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## The Volume IV Finale of



Good luck on your exams and have a great summer! Congrats grads of 2011!

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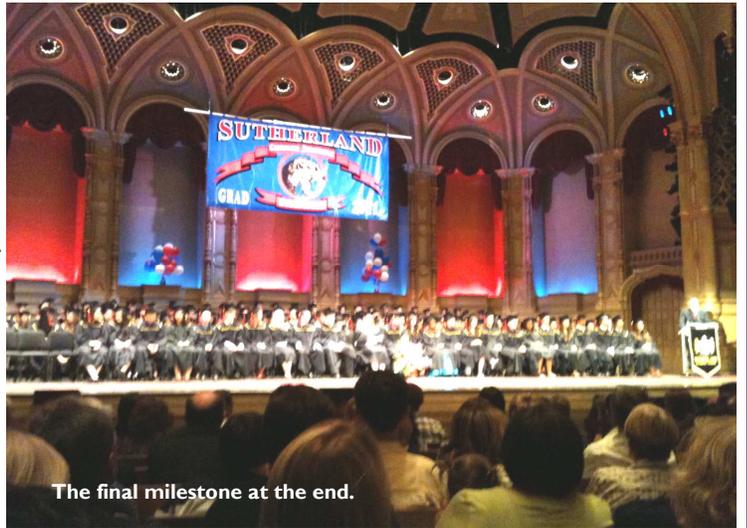
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## Come and gone in a flash

These five years at Sutherland have now come and gone. When introductions are made the first familiar question is always, "What are your plans for next year?" This repetitive banter begins to wear old, but begs an answer. There are always the usual secondary education plans, the travel plans, and the work plans. It's kind of an intimidating thought. We as the Graduation class of 2011 reminisce on our years here, and it makes us think back...

I remember the first day of grade eight five short years ago. All the students looked so big and the school was huge, and smelled of character. I woke up early that first day of grade eight with my Nike track suit with the matching Phatfarm sneakers ready to go. I thought I looked pretty BAU5, if I could say so myself. As the year went on, it was filled with meeting new people, a lot of basketball like I never knew it before, and those good ol' band rehearsals I came to grow fond of. Grade nine was quite a bit similar to grade eight I must admit. We didn't



The final milestone at the end.

really have much say in matters, and we were just going with the flow. A major change was that part way through the year we made the transition to the new school. Boy, that was quite a change. We received the latest technology and everyone was excited to be in the shiny new school.

Along rolled grade ten and now we were really getting somewhere. We weren't the smallest and weakest anymore and we

were feeling pretty secure; I'm not going to lie. We were mid of the pack and therefore invisible to intolerant grade 12's. It was the start of thinking about the rest of our lives, kind of a funny idea for a fifteen year old kid. It was where we started to come into who we were going to be. We started figuring out where our priorities lay.

Whether it be paying attention in class, out on a Friday night, or just chilling out on the grass

*Cont'd on pg. 2*

## Exit the Jones

I sat down with Sutherland's famous Mr. Jones to have one last interview with him before he leaves us and moves on to Handsworth. From talking about Japan to his on and off relationship with his beard, it was an interesting and fun conversation.

**Sabre Truth: With your very first step into the school what was your first thought?**

**Mr. Jones:** Four years ago... maybe more... it was the old school, so other than the build-

ing being a little decrepit and downward looking, the students and the staff were gracious and welcoming. There's a real sense of reality here in that people's expectations are reasonable in terms of what they see of them

*Cont'd on pg. 2*

## Come and gone in a flash cont'd...

gazing at the clouds.

This was the year many of us finally got our dinky red L's. Although we could drive, we had our parents in our ear always telling us to slow down. It was quite a buzz kill. Grade ten was a solid year, but we were only a little over halfway through at this point in our education marathon.

Grade eleven came in with full spades. We were finally seniors! This was the year that many had to find balance. Classes became tougher, and the weekends became busier as many of us held part-time jobs. We felt so close to finishing, yet so far away. There were some who were ready for it to be over and done with, and others just riding this wave we call high school. We started to hang out with the

older grade quite a bit more which was a change from past years. The lucky ones who were old enough to get it, finally got their N's. We felt quite rebellious ripping up the street in our parents' car by ourselves. This was quite a nice change. We felt pretty proud of ourselves, but still had one more year to go.

Finally grade twelve had arrived. It was filled with hard work, good times, and a little (or maybe a lot) of belligerence here and there from a few grads. We had many memorable formal grad events, and a few great official and unofficial events as well. The year was also filled with a lot of stress because we actually had to figure out what we were doing next year instead of being what I like to call master procrastinators. Many of us felt quite ready

for the next transition of life. When we look back on our years here at Sutherland there were many great memories made, but really it all flashed by so fast. Ladies and gentlemen this is the last time you will ever read a work crafted by the infamous J-Pow in the *Sabre Truth*. I thank those of you for reading, for this is my final send off. One last time, I'd just like to say, J-Pow, signing off.

*“to figure out  
what we were  
doing next year  
instead of being  
what I like to  
call master  
procrastinators.”*

- Justin Pow

## Exit the Jones cont'd...

selves and what they see of others. They are very engaging, and a community that really wants to support and help one another. That was the impression that I got and that is the impression that I'm still leaving with.

### **ST: What are your highlights of your career so far?**

**Mr. J:** Highlights of MY career? I guess there's been a bunch of them, I've had a chance to work in almost every single secondary school as a teacher or an administrator. I got to work in schools that had just opened like Seycove and the new Sutherland when it just opened. I've been involved in some developmental programs that have been very very positive for the individual schools or the district. I've gotten to work with some great kids over time, and some great staff and some pretty amazing parents. Again here is one of those places where the parents, although very quiet and humble,

they are very supportive and they want the best for their kids. But the highlight, I think probably in the early part of my time at Seycove, quite frankly where the school was struggling and the staff kind of got together and made some decisions about the direction they would like the school go and those were set up at least 20 years ago and they are still in place. The things that were valued and continued to make that school a good place and I had something to do with that, sort of being maintained and I feel good about that.

### **ST: What about Japan, how was the trip for you?**

**Mr. J:** Fascinating!

**ST: I heard someone say that when you first stepped off the plane you said “Well this is my first time in China...”**



### **Time for a famous speech!**

**Mr. J:** No that wasn't me! That was the assistant superintendent. [Japan] is an amazing, well-organized and prosperous country that has a few little bits and pieces of dark side to it. Their treatment of women is not necessarily at the same level. Nor do they deal with people who have special needs in the same way that we do with bringing them into society. They

*Cont'd on pg. 3*

## Exit the Jones cont'd...

put them out into institutions. If you want to have a high standard of living and if you want to be a part of a country that's done amazing things since the Second World War then it's a pretty amazing place to be.

### ST: What happened to your beard?

**Mr. J:** They come and go. I grow beards cause I get lazy, and I grow them to irritate my mother and my wife. Just to keep them on their toes. When they finally say that they like it I shave it off just to mess with them.

### ST: Why are you moving to Handsworth?

**Mr. J:** The school district had something that they wanted to do, it's not my decision nor would it be something that I want to do; I'm quite content where I am and given that I am at the end of my career I might work another year or two maybe. It doesn't make much sense. But you do what you're asked to do and that's the nature of my work. Administrators are what we call 'Agents of the Board.'

### ST: What can we do to stop it?

**Mr. J:** Nothing. There's a plan, somebody has a plan and that plan includes moving me. That's just the way they do things.

### ST: What are you reading right now?

**Mr. J:** I just finished, I wish I could remember the name of the title or

the author but it was a novel set in Spain. It was one of the novels where the narrators were actually characters in the story. It was one of those mysteries that sort of go back and forth, which was written by quite a well know Spanish author. It's one of those novels that I picked up on a Friday and finished on a Sunday. I tend to read historical novels and when the summer comes along I read mysteries. Our house is full of books and when I go away in the summer time I think I take about 10 books with me.

### ST: Canucks vs. Bruins?

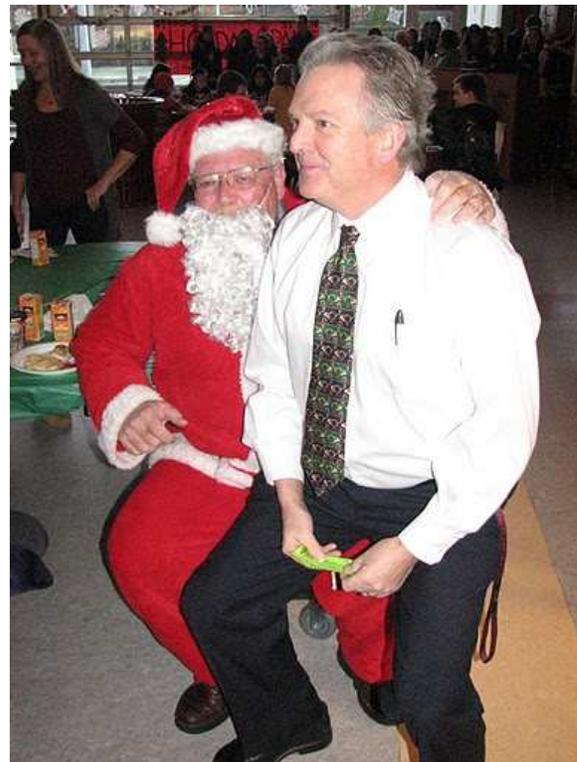
**Mr. J:** Oh come on!! What a silly question. Of course the Canucks!

### ST: Aliens vs. Zombies?

**Mr. J:** I believe in aliens, I'm not sure I believe in zombies. Put it this way, if you are getting into the more commercial movie type of things that are popular right now, I have no knowledge or understanding. If you are asking me if there's actually other life out there I think so.

### ST: What was your childhood dream?

**Mr. J:** My childhood dream was to be a pilot. I was one briefly. I was a commercial pilot when I was 23 and I flew planes up and down the coast for a couple years and I have a chronic sinus condition that doesn't make it very comfortable. It's like having a thousand little



Even Mr. Jones loves Santa Claus!

headaches when you pull up that first thousand feel and I couldn't balance the pressure in my head so the sinuses didn't allow me to be a pilot so I became a teacher which was plan B.

Sitting down with Mr. Jones was definitely a nice treat as well as very interesting. Learning about a different side to Mr. Jones was quite something. We wish Mr. Jones good luck from the writers of *Sabre Truth* on his journey to Handsworth and hope that he's as great of an influence there as he's been here at Sutherland.

- Lucia Barokova

## Quote of the issue \*for the grad of 2011!\*

“

Commencement speeches were invented largely in the belief that outgoing high school students should never be released into the world until they have been properly sedated.

”

- Garry Trudeau

## The Final Stretch

Goodbye Grads!

As we come into the final days of school, many of us have summer on our minds, and for Sutherland grads of 2011 we aren't worrying about returning after summer break, no, we have the world on our minds. Whether you're going straight into post-secondary, traveling, or just doing whatever blows your way, you've come this far grads and that is an accomplishment, so congrats. Looking back I'm sure a lot of us can still see that small little grade eight kid with messy hair, a cracking voice, and a racing heart, entering Sutherland's (old) doors. Who would have thought that you'd be this tall, or still short, almost ready to take your final walk out of those doors that once welcomed you for the next five years of your life. Time that was spent making experiences, relationships, lessons, and memories you won't ever forget. We laughed, we cried, we lived, we did it all, and now here we finally are, with our parent and teachers and those who guided us watch us prepare to plunge into the world. Here are some good bye words great and simple coming from the grads themselves: **"Congrats Grads of 2011! We did it!"** – Kelsey Sepulveda. **"Goodbye."** – Fiona Robertson. **"Congratulations to all Grads of 2011! One milestone down, thousands more to be found"** – Martin Vocal. **"Five years went so fast, see you in ten grads!"** - Kendall Blenkarn.

Grads express their excitement

## Dear grade elevens

Dear Grade Elevens,

I'm sure like the rest of us, you feel like these last few weeks are tedious ones, filled with day-dreams of beaches, late nights and rising in the afternoon. School is the furthest thing from your mind and

and appreciation to teachers and family, as they realize they are finally leaving Sutherland, with short and sweet farewells. **"Deuces Suth"** -

Evan Sundin. **"Thanks to all the teachers for putting up with our crazy antics!"** - Jessica Horsnell. **"This is a bitter/sweet time for all of us, and all I can say is hallelujah!"** Desiree Trudell. **"Whatever you do don't take yourself too seriously."** Kristen Chan.

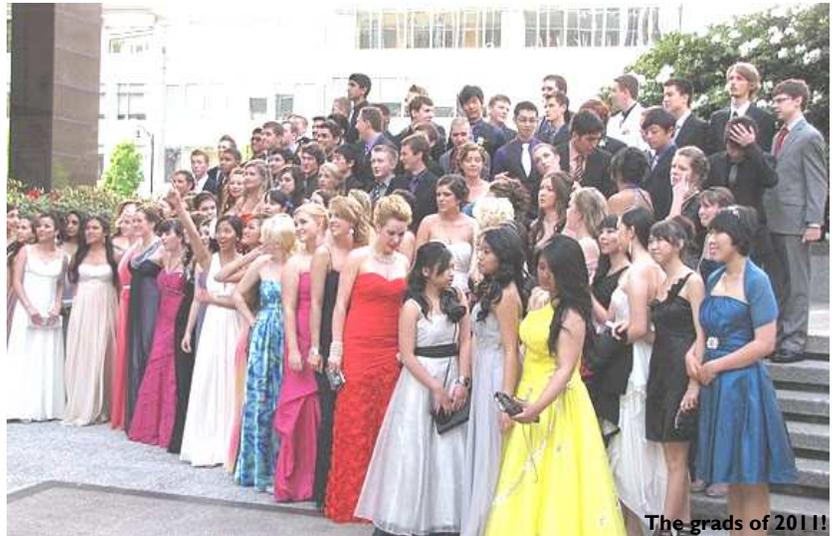
Take a moment and breathe grads, some will call it freedom and run for the hills, some will shed a tear and reminisce, and some are already set to jump into life after high school. If anything at all, remember it's the lessons we learn, the chances we take, and the memories we create that make life worth living. Have passion for whatever you do, go out and "Rage, rage, against the dying light..." - Dylan Thomas. We can finally say it's over; CONGRATS GRAD 2011!!  
 "This is not the end. This is not even the beginning of the end. It is, instead, the end of the beginning."  
 – Anonymous.

when you think about grade twelve the main thought is "I can't believe it's here already." But, sadly (or gladly) it is, and sooner than you might think it will be September and your last year of high school will be upon you.

And a few more parting words from some of our Grads: **"We are finally done! Congrats grads of 2011!"** - Charanjit Hundal. **"We finally did it! Thank God it's over - but I'll miss it in the end."** - Sarah Reid. **"We are done, thank goodness, congrats everyone!"** - Jayne Mackinnon. **"We are finally done this lawlcoaster, great to get outta here"** - Sardara Dhuga. **"Highschool has been fun, but thank God we're finally graduating!"** - Emma Coffin. **"Congrats Grads!"** - Lydia Anderson.

And finally, I'm sure on behalf of all the grads of Sutherland Secondary, a huge thanks and farewell to our principle and vice principles, counsellors, teachers, SEA's and staff, for their wonderful lessons support guidance and for preparing us all these years to finally enter the world.

- Charla Lewis



I remember actually dressing up for the first day of school; I had never done that before. I remember this giddy excitement coursing through my veins, filling me with nervous enthusiasm and a resolution to actually get something done. This is

Cont'd on pg. 5

## Dear grade elevens cont'd...

where all of your goals and dreams get put to the test. That final year is when you see what you're made of; good and bad. And yes, there will be some bad moments. You will probably do things that you regret, either in the moment or during stress-filled times. The trick is to accept that you've made a mistake and deal with it. While not all of my regrets can go into the paper, my biggest regret school wise was only applying to a few universities in B.C and only really wanting to go to one. In some ways it motivated me, I either get into my top choice or I take a year off; I was not compromising. Needless to say that by mid-October I had a Superman complex. I thought I could do anything and everything. You never see Superman get stressed in the comics, and he never has psychotic episodes or works his way through an entire carton of Ben and Jerry's while pulling an all-nighter. Well, I learned the hard way that the reason Superman never does any of those things is because HE IS SUPERMAN and I am a human. So grade elevens, when you get into your final year, please do not pull a Superman, the world puts him on a pedestal, no one is putting you on one except for yourself. Holding down a job, going to school, taking all academics and committing yourself to all sorts of clubs and sports, trying to get into your dream school and still trying to have a social life let alone a boyfriend or girlfriend is unrealistic. Something is going to give, most likely your social life followed by your sanity.

And to save your sanity you might be tempted to cut ties with people who were once your friends. It's a curious thing considering that we have survived the last twelve years with the same people and yet the last ten months are the hardest. And as the months count down to zero it seems that it becomes harder and harder for people who were once friends to even be in

the same class together. I too have been affected with this curious phenomenon, but I've come to the same conclusion over and over again. In grade twelve you're so excited to get out of high school, to meet new people and to do something different that you're realizing that maybe you don't have to be friends with the same people forever. In fact you may not have to even see them ever again. That may be true, and I assume that there will be people you won't see again until your ten year reunion, but deliberately cutting ties doesn't help anyone at this point in your life. I'm a big believer in people changing and relationships evolving, but purposely cutting ties seems beyond childish, and it may come back to haunt you one day. No, I'm not saying you have to try to be friends with that bully or that person who made your life hell for the last five years. All I'm saying is that you do not need to cut people who you've been friends with out of your life completely. You're moving on in your life, not starting it all over again.

Finally, I get to use the phrase that my parents have been using on me since I started high school, "Do as I say; not as I do." This year's grad class started out amazing, sadly our energy has dropped. Dress up days stopped being as awesome as they did in October. Marks have gone down with attendance; basically we've said to heck with it! While I still think that my Grad class is full of amazing kids who do some pretty cool stuff (you all know it's going to be hard to run the school without Darylle) I know that we could have done better. Grade elevens, don't have any regrets, and try everything and anything at least once in your last year. Sign up for that club or sport you've always thought was cool, talk to people you've never talked to before and live your grad year to its fullest. But the key is to

find that balance; socialize, study, get into your dream school, and have amazing nights with your friends. Do it. The trick is to find balance and not have your head blow up. So you don't go out every night, or maybe you go out one night instead of trying to get perfect grades. Figure out what you want and then figure out how you can achieve it without losing your sanity. You may not be Superman, but you can go out with a bang, not a whimper.

Love, Matisse Emanuele

**"Well, I learned  
the hard way  
that the reason  
Superman never  
does any of  
those things is  
because HE IS  
SUPERMAN and  
I am a human."**



**Grade elevens, you definitely could not pack a punch like this guy!**

## The Sabre Trooth: A Year in Review



Just another day in Journalism

When I was six I remember going through my first year of school thinking that it was the longest year of my life. Time seemed to stretch on and summer was galaxies away. I told my dad that time seemed to be slowing and he laughed before telling me that as I get older time will go by faster and faster. I didn't believe him.

Yet, here I am, and as I write this I am eight days away from sitting in my last class of high school. Boy, that went by fast.

My five years of high school have been filled with ups and downs, one prominent up has been my time writing for the Sabre Trooth. For the last two years I have been writing articles and sending my words out to you. My first day of Journalism was an eye-opening one. I had dreams of being Lois Lane and writing a Pulitzer Prize award winning article; my first article was a dismal affair about Kanye West yelling at some country girl, needless to say I had a lot to learn. That year was a great one and I'm going to let all of you Sabre Trooth readers in on a little secret...we actually all like each other in Journalism. Not all the time, every day, all year, but being in Journalism is like being in a little family. I associate it

with the kind of magic singing in a group brings, you know how all those gLee kids say that music brings them together? Well, I think writing does much the same thing. Sharing your work, even if it's just a movie review, is a little scary, ask anyone whose ever had to do a workshop before. Yeah, they call you "the author" and don't slam you to your face, but it's pretty gut wrenching. And yet, this is the kind of stuff we do in Journalism, we laugh, we argue, we yell, we laugh some more and get on with our lives. It's all in a days work at the Sabre Trooth.

And yes, we do do "work" and I count eating chocolate bars as work. Over the last two years I have seen a lot of amazing articles come out of the minds of my fellow writers. But, I'm here to talk about this year, so here it goes. Guys, I didn't know we had it in us.

On September 29th 2010 Sabre Trooth volume IV issue I was released, on the front page, it was all about getting back to school. "Expectations of high school vs. reality" and "The beginning and the end; grade 8 vs. gr. 12" were the front page articles. We started off running, a

class of a few grade twelve's from the year before and a lot of grade eleven and twelve's who had never written an article before in their life. Did we know a lot? Heck no! Did we learn a lot? Well, I did. I learned that if you hound Sardara enough he will kiss a poster of Edward. I learned that Samir and Da San can not only draw but write awesome cartoons. I learned that Sutherland actually spells A-P-A-T-H-Y, and that my generation cares about three things; food, pop-culture, and themselves. But really, did we expect anything less? No, we did not write anything that would change the world, there were no grade exposés and there were no (seriously) controversial articles. But the things we did write were fun, honest, and a great look into what teenagers really care about.

Because that's the beauty of the Sabre Trooth, we get to write about what we want to write about. There's no nasty editor yelling at us to "find THE story" and telling us that it has to be 500 words or less. We make THE story. Which for a young writer is probably the best thing. We are the story. Sutherland, and all its doings, are the story. And that, my friends, is the heart and soul of the Sabre Trooth.

So even though I'm leaving the Sabre Trooth this year and this will probably be my last article I ever write for Sutherland, I wish all you future journalists the best, and I can't wait to read what the Journalists of 2011/2012 write for us all.

***"And yes, we do do 'work' and I count eating chocolate bars as work."***

- Matisse Emanuele

## Astrology Jones



**Aries:** Summer's on the horizon, and you couldn't be happier to see it rising! While others seem drained by the year that has been, you remain

energetic by looking into the bright future. Unfortunately, that brightness is distracting you from your schoolwork, which could be a big problem with finals coming up. Remember, it's not summer yet, so try to take advantage of your current exuberance by powering through your studies.



**Taurus:** Though you don't want to admit it, you're in distress. End of the year pressure is getting to you, and new

challenges are destabilizing your life. What's more, you're scared of the changes that may come next year, as you are unsure of how to prepare for them. In times like these, the best thing you can do is go to someone for help, even if you find it hard to do so.



**Gemini:** With the next big moment of the year just a few weeks away, you may feel an internal pressure to start the summer as soon as possible. You may want to be

at the beaches before anyone else, but more importantly you just want to get the school year over with. You may be reacting to this by tearing through new assignments as fast as possible, and while it's good that you're being productive, you may be sacrificing quality of work in your rush. This trend could become a major problem once exams role around, so try slowing down and being more careful with your work; finish strong, not quick.



**Cancer:** Like Taurus, you may be a bit frazzled by the exam season pressure. However, given your own idiosyncrasies, it's possible the effects of this pressure go beyond

simple stress, and you might require stronger emotional support in times like this. If you have a special someone, you're in better shape than many other Cancers,

as such support is especially effective.



**Leo:** For you, the hardest part of school's end will be moving on from what you have known, especially if you are graduating this year.

You will be hit particularly hard if these changes cause you to spend less time with your friends, as you are a person who forms very strong relationships and hates to see them weaken or break. Also, if you have grudges or ill-feelings left over from this past year, fight yourself not to dwell on them; chances are that everyone else involved in the disagreement will forget about it over the break.



**Virgo:** In this time of relative chaos, your fussy self is struggling to make order of it all. If you want to stay sane, you'll have to figure

what you are actually able control, and what you'll have to let go of. Also, once exams are over with, it might be a good idea to reflect on the experiences of the past grade, to see what in general worked for you and what didn't; understanding this could go a long way next year.



**Libra:** What makes you unique at this time of year is that while others dread the coming exams, fearing GPA shattering scores, you have straight A's in

your eyes! You are certain the exams won't be nearly as hard as everyone says they are, and so may slacking a bit on your studying. If that's the case, then you should take a good, hard look at yourself and ask "am I really getting the marks that fit this outlook?" Because you very well might not, and if that's the case you need to come back to reality and hit the books! Don't be afraid to go to others for help, but at the same time remember that you'll be on your own during the exam, so don't depend too much on others to prepare yourself.



**Scorpio:** Right now, the biggest problems for you, relate to the emotions surrounding the end of the year. You could be suffering

from any of the anxieties I've outlined for the other signs, and while you don't show any outward signs of distress, you are being hit hard, deep down. Fortunately, the joys of the years end affect you just as much as the stress, so when you finally overcome your challenges you'll get enough satisfaction to last the entire summer! Nothing's held you back before, and the stresses you're under certainly won't hold you back now!



**Sagittarius:** As far as school's end goes, you've got very few problems. You plan on

nailing your exams, and have a good idea of how to do so. At the same time, you're optimistic about the summer, and even the next school year, and view it all as your next great adventure. The only advice I can give is not to get too down if things don't go exactly as you planned, which is a real possibility. Just make new plans and follow through on them, just like you always have.



**Capricorn:** With all the school work being thrown at you, you're in danger of becoming trapped inside your room with your books, dutifully completing everything you're being given. While

this is the time of year for that attitude, just make sure you don't completely alienate your friends; just because you can focus purely on your work without going insane doesn't mean they can, so try to be supportive. Organizing a study group might be a good idea.



**Aquarius:** As a person of great thinking capabilities, you will have little trouble in the way of exams or end of year homework. That doesn't

mean you'll get off Scott free, though, as you have an extra responsibility at this time. You are a trendsetter, and as

*Cont'd on pg. 8*

## Horoscopes cont'd...

such can keep your friends safe at parties by setting a good example. I'm not going to tell you what to, since you have good enough judgement skills to figure that out yourself, just remember that what you do may influence the actions of others.



**Pisces:** As with Aries, you're currently dreaming about what the summer may bring, except that you have been

thinking about it in a bit more detail. While others are confident and optimistic about summer, you're still unsure and worried about what the future may bring, especially if you are graduating. You're of coming to a point where future concerns weigh more heavily on your mind than the problems you're facing right now! What's important to remember is that you are fully capable of overcoming any obstacle you are faced with, but not if you're paying more attention to an obstacle miles down the road; just

focus on what's directly ahead of you, and you'll be fine.



## "Que sera" : the future of Sabres



**Are either of these students learning more?**

As we approach the end of another long year at Sutherland Secondary, we can't help but turn our minds towards the future. Whether by choice or by boredom, it seems like one thing everyone is thinking about is "What's going to happen next?" For Grade 12's, it's off to work or university; they've gone to join the adult world. But for everyone else, we're still here at Sutherland, so what do we have to look forward to? We can't help but wonder what our school lives are going to look like in a few years, and what our school is going to look like. While the days draw closer when we will finally go on to make our own way in the world, what do you think the future of Sutherland will look like?

It might be lack of creativity, or just an

inherent unwillingness to talk to a gloomy man with a clipboard, but most of our peers seem to think that nothing about this school will change. In the near future, perhaps not, but it would be foolish to think that in the next five years nothing will change. Every year our school faces major changes that completely alter it: as we lose the weary yet experienced Grade 12's, we gain another addition of fresh-faced Grade 8's ready to face the world. Our teaching staff seems to change every month now; this past year we've said goodbye to several long term teachers such as Ms. Hayter and Mr. Gorrell. Even as we reach the end of the year, changes are happening every day: old rules are being reinforced, new friendships are forming, and teachers are beginning to gear up their students for the upcoming exams.

Maybe it's wishful thinking, but a lot of students believe that as the years go by, more and more work will be done at home. Clement in Grade 9 believes that "...We're going to start doing all our learning at home. The school's just going to be like a community centre, like Harry Jerome, just a place to hang out." With the way technology is going, that seems to be an ever-present possibility. Nowadays it's no hard to find a student who is taking a class online or through some non-traditional method. In a few years, things are going to be "More electronic based in the gathering and transmitting of assignments. Instead of textbooks, we're probably going to be using the world wide web." Mr. Mikkers, Sutherland's technology teacher went on to add "You might not even recognize the changes happening."

*Cont'd on pg. 9*

## “Que sera” : the future of Sabres cont’d...

Ask anyone now and they'll tell you technology is going to be the future of this school; whether it's learning online or servant robots who do out homework, there's going to be some changes. There's going to be “Smarter kids as the technology improves, but there's going to be some consequences”, said Darylle So. While technology is a big part of our lives, maybe that's not the biggest thing that will change about our school. Mr. Jones says, “There's going to be more programs that focus on the individual. Think about learning outside or on a hike.” (Check out our interview with

Mr. Jones this issue for some more changes going on around the school.)

Some students seem to think that changes won't be gradual and hard to pick up, instead, they're going to happen immediately. A Grade 8 student mumbled something about the school and the rest of the world being gone in 2012, before nervously retracting his words. It hasn't been long since the school we're in now was erected, but Alex Vardy in Grade 11 believes that “...The school's going to be rebuilt, maybe into something more economical.” Perhaps in a few years

our school will still keep its position as the most modern school in the district. We always need to keep up with the trends, as they say.

Personally, I think it's going to be an amazing journey, but we just can't tell what lies ahead for us. “Que sera, sera”, but maybe we won't be passive. The future is ours to make and to change as students and the next generation. Change is inevitable, so let's go out there and make the most of it!

- Topher Pervan

## Sutherland's crème de la crème

On Wednesday June 8, 2011, students of all grades and their families joined in Sutherland's annual Awards Night Ceremony. It was amazing to see the number of students who received school service awards and academic achievement awards; that number definitely grows in size each year! We here at the *Sabre Truth* extend our sincerest congratulations to everybody that was honoured! That being said, there are two awards that deserve much recognition and glory and since they are given to grade 12's, we should be proud to have the winners in our graduating class. Those awards are the Outstanding Citizen and the Summa Summarum.

The Outstanding Citizen award had two recipients this year: Jeannine Johnstone and Darylle So. To be eligible, one must be a grade twelve student on the high honours list. They must exemplify social, personal, and leadership responsibility in the school. They must be eligible for a service award and be in good standing with school staff. Being good friends with both recipients, I can say with no hesitation that they go above and beyond the criteria.

Jeannine Johnstone is president of both the Cancer Awareness Club and

the Best Buddies sector of Sutherland. She serves on the Grad Council and is a member of the Mosaic Club. She has played percussion in the band for five years and has a perma-smile on her face every day. She has also dedicated an astounding one hundred and fifteen hours of service to the school! Darylle So, on the other hand, is a real character. He is somebody that will take years for Sutherland to forget. He is co-president of the SLC and has served on the District SLC for two years. He works side-by-side with Ms. Bunbury to run every aspect of the drama department. He has dedicated a whopping three hundred hours of service to our school! Congratulations to you both; you definitely deserve it.

Now the Summa Summarum is the most prestigious award a Sabre can get; translated from Latin, it means 'best of the best'. To be eligible for this esteemed honour, students must be in grade twelve and have high honours with distinction status. They must be eligible for a service award and excel in all aspects of the school: academics, athletics, fine arts, and social leadership. This year, the awards committee decided to have not honouree, but two: Oleksiy Serdyuk and Mona Sabzevari.

Oleksiy Serdyuk is relatively new to the school. He has been a student at Sutherland for only two years, arriving from the Ukraine with little understanding of English. Academically, he is in the top ten of his class, earning marks like 95% in Math 12 Honours, 97% in Calculus 12, and 87% in both Biology and Chemistry 12. Oleksiy has served the school and community through volunteering in the Math club, as a Peer Counsellor, and as a scorekeeper at basketball games. He has also played on the Sutherland Varsity Basketball team where they won the AA North Shore Championship this year. Oleksiy is a gentle giant that Sutherland is lucky to have. Mona Sabzevari is a gift to the school. She is the president of the Environment Club and serves on Cancer Awareness, Grad Council, and the Mosaic Club. She won the subject award for Biology 12, Law 12, and Acting 12 and received outstanding marks in the aforementioned classes as well as History 12 and Chemistry 12; she is

*Cont'd on pg. 10*

*“like 95% in  
Math 12  
Honours, 97% in  
Calculus 12, and  
87% in both  
Biology and  
Chemistry 12.”*

### Sutherland's crème de la crème

the third ranked academic student in the graduating class! She is a kind, crazy, loving person that strives to make her school and her community better with everything she does. Mona will be attending the University of British Columbia in September in the faculty of Arts.

These four students are the best of the graduating class. They all do their own thing but shine in the Sutherland light. They deserve more recognition than they receive so if you see them in the halls, congratulate them and ask them for some advice on how to be the best of the

best! Once again, congratulations to Jeannine Johnstone, Darylle So, Oleksiy Serdyuk, and Mona Sabzevari – Sutherland's crème de la crème.

- Kaylee Szackas



Sutherland's top four



The two summa sumarrums, show off their new hardware



The two real outstanding citizens



### What grinds my gears: the finale

Greetings sabres, the belligerent is back with another segment of "What Grinds my Gears". It's been a while since my last segment so you better believe there are more than a few things grinding my gears to maximum overdrive \*Arnold Shwar-

zenegger voice\*. I swear something in your brain switches when you hit grade 12. Ever since the beginning of the year things that have never agitated me before are getting me so angry I could punt a cute puppy off a bridge. Of course I'm joking, but you

get the picture. I'm sure more than a few of you will be able to relate to the list below, so read up and enjoy.

1. This one is a newly found pet peeve of mine, but dear atheist god

Cont'd on pg. 11

## What grinds my gears: the finale



### Get out of my way!

does it get me angry. I'm on an escalator. Even an uneducated year-year old baby is familiar with the "right side is for standing, left side for walking" rule. Yet, there is always that moron who is casually standing on the left side, listening to his beats unaware that there is a line of people in a rush building up behind him. If you're ever on an escalator at the same time as me, I might rage if you do this.

2. Something that doesn't make sense to me is how multi-billion dollar cell-phone companies don't have the technology to allow a cellphone to have service in the simplest places. Bloody heck does it ever make me angry. I need to make a call, and I'm standing in the middle of the road on a beautiful day, yet my moronic cellular device has zero bars. WHY TELUS!? If I don't have one bar on a regular day, what am I gonna do when I'm stranded in the forest and a family of bears is chasing me for dinner. Who will I be able to call then, Telus?

3. This one isn't very complex, but it's straight up. Why do people bother starting a conversation with you when another person is already clearly speaking to you. Can someone please explain why people do this?

4. This one isn't so much something that grinds my gears, but nonetheless it still made me very angry and sad. Back in the good ol' days when I was somewhat motivated and athletic, I used to actually look forward to going to soccer practice. If practice was on the Thursday, I would be counting down the days to Thursday. This one day I was really tired and decided to take a nap before soccer practice. It turns out I fell into a very deep sleep and dreamt about something like goblins eating cupcakes or something like that. The point is I ended up sleeping through my practice, woke up two hours after it, and basically broke down into tears because of how much I was looking forward to it. Oh were the days of grade 11 ever tough.

5. My parents usually tell me I need a psychiatrist, this next one kind of makes me want to believe them. It's any regular day and I'm just doin' ma thang. I'm in a pretty good mood, and I'm having ribs for dinner. Clearly I'm about to live out one of the best days of my life. Will anything kill my mood? Well apparently me hitting my knee on the gate coming in gets me so raged I start to physically punch and kick the gate, just as if it wasn't an inanimate object. Little did I know, it was just a gate.

6. Is it just me or does anybody else

rage quit when they find that their favorite shirt has been shrunken by their mom? You then proceed to take your rage upstairs towards your mother. You rage quit, then father comes downstairs and rage quits at you for rage quitting at your mother or in other words his wife. Just a bit too much raging goes down when the shirt shrinking goes down.

7. Kim Kardashian. I can name about one thing I like about her. Other than that, her existence simply bothers me.

8. This one time at band camp, I was on my way to a Canucks playoff game and I was going for dinner before hand. I left my house with quite the formal attire on to go catch the bus, and about a block away from the stop this bird comes about 2 cm from pooping on me. I couldn't be any more literal when I say 2 cm. At first I was just like, "lol wut?" But as the night proceeded, I kept thinking about what if the bird had actually full on released its feces on my head or shoulder. Just the thought of it put a blank look at my face. I mean think about it, bird poops on me, I have to go home and get changed, I miss the bus, miss the game, and up crying home alone while eating a full tub of "Ben And Jerry's" Cherry Garcia. Sad thought, am I right?

Whether or not all this stress is taking years off my life, these things still get my gears grinding so hard that I finally feel like disassembling those gears. At this point I would like to say au revoir, Sutherland. It's been a pleasure too have you all read my articles. Hopefully I didn't grind your gears.

- Giampoalo "Jam" Posteraro

**"This one is a newly found pet peeve of mine, but dear atheist god does it get me angry."**

## Into the suitcase: Summer fashion

Only days are left of school and exams; we are so close to summer and the end of another year. With summer comes travel for many, and while traveling, even with a small bag, it's possible to look your best! Whether in Paris or LA, or even in our own city, your fashion is a reflection of who you are, but even while following a trend, it is still possible to have a unique style no matter where you are in the world.

While you are jet setting across the world, you might find yourself restrained to using a small suitcase, perhaps even a backpack! No matter where you are going, you will want to look your best, so here are a few tricks and tips to get the most out of your limited four-cornered bag.

When traveling it is best to pack your basics; if you will only wear it once, don't put it in your bag. Make sure to take all the essentials, because although it is summer, the weather varies no matter where you go. Take long pants, shorts, tank tops, short sleeves, thicker sweaters and thinner sweaters; the ratio depends on where you are going. For example, if you are going to Spain, only one pair of long pants and one thicker sweater may be required. On the other hand, if you are going to Vancouver Island, fewer shorts and tank tops will be needed. While you pack, keep in mind where you are going; you don't want to look like a polar bear in Hawaii.

If your holiday will consist of days spent lounging on the beach, don't forget your flip-flops or sandals. Touring through Europe obliges walking shoes to be packed. Don't take a brand new, never-worn pair of shoes on a trip that will entail

walking all day; doing so could result in a very sore and grumpy self, and that takes away from the magic of your expedition. Keds are a good shoe to take with you no matter where you go; you won't be uncomfortable walking, all the while being a stylish tourist. Flats with interest are a good go to, but go for a colour you will wear with multiple outfits. If you are restrained to a small bag, limit yourself to three pairs of shoes: one pair to wear to your destination, one you can walk in, and one for more dressier occasions such as going for dinner.

In your suitcase there should be two types of outfits that come out of easily mixed and matched clothing. You should have casual outfits and dressier outfits. Dark wash and white jeans that can be rolled up for when it's warm, and roll them down for when it's cool. Shorts, tank tops, jean jackets, cardigans and khaki jackets complete your fashion forward travelling wardrobe. For dressier days and evenings, high-waist skirts and floral dresses come into play. Gladiator sandals, flats with character, and lace up shoes appropriately matched with the outfit will create a very trendy look. All that being said, during your travels, comfort trumps style; you are on a trip for the sights and memories of the destination, not of your blisters and over-heating.

In your bag you should not forget the fundamentals for your trip, such as a rain covering of some kind; you don't want to be miles from your home base and be drenched with no chance of dry clothes! Sunblock is an absolute must. A sun-kissed look is nice to have upon your return, but serious health issues like cancer are

not worth that deep brown skin under toned with a lobster red colour. Be kind to your skin and paint on that block! Your skin isn't the only thing that can be damaged from the sun, so wear sunglasses to protect your eyes from those harmful UV rays. In addition to protecting your eyes, sunglasses are a summer accessory that come in many styles to suit your personality, be it Aviators or Wayfarers, there is sure to be a pair that you won't want to be without.

Many worldly travels will include long flights, so wear clothes you won't mind sitting in for several hours. Often planes can be cold, so bring a pair of socks in your carry-on if your shoes don't require them. Big comfy sweaters and stretchy pants like Lululemons will keep you relaxed for those long flights. Taking a big bag or backpack as a carry-on can double as a day bag at your destination. On the flight, take a book, a charged iPod if you have one, anything that will keep you entertained for those tedious hours. If you are prone to motion sickness, take some mints or gum to calm that flitting stomach, it will make you feel better and leave your breath minty fresh.

No matter where you are this summer, dress to be confident. At home or across the planet, you can be fashionable while being unique, but the most important thing is to feel at ease. If you aren't comfortable wearing something, there is no need to; dress in whatever makes you happy. The outfit does not make you, it is you that makes the outfit, so pull out those bold patterns and enjoy what could be a very warm summer.

- Alexis Morton

The beach is the place to be with all these summer fashion tips!





Colourful tops add interest to any summer outfit.



Fancy flats take any outfit from bleak to chic.



Floral and vintage are in this season.



Jean jackets are perfect for a cooler summer evening.



Going to the beach? Well, you are going to need the sunscreen and towel. The aviators will protect from the sun but also add the bau5 style.

## “Sticky floors and uncomfortable chairs”



**At Esplanade, you are never shy of sunshine on a sunny day.**

The movies are a place where people go to have a good time with their friends, see a story, and fall in love with characters. Going to a movie is something that most people like, the only down side is the price. Personally I am a huge fan of movies and highly enjoy going to see a movie in theatres. I decided to head out to the two theatres that we have in North Vancouver and compare the two for you all so that you know which one is really worth the money.

### Pricing:

Pricing at a movie theatre is one thing that really bothers me. It seems like every six months they raise the price by 50 cents. Something else that I wonder about is why do kids and seniors get a cheaper price than all of the rest of us? They take up a seat too, it's not like they're sharing one seat!

After paying \$15 to get into the theatre; the smell of buttery popcorn came wafting my way. All of a sudden, even when you didn't think you were hungry before, you're hungry and thirsty, and no matter how hard you resist, it's hard to stay out of the twenty minute line up for a simple bag of popcorn and a drink that is so watered down it hardly has taste. Yet you're in that line every time anyways, and when you think about it, there really is no difference to movie popcorn to the popcorn that you

have at home in your cupboard.

### Seating:

Have you ever noticed that everyone goes to the middle of the theater, and to the very middle seats? I have. It seems to be that way because people think that it's the best spot in the theater, but I have a secret for you guys: it's not. The back is. Everyone thinks that the back of the theater is the place where all the couples go to make out and make the rest of us feel sick, and sometimes that's true, but most of the time. But when you sit in the back you get to see the whole screen without having to move your head, you hear everything, and most of the time you don't have to deal with the tallest person in the theater sitting in front of you and blocking half of the screen.

### Park and Tilford:

Which movie seats aren't uncomfortable? The closest you can come to a comfortable movie seat are the ones at Metrotown, but that's too far for me to go every time I want to see a movie. The seats at Park and Tilford aren't too bad. Most of the time they're still 'new' enough to flip back up when you're not sitting in one. Also the padding seems to still be in the chair, instead of falling out of the sides from the rips. The back of the seats were also pretty padded, so the only way that your back hurts is if you're watching a really long movie like Lord of the Rings. Although the back is comfortable, the seat itself isn't comfortable for too long. Half way through the movie my butt starts to hurt and I start to shift to a different position every five seconds, and by the end of the movie your butt is numb.

### Esplanade :

Just like Park and Tilford their seats are no Metrotown seats. The seats at Esplanade are a little worse I think. The stuffing in the seats isn't as thick, and some of them have the stuffing hanging out of the sides and the back of the seats seem to have no stuffing in them at all. Fifteen minutes into the movie my back starts to hurt, and thirty minutes in, my butt starts to hurt. So I'm not only trying to find a comfortable position for my butt, but my back as well. Park and Tilford definitely wins the seating contest.

### Popcorn and Candy:

Both theaters had the same candy selections, lots of chocolate and lots of candy so that everyone has something to enjoy. The popcorn also seemed the same to me. Very buttery with lots of salt. I'm pretty sure they all just use the same brand of popcorn. I did find that Esplanade had better beverages though. They seemed a little less watered down, and they didn't use as much ice, so that you got more drink than ice, which also prevented the watered down taste when the ice melted.

*Cont'd on pg. 15*

## “Sticky floors and uncomfortable chairs” cont’d...



Not only can you see a movie here but you can dance your heart out as well!

### Atmosphere:

#### Park and Tilford:

Park and Tilford has something that everyone can enjoy. They have a lot of arcade games for kids and adults to enjoy. They even have DDR! Now who doesn't love DDR? The atmosphere there is fun and exciting. There's never a dull moment, only when you get up in the middle of the movie to use the washroom or get more pop-

corn and a new drink. Before the movie starts, and after the movie ends, the place is loud, there's tons of laughter, and most people have a smile on their face. The arcade games are always full, and it's even fun to watch other people play the games.

#### Esplanade:

Esplanade used to have arcade games just like Park and Tilford. Recently they took them out which I'm pretty sure upset more people than just myself. Since they took the games out,

there has been a different atmosphere in there. Before and after the movie it is still loud in there as people wait in line for there food and discuss how excited they are to see there movie, and how good or terrible it was after. It empties out pretty fast as no one has much to do after the movie in the theater, other than go to the wash-room. A huge plus side to Esplanade is all of the windows. In the day time it is so bright in there, so you don't feel quite as guilty going to a matinee on a sunny day. If it's rainy, the rain hitting the window panes makes you feel even more cozy and justified for hiding in the dark theater. You never have to guess what the weather is like when you're there.

All in all both theaters are great. I like seeing movies in both of them, and I would recommend either of them to anyone. I do have to say though, that Park and Tilford is my favourite. It's much closer to home for me, and the parking is much better. You can park right out front, instead of having to park eighteen blocks away! Although the walk back the car would burn off the overpriced popcorn and candy!

- Sarah Reid

## Sabre FM: Mumford and Sons

Mumford and Sons album *Sigh No More* brings a charming and rustic sound to the world of indie rock. With songs like “**Little Lion Man,**” “**Thistles and Weeds,**” and “**The Cave**” you can't help but feel the authenticity and truth they reveal with truly heartfelt passion. Personally I don't enjoy country music but Mumford and Sons manages to create a harmony of sounds with country, blue grass, and folk, all the while keeping to their indie rock roots. You flow through the album enjoying the thought provoking lyrics, such as “Your grace is wasted in your

face, your boldness stands alone among the wreck...” –Little Lion Man. Their music isn't straightforward and generic it takes on a depth that is lacking in a lot of music today. These young gentlemen have made a successful step into giving us a great leading album, with hopes of more to come.

If you like Mumford and Sons you might also like Kings of Leon-if you don't already love them-they're a little less tame than Mumford and Sons but definitely aren't lacking in any way.

- Charla Lewis



## Which to choose?!

I love brushing my teeth. I really do, I love the fresh, clean feeling that you get after brushing your teeth, it's almost as good as showering, if not better. I'm even one of those strange people who don't like the taste of mint, but oddly enough I don't mind toothpaste. However, today I am on a mission, to find the best toothpaste out there. There are so many to choose from! I mean what do you get, whitening? Plaque control? Total? (And, if so, what does total even entail?) I'll be evaluating the toothpastes on a five point scale, for freshness, taste, lasting effect, substance, and smell. The last two criteria are because you probably don't want to be putting something in your mouth that you can't bear to smell, or look at, right? The subjects: Colgate total, Crest, Crest 3D White, and Kids Colgate. They will be tested for the ever-coveted 'Seal of Approval'!



First, I took my little pink toothbrush, and started with the Kid's Colgate. It started off okay, the smell and substance not being too harsh; however, once I started to brush my teeth, it all went downhill from there. The taste

was absolutely disgusting, not something you would expect from a children's toothpaste! It was so putrid; I couldn't even brush my teeth with it for one minute, let alone the recommended two! And it had a really peculiar after-taste. Also, as soon as I stopped brushing my teeth, it didn't feel like I even had. So, kids Colgate? Not so much. Overall, I'm going to have to give the Kids Colgate 0 out of 5 stars, because it just simply doesn't work. Sadly, this brand does not get my Seal of Approval.

Substance – 3/5  
Smell – 4/5  
Taste – 2/5  
Freshness – 0/5  
Lasting Affect – 0/5



Cringing, I picked up my next subject, the ever so normal Crest. It started out well, too, with an invitingly minty smell, and an interesting substance (white toothpaste with green stripes!) The taste was just as it smelled, minty, but not too overpowering, so as to scare someone away. My breath felt super fresh after using it; however it just didn't have that long lasting 'minty fresh' feel that one usually wants after brushing their teeth, so overall, I'm going to have to give Crest 3 out of 5 stars, meaning that it does not get my Seal of Approval.

Substance – 3/5  
Smell – 3/5  
Taste – 4/5  
Freshness – 5/5  
Lasting Affect – 2/5

Hoping for something even a little bit



better, I picked up my toothbrush again, deciding to try Colgate total. I thought that I was in for a bit of a nasty shock when I saw the normal, boring, plain substance, and when I smelled the – for lack of better word – stinky toothpaste, but it wasn't that bad! The taste was pleasant, leaving me with a freshness that lasted. (You know when you breathe in through your mouth, and you can feel a tingly coolness? That's what I was looking for, and so far, this was the only toothpaste that delivered.) Overall, I'm going to give this toothpaste 4 out of 5 stars, meaning that it gets my Seal of Approval!

Substance – 5/5  
Smell – 4/5  
Taste – 4/5  
Freshness – 2/5  
Lasting Effect – 1/5



Finally, and a little more optimistically, I moved on to the Crest 3D White. The substance and smell were quite strong at first. The smell was simply minty, and the toothpaste was blue, with little blue speckles all throughout. At first, though, when I started brushing, it was a complete disappointment. However, as I continued, I imagine that the little 'speckles' in it burst, creating a completely minty flavor. The freshness was unbelievable, and so was the longevity of it. (Even better than the Colgate total!) And if it whitens your teeth all in one go? Well, that's definitely okay with me. So, I am giving the Crest 3D White 5 out of 5 stars, winning my complete Seal of Approval!

Substance – 3/5  
Smell – 4/5  
Taste – 5/5  
Freshness – 4/5  
Lasting Effect – 5/5

All in all, these toothpastes were all

## Which to choose?! Cont'd...



Which freshens the best?

All in all, these toothpastes were all adequate, (except for Kids Colgate, of course – stay away!) but only two of the toothpastes were able to pin down my coveted, and extremely rare Seal of Approval; Crest 3D White, and Colgate Total! However, you can only really use one toothpaste (unless you like experimenting and trying different toothpastes every single day?), so I fully recommend using

trying different toothpastes every single day?), so I fully recommend using

Crest 3D White, even if you aren't a tooth brushing fanatic like myself. I really recommend it, and so do my other sources. (AKA my mom.)

- Jessica Horsnell

**“...these toothpastes were all adequate, (except for Kids Colgate, of course – stay away!)”**

## Brains or bugs?



**imagine these fungi stalks sprouting from your joints and head while you prowl the concrete jungle looking for brains**

Movies have depict horrific walking dead, books have taught us how to fight them (The Zombie Survival Guide), and now they are among us! Recently discovered in Brazil, *Ophiocordyceps camponoti-balzani* (I know, a mouthful to pronounce) is a type of fungus that actually takes over the brain of an ant, so get your squishing boots on, and your mini-torches in hand people, we're eliminating the

threat before it spreads (Remember the grade eight story, Leiningen versus the Ants?).

*Ophiocordyceps unilateralis* (OU), as it was originally called, is actually four species of fungi that can affect an ant's brain. The fungi is so advanced, that it can not only control the ant's actions, but also accurately use the ant's senses to find a good location for the fungi to spread pores, and then kill the ant and grow out of the ant's head. The spores can then travel to other insects (OU is not limited to infecting ants) and take

them over, increasing the number of "zombie insects."

OU was discovered in Brazilian Atlantic Rainforest by a team of researchers lead by David Hughes. They noticed the fungus after seeing a wide variety of fungi sprouting from ant heads. One of the many things OU directs ants to do is to bite the surface of whatever the ant is standing on, and then kill it, providing a stable home for the fungus. OU uses the ant's body as an energy source for growth after the ant dies. It eventually starts growing outside the ant's body, and starts spreading spores. There are still undiscovered types of OU, as one is specificity adapted to kill wasps and then form twig-like growths out of the wasp's body.

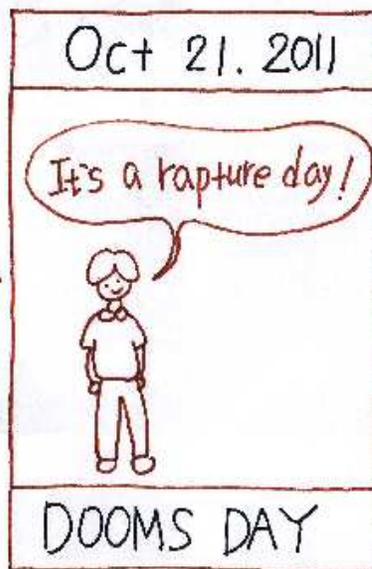
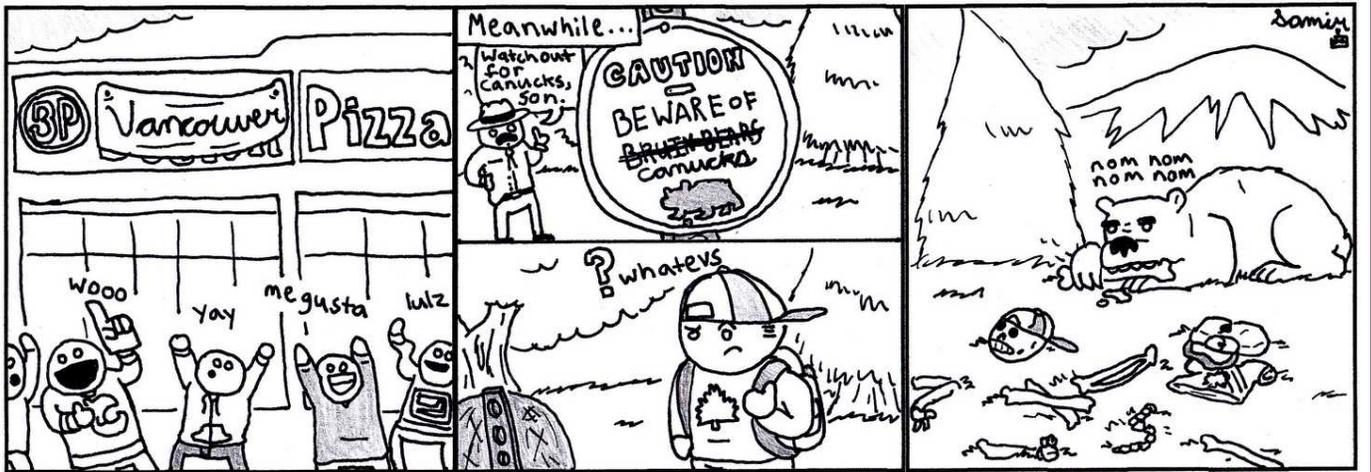
In the end, *Ophiocordyceps unilateralis* is not the virus we all fear and watch on the big screen, but none the less, it is a fascinating organism developed by Mother Nature. Hopefully the fungus will never develop into the apocalyptic event that is so readily depicted in modern fiction. So have a happy holiday, and while you're picnicking in the park, watch out for zombie ants!

- Ben Bowstead



LOL!

# SAMI & SANI'S FUNNY PAGE

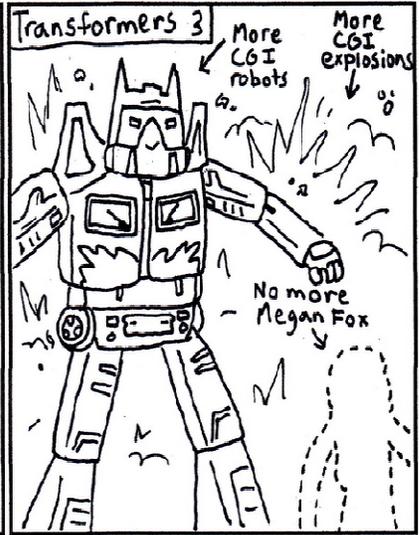


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GRAD EVENT 2011  
(HINT HINT)  
JUNE 6. Mon



How to tell movies apart from their latest sequels:



Samir B

IT'S LIKE TWICE AS MUCH AS IT SHOULD BE

Sami + Sani's



## Photographer of the month



**Safe to say I felt a little awkward taking a photo of a photographer**

Photography can mean a million different things to a million different people. To some it could be an opportunity to capture a moment in their lives, to another to document an event, or to others maybe even as a career. To Adam Flewling, it is his way of life, how he expresses himself, how he sees the things around him. Sitting outside, he sees the birds above and automatically does not just acknowledge the existence of the bird. He sees all the possibilities of what he could make the bird to be, he mentally figures out where the light is coming from and the best possible way to capture this moment permanently, while finding a way to change the natural into something interesting and meaningful. Adam is the definition of an individual, letting the world have a sneak peek into his brain through his photographs.

**Sabre Truth (ST): What inspired you to take up photography?**

Adam Flewling (AF): I just started fooling around with my mom's Polaroid, it just came naturally to me. It started as an interest, then a fad, and now it is just something I do. (With a

sly face "It's my nature").

**ST: Who is your inspiration?**

AF: My mother most definitely, she is the most artistic in my family, from day one she just did a lot of her own art around where I was and it intrigued me so I followed in her footsteps basically. I would spend a lot of time where my mom kept her pieces so I become more engaged and developed my own meaning of what art means to me.

**ST: Who gave you your first camera?**

AF: May 2nd I received my first camera from my dad! \*enter smile here\*

**ST: Do you always have a camera on you?**

AF: I have some photographic device, indeed I do \*smiles\*. It's with me the moment I wake up, till the moment I go to bed.

**ST: What is your favourite thing about the photography teacher Mrs. Noack?**

AF: I think that she is definitely really supportive, very engaged in the stu-

dents in general.

**ST: If you could apprentice under any famous photographer who would it be?**

AF: All around all photographers have an influence on me. Whether it is how passionate they are, or something about their photos. My inspiration is shown through my photographs in really subtle ways. I'll absorb their information, and filter out the residue and retain what's left. I'll take as much information as I can hold, from anyone with the same push about photography as me.

**ST: Would you consider yourself a "photo nerd"?**

AF: Yeah... \*smiles cutely\*

**ST: What do you prefer digital or film?**

AF: Film because it is something so real, it has character, it is something personal, that you can keep forever. You are the only one who has it. It can't go on Facebook. It is something completely individual. It can be hectic to acquire such a huge stack of negatives but it is something you can always keep. Another reason I love film, is that you don't know what it looks like till you develop it. It is just mysterious in itself. The anticipation gives you a rush. Developing a roll a film is like watching something come to life. There is something really fresh about it. Watching the picture emerge from the murky depths of the developer is really kind of cool, I find it righteous, because it is right in its own self. It's natural. You are the first to see it, the first to acknowledge it, to judge it, and to witness it before anyone else does.

**ST: Your thoughts on digital?**

AF: I can see something that normal people see as an everyday object, but I take and turn it upside down, and make a bit less normal. Make it fit a bit more into my own perspective.

*Cont'd on pg. 21*

## Photographer of the month cont'd...

### ST: Do you prefer portraits or abstract photos?

AF: Abstract, you have a lot more to work with, the creativity isn't limited at all. It is just out there. You have a lot more room to play. That is the thing with abstract you can do really whatever you want. I like not having requirements, being able to have my own take on something.

### ST: Where is your favourite environment to take pictures?

AF: I honestly just really love industrial environments, out dated, and rustic, it gives you a sense of history and character. I love working with really raw material.

### ST: What is your favourite time of the day to takes photos?

AF: Anytime of the day \*nods\*

### ST: Do you wish to pursue photography as a career?

AF: Oh ya \*gets excited\* I mean I would definitely want to pursue it as a career. But as an up and coming photographer it is a lot harder. If a lot of people are doing it, you are going to need a really personal approach to it. You have to have your own feelings towards it, and make it unique. If it is just the same as everyone else you aren't going to have much of a chance, it is really demanding too. Lots of people think they can get off just taking a couple of photographs, and cashing the check at the

end of the day. It's your own, it either appeals to you or it doesn't. The people who hire photographers want crazy people with something new to add. Photographers lie through their photographs to tell the truth.

### ST: What kind of photography do you wish to pursue?

AF: Fine art, so I have the full capability to play how I want. That is something that I would love to just have. Just to take it on full force, make it really interesting.

### ST: Talk about your award a bit.

AF: I got the email in the middle of math class saying that I had won this huge North Van district photo contest, (sorry Mr.Mitruk for using my iPod in class \*apologetically smiles\*) I got butterflies in every inch of my being. I feel it really jump-started my confidence and incentive to put myself out there a little bit more in the community. The Chesterfield's photo contest I felt really reached out to youth photographers, and gave us a chance to voice our opinion to a larger audience.

### ST: Do you believe in the credibility of the LG photographers seen commonly on Facebook?

AF: \*sighs\*... I think if people have a true passion for taking photographs, that have a deeper meaning whether to themselves or others, it make them more applicable to future job opportunities. There is never a

wrong reason to take a photograph but is whether or not it has a deeper meaning is up to you.

### ST: What do you think about self-righteous photographers?

AF: I think they need to take the limelight a little less seriously, and try not to be in it all of the time. If you are in the limelight and being exposed everyone needs to the chance to have that thumbs up. It depends on who you are, but the photo needs to mean more to you before it can mean anything to anyone else.

### ST: If you were stranded on a desert island and could only bring three things with you, would one of them be your camera? (Assuming you could either charge it, or develop with it of course)

AB: If I'm by myself I need entertainment in some strange way, and photography would be my sort of entertainment. It could get lonely; my camera is my comfort zone.

Adam has taken something as common as the idea of a photo, and made it something unique, and completely individual. He has the natural talent and a rare view, a driven passion, and a willingness to learn. Adam is someone bound to go far. He encourages others to go and pick up a camera; you never know what you may find either in yourself, or what you see around you.

- Brittany Mrsic

## Bookface: *The Woman in White*

Whether you take a nostalgic pleasure in the constricting attire and etiquette of the nineteenth century, you have an appeal to the Gothic eccentricities of the literature, or you just enjoy a carriage race, a stolen inheritance and some minor blood spill, you need to get to know the English cannon a little better. *The Woman in White* was pub-

lished in 1860 and has been known ever since as one of "the greatest mystery thrillers in the language." William Thackeray, writer of *Vanity Fair*, stayed up all night to read it and Gladstone postponed a theatre gala to finish reading it. It is written, like Braham Stoker's *Dracula*, in a series of written entries. They are collected by Walter Hartright,

a drawing master newly appointed to Limmerage House, who meets a white-clad stranger on the road to his new station. He discovers her identity as Anne Catherick, an asylum-escapee. He later falls in love with his new pupil, Laura Fairlie, but resolves to leave Limmerage House when he

Cont'd on pg. 22

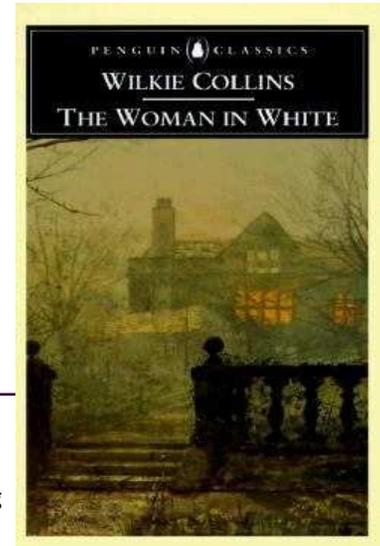
## Bookface cont'd...

hears of her betrothal to Sir Percival Glyde. Their fates are all inexorably bound when a letter is sent, a ghostly apparition appears on a grave, a death is feigned and an identity stolen, in a captivating plot which, like most Victorian novels, pervades through you slowly and bitterly until it has taken full control of your senses. If you have read *The Adventures of Sherlock*

*Holmes, Dr. Jekyll & Mr. Hyde, Frankenstein or Dracula*, then you will be transfixed by the mystery of *The Woman in White*.

- Kathryn Ney

The worn cover of a forgotten classic: *The Woman in White*



## Movie review: "Source Code"

Hold on to your armrest, "The Source Code" remains to be a film that will truly coil and waver with your psychological state for the whole hour and thirty minutes. If you decide to go to the theatre on a school night at 9 pm without any form of a caffeine product, this movie shouldn't have a second glance as it utilizes repetitive (yet perplexing Twilight Zone) scenes. Definitely another *Inception* take on a movie only on a timed military excursion scale.

When the beginning credits roll in, it takes us with the adventure we'll soon be familiar with--a setting on a train. Jake Gyllenhaal plays the gallant protagonist who wakes up on the train, not aware of where he is and is seemingly in someone else's body. He happens to be sitting across from a girl named Christina who tells him that she took his advice and signed up for an LSAT course. He gets up and tries to investigate the train to see what is happening but before he can figure anything out, a bomb goes off killing everyone on it.

After the explosion, he wakes up inside a discombobulated aircraft in a military uniform not aware of his surroundings

yet again. A woman on a video monitor asks him a multitude of questions to jog his memory on who he is and Jake Gyllenhaal, to his chagrin, finds out that he is on a mission called "Beleaguered Castle" and that the woman he is talking to on the monitor is his mission controller to find who made the bomb go off on the train he was in and to evaluate what this morning commuter train alternate universe is. He only has 8 minutes for each mission or he goes through the bombing time and time again. Without any more information, he is sent back on the train for the operation. He figures out that Christina is the significant other of the body of the person he's in and ends up making her a top priority to save on the train before it all blows up when time runs out each time he fails to complete his mission.

It turns out to be a whirlwind of exhilarating events that will keep you on the edge of your seat, yet Gyllenhaal's character is impatient as he tries to pick up the pieces throughout the plot (which will puzzle you out of your mind). The cast put on an

amazing performance and of course Jake Gyllenhaal didn't disappoint as the valiant soldier he plays, but it will "beleaguer" you as you solve the mystery identity of the bomber and will keep you yawning at the sight of the bloody train for the billionth time. It is a very unusual film but has a light hearted tone and adventure to it along with humour and Russell Brand as a present character in the movie!

-Charlene Damian



Trying to recollect...

## A series of unfortunate events

Walking by the thick wooden door of Sutherland's girls' change room, not many really know what lies beyond it. No, it's not a time portal, a magical passage to Narnia, or even a normal girls' changing room for that matter. Literally speaking, it is a girls' changing room, but I wouldn't call it that. I'd

call it a wild lioness kingdom of death! Maybe that title is a little extreme, but it's not too far fetched from reality. Perhaps it may be a different place when different groups of girls are integrated together, but when third period hits, and the change room opens, it becomes a cramped and

frustrating box we're all dying to get out of.

Opening the door, you'll find two bathroom stalls (one of which has a broken door), dirty gym clothes that have been scattered on the turf in-

Cont'd on pg. 23

## A series of unfortunate events cont'd...

Infested floor for months, and possibly a few brave souls.

The situation you face into all depends on what time it is. In the morning, you can catch a few girls taking time to perfect their already-ready-for-school look where they stand at the mirror equipped with a collection of hair straighteners and makeup. Josie Mahon of grade eleven comments on this by saying, "Why would anyone want to sit in the change room, talk, and get ready. There's toilets, and smelly clothes everywhere!" However, the morning isn't nearly as bad as what you'll find or smell at the end of the day. For the change room, the morning is a fresh start, not yet tainted by the days' wear and tear. Julia Kadi of grade eight notes a key point about the change room at the end of the day, "It's a bad smell, mixed in with cheap perfume."

Anyone who has Fitness or P.E. everyday can tell you what they will encounter before they enter. What you'll find is a mess of girls changing, everywhere from the ceiling to under the sinks which makes it very difficult to travel anywhere. However, my strategy is to enter from the left, since there is always more blockage on the right side. Once I get to my locker, the chances of getting out quickly go even further downhill. My locker and I have issues. I have to treat it just right with the exact numbers and turns or else it will deny me. Sometimes it's not until the third or fourth attempt that I hear the victorious click. Once it opens, it's a matter of taking everything off and putting your gym clothes on. It's normally true that changing in and out of clothes is a quick process, but try being in a cramped area, sandwiched by other frantic girls, dealing with a bench, and at the same time allowing people to pass by you. Delaney Rocchio of grade eleven gave me some advice on executing this routine. "First, I change my shirt and take off my shoes at the same time. Then, I step out and into different pants while stepping into my other shoes at the same time. Next, I slam my locker, and book it out of there." Since people are more eager to get changed back into their clothes than they are to get changed for Fitness or P.E., the atmosphere in the change room is even more chaotic when we're heading

back to the change room.

As soon as our teacher dismisses us, the amazing race has started. We run as fast as we can down the stretch of stairs, and to the wooden door. Kaitlin Hebron of grade eleven says that she runs as fast as she can to the change room to beat the rush and get changed quickly. By the time we get to our lockers, most of our hands are shaking as we put in the three numbers to our locker. Dialogue buzzes about getting changed and out before the next class surrounds the room. However, usually by this time, it is too late. We hear the loud noise of fast feet, laughs, and the thunderous contact between palms and door. We struggle even more, trying to change faster, and by the time we're finished the hustle, we have worked harder in that block of five minutes than we have the entire class. Getting close to the end of changing, we hear the poisonous word; spray. Spray is another word for a cheap bottle of vanilla scent someone bought at Wal-Mart to mask the scent of their body odour. There have been times where all of the scent hits one of us at an instant, delivering a minute long coughing fit. I don't know what's worse, the smell of rich just-out-of-the-oven-body odour, or the sickly mix of this fresh brew and vanilla!

The final task is the mirror. Competing for

a spot on the damp counter is impossible, and even competing for a piece of the mirror is difficult. People are blocking you every which way, squeezing in to wash their hands, and finding once again that there is no soap in the dispenser. All you can do in this situation is deal with it. Deal with the mop placed on your head, deal with the mascara that has been sweated off, and walk out. After the change room, it would take an hour of hair straightening and a case of makeup to walk out looking like you did when you entered, so you are out of luck.

What happens behind the doors of Sutherland's girls' change room is not a secret; it is a series of unfortunate events. Everything from the lack of space all of us have to the smells that are sealed inside the room. The rush we are all in to change and "...book it out of there", makes the change room the way it is. Nothing but a dirty, crowded space with clothes left over from people who were in too much of a rush to notice, the sickening smell of cheap vanilla and body odor, a room with a broken bathroom door and a soaking wet counter top. This is the changing room that all girls have the privilege of changing in. Some may complain, but what more could we ask for when we're half the problem.

- Anika Tsoulacos



**A wild mess!**

## Track and Field

Monday June the 6th, an assembly was held to show the appreciation towards the track team and all they have accomplished. Which is a lot to say in the least. This is a team that not only shows their athleticism and professionalism through how well they do, but through their compassion for one another, even in track a non-team sport.

This is a team that exudes a true "team" atmosphere, as Cameron in grade 8 says "We have become a team, a family" Not only through their success but through their togetherness as a team. To this group of students, this is truly the perfect sport, not only does it give them the complete freedom as an individual, but it gives them the underlying support to feel confident in what they are doing, and they have performed incredibly well this year.

Matthew Swanson in grade 11 is the driving force for this team. As he assistant coaches with his advice and

"beastly" hurdle drills. Matthew is the Senior North Shore Champion in the 110m Hurdles, the 400m Hurdles, and the 800m race, as he ran one of the fastest times this year in BC. Rachel Jones is the Bantam girls Champion in the 3000m, 1500m, and 800m races. Ellie Fox is the Junior Girls' Champion in the 1500m and 800m events, while Anna Fox is the Bantam Girls Champion in the 400m race. The Bantam Girls 4x100 team, consisting of Julia Kadi, Rachel Jones, Mollie Townsend, and Hannah Heavenor won their relay convincingly. There were MANY other top five results and these are on display outside the PE office.

The team encourages new people to join, whether they want to be competitive or not. Out of the twenty-one members I talked to only, seven had joined for the competitive aspect. Leaving three for fitness and the last eleven for the social reasons. When asked as to why track was something people should join Julia Kadi stated, "I



**A proud Mrs. Watt, freezies in hand.**

think it's cause we are friends, and when it comes to serious moments we are very serious and supportive, plus we have a Facebook group!" If you are debating whether or not track is the right thing for you, you

probably don't know about their freezies. Somewhere in the school Mrs. Watt has her secret stash of freezies which she shares with the team after every practice. If that isn't enough to make someone want to join a sport than I don't know what is, but if you favourite kind is red, you make want to refrain as you'd be with the majority within the team fighting for them.



**Sutherland's amazing track team.  
Great job guys and gals!**

- Brittney Mrsic

## How to make the most of Summer



Why not hit the beach?

These two months can stretch before you full of possibility, but by the first week you realize that all you have to look forward to are soap opera re-runs, a low-pay job and the odd sunburn. The worst aspect of this sad (but common) fate is having to part with your friends for an extended period of time, as they go off on an exotic trip, a funded exchange or a long getaway to a summer cabin. It can be easy to spend your afternoons in your basement, watching movie marathons, gaming or working your way through a rather excessive reading list, but there are better ways to take advantage of the time you have before the new school year begins.

When you have too much of anything it tends to surfeit. For those students who feel the need to miss as much school as possible during our ten months a year of free education, when they are actually given time to be wasted they have no idea what to do with it. Then there are others with parents who work full time in a poorly ventilated office, with siblings taking university prep courses, or friends attending summer school, so daily interactions are limited. After you've seen one too many summer flicks in the local theatre, had too many slushies for a life-

time, and spent all of your wages on an impulse born from your own inactivity, even the less eager students will (almost) be looking forward to the regularity of their school life.

It doesn't have to be that way. You don't have to feel sick at the thought of wearing more sunscreen, worsening your farmer's tan or spending too much on cheap entertainment. You need to give your everyday schedule some variety; get up early enough to see the sunrise, take the scenic route to work, don't live off of Tim Hortons Iced Capps or Starbucks Frappuccinos because they will make you sick. Take a class at your local Rec Centre, pick up a guide to hiking on the North Shore, have a picnic on Spanish Banks instead of resorting to the cafeteria food and sunbathing seniors of Ambleside. You can take a bus without knowing where it goes, buy a record on Hastings or have a latté in Kerrisdale. You will never be without ideas if you extend your territory beyond the local shopping mall or the 7-Eleven.

There are often a lot of benefits to doing absolutely nothing over the summer; it still feels much more fulfilling when you look back on the

pictures you've taken, the sights you've seen and the people you've met or reconnected with. Take up a summer project, redecorate your room or take a course on something that you have always wanted to pursue. If you are fortunate enough to have an extended family that is still alive and speaking to one another, spend some time with them. You can connect in some unexpected way to someone who has always been in your life.

The summer is a time to regenerate yourself before you attack the next school year. It is the only acceptable time to run through

someone else's sprinkler, drink pop at any hour of the day, and eat peaches that drip down to your elbows. It can be full of new experiences, good times and blissful escapes to the other side of the city. If you feel left out, organize an outing with friends, begin a conversation with someone that you don't know, or call up a relative that you need to get to know better. Check the billboards at your local library for concerts, public events, cultural festivities or informal theater productions. Your summer is what you make of it, so get out there and enjoy everything it has to offer!



A refreshing slurpee on a hot day!

- Kathryn Ney

## THIS PUMP IS INSANE!

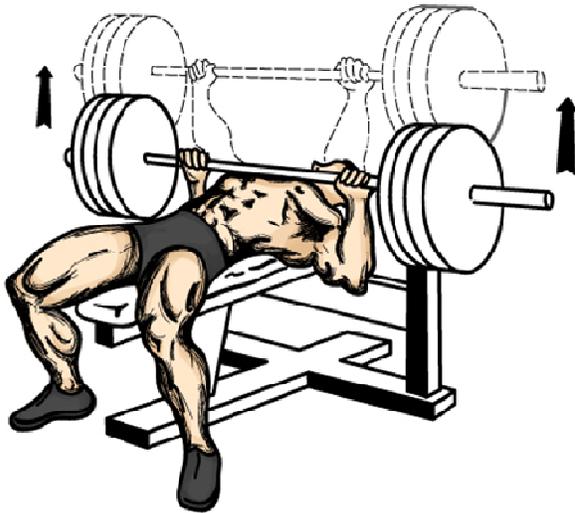
It's time to separate the boys from the men, and heck yes this is a competition. You are probably sitting there thinking, "What is he going on about? It's his last addition to the paper...ever...and he is talking about some sort of boy and men separation?" Well I am here to tell you about a contest, a contest that will keep all them pretty ladies' eyes all over you. Yes my fine gentlemen, I am about to present to you the best way to get JACKED this summer so that you can walk in fresh and rippled up for your new school year.

The reason I have made the reference to the "new school year" is because I am leaving Sutherland; however, there is one thing that worries me. As one of the fellow "big boys," (it is an honour to be this by the way), I would like to be able to say that I handed down the torch of this prestigious honour to a group of tanked up grade eleven guys who will soon enough be in grade twelve. Now, there are a few guys who look like they will fit this role quite nicely, but I am here to fulfill my duties and give some hints and tips to secure those screws and make those muscles recognition worthy.

I am going to provide you with four major exercises; you may know them from the grouping of power lifting workouts. These four are basic and make you do the most work without injury and you can expect a noticeable size difference if you do them with adequate sets and reps which I will recommend shortly and adequate nutrition which I have talked about before in previous articles.

These here exercises will get you even more jacked if you already aren't ma grade eleven boys, I wanna be proud in the fact that I am passing down the torch to guys who are dedicated to pumping iron and staying healthy. Good luck ma men, keep on loving "DA PUMP" and make me proud!

- Sardara "senor peccs" Dhuga



### **Bench Press:**

#### Preparation:

Lie supine on bench. Dismount barbell from rack over upper chest using wide oblique overhand grip.

#### Execution:

Lower weight to mid-chest. Press bar upward until arms are extended. Repeat.

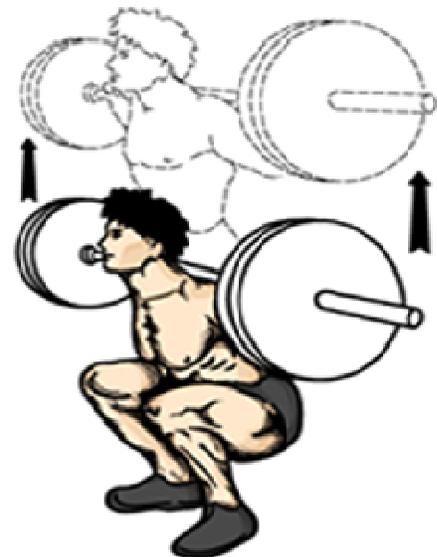
### **Squat:**

#### Preparation:

From rack with barbell at upper chest height, position bar high on back of shoulders and grasp barbell to sides. Dismount bar from rack and stand with shoulder width stance.

#### Execution:

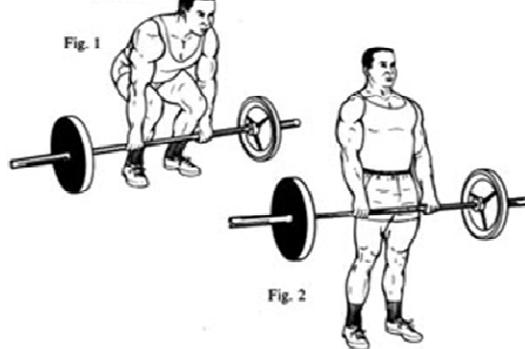
Bend knees forward while allowing hips to bend back behind, keeping back straight and knees pointed same direction as feet. Descend until thighs are just past parallel to floor. Extend knees and hips until legs are straight. Return and repeat.



**Keep head up & look straight ahead throughout the lift.**

### BARBELL DEAD LIFT

Lower back



### Deadlift:

#### Preparation:

With feet flat beneath bar, squat down and grasp bar with shoulder width or slightly wider over hand or mixed grip.

#### Execution:

Lift bar by extending hips and knees to full extension. Pull shoulders back at top of lift if rounded. Return and repeat.



### Shoulder Press (w/bar):

#### Preparation:

From rack with barbell at upper chest height, position bar high on back of shoulders and grasp barbell to sides. Dismount bar from rack and stand with shoulder width stance.

#### Execution:

Bend knees forward while allowing hips to bend back behind, keeping back straight and knees pointed same direction as feet. Descend until thighs are just past parallel to floor. Extend knees and hips until legs are straight. Return and repeat.

## Fruity whey protein smoothie

### Ingredients:

- 1 banana cut into chunks
- 1 or 2 scoops of whey protein( according to the brand)
- 3 large strawberries
- 1/4 cup blueberries
- 1/2 of skim milk
- 1/2 cup ice
- 1/2 cup of yogurt

### Directions:

Blend the banana with the milk, ice, protein and yogurt until a slushy texture is formed. Add the strawberries and blueberries and blend till slushy. Blending the fruit last will keep their flavor fresh. this whey protein smoothie is full of protein and antioxidants. Other fruits can be added or replace the ones above as well.

\*note that for those of you who do not use protein, it can be substituted for soy powder or simply left out all together, it just means it won't be as thick

- Sardara Dhuga



Provided by: [smoothie-recipes.com](http://smoothie-recipes.com)

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Check us out online at <http://www.nvsn44.bc.ca/schoolsites/sutherland/>



## Living in Vancouver and not being a Nucks' fan



A hectic downtown after a Nucks' victory

The average person who lives in Vancouver is a Canucks fan. Well, in this case I guess I'm not the average person who lives in Vancouver. As a matter of fact, I can't stand watching hockey, since it just bores me. But not being a Canucks fan isn't a bad thing, there are actually many positives about it, though I must admit there are also some negative aspects too.

Not being a Canucks fan leads to many opportunities, like being able to go to the gym and being able to get right on the machines and weights that you need because no one else is there. Or going to a store and being the only one there; no people to distract you in your

peaceful shopping. Even though I'm not a Canucks fan I do enjoy taking advantage of the street parties on Robson and Granville street when they win, and I would enjoy to see how hectic downtown would be if the Canucks won the cup.

The negatives of not being a Canucks fan is when a playoff game is over and you try to go to bed it's impossible since so many people are honking their horns and creating all this unnecessary noise. Also when I'm with a group of people and they start talking about hockey I just try and change the conversation ASAP since I don't know or don't care about anything that's

happening around the NHL.

When walking the streets on Lonsdale during the time of the Canucks game, it feels as if this city is deserted. You will be lucky to see ten people walking somewhere and those people you see are also probably wearing a Canucks jersey. There are no drivers on the road, so I feel free to jay-walk whenever I want knowing that I'm not going to be hit by frustrated drivers. The story's totally different, though, if you

go anywhere downtown. It's a struggle to walk down one street because of the masses of people down there. Even though the environment downtown is always great during the playoff games, I just can't get into it; maybe if I was in Serbia and it was a soccer or basketball game I would be yelling randomly to spread enthusiasm, but here I don't see the point.

Even if the Canucks win the cup I probably won't witness it since I'll be at the gym pumping iron and taking advantage of no one being there. A body-building band-wagoner I'm not.

- Andrej Tomasevic

### Note

I would just like to add a little message for the volume finale. This is my final year here at Sutherland and last year in Journalism, as well as the last paper I will get to format. It has been a heck of a ride, ups and downs, going crazy getting the articles done and edited and such. But hey! We did it and brought around another great volume to the paper! Good job guys and gals, we got er' done and showed what we could do. I'd also like to thank Mrs. Bermudez for putting in so much effort and being so patient with our class after taking such a long break from teaching Journalism. Would just like to say good luck next year and make it a challenge to top us!

As for the grads, congrats, WE ARE DONE! It's a great feeling and grab that bull by the horns and have a crazy summer and good luck with your futures. Hasta La Vista grads, its been a chill ride, hope to see you all in ten. Deuces.

- Sardara Dhuga, Formatter