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Writers festival

Emilee–Ann Batista

Tired due to little to no sleep I, and my fellow Lit 12, Writing 12 and Journalism 11/12 classmates made our way to Granville Island for the Writers Festival. We were to meet at the atrociously early time of 9:00am at The Boat. Armed with Advil and sunglasses, we walked into Starbucks to get the only thing on our minds at that time, coffee.

As we waited for Mrs. Hopkins to collect our tickets for the first reading, Darwin’s Bastards, we stood off to the side in little clusters. Finally we made our way inside. I can honestly tell you that I wasn’t expecting much. However, after listening to William Gibson, Yann Martel, Anosh Irani and Adam Lewis Schroeder, I was thoroughly impressed. My favourite “astounding [tale] from tomorrow” was Anosh Irani’s called Notes from the Womb. It was about a fetus who could



Armed and ready with the essentials.

communicate with another fetus, Lola, who he happened to be in love with. It was filled with dark humour and quite a few powerful lines. Two of my favourites were “Afghan women will play soccer with the heads of their husbands.” and “Listen, I hear Lola say. Let’s play a game. You count to ten and die. She loves to joke around, my Lola.”

After the readings, you had the opportunity to purchase the book and have it signed by four out of the many Canadian author’s who had written for it, which I eagerly did. We were then given some time grab lunch and wander around a bit. There was no time for wandering.

Cont’d on p. 2

Unless you are a superhero...

Jessica Horsnell

What exactly is an ideal graduate? In Graduation Transitions class, the grade twelve’s are told that an ideal grad is some one who “is able to show competency in reading, writing, mathematics, social studies and science and can include the ability to use these skills in problem-solving and decision-making. Someone who is responsi-

ble, an amazing citizen, healthy and fit, and can use these skills in deciding their future careers and life goals. Someone who is competent, confident, and intelligent.” This may be ideal, but is it realistic? This idea was brought to the attention of the Sabre Trooth by one of Sutherland’s very own students, Darylle So, and I decided to take my own spin on it.

It’s difficult to be an ideal person, let alone an ideal grad. On top of being an “ideal grad” we as students also need to have good grades, have tons of extra curricular activities, and even more volunteer work, and most “ideal graduates” even have jobs. Again, I ask, is this even realistic?

Cont’d on p. 2

“I understand that the teachers are just here to help us become the best that we can be, even if that means pushing us a little bit.”

Writers festival cont’d...

A group of us went to Sammy J Peppers for lunch. It was only after we had sat down and ordered that we realized we really didn’t have as much time as we thought we did. When the food finally did arrive, we had about fifteen minutes to eat before we had to go to the next presentation. The service was pretty slow but this isn’t a restaurant review, so on with it!

Now, I’m not a huge poetry fan.

For me, there is good poetry, and then there is the not so good. There’s no in-between. Also, after having a filling lunch, the exhaustion was starting to kick in and most people were starting to crash, including myself. I quite enjoyed the first reader, Anna Swanson but after that I kind of zoned out. Poetry has a very lulling tone to it, which did not help at all. I am ashamed to say that I was definitely on the brink of falling asleep.

All in all, the Writers Festival was fun and I had a good time. However, I enjoyed the first half of the day much more than the second. If any of you happen to go to Writers Festival next year, I would make the suggestion of not having Pre-Halloween scheduled for the night before. But then again, part of that was what made it fun.

Unless you are a superhero cont’d...



Darylle So is definitely feeling the pressures of being in Grade Twelve.

There are only so many hours in one day, and in order to put four or five hours of homework and studying time in, a person simply can’t be out in the community volunteering,

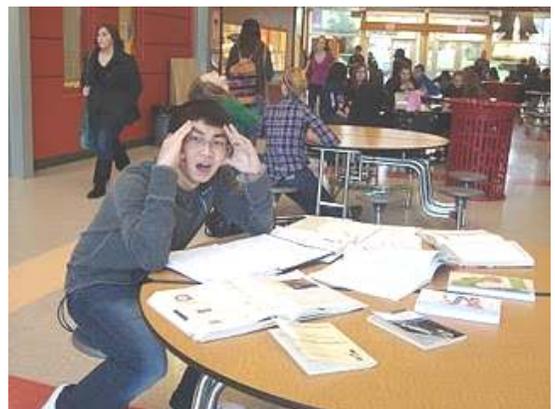
or working. In the end, you have to pick, and some things end up falling through the cracks. (Unless of course, you are a superhero, which to the best of my knowledge, none of us are.)

Although it is never outright said, it is pretty strongly implied that if we don’t do all of these things, we won’t be able to get into university. Could more pressure be put on us? Grade Twelve is supposed to be fun, the highlight of your entire high school career, and all it is right now is trying to make sure my resume is perfect and flawless, and trying to not fail all of my classes. Darylle So agrees. “As a student in grade

twelve, I feel that a lot of pressure is being put on us; not only are we expected to excel academically, but we need to be able to uphold and balance our extra-curricular activities and sports.”

Usually, by the time I get home (especially after volunteering, or coming home from a Tae-Kwon-Do class), I’m way too tired to even try to tackle the mountain of homework I’ve gotten. It’s kind of an endless cycle, if you look at it like that. You either don’t do everything you’re supposed to, and end up falling behind (and losing your “ideal gradness”). Or, you stay up half the night trying to get everything done, and then are sleep deprived and can’t focus.

On the flip side, I understand that the teachers are just here to help us become the best that we can be,



So much work, so little time!

Athlete of the month: Jakub Hrica

Ben Bowstead

We all like information about people, and for this interview the person just happens to be the athlete of the month, Jakub Hrica! He plays forward on the Sutherland soccer team, helping to score goals or scoring them himself. I eventually got to sit down with him and these are the questions I asked him.

Ben Bowstead (BB): What size shoes do you wear?

Jakub Hrica (JH): 7.5 size for when I play soccer.

BB: Who or what was your inspiration?

JH: Lionel Messi, I wanted to be part of the school team.

BB: Who were your role models?

JH: Lionel Messi and the Barcelona team.

BB: Do you think your intelligence suffers when you play sports?

JH: It's harder to keep up with schoolwork, but I try my best to keep up with it.

BB: Do you or the team have any pre-game traditions?

JH: I usually just focus on how I'm going to play the game and having a good time.

BB: How about superstitions?

JH: I don't think so, just that if we work hard we'll do well during the year.

BB: What team colors do you like?

JH: Red and blue.

BB: What position do you like to play as?

JH: Up front making opportunities for our team to score, also

making nice plays, and being a team player!

(Author's note: As the interview wrapped up, I just had to know...)

BB: What would you do in a zombie apocalypse?

JH: I would probably bring my ball and cleats with me, trying to survive and play soccer at the same time.



Jakub in action on the field.

As I was interviewing him he seemed like a nice guy to know and is probably a good friend too! Now you know a little more about Jakub Hrica! Catch him on our turf field most days after school as he is a valuable member of the Senior Boys' Soccer Team.

"A person's a person, no matter how small"

Emilee-Ann Batista

Bullying. We see it happening every day of our lives and yet, what do we do about it? Nothing. Most of us would like to say that we won't stand for it but, then again, most of us are the people doing the bullying.

We've all gone through it at one point or another in our lives, some more than others. When you're young the worse case of bullying you come across is someone being excluded from a game or not invited to each lunch with other classmates. Then, as we grow older, it starts to grow worse. Name-calling comes into play and then the threats

and then the fights that take place after the threats. You know that saying, sticks and stones may break my bones but words will never hurt me? I don't believe it's true. Between fifteen to twenty-five teens commit suicide every year because of bullying. Some students commit suicide because the threats become overwhelming and they grow more afraid, others because of the amount of verbal abuse. But my point is, if words didn't hurt them, then why are they taking their lives?

There are many different types of bullying. It could be anything from spreading rumors to

physical abuse. Girls tend to be more prone to indirect bullying, demeaning gossip, social isolation and slandering. Every girl in high school has done at least one, if not all, of these things. You see someone walking down the hall in an outfit you find strange or with a hairstyle that's super out there and you can't help but turn to your friend and laugh about it--it seems harmless enough. I mean, what they don't know can't hurt them, right? Wrong. This is how it always starts, a whisper in the hall and someone pointing. It starts off small and then it escalates. It may not happen all the time but we can still prevent bullying before it starts even on a small scale.

"Every girl in high school has done at least one, if not all, of these things."

Cont'd on p. 5

The wrath of Ms. P

Kaylee Szakacs



Don't anger the beast.

[Note: This is not Ms. P. It's her dog, Major]

“I tried to take a picture. But he woke up before I could actually snap the shot.”

Hidden in the corner of the first floor D wing are the language classes; at the head of the hallway, is a classroom. That classroom belongs to the one, the only, Ms. Permanand. Although, if you haven't had her as a teacher, you may not recognize her; she is roughly the same height as the average grade nine. Being 5'1 doesn't stop her from being the terrifying language teacher. On Thursday October 28th, 2010, I had the satisfaction of sitting down with her and finding out the answers to questions we all want to know, but are secretly too scared to ask.

Sabre Truth (ST): For the record, how old are you?

Ms. Permanand (Ms.P): Depends on the day; you're as old as you feel. Tomorrow I could be 2,854 but today I might be 1,802.

ST: How did you get into teaching?

Good question. [Writer's note: thirty second pause] I don't know why I got into teaching, I really don't. I know why I

stayed, but I don't know why I started.

ST: Did you know you always wanted to be a teacher or was there something else you wanted to do?

Ms. P: When I was your age, way back when, in the last millennia, I thought I would be a lawyer. Then I thought I would be a trial lawyer but I actually attended some trials and decided that that is not where I wanted to be.

ST: But you're a very good negotiator and you can scare people easily.

Ms. P: That may be, but I also take things fairly personally and I don't think I could walk away if I saw an injustice. It would stay with me.

ST: So if you weren't a teacher today, what would you be doing?

Ms. P: Obviously not a lawyer.*laughs* If I could be anything in the world, and didn't need to actually earn a living, I think I would just be the eternal student. Studying constantly and always learning would be a great way to spend my life.

ST: You've taught all three languages Sutherland offers: French, Spanish, and English. Which one is the best?

Ms. P: They all have their pros and cons so I really couldn't decide. I definitely enjoyed teaching English when I taught it, especially the grade eights. The stories were just so cute.

ST: It was because of a certain student in that class, wasn't it?

Ms. P: Of course Kaylee, it's all

about you [Writer's note: This is the first time Ms. P. has said those words and has not referred to herself]. I also really enjoy teaching Spanish 9. I love the enthusiasm that comes with kids who are tired of French and just want a change. And I love French too because it's truly my second language.

ST: How many languages can you actually speak?

Ms. P: Four. English, French, Spanish, and German.

ST: Since you can speak all these languages, you must have lived all over the world.

Ms. P: You could say that. I've lived in The Caribbean, South America, Central America, Europe, and Canada.

ST: What's the craziest thing a student has ever done in your class?

Ms. P: I don't know about crazy, but one of the funniest things is when a student fell asleep.

ST: How did you react to that?

Ms. P: I tried to take a picture. But he woke up before I could actually snap the shot.

ST: What's the craziest thing that you've done in a class?

Ms. P: You'll have to ask my students because I don't know. I always tell the kids I'm crazy so... [Writer's note: Five students were asked and none of them would shed light on this topic.]

ST: Where did you disappear to last year?

Ms. P: UBC to finish my Master's in education, specifically on French Education in BC.

The wrath of Ms. P cont'd...

ST: Do you like being short or would you want to be taller?

Ms. P: Depends on the day. Sometimes I wish I was taller, when I'm at a concert or other things. There are other times like when I am Christmas shopping when I am really glad I'm short so I can dart in and out of people.

ST: If you could have any super power, what would it be and why?

Ms. P: That's a tough one. There are so many out there that would be really cool. I think I would like the super power where I can decide what power I have at a specific time.

ST: You want everything and you just found a way to get everything without picking one thing.

Ms. P: Exactly, because that would be awesome.

ST: Since you teach LGs all day (sorry for the label, girls) what's your opinion on Bieber Fever?

Ms. P: I wasn't super impressed with your obsession with the Jonas Brothers [Writer's note: harsh dig at this reporter, Ms. P.), but I can definitely say I am more willing to accept the Jonas Brothers than I am Justin Bieber. I really just don't enjoy his music. It's not my style and I just don't understand. This where I feel a large disconnect between me and this new generation because I would have never listened to Bieber when I was thirteen, let alone sixteen or twenty-one; I certainly don't want to listen to it now.

ST: Do you think your reputation as "scary and frightening" is deserved?

Ms. P: Yes. I know that I am strict so I have to accept that. I do have my policies and I think they are fair and justifiable. But

they are different, not everybody is as strict as me and that's okay.

ST: And finally, any tips for students who want to survive your class?

Ms. P: Do the work and get to class on time. Also, ask for help if you need it. Tutorials are always available, and I'm less scary one-on-one than I am in front of a class.

Well there you have it, Sabres. An inside scoop into the thoughts of one of the most intimidating teachers we will ever meet. If you've ever had her as a teacher, you'll know that she is very scary at first glance, but then shows her fun and sarcastic side. She is one of Sutherland's best known teachers, and for all the right reasons. She's the one, the only, Ms. P.

"...I can definitely say I am more willing to accept the Jonas Brothers than I am Justin Bieber."

"A person's a person, no matter how small" cont'd...

When it comes to bullying in male circles, boys are more prone to bullying in the forms of physical aggression. Why is this? Some studies say it's because they have higher testosterone levels than girls. However, most violent bullying is caused by a want for power, meaning the bully feels weak and needs to prove to themselves and/or others that they are "strong." It can also be caused by depression, which can be associated to problems in the home and in social circles. While boys are usually bullied by other boys' girls tend to receive from both their own gender and boys.

So take a stand. Don't just sit back and watch as other people are bullied. If you don't feel comfortable actually saying something, then just refrain yourself from pointing out anything about anybody that may cause a reaction. Even that helps. We all know bullying isn't right so we have to do what we can to prevent it.



Take a stand against bullying
source:http://www.thestayathomemother.com/sites/default/files/u1/anti-bullying_blog.jpg

Sami and Sani's cafeteria review

Samir Bhimji and Dasan Jung We all hate waiting in line for our lunch at the cafeteria, but is it worth the time? We headed off to Sutherland's own eatery, our pockets weighed down with \$3.75 each, with one goal in mind: find out whether the cafeteria is the place for lunch. Will our findings make you salivate in anticipation for your next meal or send your appetite packing?

Sami's View: Let me just begin by saying that I am not a cafeteria food kind of guy. I like my peanut butter sandwich in a tupperware box, handcrafted in the wee hours of the morning. To be blunt, I've never touched a meal from the cafeteria, but as Confucius says, "the path to a full belly is through a good meal." Let's hope the old bearded bloke is right.

As soon as the bell went off I followed suit. The one thing I know about the cafeteria is that if you're not one of the first in line you might as well be last. I waited for my turn, silently thanking the glorious architect who decided to put the art class just a few meters from the cafeteria, and then purchased a bowl of noodles and a cookie for \$3.75. (\$1.00 for the cookie and \$2.75 for the noodles) I stopped at the end of the counter, going with the norm of heavily coating the noodles with Teriyaki sauce, and then sat down to eat. The food was hot and the day was cold so I was glad to scoop up a healthy amount and have it pass into the gullet. Unfortunately for the said gullet, the noodles were obviously reheated leaving the meal dry and crusty. The noodles also had enough grease to cause a pandemic zit outbreak all through Sutherland, but that's not what really got to me. I've had my share of greasy edibles, but what really kneed me in the stomach were those under-

cooked veggies. If you're going to cause heart burn anyways, why not be consistent? Loose the celery and other greens, ladies and go with what kids love: grease. Halfway through I began to feel like I needed to force myself to eat the stuff. I eventually passed it off to the guy sitting next to me with a new found respect for the students that stomach it day on end.

Besides noodles, I had also purchased a cookie which was thankfully lacking in anything green. Chocolate was scarce, but it was there, almost making up for the texture; the cookie seemed like it had seen several days after being baked and it shared several qualities similar to styrofoam. The size was respectable but it made me wish I had bought a drink to wash the whole meal down with. In light of things other than how the food tasted, the two ladies and an eight grader in the background were friendly enough. That is, they didn't grumble when I asked to double my order when fellow review-writer Dasan decided he wasn't going to wait in line. Or when we spent five awkward minutes divvying up money. It takes a lot of patience to work with teenagers, something I hope never to do, and you have to acknowledge that. But, as I said before, the line is massive and I've known people to spend half their lunch waiting in it, one of the major downsides to the whole setup. The ambiance and atmosphere is, obviously, a noisy school cafeteria but it's the closest eatery for blocks.

I've got to say you're sure to get a better deal by making your own lunch or making someone else make you your own lunch. Student-friendly prices and availability aside, if you want quality edi-

bles, guilt trip your mom into some sandwich making. Unfortunately, Sutherland, the styrofoam cup of noodles is half empty.

Sani's View: Hmm..... would it be worth buying the lunch from the cafeteria? The answer to that is definitely, yes. I love the food from the cafeteria! If anyone's like me, who's lazy enough not to make their own lunch, well there's always plenty of choices of delicious food from the cafeteria. It's relatively cheap and the food is fresh. This was my first try of cafeteria food since the end of grade 8, and the taste of the food hasn't changed.

When class was finished, I noticed that it was lunch and I knew that there would be a gigantic line up around the multi-purpose area. Thank God, my amigo Samir was there at the front of the line. (There was no chance that I was going to wait in that huge line) I tossed the five dollar bill to Samir for the purchase of the noodles and a cookie. It was only \$3.75! Right after, I received my food and I went directly to the end of the table to put a dainty amount of spicy sauce and lots of Teriyaki sauce. Then I relaxed myself a bit and sat down on a table to enjoy this masterful lunch. The noodles were astonishing! They were fresh, hot and the texture was satiating. There were some pieces of chicken breast and lots of veggies. It took me about two seconds to finish the bowl of noodles; once again I have to mention that the food, is so good when one is starving. I personally think that the cafeteria food has

improved and more healthy food has been added over the years.



"The one thing I know about the cafeteria is that if you're not one of the first in line you might as well be last."



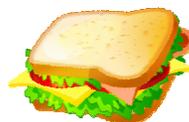
Nom...



...nom...



...nom!



Sami and Sani's cafeteria review cont'd...

After, I thought my stomach needed more food and so I was left with this mouthwatering chocolate cookie. The cookie itself was not as fresh as the noodles, though it had a serious taste that fascinated me. The chocolate chips were melting in my mouth softer than the noodles. The cookie wasn't as good as the noodles in many ways: the taste, the price and the freshness. I would recommend people to get the white chocolate chip cookie rather than a plain chocolate cookie.

Overall, all I have to say is that the quality of the food is pretty darn good. For all you lazy lunchers out there, if your parents do not provide the lunch for you or simply, they are a lousy chef, you can always try something new from the cafeteria. You will be amazed by the cheap price of the food and I guarantee, you will have some euphoric moments.



"Cafeteria food: meals fit for gods or crimes against lunch?"

To dish on the grease

Brittany Mrsic

As poor, hungry teenagers, we will go anywhere for the cheapest, easiest food to fill our ever growing hunger. That usually ends up leading us to the nearest fast food place, whether it is healthy for us or not. What we forget to think about is that some places are much better than others, and whether that be because of their service or the grease traces on our napkins, where we choose to go is up to us. Having them all within commuting distance to one another, I had to narrow it down to the best of the worst.

McDonald's

McDonald's is a landmark with its large golden arches, which is usually hard to miss, considering it is just about everywhere. If you're looking for a quick way to get some good tasting grub this is probably the way to go, assuming you don't care about your health. One little packet of McDonald's ever delicious McChicken sauce is a whopping 100 calories, and that's just what you put on your food.

The service is usually commendable, considering the amount of traffic they tend to get, and for the most part you get your food pretty quickly. Unless that is, you order the Chicken McNuggets, which for some reason or another seems to take their own sweet time coming to you. Usually making you wait an outlandish time of eight or so minutes, causing it to be unworthy of the term "fast food", but for the mouth watering taste it is usually worth it, even with the 111 grams of sodium in each individual nugget. All in all, if you want a place that's always there, with scrumptiously cheap food, and you don't care too much about your health, I would recommend McDonald's.

Service: *****

Taste: ****

Health: *

Price: *****

A&W

Although widely known, the North Shore doesn't seem to have a whole lot of A&W's

around, with two out of three being both in and across the street from Capilano Mall, and the other near Phibbs Exchange. I for one would not make the journey just to get my hands on a cup of their famous Root Beer, which for the most part lives up to its reputation, unless that is you get their diet version, which is comparable to toothpaste and tap water. I'd still rather settle for a cup of Barq's somewhere more convenient. Their food is pretty average tasting, except for the fries, which are filled of crunchy goodness, yet are sadly tarnished by the fact they have 730mg of sodium for a regular sized serving. They are priced a bit heavily considering the calibre of their food, and makes you spend more than you thought you would walking in. Their service is lacking with not a single happy or enthusiastic employee, and having to walk around the counter to get to the debit card machine kind of diminishes the easiness usually associated with fast food.

"As poor, hungry teenagers, we will go anywhere for the cheapest, easiest food to fill our ever growing hunger."

Cont'd on p. 8

To dish on the grease cont'd...



Sutherland Teen excited for her meal.

“The Double Down should be called the Double Let-Down... I expected more from the Colonel....”

A&W cont'd

If it were there I wouldn't stop you from going in, as long as you look around first for other worthy candidates.

Service: *
Taste:**
Health: *
Price: **

Wendy's

According to some, Wendy's is the better tasting and healthier version of McDonald's. Not so much, considering the Baconator Single comes to a crazy total of 610 calories, adding to that a sodium count of 1170mg, and that's not even the full meal. The Frosties are a must, as they are the best milkshake type ice-cream you will ever experience, in the convenience of a cup. Once you get there the service is average, with the basic principle of the nicer you are to them, the nicer they'll be to you. With the average price for a combo around \$4.99 you'll be leaving happy. That is if you can get there, considering there is only one Wendy's on the North Shore, and it is extremely annoying to get to. Which will stop most non-driving teens from ever going to it. If you're near it definitely go in, and have the experience of a fast food restaurant that is

only a little different than McDonald's.

Service: ****
Taste: *****
Health: *
Price: ***

KFC (Kentucky FRIED Chicken)

Just the name alone already shows how unhealthy this place is going to be. Although they do have their line of Kentucky Grilled Chicken, it does not compare in taste to the original. KFC is a bit easier to get to considering there is one on the tip top of Lonsdale, but if you're like me and live down by the Quay, it is a tad of a commute. Having gone there recently with fellow journalists Sarah Reid and Lucia Barokova, we can all agree that for the portion sizes you get, it costs way too much. The currently famous Double Down, is a small bland burger that seems to be missing its buns, and it is put at way too obscene a price at \$6.99, and is definitely not worth it. As Nathan Booth cleverly put's it "The Double Down should be called the Double Let-Down... I expected more from the Colonel...." especially considering this puny little burger comes to a shocking total of 1,740 mg of sodium. Most of the other menu items seem to

be just as small and just as unhealthy, such as the healthier looking Wrapstar. Tasting much better and with its bits of vegeta-

bles, it gets you to believe it is much better for you, but sadly not so much. It has 1,700 mg of sodium, leaving it not that far down from its Double Down counterpart. The only truly to die for item is the fries, even with their apparent lack of healthiness, the fries are just so mouth-wateringly tasty, you have to get them, even if the medium comes to 2120 mg of sodium. If you're going there just for the food and not to have a friendly chat with the staff, then this place might work for you, because the employees take much too long with you food to be at par with fast food status. If I were you, I would stick to KFC only in the case of wanting to use the convenience of their delivery option.

Service:
Taste: **
Health:
Price:

If you're looking for a quick and sometimes cheap meal on the go, then head your way over into one of these establishments. Otherwise, maybe go for a healthier alternative, because even though these places may taste great, you won't feel too lively afterwards.



Sutherland Teen, left not feeling too good.

Rainy day cookies

Alexis Morton

As November falls upon us, so do the rainy days. When it's cold and dreary outside, what better reason is there to spend the afternoon inside baking?

Cookie Brittles are chocolate chip cookies using shortbread cookie dough as the base.

The recipe has **no eggs**, which means you can eat as much cookie dough as you want while you are making it! (This also makes it a great recipe to make while you are babysitting!)



Don't these look tasty?
Photo courtesy about.com

Prep Time: 15 minutes

Cook Time: 20 minutes

Total Time: 35 minutes

Ingredients:

1 cup butter, softened (NOT margarine)

1-1/2 tsp. vanilla

1/4 tsp. salt

1/2 cup sugar

1/2 cup brown sugar

2 cups flour

2 cups semisweet chocolate chips

1 cup chopped pecans, OR more chocolate chips

1/2 cup semisweet chocolate chips



I bet you're hungry now, aren't you?

Preparation:

Combine butter, vanilla, salt and sugar in a large bowl and beat together until well blended, using the back of a spoon. Stir in flour until just mixed. Add 2 cups chocolate chips and nuts.

Press cookie dough evenly into a 15x10" jelly roll pan. Bake at 375 degrees for 15-25 minutes, until light golden brown. Check at the 15 minute bake time, then watch cookies carefully; they go from light brown to burnt around the edges very quickly. Let cool in pan on wire rack.

Place 1/2 cup chocolate chips in microwave-safe glass measuring cup and microwave on 50% power for 1 minute; stir until melted. Drizzle over the cooled cookies. Then break the cookies into irregular pieces. Store in airtight container. 16 servings

***"you can eat as
much cookie
dough as you
want while you
are making it!"***

Recipe courtesy of About.com: <http://busycooks.about.com/b/2004/10/13/rainy-day-cookies.htm>

The spookiest day of the year

Alexis Morton

It seems like almost yesterday that goblins, ghouls, and the occasional Trailer Park Boy, were walking around the halls of Sutherland. Halloween spirit filled the school on Friday October 29th, and those who did not dress up sorrowfully regretted this. Classes that day were filled with many unique characters and everyone was very excited for the Halloween weekend ahead of them.

If you had followed the laughter and cheers Friday at lunch, the noise would have led you to the very full gym, where a runway was set up for the costume contest and pumpkin carving results were to be held. As students trickled in to see what the hubbub was about, chairs quickly filled and soon enough students were craning their necks to catch a glimpse of the action.

The event started out with the pumpkin-carving contest, where a very pretty lady held up the winning entries as their owners hurried to the stage and back off again. Fairly soon the gym filled up and the costume contest began. The group event was called up first, where we saw an animated team of Ghost

Busters, the speedy Jamaican Bob-sled team, the Wizard of Oz gang, a confident troop of geeks, and a few others. As the groups moved off to the side of the stage, the decorated MC's called up the few Grade Eight's brave enough to show their costumes off, where a certain Vampire Diaries character won the round. Then the Grade Eight's and Nine's hurried on and off, but soon enough the Grade Ten's were up and they were ready to strut their stuff. The Grade Ten division brought a creative bunch, but it was the ancient cave woman who swept the judges off their feet.

Next up came the Grade Eleven's, sure footed, strutting across the stage. The elaborate Medusa floated up and down the stage, on the arm of an unpredictable partner, an Avatar decked out in blue. Winning the Grade Eleven's part of the contest, was a strangely light Sumo wrestler, who jiggled down the runway,

arising a deafening roar from the crowd.

Lastly came the Grade Twelve's, trying for their one last chance to win the Halloween costume contest. Cows, pirates, surgeons and Tiger Woods tramped along the stage, but it was Tiger Woods who captured the laughs, and stole the hearts of the judges.

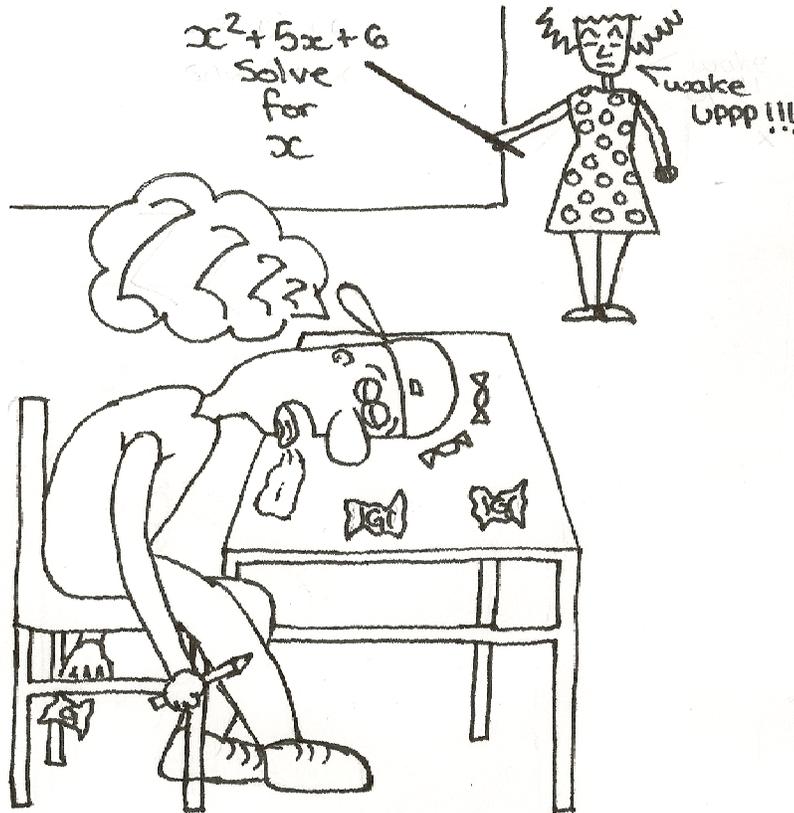
The biggest part of the day was the Halloween event, but classes had their own twist to the day, and the cheerful atmosphere was felt everywhere. The Halloween spirit had just begun, as the Halloween on Sunday would mean a weekend full of fun for everyone. Although Halloween has come and gone, the memories will last as we look forward to all the events that are yet to come, but we can only look forward to the exciting costumes that Halloween will bring us next year.



The Halloween spirit around Sutherland!

Halloween hangover: seriously, should have had Monday off...

Sardara Dhuga

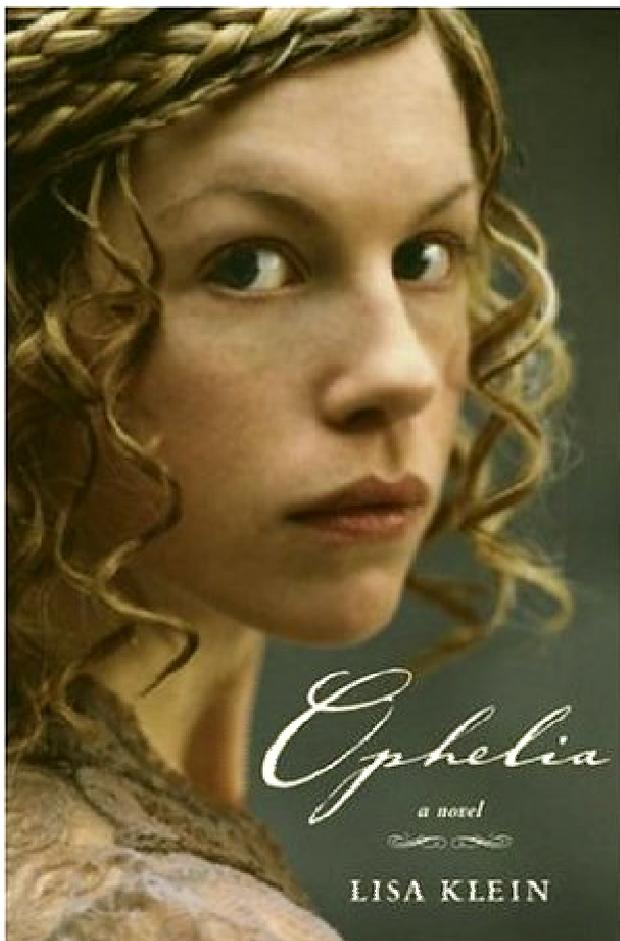


Halloween recap photos!



BookFace: Ophelia by Lisa Klein

Alexis Morton



In Shakespeare's tragedy *Hamlet*, we follow the stories through his point of view. Lisa Klein reverses *Hamlet's* plot and we follow the story through Ophelia's eyes, from losing her mother at birth, into her childhood, and through the rest of her life.

Ophelia never takes to her sewing, and would rather learn the ways of her matron, Elnora. She is prone to speaking her mind, and chooses a life of studying.

She falls into Queen Gertrude's favour, but living in a castle is like living in a cage to her. Prince Hamlet, returning from studying abroad, can commiserate with this.

As Prince Hamlet and Ophelia's secret wedding is upon them, the court is thrown into chaos. King Hamlet is slain, and Queen Gertrude remarries his lustful brother, who is unfit to rule. Hamlet claims he is told this by his father's spirit and becomes possessed with revenge.

Ophelia's own father, fatedly learns the truth, and is killed. The tragedy continues when Hamlet goes mad, although a pretence at first.

With the help of Horatio, a trusted friend, she attempts to flee before anyone knows of her ill-fated past, and what she knows is to come.

Ophelia is a heart wrenching story with many twists and turns. It is a story of "heart-pounding romance" and "emotional about faces"; it will pull you along to a surprising conclusion. It proves that life is not always happy and perfect, but that sometimes the simplest things can bring you joy.

What age is your brain?

Justin Pow

Imagine you're in a class and you think to yourself, what an idiot that person is who sits beside me, they're acting like they're two years old. Well, ladies and gentlemen, on that exterior may be a physically developed person, but potentially, under the surface lies the mind of a toddler. With this quiz you will now have the ability to judge a person's brain age! (And no you can't put that on your résumé as a skill.)

1.) Suppose you're in Science class and you hear your teacher use the proper word used to represent a sexual organ, your first reaction is to...

- A.) Not react, come on you're not in grade two.
- B.) Snicker to your friend beside you.
- C.) Let out a great belly laugh that would make Thor proud.
- D.) Ponder what this word could possibly mean.

2.) You're walking down the hall and you see someone dressed peculiarly, so you decide to...

- A.) Just keep walking, they are just clothes, so what?
- B.) Eye the person up and down unusually until you make awkward eye contact then proceed to scurry away.
- C.) Straight up, make fun of their clothes.
- D.) Ask them what the deal is with those funny lookin' clothes.

Cont'd on p. 11

QUIZ

What age is your brain cont'd...

3.) Your semi-close friend bestows the great secret of their weekend's endeavors and you promise to keep it to yourself, you decide...

A.) Keep the secret; they asked you to and it's not even a big deal anyways.

B.) Keep your fingers crossed behind your back; this makes it quite alright to tell whoever tickles your fancy.

C.) Turn around immediately after the conversation is over and tell basically anyone who will listen and their dog.

D.) Tell your mom, just because you're cool like that.

4.) You discover that you have a sub for your next period, therefore you...

A.) Go to class and try to learn something, that's what we're all here for anyways right?

B.) Go to class, chat, and basically get no work done.

C.) Decide to skip, the teacher's not there so I don't have to go anyways, right?

D.) Go to class, you can't afford the wrath of your parents finding that you have skipped, but during class decide to throw paper balls and bits of garbage at the teacher, teachers don't have feelings anyways.

5.) A teacher catches you texting in class and takes your phone away, so you...

A.) Accept the consequences and politely ask for your phone at the end of class; if you do the crime, you have to be prepared to pay the time.

B.) Whine for the rest of class and complain at whatever doesn't suit you, that'll sure show the teacher.

C.) Have a huge temper tantrum in the middle of class and complain how life isn't fair and how the teacher can't take away your

phone. (Yeah, okay...)

D.) Pray to Zeus that the teacher doesn't read the text that you just got from your mom that was just to send you "kisses."

6.) You arrive late to class one day only to find the door closed, you decide to...

A.) Knock on the door and wait to be let in, then apologize for being late. (And in some cases have your measly quarter ready to be relinquished)

B.) Walk right into class without hesitation, ignoring what the teacher is doing, sit in your seat and wonder why the teacher could possibly be irritated with you.

C.) Walk into class complaining on how this class is a waste of time and how you could be sleeping instead.

D.) Just head home, don't even go to class, your level 79 night elf desperately needs to get to level 80, way more important than Math right?

7.) When teachers are not teaching you believe that they...

A.) Get on with their days; they have lives and families too, duh.

B.) Just mark and come up with more lesson plans to bore you into a quiet droll.

C.) Gossip among other teachers about who is going out with who and how they can make your lives miserable.

D.) Just get plugged in to recharge, you could have sworn you saw an electrical cord dangling from Mr. Nichols' vest that one time.

8.) You're wearing a cap in class, and your teacher asks you to take it off, so you...

A.) Just take it off, it's a hat and it's not going to kill you.

B.) Ask why and then proceed to argue until you eventually be-

grudgingly take the hat off; wow that wasn't a total waste of time.

C.) Refuse to take it off and have a huge confrontation in the middle of class followed by the traditional banishment from class.

D.) Have a mental breakdown in class because this is a really cool hat and your hair is a complete mess underneath it.

9.) You're talking in the middle of class, your annoyed teacher asks you to stop. You proceed to...

A.) Apologize and try to listen to the lesson, the teacher is only trying to do their job after all.

B.) Reply with okay, but within two minutes return to your conversation because you can't possibly agree that Edward is better than Jacob, come on this is way more important than Newton's law.

C.) You didn't even hear the teacher talking to you because you were talking too much.

D.) Deny that you were talking entirely because that is the smartest possible thing to do.

10.) You have a huge project due the next day, and its 11:43pm, you are...

A.) Sleeping because you already finished it a few days ago and are now catching up on some beauty sleep.

B.) Just starting it and plan on being up until 4:00 AM, no big deal.

C.) What project? You're in a huge game of Halo at the moment and can't afford to let Skillzthtkillzumom69 kill you one more time.

D.) No worries you're sound asleep while your mom is finishing up that poster for you.



“...you could have sworn you saw an electrical cord dangling from Mr. Nichols' vest that one time.”

Cont'd on p. 12

What age is your brain cont'd...

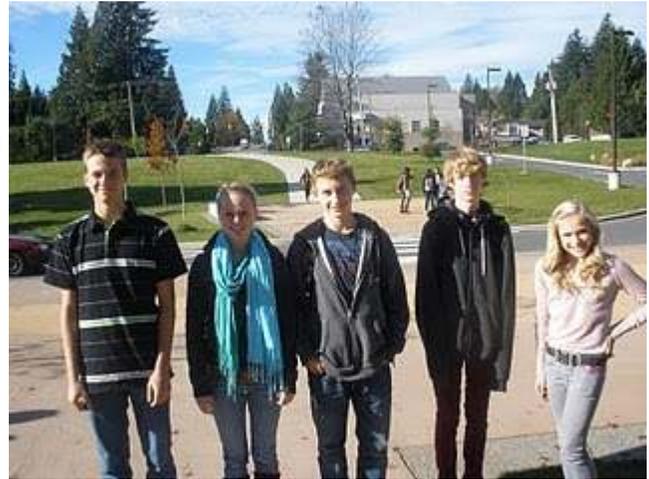
Mostly A's: Your brain is 18-23 years old. You're a mature person who takes other people's thoughts into consideration and makes intelligent choices. You should be set for university or whatever post grad plans you have!

Mostly B's: Your brain is 11-15 years old. You understand the concept of some of the duties of high school and you're probably trudging through just fine. You're still living in the high school bubble, you should try and get out once in a while.

Mostly C's: Your brain is 7-10 years old. You're still at that stage where you believe that the

whole world revolves around you and you're okay with that, but not so sure if the rest of the world is. Most likely your mother is still making your bed and that might be a bit of a problem when you do decide to flee the nest!

Mostly D's: Your brain is 3-4 years old. You basically can't do anything for yourself and honestly you should wonder what you are doing in high school because it is a true phenomenon that you have made it this far with your current maturity. Just take baby steps, try doing something for yourself once in a while, it will help you in the long run.



Grades twelve to eight left to right, wonder what's lying under those skulls...

What to avoid on a first date

Kimi Razavi

A first date can either be the most amazing day of your life, or the most disastrous. It all depends on what you say, how you say it and how you act. I mean, you don't want to be that one stubborn date that says something along the lines of "We're going to this restaurant, and this restaurant only!" Nobody likes stubborn date guy (or gal). So, if you want to avoid being this person, here are a few tips and tricks on what to say, how to say it and how to act. P.S, if you think this article is nothing but a complete joke, then you are stubborn date guy (or gal)!

Dates can take place almost anywhere. Some people go to restaurants, while others may go to catch a quick flick. It all depends on what you feel like doing or how much cash you're willing to spend. Remember to always bring some money with you in case your date doesn't offer to pay. Although, it does seem only logical that the person who asked you out should pay, since they were the ones who asked in the first place. Another thing to remember is where your

eyes should be. Your eyes should always be in contact. I don't mean that your eyes should be bulging out of your head like you're having a seizure, just casual 'blink every ten seconds' kind of contact. You shouldn't be looking at their nobly knees, big chest or fiddling hands. Also, if you happen to get a text in the middle of the date, don't read it unless it's an emergency. It'll make your date feel like they're boring or not good enough. Try to avoid awkward conversations. You should never blurt out loud "My dog has a tumour" or "I have to meet my mom in twenty minutes". These sorts of things can make your date go silent.

If your date happens to take place at a restaurant, remember, you're here to eat. You didn't come here

with your date to sit at the bar and drink your refillable Shirley Temples. No, you came to sit at a booth, hold hands across the table and order something scrumptious. Ladies, please refrain from ordering a salad, it makes your date - who's eating a T-Bone steak by the way - look like King Kong and you're his Malibu Barbie. Besides, salad can easily get stuck in your teeth. You don't want to be seen with a green blob on your tooth. Or worse, two green blobs stuck on your teeth! Try ordering some pasta instead, or even a simple burger. Another thing you should be avoiding is too many trips to the washroom. If you're leaving every five minutes to pamper yourself, there's no promise your date will be there when you get back. At some point, they may get fed up and leave. And if that happens, guess who's stuck with the bill? You!

If your date happens to take place at the movies, don't force your date into watching something they don't want to. If your date doesn't want to see Twilight then pick something else. Don't give them puppy dog eyes until you get your way. It's just a movie, it's not like you're going to be watching it anyway.

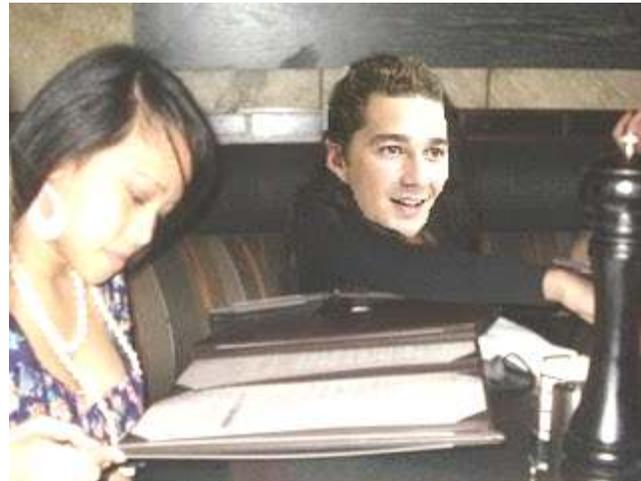
Cont'd on p. 13

What to avoid on a first date cont'd...

Which reminds me, don't spend the whole time smacking lips in the front row. Unlike you, people actually came to see that movie, they didn't pay twelve dollars to watch you. Don't ruin it for everyone, and hey, it's only the first date!

Before you go off biting your nails, worried silly about an upcoming first date, relax. Most dates end with at least a hug, maybe a kiss. And if you screw up, remember, there's plenty of fish in the sea, a few salmon in

the river and a boatload of piranhas in the Amazon. As long as you memorize these tips and tricks, there's only a few other things that you need to worry about. Like burping, tripping, sneezing into their face, itching something inappropriate, forgetting to wear deodorant and much, much more. Other than that, you're on your way to having the best date EVAH!



If only this could be who your first date was with.

Serbia not Siberia

Andrej Tomasevic

Serbia, what a marvelous country. Too bad many people don't even know where it is located. Serbia is located in Europe, in the Balkans, to be more specific. Its neighboring countries are Hungary, Romania, Bulgaria, Macedonia, Bosnia & Herzegovina, Croatia and Montenegro.

Serbia is a fairly small country, with a population of about seven million, and with the capital city of Belgrade. Belgrade is a great place for tourists, with many activities to do from shopping on the streets, to watching an intense Red Star vs. Partizan soccer game, which always turns out to be very competitive game, with many fights to watch in the stands. If you aren't too big on watching sports and you like to play them instead, you can go out onto the basketball court or soccer field to face some fierce competition.

One of Belgrade's world famous things that not many people don't know about, is its nightlife. It was voted the best nightlife in the world by many websites. Last year it was "The Lonely Planet" that gave this title to Belgrade. One article they

wrote said: "Virtually everyone I've met on this trip who's ever paid a visit to the Serbian capital has agreed: for nightlife, there's just nowhere else like it. It's a city that never sleeps, where the clubs never close and downtown can feel busier at midnight than most cities ever feel." The best part about this is that there is no minimum age required.

If clubs or sporting events aren't quite your thing, there are many museums in Belgrade, filled with interesting facts about Serbia's culture dating back to the early Middle Ages. The national museum of Serbia is the largest and oldest museum, located in Belgrade. It was formed in May 1844 and it has more than 400,000 pieces of art. Most of the pieces of art are from France, Italy, Russia, Japan and former Yugoslavia, but there are pieces from all over the world.

Serbia is also home to a great cuisine; it is a mix of Continental and Mediterranean food.

Most of the meals are primarily based on meat with side dishes of potatoes, vegetables and salads. The restaurants in Serbia are very affordable, but offer a generously portioned and flavorful meal.

Serbia is a fairly unknown country, but it has a ton of history, culture and things to do for all ages. Walking down the streets in Belgrade, you can just feel the culture, from the architecture of the buildings, to the four-hundred year old churches.

By the way remember, it is not Siberia, it is Serbia.

"It's a city that never sleeps, where the clubs never close and downtown can feel busier at midnight than most cities ever feel."



One of Serbia's busy streets

Lest we forget

Lucia Barokova

Every November 11th we are all supposed to remember. What do you remember? What does Remembrance Day mean to you? Is it just a day off school, that you spend sleeping till noon and doing nothing productive? Or do you actually remember all of those men and women that gave up their lives to protect their families, and their country. What does it all mean to you? I can't answer that question for you, but I can tell you what Remembrance Day means to me. In the past, it was only a day off school, and nothing more. If I were lucky I would remember to take a moment of silence. Yet these past couple of years, being in sea cadets has changed my view on Remembrance Day.

You may ask yourself 'What is sea cadets?' Well, let me tell you. Sea cadets is a youth program for kids ages 12-19, and involves many different aspects such as: leadership, community involve-



Veteran paying his respects
photo courtesy of Google

ment, public speaking skills, sports/physical fitness, and of course fun! All of the general training is worth high school credits (hint: think about it if you are in need of those extra credits!). Cadets offer specialty training in sailing (levels all the way up to instructor level, which could create future employment opportunities), marching drill (which could lead to specialize in naval field canon drill), musical training in all marching band instruments, and range and marksmanship opportunities. There are also opportunities to go aboard a real naval ship. There are also summer camp opportunities (where the camp pays YOU to go!), and international exchanges around the world. You truly get to make friends that last a lifetime.

Each year there are a few important parades that the sea cadets attend. There's the Canada Day parade, the Battle of the Atlantic parade, and of course, the Remembrance Day parade. The parade starts every year on November 11th at 10:00am at Victoria Park, in the heart of North Vancouver. This is the second largest Remembrance Day parade in all of Canada, the only parade with more attendance is in Ottawa. Victoria Park is the largest parade on the West Coast, and there are usually about 500 service personnel involved each year. Ranging from war veterans from all over the country, active and reserve members of the Canadian forces, members of the Royal Canadian Mounted Police. Sea, Army and Air cadets, as well as scouts, youth band and members of the legion all attend.

This year it's also the Navy Centennial, which means that the navy has been in effect for a hundred years. I

was lucky enough to attend a Navy Centennial Ball that was held in H.M.C.S. Discovery. I learned some pretty interesting facts. Such as, out of every five-hundred Canadians only one has any knowledge of the Canadian Navy and yet everyday the brave women and men of Canada's Navy defend one of the largest coast lines in the world and have since 1910. This concludes that 499 Canadians have no clue of the work that gets done 365 days a year 24/7 by selfless Canadians. Also the Canadian casualties from World War I and World War II were approximately 105,300 soldiers. That works out roughly to be that for every person at this school, one hundred people died.

So don't be one of those people that grunt at the idea of sitting through yet another Remembrance Day ceremony. It's important to remember those who gave up their lives, just so we can live the life we live now. Also to remember the past so we don't make the same mistakes in the future. Lest we forget.

I'm going to leave you guys with a poem that a war veteran shared with me when I made a donation for a poppy:

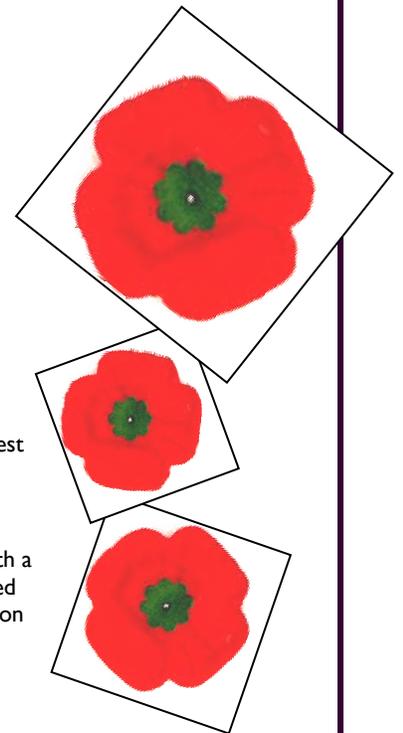
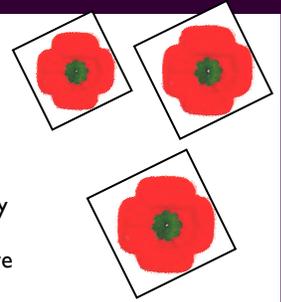
" If there is to be peace in the world, there must be peace in the nations.

If there is to be peace in the nations, there must be peace in the cities.

If there is to be peace in the cities, there must be peace between neighbors.

If there is to be peace between neighbors, there must be peace in the home.

If there is to be peace in the home, there must be peace in the **heart**."



Opportunity knocks

Matisse Emanuele

Hey, Sabres! Did you know that some of the best opportunities to learn aren't in classrooms? No matter what you want to do after high school there is usually an event, or volunteer opportunity in your field!

Looking to go into the Sciences? You could be a gene researcher for a week! It's open to all grade 11 and 12's with an innate curiosity for science and human genetics. There are also mentors in health and science research that will help boys and girls see what it looks like to really work in health and science research.

If being outdoors and working with people is more of your thing, Cypress and Grouse Mountain are looking for volunteers. Grouse also offers and exciting leadership opportunity

to apprentice with the Grouse mountain ski school.

If you love social studies why not apply to go to the Forum for Young Canadians in Ottawa or become a page on Parliament Hill? Both opportunities are for ambitious students who want to experience a once in a life time opportunity in our nations capital.

On November 24th 275 students will be meeting in UBC to talk about sustainable careers, and listen to speakers who are passionate about the environment and youth. Apply to be part of "Youth in Motion" today.

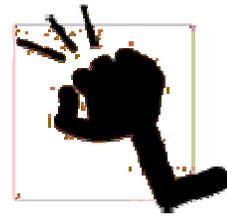
If you want to be a little closer to home why not decorate the Molly Nye house? It's a great way to have fun and spend a few

hours decorating with friends.

Five lucky students will be a fire-fighter for a day! Sign up with Mrs. Giraud for this exciting opportunity.

And a note to all Grade 12's: there are career spotlights every lunch hour on Tuesdays! Coming up on Nov. 23 Lattitudes Global Volunteering, on Dec. 7 the executive chef at Grouse Mountain will be speaking, and on Dec. 14th we will have an Engineering workshop with IBM Canada.

You can receive more information about these programs and others from Mrs. Giraud in the counseling office. Also remember to check the board outside the office for more opportunities. However, there is a new method of finding out about work experience! Mrs. Giraud has a blog that will be on the new school website.



"It's a great way to have fun and spend a few hours decorating with friends."

It's cabin fever season

Charla Lewis

If you're like me, then lately you've found yourself staring out the window, cursing the rain, and dreaming of those far flung summer days that seem farther each day as the weather becomes more depressing. Most likely you are suffering from Seasonal Affective Disorder (S.A.D.), which means that because of a lack of sunlight (lack of vitamin D) you actually start to become depressed. You've probably been reminiscing about how amazing it felt to have the sun kiss your skin with its golden rays, when you were able to do anything and everything outside and not worry about whether you'll need an umbrella or not. It happens every year and yet we

still manage to be shocked that summer really doesn't last forever, you'd think we would have caught on by now. We just can't seem to adjust properly; we let this change in weather almost take over us to the point where it effects how we act. I don't think anyone can deny that when the weather is dull and gray it really plays a part in how we feel. It's hard not to feel a little depressed when you wake up for school in the morning and it still feels like the middle of the night. There is an actual solution to getting the best out of this sad weather; you can start with letting summer melt into the back of your mind. Well some of you may ask, what's there to do when it's cold, wet, and windy, and it

gets dark way too soon? If you really want to kick those cold-weather-blues though, here are a few things you might want to try:

1. Go to the gym: Who says you need to sit on your rear all day and do nothing just because the weather isn't cooperating. Make use of a rainy day and hit the gym with a vengeance; take out all that cooped up rage and get in shape. Believe me, when summer rolls around next year you'll be more than happy to go bathing suit shopping with your banging body. Refer to Sardara's "Exercise of the issue" for tips and ideas.



Embrace the cold. Don't let S.A.D get in the way of you having a good time.

Cont'd on p. 16

It's cabin fever season cont'd...

2. Socialize: There's just something about this weather that makes you feel lonely, the obvious solution is to not be alone. You don't even have to go out and spend money to have fun when you're with a group of friends. It's as easy as calling up a couple of buddies to come relax at your house and watch a movie or something. If you have a fire-pit in your backyard a mini-bonfire is the perfect way to keep warm and chill with friends, you can even make some delicious s'mores while you're at it.

3. Take a cat nap: who doesn't feel extra tired these days; give yourself some much needed beauty rest. This will also help you with your mood, you'll be able to sleep off your bad mood and wake up on the right side of the bed for once.

4. Clean your room: not to sound like a nagging mother but it really will make you feel better if you clean your room; if you have the extra time then I think it's time to attack the jungle. You'll feel so much better that you can actually walk through your room without tripping over that moldy 'thing' from who knows when.

5. Movie: Sure you could stay at home and watch a movie with friends, but on the other hand there's always new movies coming out. Going out and seeing a movie (Note: Due Date came out last Friday) with friends is the perfect way kicking the cold-weather-blues. You may even want to splurge and go for dinner as well (sushi).

If you've been suffering from S.A.D, due to this depressing weather transition, try out a couple of these suggestions, it never hurts to try. In the worst case scenario, if you're feeling especially glum, you could sit and stare at a light so you don't get depressed, but hopefully these tips will help you so it won't have to come to that.

"You'll feel so much better that you can actually walk through your room without tripping over that moldy 'thing' from who knows when."

The other side of Bieber fever

Sarah Reid

Lately a lot of people have come down with a terrible case of "Bieber Fever," while listening to his intolerable lyrics and prepubescent voice. I have luckily escaped this terrible epidemic.

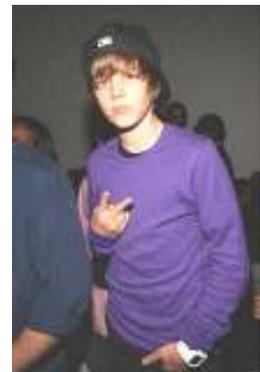
Justin Bieber was discovered on YouTube in 2008. He signed on with the R&B singer Usher. It was then that he started to sing songs about things that he knew nothing about, with lyrics that no one could relate to under the age of thirteen. From the big hit "One Time" to "Somebody to Love". Bieber was only fourteen and was already singing about being in love and buying a girl a diamond ring. Really Justin? When

was the last time you were in love? I know that there are a lot of girls out there who wish and pretend that all of this cheesy and over dramatic love songs were written about them, and that they have dreams in which they are on stage with him and he is singing to them and looking into their eyes. But sorry girls, it's not going to happen, it's time to wake up and rub the sleep out of your eyes.

One of the things that Justin Bieber has become most famous for is his hair. They-- whoever "they" are, are now starting to call it: "The Justin Bieber". What would happen if one day he walked out onto the red carpet at the Grammy's

with a shaved head? Would he still be as famous as he is today? I don't think so. There are people out there who are saying that he is one of the most attractive people that they have ever seen. His hair is covering half of his face people!

Apart from this, his voice isn't even that good. I'm not saying that he isn't talented, I'll admit he is. I remember when my friends showed me him when he was still just a little boy doing covers on YouTube. He wasn't that bad, I'll give him that. But, now that he has been exposed to the world of pop-culture and has been sold out time and time again he has become overrated.



"The Justin Bieber"

The other side of Bieber fever cont'd...

The Vancouver Sun has even gone as far as to compare him to Frank Sinatra. Are you kidding me? Sinatra is one of the best singers of all time. Sure they both had what seems like a cult following and a huge fan base all over the world, but at least Sinatra had some pipes and was able to sing without music backing him up. Bieber's music overpowers his voice, it doesn't support it.

Not only was he compared to Sinatra, he has also been compared to Micheal Jackson. Now that is just going way to far! MJ was "The King of Pop", and his left thumb nail holds more talent than Justin Bieber. I don't see him going out and making iconic music videos like 'Thriller' or see him doing the Moon Walk across the stage. Yes, both of them are child stars, but I strongly doubt that my children will grow up listening to his songs, or see him dance on stage in front of there very eyes. Micheal Jackson was more that just a pop-star, he

was a phenomenon and his music will be played long after this whole "JB" phase is over.

Justin Bieber isn't famous just because of his talent, he is famous for all of his products that he has out there. From all of the posters, to even nail polish. He's a guy selling nail polish!! Am I the only one that thinks that is a little odd? I sure hope not. The world of Hollywood has made him become a money grab. People see that Justin Bieber believes in this, and uses this, and made this and did that--and they instantly feel like they have to own that, do this, and waste their money on countless things that they don't need. He's not making all of his money from selling albums, it's from selling out and putting his name and face on a whole bunch of labels. To make sure that he stayed on top of the charts and that no one forgot about him he released his second album not even a year after his first one was released. That didn't happen because he wrote that many songs and he needed to share

them with the world, it was to make more money and to make sure that people didn't forget who he was.

I'm sorry everyone, but Justin Bieber is not as talented as people believe him to be. Yes he does have a pretty good voice, but he's not a new Frank Sinatra or Micheal Jackson, he's just a sixteen year old boy who is being exposed to Hollywood at way too young of an age and will one day be on the "Where Are They Now?" show on Much Music.



I look better with "The Justin Bieber" than Bieber himself

"...at least Sinatra had some pipes and was able to sing without music backing him up."

Exercise of the issue

Sardara Dhuga

Ok, time of the for another round of Exercise Issue. This time, get ready for the gun show, we have the bicep curl. There are many variations, however, most commonly done is the alternating curl.



Want these guns?

Preparation

Position two dumbbells to sides, palms facing in, arms straight.

Execution

With elbows to sides, raise one dumbbell and rotate forearm until forearm is vertical and palm faces shoulder. Lower to original position and repeat with opposite arm. Continue to alternate between sides.

Variations: Hammer curls, barbell curls, reversed barbell curls, concentration curls



The bicep curl

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Check us out at <http://www.nvsd44.bc.ca/schoolsites/sutherland/>



In Flanders fields the poppies blow
Between the crosses, row on row,
That mark our place; and in the sky
The larks, still bravely singing, fly
Scarce heard amid the guns below.

We are the Dead. Short days ago
We lived, felt dawn, saw sunset glow,
Loved and were loved, and now we lie,
In Flanders fields.

Take up our quarrel with the foe:
To you from failing hands we throw
The torch; be yours to hold it high.
If ye break faith with us who die
We shall not sleep, though poppies grow
In Flanders fields.

In Flanders Fields

*In Flanders fields the poppies grow
Between the crosses, row on row
That mark our place: and in the sky
The larks still bravely singing, fly
Scarce heard amid the guns below.*

*We are the Dead. Short days ago
We lived, felt dawn, saw sunset glow,
Loved, and were loved, and now we lie,
In Flanders fields.*

*Take up our quarrel with the foe:
To you from failing hands we throw
The torch, be yours to hold it high!
If ye break faith with us who die
We shall not sleep, though poppies grow
In Flanders fields.*

John McCrae

