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Inside this issue:

- Lessons from Ivan 2
- Word on the street 3
- Van Halen coverage 4
- Para-Para-Paradise 5
- Summer fashion for guys 6
- Ladies' Spring trends From Head to Toe! 7
- Beginning your LUSH life! 8
- Amit & Nathan's top 10 toons that need a renew 10
- Hakhamanesh 13
- One of these sports are not like the other. 13
- No shoes day needed More purpose 14
- Teen Labelling: Too Far? 15
- Chelsea vs Bayern Munchen (Champions League Final) 17
- Shuttle cocks and battle rackets 18
- Sex in a pan- Totally safe For teens! 20

# The Sports & Trivia™

Volume V, Issue xi

Wednesday, May 16th, 2012

## "Gotcha!" Comic

-Jack Bondy



Grade 12 "Gotcha!" players contemplate their future careers.

## Mr. Pye's a pretty cool guy

-Ryan McCormick

I'm sure most of you know Mr. Pye, Sutherland's resident Biology teacher, and for those of you don't, well, you should probably take his class. He runs the Science Co-Op Program, which is Work Experience and Science, as well as Planning all in one.

**ST: So, when did you start the Co-Op Program?**

Mr. Pye: Well, I didn't actually start the Co-Op program; a teacher named Mr. Cunningham started it about 10 years before I started teaching. In a sense, I inherited it from him. It's actually his baby.

**ST: What's your favourite part of teaching Co-Op?**

Mr. Pye: What I think I like most is you have a group of really highly motivated students in the program, and everyone wants to get something out of it. That becomes a bit contagious, and within the classroom, you get a really good, positive atmosphere.

*Continued on pg. 2*

## Lessons from Ivan

-Frances Miltimore

Ivan E. Coyote is an author, poet, spoken word artist, and musician that Sutherland was fortunate enough to host, thanks to Ms. Alexis. Ivan drew in students from other schools and caught the attention of many teachers and students at Sutherland, which led to a very packed theatre room. She has been all across the world, including every Canadian province and refers to herself as a "road dog."

Ivan told us stories of herself and her family with the main theme of anti-bullying and acceptance of others. Her stories amused and captivated us, each one with a hidden meaning often revealed at the end. The reason she had chosen a career of speech after speech is because of her unlucky cousin, Christopher, who died at age 21 from a self-inflicted gun shot wound to his head, "that, and [she] can't get enough of being at work at 8:45." Her cousin had been bullied at school, which she believes led to his early death. Ivan emphasized to us the importance of accepting transgenders, queers, and everyone in between. Ivan spoke very comfortably and naturally which is why it surprised me

when she admitted to us that she's still afraid of entering high schools. She knows how cruel kids can be, and the fact that her fear still remains tells her that students need her speeches because there are others out there like her who wish their schools were a "safe, respectful environment." Ivan explained to us how "creating a safe school for yourself means creating a safe school for everybody." She told us stories of unaccepted youth who "deserve so much more than just to be tolerated," but instead, like one redesigned transgender in a Vancouver high school, to be congratulated with a cake and celebration. Ivan expressed her joy that the Vancouver school had been so open-hearted to the one student, and wishes more people were like that instead of cowardly and apathetic.

Ivan somehow managed to twist such a serious topic with a fair amount of humour, which included potty talk, mockery, and hilarious

stories about Christopher and his magnetism to bad luck. Ivan's provoking stories were centered on Christopher, but she threw in a recent one about her tripping a group of girls on the airplane for gossiping about her and wondering whether she was male or female. She had me feeling proud of her for doing this feat one minute, then after a moment, I found myself enchanted by her next story and filled with anger at the injustices of society. Her talk flew by and left me with a foul feeling because it was so wrong that there's a need for Ivan's speeches, but there evidently is. The knowledge that slowly society is becoming more accepting one person at a time is both comforting and disturbing. Comforting because progress is being made thanks to people like Ivan, but disturbing because prejudice will be a factor in society for a while.

Ivan released a new book May 3rd that's directed toward bullied teens. After her talk I asked her what her best advice to the Sutherland students was, and, after some thought, she said, "Be yourself, the world needs more selves."

**"Be yourself,  
the world needs  
more selves."**



**Ivan E. Coyote flanked by her biggest fans. Who has the biggest biceps?**

## Mr. Pye's a pretty cool guy cont'd

**ST: When did you start teaching co-op?**

Mr. Pye: I started teaching co-op in about 2001, so it's been a while now (chuckles).

**ST: So, did you decide to start doing it, or did Mr. Cunningham ask you?**

Mr. Pye: Yeah, something along those lines. He was looking to get out of it, and I think he was kind of looking for who would best be

able to carry on what things we both liked was the education part, teaching natural history and culture, and it was sort of a natural fit, so we both became teachers. We started teaching in about '92.

**ST: So did you get into Bio from the kayak guide job?**

*Continued on page 3*

Mr. Pye: No, I had my Bio degree before I started kayak guiding, maybe a year before I started kayak guiding.

**ST: Is co-op your favorite class to teach?**

Mr. Pye: No, not necessarily. Most years, most times it is, but it depends on the class make-up. I've had really good classes with my grade 12s, and I've had good classes with the grade 8's as well.

**ST: Do you recommend the class for most students?**

Mr. Pye: Yeah, for motivated students. As you know, there are three courses, a ton of paperwork, and time juggling needed, that not all students are ready for. I keep using the word motivated, you know, if you want experiences outside of the classroom, it's an excellent program. I really like that

it's self directed for the students, you get to pick and choose what you're interested in. After grade 10, you've had like 12 years behind desks, it's about time to get out of the classroom, and do your own thing.

**ST: Did you get first dibs on this room? It seems to be the nicest one in the school.**

Mr. Pye: No, it was assigned. At the time, I was the only Biology teacher, and at the time, I thought it was the most boring room. Some of the other classes have an interesting design or layout, but this one is just a big rectangle. It's taken on its own flavour, and now I like it because it's the brightest class in the school.

**ST: Uh, where did the cow femur over there come from?**

Mr. Pye: That was in the old school, and I asked my grade 9 class what should be brought

over, and they wanted the femur to be moved over, and that's that.

Now you know more about one of the interesting types that dwell on the third floor of the school. Mr Pye's relaxed nature suits the course and there are always interesting things to learn in his class. Take it from me; his classes can be a real adventure!



**Mr. Pye and the cow femur.**

## Word on the street

-Samir Bhimji

For this issue I was sent out into the hallways with the word 'derp' to test Sutherland's teachers on their extensive knowledge of internet lingo.

"Another name for a slurpee" was Ms. Foster's guess. Ms. Lieblich got close saying it was, "Sort of like an 'oops' or 'my bad'." Mr. Benoy hit the nail on the head, after some hesitation, claiming it to be "Something you say when you're incredulous of something." Derp: an expression associated with stupidity. It is highly similar to using 'duh'. For example: "Shoot, I forgot my keys, derp!" or even used as an adjective with "derping".

If you have any suggestions as to our next "Word on the Street" feel free to email us at [sabretrooth@hotmail.com](mailto:sabretrooth@hotmail.com)

*"Sort of like an 'oops' or 'my bad'"*

## Van Halen Coverage

-Katarina Tsamis

It's Monday May 7, 2012, 7:00 pm and my mother, my aunt, and I walk into Rogers Arena. We get our tickets checked and get directed to our seats. A small rush shot through me when I sat down in the 9th row on the floor. At around 7:30 the lights dimmed, and Kool & The Gang came on. I personally didn't think too much of them when I heard they were opening, but once they started playing, I gained a new respect for 70's funk music. Only two original members remain, but you couldn't tell at all. They played most of their hits such as "Jungle Boogie", "Ladies Night", and of course closed with the well known "Celebration". By this time the arena had filled up and everyone was dancing and having a good time.

After a short break, right at 9:30 the lights dimmed once again and lasers started flashing. Band members, Eddie Van Halen, Alex Van Halen, and Wolfgang Van Halen came on one by one and started playing solos. Then as the crowd was going wild, David Lee Roth came walking on stage in quilted leather pants, a vest, a red and blue plastic jacket, a white scarf, completed with some sun glasses (it was quite the look).

Dave gave the signal to the band, and they started the opening bars of "Unchained" as a black and white image of all their faces rose on the screen. I thought this song and the one that followed, "Running With The Devil", and "You Really Got me" were the best of the whole concert. After these, they played a few of their new songs and the crowd significantly quieted down for these. It was also very apparent that Diamond Dave could no longer do his signature scream and got tired far more than he used to, so many times it seemed as if he had forgotten the lyrics. After some of the new songs and "Dance The Night Away", the band exited except for Alex Van Halen, who had a long drum solo, and his kit lit up for every hit he made. This excited the crowd, so when everyone else re-entered (Dave had changed), the crowd went crazy. "Hot For Teacher" followed by "Beautiful Girls" were really good too, now that

Dave had had a break.



**Van Halen, back in the day**

the whole time though, and lot's of "EDDIE! YOU'RE MY HERO!" were yelled as well. When the band came on again, Diamond Dave had changed, once again into another colorful plastic jacket, and congratulated Eddie on his amazing solo. Then he asked if we wanted an encore, and of course everyone screamed yes, and chanted Eddie's name. The synthesiser came on and "Jump" was started. Everyone went crazy for this and toward the end confetti was shot into the floor and Dave was attempting to do some scissor kicks.

It was a really good concert, and throughout it David Lee Roth would spin his mike stand and he did the splits once. He was very engaging and made you feel like you really knew Van Halen. The whole time he was telling us how great his band mates were, and him and Eddie kept going together and singing. Whenever he would talk, aside from his dog love moment, he made jokes and made you feel like he really wanted to be there and perform. I was very impressed with Kool & The Gang, and would have liked to see them perform more, which is unusual with opening bands many times.

I would definitely see them again, and maybe even buy my own ticket this time! I highly suggest seeing both bands if you get the chance, and rate the concert of Kool & The Gang and Van Halen 4.5/5-- only because I'm not as old as most of the crowd to share their references.

Once again, everyone exits except for Eddie Van Halen. We were shown his talent here as he had a very, VERY long guitar solo. Faithful fans were cheering

the whole time though, and lot's of "EDDIE! YOU'RE MY HERO!" were yelled as well. When the band came on again, Diamond Dave had changed, once again into another colorful plastic jacket, and congratulated Eddie on his amazing solo. Then he asked if we wanted an encore, and of course everyone screamed yes, and chanted Eddie's name. The synthesiser came on and "Jump" was started. Everyone went crazy for this and toward the end confetti was shot into the floor and Dave was attempting to do some scissor kicks.

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I would definitely see them again, and maybe even buy my own ticket this time! I highly suggest seeing both bands if you get the chance, and rate the concert of Kool & The Gang and Van Halen 4.5/5-- only because I'm not as old as most of the crowd to share their references.

Dave had had a break.

Then the band exited again, this time leaving just Dave and an acoustic guitar. Then the screen showed us a video of his dogs running through a field, and he talked to us about them for awhile (myself and what seemed like most of the arena had sat down by this point). Then he brings up something about an ice cream truck, clearly something that only my mother and aunt's generation would understand, because then everyone jumped up and started cheering. On cue, David Lee Roth starts to play the opening of "The Ice Cream Man", and the rest of the band enters again. After this, the acoustic guitar was given up and "Panama" came on. For this, I think everyone there who wasn't already standing jumped up and was singing and dancing along.



**Kool & The Gang**

## Para-Para-Paradise

-Taryn Audet

Upon walking into Rogers Arena, thousands of over-zealous fans were handed a strange lo-oking wristband and were told to put it on in time for Coldplay's entrance on stage.

So my adventure began - at 7:00pm on Friday, April 20th; my soul was alight with the joy that came with being close to the forms of the magic that is Chris Martin, guitarist Jonny Buckland, bassist Guy Berryman and drummer Will Champion.

Heart thumping against my chest, adrenaline already pumping through my veins at the prospect of hearing *The Scientist* and many other staples in musical diet live, I placed my odd white band - which had the Twitter hashtag #coldplayfilm emblazoned on the side - onto my wrist with shaky fingers, questing glances thrown between myself and the companions that had accompanied me on this venture.

Perhaps it was a wicked mind-controlling device? An individual receiver for some nefarious beacon that would infect all us Coldplay fans with madness? While the latter may have been true - the crowd was far less than sane - the pink, white, blue and yellow accessories would prove to become a row of blinking lights, chorusing in time to those around it and turning the stadium into a galaxy of twinkling neon stars.

But before anyone could decipher the meaning of the enigmatic souvenirs, Coldplay was opened by two fantastically suitable bands. The Pierces, a sister duo that quipped, "We're sisters, if that wasn't obvious. That's how we got our name, The Pierces." The pretty pair warmed up the crowd with rather ghostly serenades with a definite folk-rock twist.

And somewhere in between excited giggles and ubiquitous swaying from the crowd, a little piece of unexplained enchantment seemed to land on my friends and me. While in the midst of gushing over the bands, our expectations, and putting dozens of glow-bands over our wrists, I spotted a man looking at us with a rather funny interest.

He almost looked lost, and when he bent down to ask my friend and I how many of us there were, I

almost got up; thinking he had a seat next to us and had to get by. But no. This man turned out to be a real-life fairy godmother.

"So, are you guys really big fans?" He asked, affected nonchalance in his voice. "Well of course!" I answered for the group, the din of the musicians and crowd to high for them to even hear the exchange. "We've been waiting for this concert for months."

"That's cool, that's cool," He nodded, an Australian lilt just making its way into his syllables. "So what do you guys think of these seats?" My heart stopped for a moment, eyeing the suspicious pass hanging around his neck. This couldn't be... "I can feel my nose bleeding from up here," I smiled, laughing at the balcony nosebleeds we'd been bestowed with. He arched an eyebrow. "So they could be better?" My friend and I exchanged glances, sitting up in our seat and not daring to dream about what his presence could mean. "Well hi guys, my name is --

**Editor's Note: Okay, in my excitement, I may have forgotten his name. But we'll call him Kevin, alright? Kevin sounds good.**

-- my name is Kevin and I work with the band. And you see, they're really great guys who like to give back to their true fans. So do you guys believe in fairytales? Like fairy-godmother stuff?" My hands had suddenly begun to shake, and I refrained from running them over my face to test if I was really awake, and this wasn't a dream. "Well I'm a big fan of Cinderella, if that counts." I managed to strangle out.

Before any of us even knew what was happening, he had pulled out a wad of tickets and asked us what row number it said on the tickets. Straining to find the location in the darkness, Cole Handel Lane (Grade 11) uttered "Row two," with a rumble of surprise in his voice.

We exchanged glances, hands flying to our mouths in utter shock and elation.

Kevin only had one request for us - Cole had to sing a line from one of his favourite Coldplay songs. And as he crooned out a line of *Yellow*, later professing he *may* have messed up a teeny-tiny bit, we found ourselves dazed as we exchanged our tickets for those that Kevin held; soon running down the staircases of the arena with an screams of delight and tears in our eyes.

*Continued on page 15...*

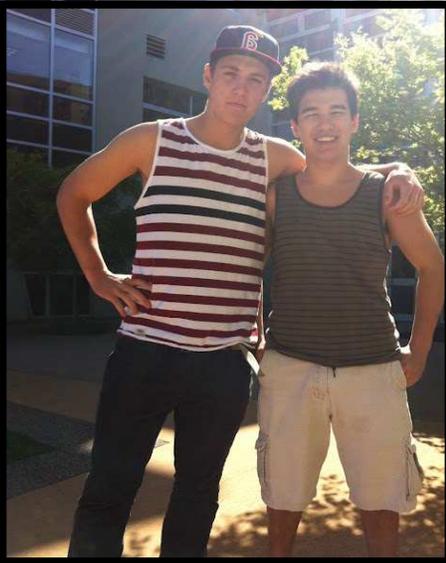


**Chris Martin during the confetti-accompanied In my place**

## Summer fashion for guys

-Mitchell Merilees

Okay boys, it's almost time for summer. And when you're hanging out at the beach and a couple girls walk by, you're definitely going to want to look your best. I know I'm no model, and definitely no style Guru, but these are a couple quick tips to keep in mind of what you should and shouldn't do or wear when the sun starts to shine.



Kane Sakata and Lachlan Fontaine of grade 11 breaking out the guns on a nice summer day.

### 1. Don't overdress

There's nothing worse than throwing on a pair of jeans and a sweater when it's too hot out and having to take off layers. Then you are in for a world of problems, from having to tie your sweater around your waist, to look goofy by rolling up your jeans, and possibly experiencing embarrassing sweat stains.. Just stay away from this, make sure you know how hot it is before you bundle up.

### 2. Keep the hats off your head

Baseball hats being the one exception, everyone needs one, they just get the job done. Otherwise, just let your hair flow. Don't be afraid to throw in some hair products to change it up a little bit. Stay as far away from the toques as possible, like really, what are you trying to prove? It's summer in Vancouver, not winter in Antarctica. Also steer clear of fedoras and other funky hats, you're just going to attract unwanted attention.

### 3. Don't wear socks with your sandals

It's warm out, you wanna break out the flip flops, or maybe just a nice pair of sandals, which is awesome, as long as you do it with bare feet. Nothing looks more ridiculous than a guy wearing socks on their feet with sandals on. This is a no-brainer, most of us know this but to the few that do it, just stop, now. And guys, make sure your tootsies are in tip top condition before you bare down there. The ladies want their gentlemen to be well-groomed.

### 4. Show off the guns

You've been hitting the gym a lot lately and your starting to get jacked, why on earth wouldn't you show that off? Pull out the muscle shirt to show everyone what you've been working on. (See Amit for where he goes to buy his shirts). This will also keep you from getting too hot on a nice day. Keep in mind though, this can also be an extreme backfire. If you're a skinny little guy, don't wear a beater... because it looks absolutely ridiculous. Maybe one day you'll be able to pull it off, but don't push the limits, you'll just look like a goof.

### 5. Get a nice pair of shades

You don't want to be squinting when you're at the park trying to catch the football. Go grab yourself a nice and stylish pair that will help you block out the sun. It will help you out with what you want to do and will also look good, you can't really go wrong with this one.

### 6. Keep your shorts long

Everyone has seen that guy that wears short shorts showing off those pasty, white thighs. No shorts should be higher than your knee cap, everything above that is just a little bit too much. Of course there are exceptions, playing sports is one of them, no judgment there, do your thing. Here is another simple one, if you want to wear short shorts, wear them as often as possible, so that you don't have two different skin colours on your leg.

These are just a couple areas where you can make your fashion for the summer a little more stable. Just stay in the norm and don't try anything too funky. You want to have a good time when you go out in the sun, don't wear anything that will make you feel self-conscious, just wear some nice and comfortable clothes. Also remember to ALWAYS wear deodorant when you go out, with the combination of the heat and the walking in the sun, you might sweat a little bit, and the last thing you want to do is to stink when someone important walks by. Hopefully these simple tips will help you with your travels this summer, keep your fashion in order this season, gentlemen!

## Ladies' Spring Trends from Head to Toe!

-Stephanie Goetz

This spring the fashion season trends have lots of fun, bold and romantic pieces to bring into our everyday wardrobe that will have us mixing and matching. It's time to pack away those heavy sweaters and weather savvy boots, for some fun in the sun light spring fashions.

The hairstyles this spring are all very easy going and flowy. Lots of different styles of braids like fishtail, side braid, braid that goes around the head incorporated with flowy waves, are showing to be the hairstyles of the season going into the summer as well. One of my favorites is the ombre hair colour that starts dark at the top and goes lighter gradually to the bottom of the hair; this is also done with pastel pinks, blues, and greens to give more of a pop of color. Whenever trying out a new hair color or style, I personally recommend getting it professionally done, just to be safe. Top make up trends this spring is all about highlighting your beautiful features. Highlighting the eyes with shimmery hues of gold's, light pinks and silvers with minimal mascara and coming in with a punch of color with bold lips of reds, pinks and tangerine is a fun way to play up your make up everyday. I love the mod 60's trends this spring, bringing a retro spin on our everyday clothes. The top clothing trends this spring come in a variety of style, fabric and color.

### Lace

This season lace is pulling out the stops, by incorporating this fabric into more than one outfit. Lace shorts, skirts, shirts and of course dresses are hitting the stores in more than one color, making it a must have for the season.

### Color/Bold Prints

Spring 2012 trends are not being shy with the colors of the season. Pastels, mint, neon, and tangerine, shining on the runway. The classic black blazer we all know and love is now remade with these colors and have a more relaxed vibe with a lighter fabric. Pants are taking a turn back to punchy shades of the rainbow or having floral or galaxy prints.

### Tops

The tops fabric of the season is definitely sheer; all the stores have it because of how easy going and wearable it is from day to night. I love how it comes in many different styles; my favorite is the collar button down silk shirt with a pastel shade to bring color into your outfit. Another trend is the peplum shirts, shorts and dresses. If you never heard of it, you have definitely seen it on girls who want to add a retro and sophisticated feeling to their outfit, look for a short flared ruffle that sits at the natural waist and you've got the peplum style.

### Skirts/Dresses

The fresh new take on a long bohemian skirt has hit the ground running on this spring season, if you don't know what skirt I'm talking about, it goes by the waterfall or asymmetrical skirt. You can get it in many different fabrics and lengths like floral or a pop of color; it's a definite must have for spring and going into summer! Dresses are coming into play this spring with a fun twist by making shirts into dresses! The shirtdress with a retro old school collar is one to wear on any occasion, and it looks cute all year round! Also any flowy with a bold print dress, is always in style every spring! Time to get your dresses out girls!



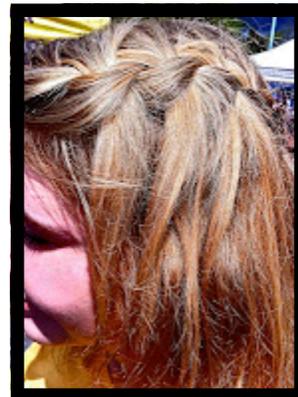
Marina rocking the pastel sheer shirt



Darby wearing a retro shirt dress with a white collar adding flare!



Frances is elegant in her lace neutral shirt!



Darby's braids are lovely for this spring season!

## Beginning your LUSH life!

-Derrick Gravener & Marina Khem

LUSH is that store that can look and smell a little overwhelming from the outside but for those ready for a change in their cosmetic routine, it may be the place for you. LUSH is full of fresh, handmade cosmetics for everything from bath bombs to shampoo. LUSH Canada is fortunate to have all its products made in beautiful Vancouver, BC, so another bonus is the fact that they're all made locally, right on Heather Street. For those looking for a little change in their current routine, check out LUSH for some cool vegetarian products that will knock your socks off! Below, we have each listed our top five products, as well as some honourable mentions that are good starts for you LUSH newbies.

Marina's Top Five Faves:

5. Geo Phyzz (Bath Bomb) - \$4.95 each

I could probably fall asleep while having one of these bubbling in my bath; it's great for after a long day, it helps soothe those tired and achy muscles. I absolutely love the smell of it; it's packed with mineral-rich sea salt and smells like a breath of fresh air, sandalwood and pine also help soothe and relax your mind and body.

4. Butterball (Bath bomb) - \$4.95 each

I swear, I only get excited to go home and take a bath when I know that I have some bath bombs to use because this is a lot better than a bubble bath. Don't get me wrong, I still have a bubble bath sometimes, but I personally love bath bombs more because there are additional ingredients in them that help my skin look healthy. The "Butterball" is made from cocoa

butter which helps your skin feel super soft and moisturized. They cost \$4.95 each, which is affordable, and I can promise you that it's not one of those things that you will regret



**Butterball is like CHRISTMAS MORNING in a Bath!**

spending your money on.

3. No Drought (Dry Shampoo) - \$12.95 for 115g. (a bottle)

This is what I use as an excuse of not wanting to wash my hair! As a girl I can't stand not being able to wash my hair every day, so I use dry shampoo when I have absolutely no time to wash my hair. Of course, everyone hates the feeling of knowing their hair is looking greasy, but with busy schedules that we all have to handle; I think we could give our hair a little break from washing it every day. I love the smell of No Drought, it's not too strong and it's not too weak of a smell, it's the perfect subtle citrus scent. Corn flower and talc powders help absorb the excess oil, while your scalp gets refreshed by grapefruit and lime. Just sprinkle a small

amount of No Drought into your palm, work into the roots, mussing it up a little and you're ready to go! I definitely recommend it for those of you who have greasy or oily hair. (See below for our creation of the "Lazy-day Shampoo").

2. R&B (Exotic leave-in conditioner) - \$20.95 for 3.5 ounces (a small pot)

Handmade with tropical butters, avocado and olive oil, this helps control frizzy hair and soften it. This is my second favourite product from Lush because I've recently just started getting split ends and I absolutely went nuts when I saw them! I've tried many products to help prevent split ends and, this is the best thing I've ever tried. The best part is I can use this anytime to make my hair super soft and tropical scented. If you are a big fan of dying your hair, this product will also help your split ends a lot too. I wouldn't recommend it for all hair types, but if you have thick and strong hair like mine, this is the product for you. If you are unsure about this, ask for a sample to take home to try it out!

1. Love Lettuce (Fresh Face Mask) - \$7.95 for 75g.

This face mask has to be my all-time favourite and no, it doesn't actually contain any actual lettuce but we all know that leafy greens are good for your body, so why not your face? This product is AMAZING, I try to use it as much as I can during the week and it's definitely a big help when you're feeling stressed, I love the feeling of it; it actually makes me feel relaxed when I'm doing my homework! The mask keeps your skin in great condition. Try using it twice a week; you will definitely see the difference. This is also great for sleepovers or a spa day with your friends, and of course this product is for boys and girls so don't be afraid to try this, boys!

How to use:

- Make sure your face is clean (wash your face first if it's not.)

- Smooth a good dose over your entire face

- Leave in on for five to ten minutes. (Make sure to not let it dry completely.)

- Wash off your face with warm water and apply moisturizer and toner if needed.

\*If you are unsure about the product or if it's the right one for you, make sure to ask\*

## Beginning your LUSH life! Cont'd

Derrick's Top Five Faves:

5. Miranda Soap - \$7.95 per 100g.

I'm starting my countdown with this because this is just the most AMAZING soap to start your morning off with! It's loaded with fresh organic kiwi, bergamot orange oil and some toning ylang ylang oil. It's perfect for kind of "congested" skin that could use some brightening and a good cleanse; with the added plus of the kiwi seeds for a little scrubbing action to help refresh you and wake you up. Scented deeply with its kiwi base, this one should find its way on to your shower caddy (and into your heart) quite fast. (Side note: Remember to keep all LUSH soaps far, far away from water when you are not using them; probably in a drained container to the side is best. (Vegan!))

4. Cynthia Sylvia Stout (shampoo) - \$9.95 for 100ml, \$19.95 for 250ml, \$29.95 for 500ml.

This shampoo is for those people who are just FED UP with their hair! It helps balance out the frizz of curls and adds weight to thin hair that needs a boost. I, myself have unruly curls when my hair gets a little longer and this is the stuff I run to; it's ultra-moisturizing and helps add shine and volume to what can sometimes be an unruly mess that screams out for a hat. Want to know its secret!? BEER!!! So, yes, this sounds absolutely insane but it works unbelievably; beer was used way back in the 1910's and 1920's to give that moisture and shine that people wanted. As for the scent, well that could take some getting used to, it's got lots of lemony notes in there but the beer

definitely shines through too. Even if you initially hate the scent, still go for it, ask for a sample, the LUSH staff will be absolutely ecstatic to give you some to try for home use. (Vegan!)

3. Jasmin & Henna Fluff-Eaze (hair treatment) - \$21.95 for 220g (a pot)

This is not for bad hair days, this is for hair days that can be categorized so much worse than bad that you just want to go back to bed, sleep it off, get up, shave your head and go back to bed again. Yes, that does sound a BIT extreme, but my point is, this is for days when your hair needs a serious boost in self-confidence. LUSH hair treatments are kind of ingenious, they're hair masks (AKA super moisture), without that retarded salon price. Hair treatments can be left in your hair for any increment of time upwards of twenty minutes; I think they're best left overnight though. My routine with this is about once a week and it's really easy! Simply throw a good few dollops all over dry hair and scalp about a half an hour before bed and then go to sleep when you're done Real Housewives of Vancouver marathon (use a shower cap if you have longer hair and want to sleep with it in). In the morning, shampoo and condition normally and just look (and smell!) those lustrous locks after! (Vegan!)

2. R&B (hair finisher/moisturizer) - \$20.95 for 3.5 ounces (a small pot)

LUSH is crazy amazing for hair saviors and this is the one that I use pretty much daily; R&B is a "hair finisher" that you apply after you shampoo and condition. It adds that extra dose of

moisture that curly, frizzy, afro type, and damaged hair needs. A little bit of this dreamy, creamy miracle goes a long way through your overworked hair and scalp. R&B, or revive and balance, smells like a tropical vacation; full of coconut and orange blossom to pick you up and give your hair a tropical vacation. This is awesome to jazz up your hair on a blah day or get that extra day out of your hair without washing in my "lazy day shampoo." (See below for details.) (Vegan!)

1. Karma Kream (body lotion) - \$27.95 for 225g (a big pot)

Think of the best scent you've ever smelled; kay got it? Well the smell of "Karma" is better that. Karma is a rich "hippy" mix of orange oil, patchouli and almond oil. It's warming, tingly feeling wakes you up and gives you good vibes for that tough day ahead. It's a light dose of moisture that helps tone your skin and give you that sense of peace that you might need on days when you feel like throwing large objects at the wall. The best-selling karma fragrance is also available in a soap, solid perfume, bubble bar and solid shampoo bar. If you're unsure about this spicy exotic fragrance, go smell some at LUSH and make the decision for yourself, but who can turn down a dose of good karma? (Vegan!)

Continued on pg. 10...



**C'mon you  
deserve a bath!**



**Karma Kream is the BEST!!**

## Beginning your LUSH life!!

### In Conclusion

Remember to always ask the friendly staff what is right for your specific concerns or research what you might want before you go; as LUSH can be quite overwhelming for first timers. If you ever have a chance to go to Robson, Metrotown or West 4th Avenue, make sure to check out the store and ask for samples to try out at home! The staff will gladly help you out with your deepest skin and hair concerns. And remember Sutherland, if two sabre-troopers can take the plunge, so can you! Stay beautiful Sabres!

## Amit & Nathan's top 10 toons that need a renew

*-Amit Dhuga & Nathan Mayes*

"You smell kinda pretty, wanna smell me?", "It's ripping time!!!" and "Reboot!!!" are quotes from just a few of those unforgettable shows we all grew up watching. Unfortunately, these shows have either come to an end, or have been mysteriously canceled from the network. In both cases, the main question we are looking at is, "what happens next?" well, this is a combined list of the top 10 shows that we feel need to come back to have a proper ending, or just so more of the fun can continue in order to bring back those great memories!

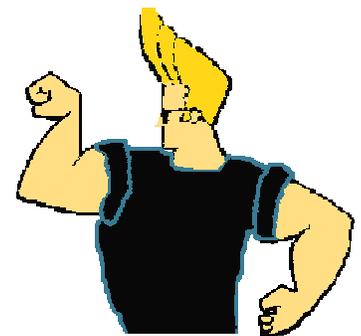
### Amit's top 5 toons

1. Johnny Bravo (1997-2004)- what can I say? Who wouldn't want a show about a cool, self-obsesses, womanizing hunk with a large chest, buffed up arms, and tiny legs (and no, I'm not talking about myself), constantly running into trouble and hitting on the "mamas" (as he calls the ladies)? Johnny lives in a small town...with his mom, and constantly runs after a different girl in each episode, but always turns out to get rejected, stunned, ditched, or beaten up by his "target." We definitely need this show back because I am sure fans would be interested to see what new ways Johnny would try to win the woman of his "day", but mostly because of the laughs and memorable quotes by the big guy himself. Observe. "(Looking in the mirror) who's this handsome guy? (Grabs a phone) hello, 911 emergencies? There's a handsome guy in my bathroom! Hey, wait a second. Cancel that! It's only me!"

I watched this show all the time as a kid, and I loved it because each episode would leave me with a huge smile on my face, and I'm sure it did the same to many other viewers of the show. *Johnny Bravo* is one of the perfect shows to watch on one of those "down" days, it will literally turn that frown upside down!

2. Rugrats (1991-2004)- an incredibly popular series that we ALL must remember from childhood, and that ran for 13 years and had 10 seasons. This show is still aired on the Nickelodeon channel along with its follow-up, "All Grown Up." This show is about 4 babies who use their imagination to create their playground as they embark on wild fictitious adventures and learn something in every episode. However, the question is, how did the babies not have teeth in one show, and then the teeth "suddenly" appear in another show? My point being, wouldn't fans like to see how each one of the Rugrats grew up and became youngsters? I feel, for this reason, we need new seasons of "Rugrats" to be aired in order for us to see for ourselves rather than imagine what it was like for all of them to experience life differently.

This show was really enjoyable for me because when I look back, I realize that some family members and myself were not different from the rugrats at all, anything can be created as long as your imagination is put to use. I find many young kids can relate to this show and I like how the imaginations of the characters can get humorously out of hand! Although I do feel this show does need



**Dhuga and Bravo, together for the first time.**

***"Life begins after school. That's when we bend all the rules."***

## Amit & Nathan's top 10 toons that need a renew cont'd

to have a bit more verbal humor rather than just physical humor, such as picking of noses and going on the "potty" (as the rugrats call it).

3. Ripping Friends (2001-2002)- the laugh-out-loud a minute series about 4 superheroes that engage in humorous misadventures with incredibly odd bad guys. "Ripping Friends" is filled with over-the-top humor and 100% crude material, which is probably why it got canceled from the network in September of 2002. It would be interesting to see what kind of humor would be used if it was brought back in our "new" generation of comedy. The show centers on the leader of the gang, Crag, and his partners Rip, Slab, and Chunk. Along with their foster-mother, He-Mom, a small woman with quite the strength and attitude, and their friend, Jimmy The Idiot Boy, as they all try to save the world from cruel villains such as The Indigestible Wad (a moisture sucking strip of gum) and Stinky-Butt (nuff said).

I enjoyed this show because it was one of the first shows I watched that was filled with rude and often disturbing material, but just left me with nothing but laughter! I rate this show 8/10 for hilarious material, but could have a bit more of a serious story.

4. Spider-Man: The New Animated Series (2003)- this hit series had outstanding CGI animation and Neil Patrick Harris (who we all know played the role of Neil Patrick Harris in the "Harold & Kumar" series) providing the voice of Peter Parker/Spider-Man. The plot of this series is basically the same

as the movies, with Peter trying to live a normal life along with his romance with Mary Jane, and bearing the responsibilities of a superhero all at the same time. Unfortunately, this series had only 1 season with 13 episodes and ran for only 2 months. Being a Spider-Man fan myself, I think this show is a great adaptation to the Marvel character because the graphic effects of this series were a lot more entertaining than the previous Spider-Man series, and I would like to see all of the other villains in a faceoff with Spider-Man rather than just a couple that appeared in the series such as Electro and The Lizard. All in all, I quite enjoyed the series while it lasted, mostly because of how the animation really brought out the flow of the show with a graphic effect, although I feel the story is not different from the movie at all and could maybe be changed up a bit. The story may be "old", but Sabres, with this new CGI effect, Spidey has never looked better!

5. Digimon: Digital Monsters (1999-2003)- Pokémon meets "The Matrix" if you ask me. The show is about 7 kids who attend a summer camp in Japan and are then transported to an alternate world called "The Digiworld" by the information superhighway. They befriend creatures called "Digimon" that are able to digivolve into more power-

ful beings, and together they learn they must save the world from total annihilation. A film of the series was released on October 6, 2000, and received negative reviews (now I understand why it was only me, my dad, and one Asian man in the auditorium watching this movie), now if that isn't brutal then I just don't know what is. I feel this show should be brought back, because many original anime shows now have new seasons, such as Pokémon. Saying that, I'm sure a new Digimon series could do much better than the new Pokémon series (we all know the original Pokémon will always be number 1!!) I never used to watch this show too much in my childhood, but I did enjoy how Digimon is different from other anime shows by having big, happy monsters running around in their own world, rather than mysteriously appearing in ours.

This show had a new "take" on anime monster shows, and I will admit the look of some of the monsters is pretty epic! But I feel they shouldn't relate to Pokémon too much, because Pokémon is already an instant classic itself.

### Nathan's Top 5 toons

1. Batman Beyond (1999-2001): Bruce Wayne has retired as Batman for 40 years. In the not too distant future of 2039, a teenager named Terry McGinnis discovers Bruce's secret and steals the Batsuit to avenge his father's murder. Terry continues to be Batman under the tutelage of Bruce Wayne as the Batman of the future!

This series needs another go simply because the concept of a new Batman! Usually superhero fans don't like it when super heroes' secret identities change, but they loved this one. What's better is that the new Batman is a troubled kid, showing even those who've come from a rough background and done some wrong in the past can rise up to be a hero. And come on, that costume is pretty sweet! Although I didn't actually watch the show so much as a kid; Batman Beyond had a really awesome animated movie and it is still one of my favourites to this day.

2. ReBoot (1994-2001): Guardian Bob and his friends protect their system Mainframe from the virus Megabyte. This show went through drastic changes as it went on. Bob was lost to the web, the character Enzo and his girlfriend AndrAla, grew up and searched for Mainframe and Bob. Some other crazy stuff happens too, but I won't spoil too much of the show.

This series must come back to finish the cliff hanger it was left on. With technology so much better than it was 11 years ago this series could have the best animation ever! ReBoot was really fun when it was on, and Megabyte is a great example of how bad viruses can be.

Continued next page..

## Amit & Nathan's Top 10 toons that need a renew Cont'd

3. 6teen (2004-2011): Six teenage friends of different archetype personalities experience fun and life lessons one episode at a time. 6teen was funny, entertaining, a little bit extreme for what people could consider a kid's show (even though it wasn't intended to be according to the voice of Jude himself!) there was something everyone could enjoy and it really showed how friendship can get us through the toughest times. Also, it has one of the best theme songs ever!

6teen may have only ended last year but it still feels like it was gone too soon. I think 6teen can still speak to anyone and there's a potential to continue the characters past their teens and into their college years, you can never have enough Jude.

4. The Weekenders (2000-2004): Four preteen friends that are also of four different archetype personalities (yeah there's some similarities with 6teen ok?) narrate their comical and sometimes emotionally challenging adventures during their weekends.

Continued next page...Through time pauses that included fourth wall breaking, one the four characters (sometimes two!) would give the set up to the episode or convey their inner thoughts on the situation. The Weekenders was unique even with shows with a similar premise around. And it entertained many kids world-wide (one hopes.)

The Weekenders, like 6teen spoke to the age group of the characters greatly. It was funny, taught some life lessons, and was very entertaining. I have to see another show that has used fourth wall breaking so effectively and funnily as The Weekenders. I would to see

this show come back and if the preteen angle didn't work great anymore, they could always age up the characters (I usually like when that happens) and would be a welcomed addition back to Disney's current, mostly boring and unfunny, comedy and cartoon line up (Phineas and Ferb is all they got left.)



**Six of everyone's cartoon friends!**

5. Recess (1997-2001): Another show about six friends (this time they're 4th graders) of different archetypes cause shenanigans and laughs during their adventures during their recess. This show also had a rather relatable cast, and had the challenges of the average elementary school kid. Not to mention a playground that everyone wish they had.

This show could make a nice comeback to entertain the possibilities of grand adventures to be had on a simple break from class, and is just plain fun to watch the trouble the kids caused in the show. I know I was always waiting for recess to come on after school (or during those sick days). It would be awesome to have another theatrical release Recess movie (who didn't love Recess: School's Out) and if this came back with The Weekenders, Disney would definitely get some major respect. So get on that Disney.

"Life begins after school. That's when we bend all the rules." It's also when we watch our cartoons.

This list is some that we wish were still pumping out new episodes each week. But until some television execs bring 'em back, we shall wait, and watch several reruns in hopes of a day of awesome cartoons. Remember to be "livin' for the weekend."



**Nathan with Jude and the voice of Jude; Christian Potenza**

## Hakhamanesh Restaurant Review

-Soroush Sharafzadeh

North Vancouver is a home for many unknown but sensational restaurants. Our streets are flooded with delicious foods from all cultures. Whether it be Chinese, Persian, Japanese, Greek, or White Spot- you will be able to satisfy your appetite on almost every corner.

I came across a beauty on Pemberton Avenue, Hakhamanesh. A tiny Persian restaurant with neon lights, located underneath a dance club. Don't worry I had my doubts too, but the rumors I've heard about Hakhamanesh were too good for me to pass on.

The second I walked in I was caught completely off guard! I felt as if I had walked into an underground lair or palace. The style of the restaurant was very abstract- from gorgeous paintings, sculptures, pictures they all stood out. They even had a fountain in the middle of the restaurant! It all fit into an olden Persian restaurant look; however it was completely empty around dinner time.

I decided to order two large, juicy, beef kabobs and side of rice and various vegetables with a large coke. The food came on a huge platter, and took about 5-10 to prepare.

The kabobs were pretty good all in all, nowhere near as good as my mother's kabobs but that's not a fair comparison. However the food was very fresh and tasty and I felt satisfied in my decision. The side of rice and veggies was very well prepared, my complements to the chef.

Hakhamanesh had very kind and efficient workers and waiters. The cost for the meal was 8 dollars, but I gave the waitress an extra \$4 because I'm a nice guy.

RATING:

Design: 5 stars

Food: 4 stars

Waiters: 4 stars Price: 4 stars

Final :17/20



## One of these sports are not like the other. Both of these sports are somewhat the same

-Julia Gaunt

Can you name the sport that is played in the spring, played on a diamond, and where Sun-flower seeds are a main component? If you can name one sport that's great! But I'm not talking about one particular sport. I'm talking about two different types of sports. If you do not know what I'm referring to, it's "Baseball" and "Softball". Both sports are played with passion, and with love and are both "America's favourite past time." Don't let the names of these sports fool you even though they are played around the same time of year and on a diamond shaped field, they are both highly different sports.

### Requirements to play

Baseball is the sport where a good majority of men play. Don't get me wrong girls can play baseball too, but it isn't an easy sport to play if you are a female. Girls on the other hand play Fast-pitch, or mostly referred to as "Softball". Continued page 17..

## Para-Para-Paradise Cont'd

So, that's where we were; ten feet away from the stage that would soon grace the feet of Chris Martin and his fellow band members. Before that could happen, we were charmed by the low and bassy sounds of Metronomy and the delightful guitarist with the bada\*\* style that kept laughing at us (we were still freaking out from our seat change).

Then, a little past 9 o'clock, the theme of Back to the Future came blasting into our ears - only to be quickly layered over with screams of joy - as those wonderful pieces of perfection graced us with their presence. They immediately launched the crowd with a bone-shaking rendition of "Hurts Like Heaven," the bracelets on our arms lighting up next to faces of awe, completely transforming the arena into that bowl of flashing lights.

Much to my surprise the confetti canons released their contents relatively quickly, during the hit "In My Place," Chris Martin soaring into the air on bouncing feet with each swell of the music; pastel pieces of confetti raining down so thickly that momentarily that you

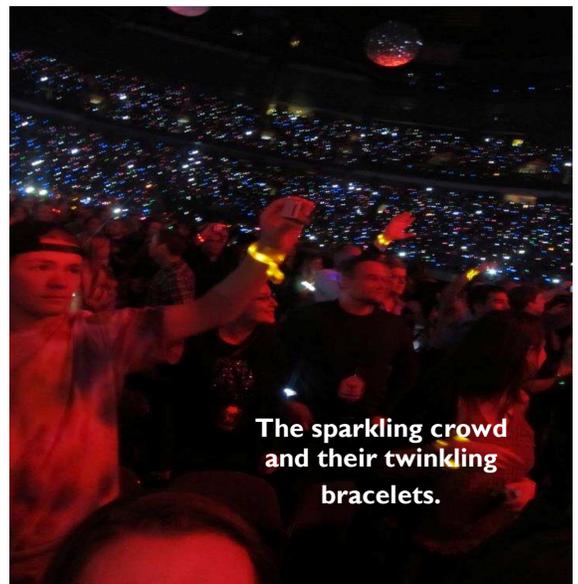
could lose his image, if you didn't look hard enough.

But of course they couldn't reach their pinnacle early, they continued on, each piece outdoing the next - giant balls dropping during "Major Minus," before continuing on to "Lovers In Japan," "The Scientist," "Yellow" - which got the entire crowd swaying as we were bathed in (what else?) yellow light - a rendition of "Princess of China" playing with Rihanna onscreen, and of course necessities like "Viva La Vida" and "Charlie Brown." They rolled on with "Paradise," something that got everyone ooh-ing along with the fantastically energetic Mr. Martin. Just when you thought they couldn't thrill or astonish you anymore, Coldplay calmly attempted to convince us they were done for the night (which we all knowingly called BS, the lights were still down and the bracelets still twinkling); but instead only seconds later popped up *in the middle of the crowd* to perform an acoustic "Us Against The World."

And then they were back, winks cast in our general direction, an encore of "Clocks" - accompanied by countless lasers - and a tear-jerking "Fix You" that led into the finale of "Every Teardrop Is A Waterfall." And so the verified Gods of music bowed, blowing kisses and assuring us that they "had the best job in the world," a wistful and genuine

smile on Chris Martin's face as he gazed at us one last time.

Perhaps I'm biased, but overall Coldplay's appearance was completely and utterly flawless. The emotions mixed in with untamed charisma and fantastic visual props created some bubble of kindness and warmth amongst the crowd; incontestably the best concert I have ever had the pleasure of attending. So overall, I'm not sure if Friday, April 20th even existed, or if it was simply some wonderful limbo from reality that allowed a few starry-eyed kids to gaze up in complete awe at a band that has helped countless broken hearts and dance parties move along.



## No shoes day needed more purpose

-Zahra Ghodsi

On Tuesday April 10<sup>th</sup>, our school had its "no shoes day" event. We have this event as a day to support and gain understanding of the kids who live without shoes. This purpose raised a question for me: do the kids at Sutherland really feel how the kids in need do? As I was walking around the school, I noticed that only a few people

participated. I wondered how these people are actually supporting kids in need. So, I decided to do a research on this day and find out what this day is all about, and how it supports others. The no shoes day is a global day to support kids with no shoes founded by Blake Mycoskie. On their website it describes their action through a comic strip, which says they don't wear shoes and walk around the city causing curi-

osity within people, then the people talk about it and when they find out why, they would donate money to cause a change. 7000 people participated in this action; these people walk barefoot around cities such as London to raise curiosity and money to buy shoes for children in need. It sounds like a good plan, but the issue is that most people go only so far as being curious, or just the first step and forget about the last step, while the third step is the most important. *Continued on page 15*

## No Shoes day needed more purpose Cont'd

At Sutherland the only thing we hear about is the first step, which is not wearing shoes, and no one really knows about the fundraising, since there is none of that happening at school. A few students wear fuzzy socks and walked around the school on perfect floors and expect to feel the way children in need do. There are millions of children around the world who are threatened by diseases such as, podoconiosis (a debilitating and disfiguring soil-based disease), Hookworms (intestinal pain), dangerous debris and infections everyday, all caused by their lack of shoes. They have to walk with unprotected feet on places covered with soil, rocks and anything else that is dropped by others such as pieces of broken glass, garbage, and other things that can cause serious infections. Not only do they suff

fer physically, they also have to suffer emotionally, daily wishing they could have some proper cloth and shoes. There is no way that we can feel like them, in fact they don't want us to feel like them, and they don't want to see us with no shoes; the only thing they want is to

have shoes that can protect and comfort them.

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It's okay to have a day when we can have fun, as long as we remember the main purpose - and the main purpose of "no shoes day" is to provide shoes for children who desperately need them, but sadly we're missing the main point. In this case we're doing the work and in some cases putting our health in risk, but there is no gain in this pain.

picture courtesy of Google images.

sources:<http://www.onedaywithoutshoes.com/learn-more>



## Teen Labelling: Too Far?

*-Brayden Newberry*

About a week ago, I came across an interesting article titled "In or Out of the Closet?: Struggling with Sexual Orientation." It is written by an adult and I was inspired to write a teen's response to it. Through-out my response, I will reference quotes from the article, and then cite the link to the entire article so that those interested can go look into it

further. The article focuses on how sexual health has evolved in adolescents over the years, and how the changes have widely affected preteens and teens across the globe, be-it positively or negatively.

I love the way that society seems to be making its way to a future that allows more openness and acceptance towards homosexuality and other orientations differing from

heterosexuality (although, it cannot be said that bullying has been completely eschewed in any shape or form). However, I do believe that recent changes in society have brought about the mentality that it is a wise decision to explore various orientations while a student is still in their key developmental stages. To quote the article: "Today, teenagers are always asking questions of their surroundings, their experiences, their relationships and their own selves, but they should not necessarily have to settle on a single identity, or orientation."

Continued p. 16...

## Teen Labelling : Too Far? Cont'd

Speaking from a teen's perspective, it is very tempting to label oneself and to explore various curiosities and inclinations; it's only natural. The media, as well as our peers, are constantly broadcasting the idea that being different is okay, and conversely, finding something that distinguishes you from others is healthy and helps you come to terms with living happily in your own skin. David Pruden, the vice president of operations at the National Association for Research and Therapy for Homosexuality, said: "If you start treating people a certain way, they will start taking on those characteristics even if that is not necessarily who they are. It's a scary thing for young people to try too hard to label themselves. Left alone, we might get some very different results than we would if we over label this stuff. Once we start labeling, we might give a name to something they are feeling which might be passing." He also states that "it's not good to label teenagers with a specific orientation. It would be like stuffing them into a small box for the rest of their lives." I personally have spoken to friends that have had experiences like these, and wound up feeling lost and confused.

He also states that "it's not good to label teenagers with a specific orientation. It would be like stuffing them into a small box for the rest of their lives." I personally have spoken to friends that have had experiences like these, and wound up feeling lost and confused. Labeling yourself whilst you still have doubts and are growing as a person can be dangerous; you may begin thinking of yourself in a different way and find it difficult to ever change that way of inward thinking in the

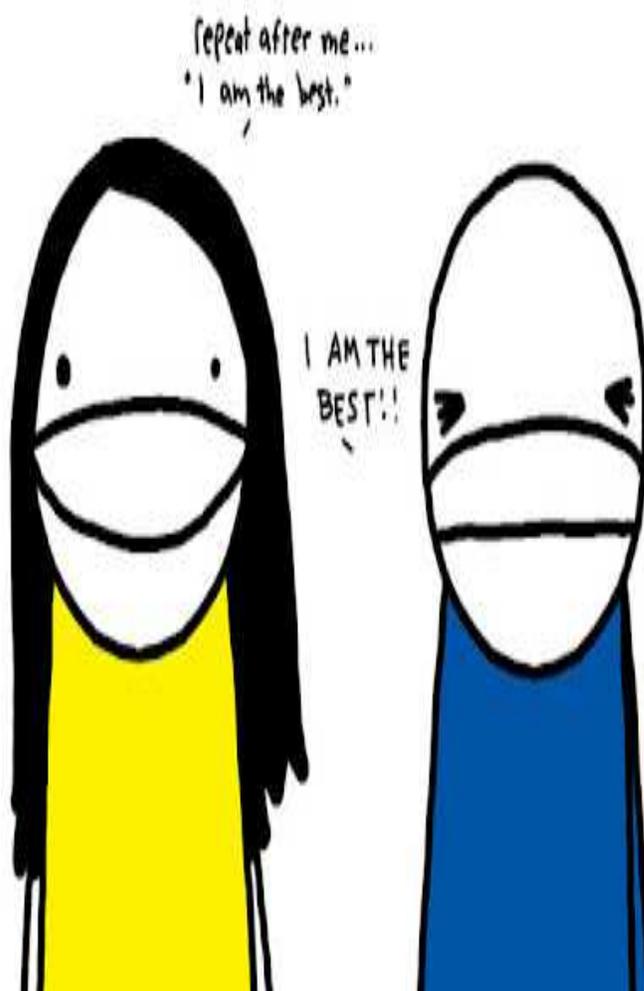
future. Adrienne Loggins, the author of the article, says that "if we as a society would just let teens ask questions and discover their likes and dislikes without categorizing them, it would be a much healthier lifestyle in which they would feel less bound by societal standards."

It is also important for teens to be communicative with their parents; an open relationship can avoid future resentment for when confusion begins to arise and that relationship has not already been established. For example, a young girl who has begun to feel different feelings and desires may feel anger towards her mother who asks if she sees any cute boys around the room. When opened up to, a parent can provide gentle encouragement as well as stories about their past experiences which could be helpful.

If a teen feels uncomfortable confiding in their parents, they should make sure that they feel safe talking to another relative, a mentor, or a counselor. Dr. Dennis Debiak, a psychologist, says that "traditionally [the topic of sexual health] refers to a primary affection or sexual orientation to other people of the same gender. But I think it's a term that is complicated. Since homosexuality has been pathologized for so long, even the term has been contextualized." To quote the author of the article: "The definition comes with too many strings attached. Slapping a specific sexual orientation on teens reduces their ability to figure out who they are and what they want out of life." Overall, the purpose of my response is this: I know what it's like to be a teen, to feel pressured and

bewildered, to feel that I must be new and exciting in order to be recognized. However, it is of the highest importance that teens simply feel secure and safe in the environment that they are in.

Although I fully support homosexuality and other orientations, I also believe that it is not what defines a person. A true friend will not view you any differently solely based on your romantic feelings and desires. Sexual orientations should be accepted and welcomed, but they should not become defining terms. All inspiration and information taken from "In or Out of the Closet?: Struggling with Sexual Orientation" by Adrienne Loggins (<http://www.bodimojo.com/health-topics/or-out-closet.htm>).



## One of these sports are not like the other. Both of these sports are somewhat the same Cont'd

In order to play both sports you must be able to have the right hand-eye-coordination, be very fast and light on your feet, and be very aggressive. It also helps if you have a brother that plays non-stop and that your father is also your coach. The requirements are pretty much the same in both sports so there's nothing too surprising there.

### Uniforms

Softball is played in a variety of different styles of uniforms. Some of the styles may include; Shorts, pants, and Capri pants, short-sleeve jerseys, no-sleeve jerseys, long-sleeve jerseys, sweatshirts, cleats, a mouth guard, and a "protective covering" by the crotch area for 'extra protection'. In Baseball men wear pants, high socks, and a sort-sleeve jersey with some sort of under armour (breathable, spandex shirt) underneath. The men also wear the "protective covering" right by the crotch area as well, but that's almost a must in order to play any type of aggressive sport.

### Pitching"

Baseball is thrown over-hand with many different types of pitches, and at a fast pace with small ball. Simple as that! Softball is thrown under-hand in a 'Windmill' motion but still goes at a constant speed, and the ball is the bright colour of neon yellow. There are also many different types of pitches, but the catch is that the ball can also be thrown over-hand in order to "get an out" at a certain base.

### Ruling

The ruling is pretty much the same in both sports. The only difference is that Softball has a smaller field, and the pitching mound is flatter than in baseball. Simple as that!

As for these two lovely sports don't ever get them confused with each other. Even though they are not always easy to play, and there are some differences to them. These sports are both played with motivation, hard-work, and much love for "America's favourite past time."



**"I can tell the difference between Softball and Baseball"**

## Chelsea vs Bayern Munchen (Champions League Final)

*-Vish Kanga*

Hello Sabres! Guess what time of the year it is yet again? Well yes, it is the time where we only have a few weeks left of school, and the weather is becoming beautiful; but it's also the Champions League Final on May 19! Earlier this year I made an article on the Champions League, which I hope entertained most of you. In this issue I will be giving a preview of what is to come this Saturday with the finalists Chelsea FC (England) who square off against FC Bayern Munchen (Germany).

This final was very unpredictable. With the changes that Chelsea FC had made during the off season it seemed like they were going to be rebuilding but they have dug deep and played as a team and have forced themselves into the final of Europe's elite competition. Loyal fan Narek Bobloyan whom has been with Chelsea through thick and thin this season has stated "Not a doubt in my mind that Chelsea will win." Chelsea are clearly being considered as the underdogs as they take on one of the best Bayern Munchen sides in the last decade whom also have home field advantage. This is the first time in Champions League history that a team has hosted the finals and have also been able to advance to them. And yet Chelsea's woes do not stop there - they will also be without one of the best defenders in the world and their captain, John Terry. Terry received a straight red in the second leg of the semi-final fixture versus FC Barcelona. What he did was very unlike him, but, we all can get caught up in the hype of the game at some moment. The blues will also be missing Branislav Ivanovic, Ramires and Raul Meireles for the final. This will hurt them really badly on the back end as Ivanovic is a prime defender and knows how to win the ball. The loss of Ramires is truly upsetting for the fans as the young lad has taken his chances beautifully

## Shuttle cocks and battle rackets

- *Cassie Heavener*

As you walk into the gym on a sunny Tuesday afternoon you get enveloped with the tangy aroma of sweaty players and sound of shuttle cocks and battle rackets.

By this, I mean badminton. Tuesday May 1st was the closing game to an amazing badminton season for the hard working Sabres.

After school, the players changed into P.E. strip and swarmed into the gym. Usually they would all be wearing the same jersey though ours had not arrived yet unfortunately.

In Badminton, there are numerous games at once. If they were to do one game at a time, the teams would be there until the late hours of the night.

There are about 6 courts in the gym and all of them are being used up at once. Three on one side of the gym, the senior side, and Three on the other side of the gym, the junior side. The warm up started right after school and went to four o'clock. At four o'clock the games were to begin, Sutherland against Sentinel.

The matches could be two or three games depending on who wins, it is best out of three kind of thing. Each game you win by getting to twenty-one first but you have to win by two points.

The games were well under way with doubles and singles teams. Katherine Priest, grade nine, is new to the team this year but you wouldn't of guessed that from her game play. She plays singles and the game on Tuesday wasn't any different. Katherine played against a very tough opponent

but did very well, she had some great rally's with the occasional smash.

It was a job well done from Katherine Priest. Another newbie to the team this year is grade twelve student Devan Woolley. Devan is new to the team but from his game play you can easily notice he is not new to badminton. He is a ferocious senior singles player who tends to go full out on the court. Devan played a great game with some powerful hits and some devilish drops, unfortunately his opponent seemed to win by a few points but it was a close game.

After he and Katherine had finished playing singles they got put together for mixed doubles to replay their opponents as a team again. They played great together and they really looked like they had fun, well done you two!

On the junior side of the gym John Leung was playing junior boys doubles, he played a great game with some very close calls.

John ended up coming out on top and winning after three matches! John seemed to be very proud of himself and he should be, it was a great game he played! He finished off by saying, " I smashed the birdie into the opponent's face...by mistake". I doubt it was by mistake but that's alright John, whatever it takes to win! Back to the senior side of the gym we had the amazing Suvendra Anandalingam, a grade twelve student, playing doubles on Tuesday when she usually plays singles. She also wasn't on the team last year but don't let this make you think she is any

less than amazing at badminton. Suvendra plays exceptionally well singles and doubles and is a great addition to the team. It was a great game of hard hits and amazing smashes by Suvendra. Also on the senior side of the gym Mariah Phillips, a grade eleven student, was playing senior doubles. Mariah has been on the team for two years now and has really improved as a player. This year her and her teammate have done well to play great, "smash faces", and have a good time. Mariah's teammate is also in grade eleven, with firey red hair and amazing badminton skills. She would like to stay unnamed but I'm pretty sure you can take a guess at who she is. Mariah and her teammate played two games on Tuesday and played well both games. As it was their last game you could tell they were making it more into a fun growing experience rather than playing their hardest.

They played a close game with some amazing plays. Some of these plays consisted of Mariah serving the birdie while crouched on her knees! Mariah also specialized in those tiny drops that just barely go over the net. She really took advantage of her skills on Tuesday and did many of those drops. Mariah's teammate wasn't playing as well as Mariah but as a team they did alright together. Right near the end of the game the birdie was flying through the air and was going to land right near Mariah's teammate's foot.

They played two games on Tuesday and played well both games. As it was their last game you could tell they were making it more into a fun growing experience rather than playing their hardest.

She could have bent down and hit the birdie back up with her racket but seeing as it was the last game of the season, she went for a different approach. She saw the birdie fall to her foot and at the right timing she swung her leg so that she would kick the birdie. just as she hoped, the birdie just scraped over the net and dropped on the ground. As the birdie hit the ground, Mariah and her teammate couldn't stop but look at each other and scream with satisfaction.

Continued next page



**Suvendra showing off her skills!**

## Shuttle cocks and battle rackets Cont'd

Their opponents were very confused because you cannot kick the birdie in badminton. they calmly grabbed the birdie and went to serve it. That game ended with a loss on Mariah and her teammate's part bit they didn't mind because they had played on of the funnest games they had this season.

Overall, Tuesdays game went well for everyone. Either they won, or they had an amazing time, or sometimes both! Sutherland ended up losing against Sentinel but some great plays were executed. Unfor-

tunately, Sutherland were down two of their great players, Kevin Han, grade twelve, couldn't play from an injury and Joey Sweeney, grade 11, couldn't play due to a previous engagement. Though they were down two amazing players, the games went well. I truly believe that was a great end to a super fun season. Well done Sabers and I'll see you on the courts next year!



## Chelsea vs Bayern Munchen (Champions League Final) Cont'd

this season and is playing a big part in Chelsea's revival. Didier Drogba, one of Chelsea's veteran players will be one of the players to watch carefully. Do not let his large frame trick you; he is very fast, strong and has a brilliant shot. Juan Mata and Frank Lampard will be key to Chelsea's success in the middle. Both of these players are at the top of their trade and can perform under large amounts of pressure. The man who sealed the deal for Chelsea to advance to the finals was Fernando Torres. He is an incredible player and has recently been in very good form. His dribbling skills and eye for goal could lead Chelsea to their very first Champion's league title.

Bayern has always been that team that many have considered to be capable of reaching the finals. Their dedication and hard work has paid off and have the opportunity to win the cup in their own backyard. Bayern Munchen are clearly in the driver's seat for this one. They are the favourites to come out on top after the ninety minutes have been played because of their home field advantage. But don't get too excited Bayern fans, as many know that they will be missing David Alaba, Holger Badstuber and Luiz Gustavo. All three of these players are crucial for Bayern's success on defence and they will be missed a lot. Bayern is a team of which does not rely on their defence much because they have a very talented set of forwards and midfielders. keep your eyes out for Arjen Robben and Franck Ribery who will be rushing down both the left and right flanks. Robben's speed and deadly accuracy makes him Chelsea's biggest danger. It doesn't end there yet for this bombastic team. Look for Thomas Müller, Bastian Schweinsteiger, and Toni Kroos to be in the middle for Bayern. The player whom I think may trouble Chelsea more than Robben is Mario Gomez. This guy is incredible at finding the back of the net and is easily one of the best forwards in the game. His speed and ability to find space makes him very deadly. Gomez is amazing at heading, shooting, and has unbelievable footwork. Whatever the outcome of the match is, I'm sure we will not be disappointed with this brilliant match up. Christopher Zepedeo, Sutherland's Senior Goalkeeper said "Personally, I want Chelsea to win because I cheer for the underdog, and I love big upsets!" There you have it folks be sure to tune into your local sports channel to catch this match up, it's one not to miss!



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## Sex in a pan - totally safe for Teens!

-Danielle McLaughlin

Many teens are prone to eating junk food, and some teens even worry about the weight they gain from the junk food. Well, let me tell you, if you are watching your weight, this is NOT the dessert for you. Yes, I mean it, if you don't have thunder thighs at this very moment, you will after eating this delicious, mouth watering, Sex in a pan. Lose your dessert virginity!

The best thing about this wonderful dessert is that you don't need too much skill to bake it, I mean, if I can make it, so can a monkey.

### First, you need to get together your ingredients:

1/2 cup of margarine (melted)

1 1/2 cups of graham cracker crumbs

1 package of regular cream cheese

1 cup of icing sugar

4 cups of cool whip, or the cheaper brand you can get from your local grocery store.

1 package of vanilla pudding(3.9 ounce)

1 package of chocolate pudding(3.9 ounce)

### Step One:

Preheat oven to 350 degrees F (175 degrees C)

### Step Two:

To make the crust: In a medium bowl, mix together graham cracker crumbs and melted margarine. (make sure your hands are clean for mixing, seriously, no one likes dirty sex in a pan.)

Pat into a 9x13 pan, and bake crumbs for 10 minutes or until golden.

Allow to cool completely.

### Step Three:

In medium bowl, cream the cream cheese until soft. (Channel your inner Mr.Thornhill)

Beat together the icing sugar and cream cheese until smooth, and fold in a cup of cool whip. It'll make it more like a soft pie willing or topping. Spoon it into the graham crackered pan.

### Step Four:

Prepare the pudding as it instructs you, because instant pudding mixes are different, I can't be your guru for this one. Allow both puddings to set before pouring on top of the cream cheese goodness. Pour the chocolate first, vanilla on top o the chocolate. Be careful not to mix the two puddings. They are supposed to look like layers.

### Step Five:

Pour and spread the remaining cool whip on top. Once again, be careful not to mix. When your finished, you can add which ever additions to the top, such as pecans, walnuts, cocoa powder, hot chocolate powder, or strawberries, as recommended by Emma Alton of grade 11.

### Step Six:

Cover and refrigerate for about an hour, then feel free to grab a slice of Sex in a pan.

(No condoms required.)

I hope you enjoy Sex in a pan, and please, share with friends and family, because everyone needs a little "sumthin' sumthin'" sometimes.



**It's an orgasm in your mouth!**

