the moment we made a terrible mistake. I still remember the days when after a great save my dad would yell "Sheer Luongo!" My father was right and it's obvious now King Lu has played his last match in a Canucks uniform. Roberto Luongo, forever a Canuck.

Roberto Luongo, 'nuff said



STORM VS DROUGHT, THUNDER VS HEAT BY MITCHELL

June 12th... The day that hoop fans wait for all year, the start of the NBA Finals. This year, the final consists of the Oklahoma City Thunder and the Miami Heat, two powerhouse teams that bulldozed their way through their conferences en route to having the privilege of playing for the game's biggest prize. Both teams have been carried by their "big 3", whose play will determine the outcome of the series. Eyes of sports fans around the globe will be glued to their television sets for the next two weeks, where history is bound to write itself in the National Basketball Association.

The Oklahoma City Thunder are nothing less than a treat to watch. Their explosive transition game and tough defense will reek havoc on the Miami Heat. The Thunder "big 3" consist of Kevin Durant, Russell Westbrook, and James Harden. These young superstars have carried the load offensively for their team throughout the playoffs, and with all of them being under the age of 24, they have had to be mature beyond their years. Kevin Durant is the reigning scoring champion in the NBA regular season, and with Westbrook also in the top five for scoring, these two may be the most dangerous combination in the entire NBA. James Harden also had a career season off of the bench, winning the "6th Man Award" for being voted the best bench player in the entire league. The rest of the OKC starting lineup is very sturdy, with Kendrick Perkins, Serge Ibaka, and Thabo Sefolosha. All three of these athletes bring a tremendous defensive presence, but do not have an extraordinary offensive upside. The Thunder will need all the defense they can get facing the number four ranked offense in the Miami Heat. Oklahoma City is a resilient group, beating the veteran San Antonio Spurs in four straight games after losing

the first two. To put in perspective, the Spurs had only lost four times in their previous 38 before their four game losing streak.

The Miami Heat have been one of the most exciting teams to watch in the last 2 seasons. The other "big three" came together in the summer of 2010 to be the self proclaimed "Dream Team". Dwyane Wade ran the show in South Beach, before two players decided to come along for the ride. Chris Bosh, a 7' monster power forward, joined the Miami Heat in search of a title. He fled the Toronto Raptors after 7 seasons with the club where he registered more than 19 points and 9 rebounds a game and was an all star 5 times. The "3rd wheel" of the big 3 is, by far, the largest free agent move in NBA history. LeBron James signed with the Miami Heat soon after the signing of Bosh became public, and the then 2 time MVP fled his hometown Cleveland Cavaliers team to play with Miami. Lebron had single handedly carried the organization on his back for 7 years before leaving for a chance at a championship. The 3 superstars told the world that they would win "not 5, not 6, not 7" suggesting that they'll win multiple NBA Titles. They were bounced in the finals by the Dallas Mavericks last year in their first attempt, they are back to prove the critics wrong. A championship is most important for Lebron James, who has been said to be one of the greatest of all time, but he has no championships, all of the greatest players in the history of the NBA have won at the highest stage. James looked like a man possessed in these playoffs, averaging over 30 points, 9 rebounds and 5 assists throughout knockout play. He was also just the second player in NBA history to score at least 45 points, grab 15 rebounds, and dish out 5 assists in a playoff game, which he did in game 6 as he fought off elimination all by himself against the Boston Celtics. While Lebron is looking unstoppable, and the other big 2 are looking very solid, the rest of the Miami Heat are looking lethargic and sluggish.

This begs the question, how long can the Heat be carried on the shoulders of 3 men? And how long can they hold that weight? Key players for the Miami will be longtime Heat member Udonis Haslem at the power forward position, as well as Shane Battier, who can shoot the 3 and be a strong presence on the defensive end of the ball.



Lebron James deserves his championship, and I as a sports fan would love to see him get it. Though, I believe that Oklahoma City is much too strong for their opposition. Chandler McCorkindale, a fellow journalism student, weighed in on his opinion stating that, "Okc will win because they have some tricks up their beards." (referring to James Harden's filthy beard. Seriously, look it up) Jake Rivard, a grade 11 student, also added that the series "will be a bloodbath." Expect nothing less from these two very competitive squads.

These two teams are sure to be at each others throats starting June 12th at tip off, with both young teams trying to create a dynasty. Oklahoma City's long layoff may be an issue for their young explosive team, who have a full week in between their western conference win and game 1 of the finals, something Miami will surely try to take advantage of early in the series. The position of new champion in the NBA is surely up for grabs, these are the two best teams in the league, fighting it out for the ultimate goal, to bring a trophy back home.

ASTROLOGY JONES: GAME OF THRONES EDITION BY DANI AND CONNOR

Capricorn (Dec.22-Jan.20)

Robb Stark (King of the North) This month you can expect to win a series of personal battles, but be warned, treachery is everywhere, and may be closer to home than you think. Follow your heart and be with who you love. Keep your wits about you and be cautious. You never know what is about to happen.

Aquarius (Jan.21-Feb.18)

Daenerys Targaryen (Mother of Dragons) You have begun to take charge of your life this month. You vault up your feelings and opponents, so they may not disrupt your pursuit of what you rightfully deserve. Always remember your dragon claws are a lot bigger than a wolf or lion's.

Pisces (Feb.19-Mar.20)

Jon Snow (Bastard Crow) This month will be quite confusing for you. Friends will act like enemies, and enemies will start to look more like allies. Don't let the overwhelming feeling of being trapped keep you down, because even though you feel as though you may not be accepted, you are already part of the clan.

Aries (Mar.21-April.19)

Joffery Baratheon (The Boy King) Your attitude towards honour is taken well among your peers and followers, although this is not the occasion to be honourable. A new opportunity has risen from someone else's victory, and your council wishes that you take it. Although taking this opportunity will make you lose something you already have, you are not one to give away one of your toys.

Taurus (April.20-May.20)

Tyion Lannister (The Half Man) You have had a sudden down fall with the rising of another, but don't let it get to you. Love is beginning to play a large part in your life, and now that your important duties have ceased, you may feel free to pursue it. Even though people may not sing songs about your victory, those closest to you will remember.

Gemini (May.21-June.20)

Theon Greyjoy (Iron Blood) Happy Birthday, Gemini! Prosperous opportunities lay in the horizon, But full armor is needed for this battle to be won. Lately, you have been looked upon as if you are lowly, or as someone may say a "coward". But always look upon yourself as the true iron blood you are, the true prince/princess of the Iron Isles. You are entitled to the ships and respect you wish to receive, and as a true Greyjoy, you take with iron, not buy with gold. What is dead may never die.

Cancer (Jun.22-July.22)

Stannis Baratheon (Lord of Light) You have seen better days, but there is a light in the darkness. Even though the odds don't favor you, you look to the light for protection and hope, and the fire for warmth and love. Someone who poses as a friend or lover may not be what they seem. Stay close to the light, for the night is dark and full of terrors.

Leo (July.23- Aug.22)

Arya Stark (Arie) This month, things are beginning to look up. You may have lost a few friends along the way but for the first time in a while, you are free. You feel the need to move and find the people you love most, but yet you are also mystified by an unfamiliar person in your life. Names mean little, but actions mean everything.

Virgo (Aug.23- Sept.22)

Bran Stark (Little Lord) This month, you will lose something that has been in your life since you were born. Don't let this distract you from what your true tasks are. Within the lives that we live, we must lose things that we took for granted. But with every loss, you must draw strength. You will find love and protection from family and friends, as long as you stay on your

true path.

Libra (Sept.23- Oct.22)

Cersei Lannister (Mother Lion) Last month was quite a stressful one, but this month is starting to look your way. After a recent victory, things begin to brighten up. Your family has become prosperous and your enemies have fallen to the dust—for now. Even though things seem to be going well for you, don't let it go to your head. The king's grove always has stags and wolves lurking about.

Scorpio (Oct. 23- Nov.21)

Jorah Mormont (The Bear) This month you will feel a strong urge to protect someone you love, whether from danger or peering eyes, you feel that their protection solely relies on yourself. The one you love may push you away as you attempt to keep them safe, but always remember that when you are needed they will accept you with open arms, as either wise council, or a loving friend.

Sagittarius (Nov.22- Dec.21)

Catelyn Stark (Lady Tully) Recent events have lead you to be questioned by family and friends. As always, you chose to go with your heart and protect your family, rather than listen to the orders and restraints of a king. This decision may come to haunt you, but don't let yourself falter. You chose what felt right in your heart, not what was right by someone else's standards.

THE JOURNALISM TEAM OF 2011/2012!!



Missing in Pictures:
Vish Kanga
Soroush Sharafzadeh
Danielle McLaughlin
Brittany Mrsic
Brayden Newbery

