

Publisher: J. Manara

Formatters: various

## Inside this issue:

## News

- A grooving' goodbye  
Farewell Mrs. Martin 1  
First concert 2  
Reflections on war 3  
One of many 4  
Halloween fun 6  
Mr. Nichols' moustache 7

## Opinion

- The. Best. Night. Ever. 8

## Life

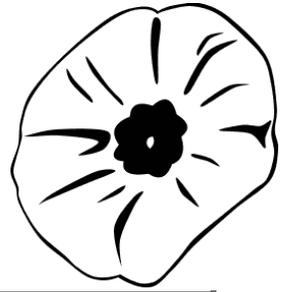
- Driving adventures 9  
Know your future 10  
Comforts of winter 12  
Some recipes 12  
Feng Shui  
Dear Trooth  
Team 13  
From London to Vancouver 14  
Horoscopes 15  
Fun Facts  
Jokes  
Cheesy pick up lines 16

## Sports

- Sports overview  
Sabre Curlers 17  
Swim team makes a splash 18  
Student art 19

- The Last Word  
Announcements 20

## The Sabre Trooth



Volume VII, Issue III

## A groovin' goodbye



How do you say thank you and goodbye to someone who has given you her time, understanding, and care? You have a shuffle-off for her! On Friday, November 9th, at 2:40 in the afternoon, music began mysteriously playing on the PA system. That, of course, was our signal to start making our way to the school's common area. Within minutes, the whole student body — all 900 of us — moved out our classes, through the

corridors, and down stairways to the cafeteria for a very special farewell. It was Mrs. Martin's last day at Sutherland, and we all wanted to give this popular VP a send off she'd remember.

As it happened, we will all remember it because an obviously thrilled Mrs. Martin generously gave us an early dismissal—bet she has always wanted to do that!



Staff photo —Top: Mrs. Martin, Bottom: Students say goodbye

## Farewell Mrs. Martin

As Mrs. Martin is too young for retirement, The Sabre Trooth couldn't believe she really was leaving. We thought that it would be a good idea to ask her a couple of questions, Here is what she had to say:  
**ST: What brought you**

**to Sutherland?**

Mrs. M: As an administrator, I don't get to choose the school where I work. I am placed in a school.

**ST: How long have you been teaching? And exactly how long have you been a Sabre?**

Mrs. M: I started my career in 1979 and I moved to different provinces. I've taught in Alberta and in Ontario. I came back to BC in 1993.

(continued on page 2)

## Farewell Mrs. Martin continued

*“Get involved with your school! Continue to be welcoming to whomever comes through the doors!”*

**ST: When you were in high school, did you want to become a teacher?**

Mrs. M: I always wanted to become a teacher. I've a degree in kinesiology. I used to teach PE and sciences.

**ST: When you were in high school did you like your vice principal?**

Mrs. M: When I was in high school, vice principals didn't really talk to the kids.

**ST: Why did you decide to retire?**

Mrs. M: Over the past while I've noticed that I don't have the same energy as I used to. Also, I don't get involved in activities as I used to.

**ST: What is the main difference between students in the past and students now?**

Mrs. M: Students nowadays care about the global things. Students in the past didn't really care about what was going on in the world. They only cared about the things that happened in their community. Social media has a

great influence.

**ST: If you could change something at Sutherland, what would you change?**

Mrs. M: I would love to have soup in the cafeteria.

**ST: If you had to choose your career now, what would you choose?**

Mrs. M: I would be a sport physiotherapist. The year I wanted to study that part of science I was getting married, so I didn't continue my learning.

**ST: If you had to move from Canada, where would you move?**

Mrs. M: I've never really thought about that. I think I would move to Denmark or Switzerland.

**ST: When you retire, what will you miss the most about Sutherland?**

Mrs. M: I'll miss the students and my colleagues. When you work at a school, you are a part of community.

**ST: What were the saddest, most surprising and the funniest things that ever happened to**

**you as a teacher?**

Mrs. M: The saddest thing was having some students die. I was very surprised when Grads mentioned my name in their speech. The funniest thing was that when students wanted to cut up a frog for their biology experiment, I had recording of a frog on a machine right in my pocket. I would get up close and push it right at the moment they had knife on frog's body. They got so scared! It was the funniest thing that happened to me.

**ST: What are you most proud of your career?**

Mrs. M: I'm most proud of the connections and relationships I've made.

**ST: What would you say to Sutherland students?**

Mrs. M: Sutherland is a wonderful school. Get involved with your school! Continue to be welcoming to whomever comes through the doors.

We hope Mrs. Martin has a wonderful retirement!  
- Katie Japaridze

## First concert success of the year



Sutherland's first concert of the year was a great performance. The school bands and choir, lead by Ms. Workman, had used the last three months to practice, and it showed. The stage was well equipped with new lights that helped illuminate the talent of the students. Our Senior Jazz Band start-

ed the show, and left a good impression on the crowd with the last song, Birdland. The squeaky but lovable junior bands were next, and were sounding great, despite the fact that many students just started playing an instrument this year. Junior Jazz (made up of Junior Band students) surprised me

with the great solos and music. The choir sang beautifully again this year, as they always do. Last but not least, the Senior Concert band powered through and played well. Overall, the concert was a success, and I can't wait for the next one!  
- Julian Stark

## Reflections on war



Internet image: Soldiers storm through a Georgian village.

The recent Remembrance Day ceremonies have given many of us a chance to reflect on war. Wars are terrible; we can all agree on this. Unfortunately, there still are some going on in the world. A few years ago, there was one in my home country, the Republic of Geor-

gia. Russian armed forces occupied Georgia. Many people lost their homes because of this war; whole villages were bombed. It was terrible. Some of my friends, who went to visit their grandparents, suddenly found themselves at the epicentre of the fighting. The invading

armed forces consumed everything that was in their way. When I think about it, it always makes me cry. So many people still live in shelters because of this war. I would never want this to happen again. Not just in my country, in the whole world.

-Katie Japaridze

***“I would never want this to happen again. Not just in my country, in the whole world.”***



Internet image: Map of the Republic of Georgia

## One of many, a story of courage



Photo submitted: Estha Gobes circa WWII

***“The Stroops resisted Nazi occupation by finding hiding places for Jews. The Wierdsmas were now just one of many families the Stroops had gone to about this girl.”***

"Remember when reading this story, told about a Jewish child during the war years 1940-1945, that this was written first and foremost for children between the ages of 10-18 years old. It was meant to be translated into the Hebrew language and be used in schools. The gist of the story is this: Was it all pure coincidence? The reader must draw his/her own conclusion about this story, told with love."

-Lisbeth Wierdsma

In September 1943 in the town of Sneek, the Netherlands, Bouwe and Atje Wierdsma had a visit from their friends Martha and Bertus Stroop who brought a young girl with them.

The Stroops resisted Nazi occupation by finding hiding places for Jews. They hoped the Wierdsmas would hide a four year old girl named Estha Gobes. Estha had already been to many other homes, all of which had to give her up. The Wierdsmas were now just one of many families the Stroops had gone to about this girl. The response the Stroop's got from Bouwe and Atje was: "Where there are 12 children there can also be 13."

Yes, they already had 12 children, the oldest of whom was 19 year-old Lisbeth Wierdsma. She would later take over the care of the house and all its children. The Wierdsmas did not just take in Estha because they thought it was right, but also because of what the Nazis had forced them to do. Bouwe and Atje's business was shipping food in and out of the country, but the Nazis had forced them to give all their food supplies to the Nazi boats docked nearby.

When the Wierdsmas took Estha Gobes in, her name was changed to Betty Wielinga. Within about three weeks Betty, or Estha, spoke Frysian, the local language, without an accent. Times were worse than tough as food shortages were severe in the Netherlands during World War Two. According to CBC News, it is estimated that about 20,000 people died of starvation. The Wierdsmas, too, suffered. They had to find grass

and potato peelings to cook at night to eat. There was also a hidden compartment in the boat where the Wierdsma parents worked. Two of the younger brothers would hide food there to ensure the family's survival.

In the winter of 1943 Estha had a bad case of eczema, and was taken to the hospital. The Wierdsmas could not be with her in the hospital and worried about her true identity being found out. Estha was in the hospital for a few weeks before the caretaker of the hospital came to the Wierdsmas' door. He suspected Estha was Jewish, but was against the Nazis and would not turn her in. He told the Wierdsmas he had rushed to their house on his bike because, just like him, a nurse suspected Estha to be a Jew. The nurse was an informant of the Germans. The nurse kept asking Estha who she was. That very night, in pitch black darkness, Lisbeth and one of her sisters secreted Estha out of the hospital.

The Wierdsma family had a plan if the Nazis ever came to their house, they would pass Estha over the fence into their neighbour's yard. But one day they didn't have time—the Nazis just stormed in. At the time Estha was sitting on the living room floor playing with the boy who was now practically her brother, Bouwe Wierdsma Jr., who was one year her senior. During this time the Nazis walked right past Estha

## One of many, continued



Photo submitted: The Wierdsma family with Estha (front row, third from the left)

not noticing her; they were looking for radios and not Jews.

Another time Mrs. Stroop, the Wierdsma's friend, came to their house to inform them of a traitor who had a list of all the families who were hiding Jewish children. Before he could take it to the Nazis, the resistance had shot him.

After the war ended, Estha's parents had no idea where she was. They put out a flyer asking if anyone had seen her. A friend of the Wierdsma family saw the flyer and knew he had seen the girl on the flyer before. He asked Bouwe Wierdsma if the girl they had been hiding was the same as the girl on the flyer. Bouwe responded that yes, she was. The friend of the Wierdsmas contacted

Estha's father and invited him onto his boat. That day, as Estha stood on the bridge over looking the canal, she saw a boat coming in. On that boat was a man she could barely recognize. Her father waved to her and she waved back.

At the end of WW2, the Stroop family had placed more than 400 Jews with Dutch families. Many years after the war when the oldest girl, Lisbeth, was coming into old age, she decided to write down the entire story. She called it E Pluribus Unum, meaning: one of many. In 2000 the Wierdsma family was honoured by the Israeli government as righteous gentiles (non Jews who helped Jewish people during World War Two). At the ceremony, Estha

asked the Wierdsmas: "Why did so many do so little, and so few do so much?"

Back in 2011 a TV program asked Jr Bouwe Wierdsma and Estha Tsaig to come on a show for Remembrance Day. After the war Estha had moved to Israel. This TV program was the first time she had seen Bouwe Jr. in about 68 years, but they still regarded each other as brother and sister.

- Lydia Wierdsma

***"The Wierdsma family had a plan if the Nazis ever came to their house, they would pass Estha over the fence into their neighbour's yard. But one day they didn't have time."***

## Halloween fun at Sutherland

Halloween saw a virtual army of costumed students marching through the halls this year. It seemed that more than half the students and staff were dressed up. However, this year kids left many of the more gruesome get ups in the closet in favour of more creative fare.

Some of the more original costumes were the crazy cat lady, the Four Horsemen of the Apocalypse, and the cast of characters from the game *Clue*, courtesy of the Science Department. Mr. Thornhill and his baby won best teacher costume as Darth Vader and Luke Skywalker.

The SLC organized an extremely well attended costume contest on the 31st and a popular pumpkin carving contest with some of North Vancouver's largest gourds on the 30th.



Staff photos: Slenderman, the cast of *Clue*, Red Riding Hood and the Big Bad Wolf, and pumpkin carvers

## Mr. Nichol's moustache: the interview we've all been waiting for

As this month is dedicated to men's cancer, I figured I would interview the perfect symbol of Movember. This week I had the good fortune to have a talk with the conversation piece on Mr.

Nichol's face: his moustache! He was very polite, and relatively quiet, despite living on the upper lip of one of the loudest people in our school. I got some insight into what it's like to live on the face of one of Sutherland's most infamous teachers.



Staff photo: Get ready for a hair-raising interview.

*"I wanted to be a great big mustache, a Rollie Fingers handlebar."*

**Sabre Trooth: What do you get to see each day from Mr. Nichols's face?**

Moustache: I get to observe morning coffee, enjoy any leftovers, and I'm always the first to know if Mr. Nichols has a cold.

**ST: Does Mr. Nichols take good care of you?**

M: He really doesn't trim me as much as he should.

**ST: Do you ever wish you weren't a moustache?**

M: Only when it's cold outside and I freeze.

**ST: If you could live on the face of one person at our school, who would that be and why?**

M: I would love to live on Mr. McGowan's face, there'd be so much room to grow!

**ST: Did you have any great ambitions as a little moustache?**

M: I wanted to be a great big mustache, a Rollie Fingers handlebar.

There you have it Sutherland, the inside scoop on what it's like to live your life as facial hair. Remember to grow yours out to support men's cancer below the waist. If you have any questions around that topic, I'm sure Mr. Nichols's moustache would be delighted to help. - *Natasha Guerra*



Staff photos

*Jamie F. and Timmy H. are two Grade 8's getting into the spirit of Movember*

## The. Best. Night. Ever!

On November 1st, my friend Shae and I took a ferry to Vancouver Island for a concert at the Save-On-Foods Memorial Centre in Victoria featuring Anami Vice & Kevvy, Down With Webster, and Marianas Trench. The opening act was Anami Vice and Kevvy - an amazing rapper and a doubly amazing singer/guitar player from a local band called Fake Shark Real Zombie. It was their first tour. After them was Down With Webster, a band from Toronto. They performed their biggest hit, "Woe Is Me", which was terrific live. It was my se-

cond time seeing them. After that was the main event: Marianas Trench, my favourite band. They are a local band, and I've seen them three times as well as being in one of their music videos. They had many costume changes - from dancing around in tighty whities to donning shiny pants and flying around on harnesses. They performed their newest single, "Desperate Measures" while in the harnesses.

The audience was treated to songs from all three of their albums: *Fix Me*, *Master Piece*, and *Ever After*. The

drummer did a wicked solo and John Ramsay, the lead singer, did a piano solo of "Lover Dearest" about his heroin addiction. He also performed "Skin and Bones" about his bulimia.

I got a hoodie and the official t-shirt, and after the concert we met Down With Webster, Anami Vice, and Fake Shark Real Zombie at the merchandise table. I got to hug them, get their autographs, and have my picture taken with them. I'd definitely give this concert five out of five stars. It was the best night ever!  
-Sarah Kriston

***"I got to hug them, get their autographs and have my picture taken with them."***



Photo submitted: Sarah and Kevvy from Fake Shark Real Zombie after the show

## Driving adventures

One of the most important experiences for any teenager is learning to drive. A couple of days ago we in Journalism class were talking about our driving experiences and we thought that it would be a good idea to share some of them with you...

Each day, as we get older, we get more freedom but also more responsibility.

One of these responsibilities is driving. The first time that I drove was so good. It was exciting, scary, and funny. As I was speeding up and enjoying the fun of driving, I saw a truck coming towards me on the opposite side. Suddenly, I got scared, so I closed my eyes and took my hands off the steering wheel! Fortunately, my father was there and took control of the wheel, otherwise you would read this from another news source--like North Shore News with a title like this: "FIRST BUT LAST DRIVING LESSON!"  
-Hengameh Rahmati

I've always wanted to drive a car. When I turned 16, my mother let me to drive her car, but only under her supervision. Everything was great, until I realized that I wanted to go backwards. I stopped the car and tried to reverse. I checked my surroundings for safety. Then, I



Staff photo: Katie about to put the pedal to the metal.

saw a lot of cars coming towards me. When I saw a large number of cars, I got scared and pushed the brake pedal. Somehow, I messed up the gas and the brake, so the car rocketed backwards. I was so scared! Thank god my mother was there. She saved me. It was the first and the last driving lesson from her! She hasn't let me drive her car since!

-Katie Japaridze

I've had my L since July, but only recently have I begun driving. My loving mother would not allow me to drive our car until I had learned from a professional. My driving instructor is a funny motorcyclist who LOVES to go quickly. My first lesson was all about spaces and turning. I had to maneuver around Sutherland at 8pm, in the dark, and may I just say I HATE right-hand turns. I can never judge the

amount of time I have to hand over hand! Despite my difficulties, I drove all the way home, avoiding running over a pedestrian, and getting rear ended.

My second lesson was even more traumatic. My teacher made me drive on the freeway! He wouldn't tell me where we were going and before I knew it we were on the road. He kept telling me, "Use the gas pedal, and don't be afraid of it!" Before I knew it I was pushing 80 and still cars around me wanted to go quicker. I have found my comfort zone is around 40, so 80 was definitely a stretch. Ken claimed that highway experience was to boost my ego, but I didn't feel very boosted, just scared as all heck. I was really excited to start driving, but now I don't know how I will survive.

-Natasha Guerra

**"My second lesson was even more traumatic."**

## Know your future for free!

You know when you go to the PNE, or some sort of festival, they have palm readers, and they make you pay — let's say \$10 to find out who your husband will be or what your special talent is. Well, now you can know your future for free!

Which hand do you use to write? Your left hand, right, or maybe both. This hand, or hands, tells you what will happen in the future. It also says who you display yourself to be on the outside. The other hand you don't use as much is the hand that tells who you are on the inside. Apparently if you use your right hand the most you're more logical. That's because it's connected to the left side of the brain that holds most of your logic.

Left handed people can be more creative because the right side of the brain, which it is connected to, is where most of your imagination is.

The texture of the hand is important. People with soft hands are sensitive and people with harsh hands tend to like more activity. If some of you have really flexible hands this shows that you may be easygoing where as if you have stiff hands you are usually determined.

The lengths of your fingers are also important. This has most of the information about people. Here are what each finger represents:

Middle finger: Discipline, balance. If you have balanced emotions your ring

finger will reach the bottom of the nail of the middle finger.

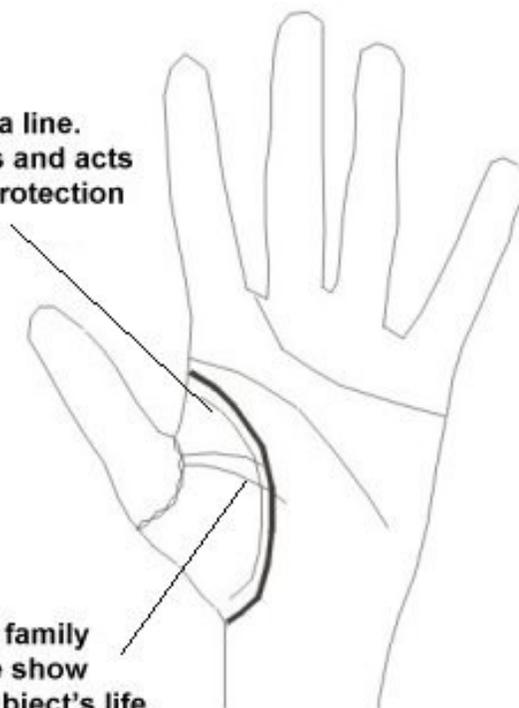


Forefinger: confidence, ego, ambition, drive. I

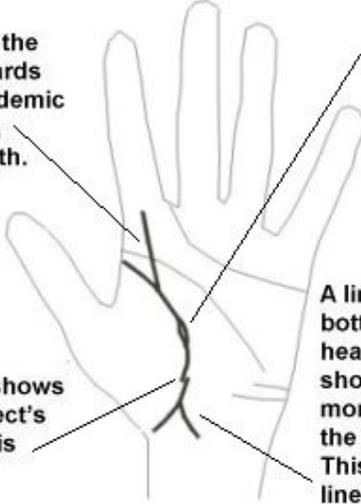
(continued on page 10)

**The life line can have an extra line. This is called the line of Mars and acts as a back-up. Like an extra protection against ill-health.**

**Lines coming down from the family ring and crossing the life line show family interferences in the subject's life.**



## Know your future for free, continued



A line branching off from the life line and heading towards the forefinger shows academic achievement or ambition, depending upon the length.

A line branching off from the middle of the life line can show back trouble. (Please note that the island must be clearly marked. It is easy to mistake it for something else).

A line branching off from the bottom of the life line and heading towards the wrist shows travel: the wider and more expansive the branch the more significant it is. This is especially true when lines from the side of the hand head towards the centre of the palm.

An overlapping break shows a big change in the subject's life. This transformation is positive and controlled.

*“The rings on your fingers can also show personality traits .”*

If your hand look like the forefinger goes past the bottom nail of the middle finger then you have good confidence.



If your ring finger doesn't reach past the bottom nail of the middle finger then you may have blocked emotions.



Ring finger rings: this only applies if you have a lot of large rings on your fingers. You may have emotional frustration.

Pinky rings: there is a possibility that you have a great love for money.

If you want to learn more you can go to [www.creativeinc.co.uk/palmistry\\_guide4](http://www.creativeinc.co.uk/palmistry_guide4).

*-Lydia Wierdsma*

If your hand looks like this then you have a serious nature:



The rings on your fingers also show personality traits:

Forefinger rings: you might have an overbearing ego

Middle finger rings: you could need security.



## The comforts of winter

As the weather gets colder, the sight of travel mugs becomes more and more common. Comfort drinks are what we can call them: hot chocolate, tea, and even coffee. During winter, hot drinks are what people search for, but not only favourite beverages, each person has favourite comfort foods too. If you're willing to try something new this winter season, here are a few ideas of some tasty meals and how to stay warm.

The most common comfort food, I've noticed, is soup. Everybody loves soup! Of course, soup is not of one type, there is a huge variety from which to choose. From cream of mushroom soup all the way to caramelized onion tomato ginger soup, each person has a favourite. My personal favorite is a

soup that my mom makes: chicken corn chowder. My mom makes a lot of soup, but she never uses a recipe so, I have no idea how to replicate it myself. A few other tasty types of soup are French onion, classic chicken noodle, clam chowder, and classic tomato. Some other comfort foods that will fill you up and keep you happy during the cold season are mac and cheese, spaghetti and garlic bread, perogies, and why not wake up and make yourself some oatmeal?

Who doesn't love making up some hot chocolate and putting on a favorite movie? So, this winter don't be afraid to try some new comfort foods. If you don't like them, then go make some soup and grab a blanket and hop on the couch!  
-Delainie Childs



## Some recipes to try: stovetop s'mores and grilled cheese



### Stove-top s'mores

ingredients:

- graham crackers
- marshmallows
- chocolate (dark or milk work best)

what to do:

Heat an element on your stove, then use either a fork, or skewer, and roast the marshmallow. After you've roasted it to personal perfection, put a piece of chocolate on top of the marshmallow and squish it between two graham crackers. And lest we forget, ENJOY!



### Grilled cheese sandwiches

ingredients:

- bread
- cheese
- butter

what to do:

First, butter both sides of both slices of bread, and slice the cheese. You can use whatever kind of cheese you like, cheddar is always a good choice, though. Next, heat an element

on your stove and put a pan on top. Now, take your cheese sandwich and place it in the pan. Let it simmer and cook, then you may flip it. Do the same on the other side, and make sure the cheese has melted in the middle. Enjoy your tasty grilled cheese sandwich!

-Delainie Childs

(Images sourced from the web)



## Feeling blue? Feeling better is all about balance.

Your mom might have a point when she tells you to clean your room. Although cleaning might be a pain in the neck, we all feel better just being in a tidy, uncluttered room. Did you know that how you decorate your room or house may affect your life and feelings?

Feng Shui is the ancient Chinese art of placement of objects. It is a system of balancing positive and negative energies. Feng means wind and Shui means water. The goal is to enhance the flow of positive or spiritual energy, and to create harmonious environments that support health, and invite happiness. However the people who practice this are not doctors, they are interior designers.

Historically Feng Shui was used to orient buildings, often spiritually significant structures like temples. At the most basic level, Feng Shui is a decorating discipline based on the belief that our environment affects us. Just by changing the design of your room you can feel

better because of the positive energy that you can create around you. You might think that is a strange advice, but it really can give you an emotional lift. Thousands of years of Chinese decorators would say so.

Feng Shui helps you to feel good by getting rid of all of the unnecessary things in your life so that you don't have to think about them anymore. This makes you feel better and more relaxed. In the bedroom, using Feng Shui principles can help you to arrange your space to have your best rest.

In Feng Shui colour is an important factor as it can do wonders for any room. We all love colours, and we all respond to colors in more of less predictable ways. Here are some Feng Shui uses of colours:

Red is the strongest Feng Shui colour and represents fire. It brings the energy of joy, and excitement into a room. Red is also the Chinese colour of luck and happiness.

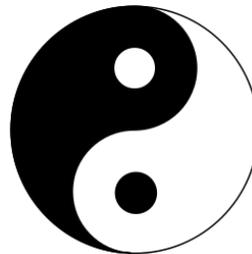
Blue is a magnificent Feng Shui colour. Use it in the east for better health, the southeast to promote wealth, and the north for career success.

Green is the Feng Shui colour of renewal and regeneration. Green is very nourishing to your health as it balances the whole body by bringing healing vibrations from nature.

Purple is one colour that Feng Shui masters advise using in moderation. They say it might be best to bring it into your room with different elements-like pillows or art-rather than a colour for a full wall.

Try Feng Shui yourself, you may be surprised to see the result.

*-Hengameh Rahmati*



## Dear Truth Team

**Dear Truth Team, I have a friend who I think is mad at me. I have no clue why she would be mad, but how do I find out if and why she is, without making her even angrier? -Frienemy**

Dear Frienemy,  
First, talk to any mutual friends you trust, and confirm or deny your hunch. If you are correct, I'm sorry, but at least now you know. Talk to your friend face to face about the

issue NOT over text. Hear her out before you start talking. Try to see the problem from her side, whether it's a small one or if it's monumental. Tell her how you feel when she's mad at you and attempt to come to a compromise or agreement on the issue. If all else fails, just apologize and hope she accepts.

**Dear Truth Team, I am new to Sutherland and I was physically bullied in my old school. No one**

**did anything about it there, and it made me feel really awful. I want to feel safe at school. What should I do if it starts up again here? -Innocent Victim**

Dear Innocent,  
It is truly distressing to hear that you have been treated so badly in the past. You are now in a new environment, and most likely, the bullying won't follow (continued on page 14) you here. However, if you find

*Have questions or comments for the Truth Team? Put them in the Sabre Truth boxes in the office or library. You can also email us at sutherlandnewspaper@hotmail.com*

## Dear Truth Team continued

yourself in a similar situation, the first step to stopping a bully is to get support. Tell people you trust about the issue and ask that they stand by you. Having a support group will really help with any emotional struggles this problem brings with it. Next time a bully comes forward, assert yourself before the contact happens. Tell them how angry and hurt it makes you, and ask them why they are bullying you. Most likely they won't have an an-

swer. Make sure they realize how it feels to be hurt like they have hurt you. If the issue persists after this confrontation, see an aide, counselor, teacher, or one of the admin about this person. I hope these tips will help put your mind at ease.

**Dear Sabre Truth, I work at a fast food place, and though I work hard, it seems like my boss doesn't like me too much. How do I get in the good books**

**with the big cheese?**  
-Cheese Pleaser

Dear Cheese Pleaser, Just make sure you work hard and always take care of your responsibilities. If your boss, or other employees look busy, you could always ask if they need help. Be friendly and welcoming, and don't be afraid to chat with your co-workers on break. Hope everything works out for you! - Sabre Truth

**“The style, English Indie, aims to stay hip throughout every season.”**

## From London to Vancouver: Top Shop hits the high street

Do you like fashion? Well Topshop is the place to be! Starting off in the basement of an English department store, Topshop has now grown into a mecca for all British girls and boys who are fashion obsessed! There are 300 stores in the UK alone, and now a Topshop has opened in Vancouver! The brand consists of Topshop

for the girls and Topman for the boys, so there is something for everyone. People including top model Kate Moss and designer Louise Gray work closely with the Topshop brand to make sure it always stays ahead of the trends. The style, English Indie, aims to stay hip throughout every season. But with all this comes pricey clothing: a

jacket can range between 75 dollars, to 300 dollars. For a pair of show stopping heels, you'll pay on average 100 dollars. With this brand, however, comes quality. So start saving, so soon you'll be able to splurge at The Bay in downtown Vancouver!  
-Ellie Irving



Photos sourced from the Topshop website: [topshop.com](http://topshop.com)

## Horoscopes



ARIES

**Aries:** You are very creative and optimistic though you have a very short temper. Try to cool down a bit and be patient, things will work out.

Your lucky numbers: 47, 13, 11, 4, 9, 31. Your food of the month: apples.



TAURUS

**Taurus:** You are very loyal and very dependable. You need to ease up on the self-indulging and think about others a little more. Be more easy going.

Your lucky numbers: 17, 27, 8, 37, 49, 21. Your food of the month: beef.



GEMINI

**Gemini:** You are very adaptable in new situations, but you can be a little impulsive; so try to think about what you are doing before you do or say something you will regret.

Your lucky numbers: 29, 57, 39, 14, 3, 41. Your food of the month: broccoli.



CANCER

**Cancer:** You are very caring and thoughtful to others, but you tend to be a little overly sensitive. Try to not make a big deal out of the smaller things and be happy.

Your lucky numbers: 22, 39, 7, 41, 56, 10. Your food of the month: dragon fruit.



LEO

**Leo:** You are very ambitious and confident but this tends to make you quite stubborn. Try to see things from other people's points of view. No one is always right.

Your lucky numbers: 16, 44, 59, 12, 1, 38. Your food of the month: pie.



VIRGO

**Virgo:** You are very precise and perfectionistic, but this can cause you to be quite fussy and inflexible. Be more easy going and let other people get their ideas in. Not everything has to be your way.

Your lucky numbers: 47, 21, 30, 55, 32, 16. Your food of the month: tuna.



LIBRA

**Libra:** You are very diplomatic and always striving for balance, but you can sometimes be superficial and unreliable. Try to not commit to things you are unsure about.

Your lucky numbers: 23, 54, 22, 18, 57, 13. Your food of the month: almonds.



SCORPIO

**Scorpio:** You are very dynamic and resourceful, but you occasionally can be jealous and, perhaps even, manipulative. Try not to over-think things.

Your lucky numbers: 54, 43, 44, 21, 11, 29. Your food of the month: beef dip



SAGITTARIUS

**Sagittarius:** You are very optimistic and also quite straightforward, but this can make you quite careless and superficial. Try thinking from different points of view and try being more tactful.

Your lucky numbers: 32, 12, 50, 47, 41, 36. Your food of the month: wonton soup.



CAPRICORN

**Capricorn:** You are very humorous and also very loud, but you tend to be quite disruptive and disturbing. Try to notice other people and be courteous to them.

Your lucky numbers: 14, 50, 43, 19, 17, 5. Your food of the month: shrimp.



AQUARIUS

**Aquarius:** You are very clever and original but that comes with being quite stubborn and sarcastic. Try to lose some of the attitude and accept when you are wrong.

Your lucky numbers: 11, 32, 45, 27, 1, 9. Your food of the month: snails.



PISCES

**Pisces:** You are very adaptable and accepting of things and opportunities, but you can also be over sensitive and sometimes even lazy. Try not to take things so personally.

Your lucky numbers: 13, 34, 42, 48, 3, 29. Food of the month: kibbles.

## Fun facts

The MGM lion killed his trainer the day after the clip of it roaring was filmed.

Dreamt is the only English word that ends in "mt".

Mount Everest has 3G coverage.

In America, 350 slices of pizza are sold every second.

If you yelled for 8 years, 7 months and 6 days, you would

have produced enough sound energy to heat one cup of coffee.

Every time you lick a stamp, you're consuming 1/10 of a calorie.

Banging your head against a wall burns 150 calories an hour.

Elephants are the only mammals that can't jump.

Starfish don't have brains. Polar bears are left handed.

The fingerprints of koala bears are virtually indistinguishable from those of humans, so much so that they could be confused at a crime scene.

Snails can sleep for 3 years without eating

$111,111,111 \times 111,111,111 = 12,345,678,987,654,321$

## Jokes

What's the difference between an actor and a politician? An actor has better script writers with more believable storylines.

The following text messages were exchanged on a cold winter's day in December:  
Wife: "Windows frozen."

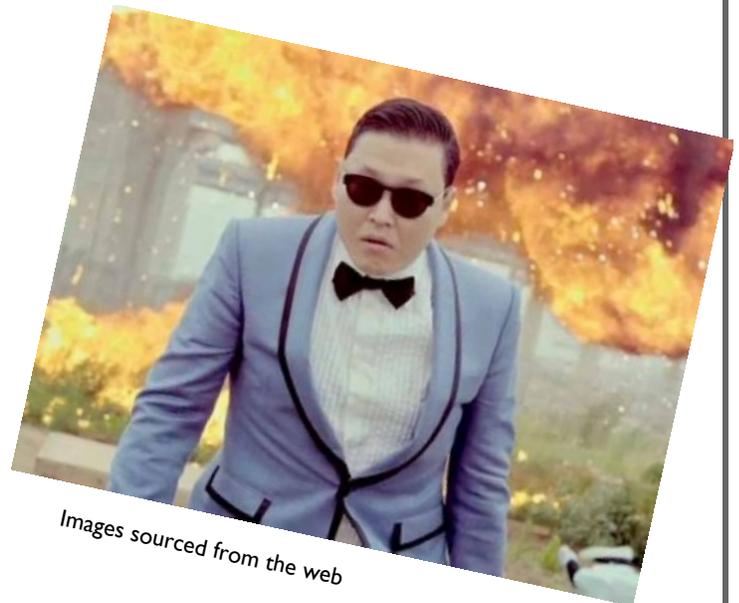
Husband: "Pour some warm water over them."  
Wife: "Computer completely screwed up now."

## Top ten cheesy pick up lines



1. Are you legs sore from running around my mind all day?
2. Were you arrested earlier because it must be illegal to look that good
3. You're so sweet, you could put Hershey's out of business.
4. Do I know you, because you look a lot like my next girlfriend.
5. You're so hot, you'd make the devil sweat.
6. Was your dad a baker? Because you've got a nice set of buns.
7. I may not be DQ, but I could treat you right.
8. Do you have a map? I'm getting lost in your eyes...
9. Do you believe in love at first sight, or should I walk by again?
10. You're so beautiful, you made me forget my pick up line.

-Delainie Childs and Ellie Irving



Images sourced from the web

**\*Warning\***

Pick up lines may not work on all victims

## Sabre sports overview

In early November, our junior boys soccer team won the district championships in a great match against Burnaby's Moscrop. The final score was 2-0. Congratulations boys on a terrific win!

This year's Cross Country Team also did a great job. Two individuals, Cameron D. and Conner D. qualified as top twenty out of 175 people on the North Shore. The final race took place at Squamish, where Conner placed seventh and Cameron placed twelfth. These two Grade 10 students did particularly well because as Coach Watt says, "It's not easy to compete with people so much older than yourself." Congratulations to all the runners on the Cross Country team for a great season.

Mr. Thornhill, is proud of his Grade Eight boys rugby team. He said the twenty four very boys were very enthusiastic. "In

the first month we didn't lose a single game, and all the boys [were] very new to the game!"

He was also very impressed by the boys' athletic ability, the fact that they're quick learners, and that they all get along very well. No doubt this is why they made it to the North Shore finals.

In the playoffs, they met powerhouse Collingwood on the field. Unfortunately they lost, but not before handling themselves like champions. "The whole team was great this year," says Coach Thornhill.

The grade nine girls' volleyball team had a great season this year, too. These ladies worked hard this whole fall, improving with every bump, set and spike. Grade 11 student coach Connor M. said that the girls did really well, and that he hopes they all return next year.

Mr. Huzar also had kind words to say about the team, telling me how much he enjoyed watching them all gain skills and bond as a team.

Ms. Watson is very proud of our bantam girls volleyball team, saying, "There was a huge improvement since the beginning of the season as both a team and as individuals!" She's really happy about the willingness the team had to push themselves.

Our school is incredibly active, so remember to come out show the teams your support.

Go Sabres Go!  
-Delainie Childs, Hengameh Rahmati, Katie Japaridze, Natasha Guerra

## Sabre curlers



The Sutherland curling team has regrouped, and is playing better than ever this year. For those that do not know what curling is, you would probably know if you saw it. Curling is a sport where you toss a round "rock" down a long ice rink, trying to get it as close as

possible to the center of the target at the end. It's a little like bowling, but you try to knock your opponent's rocks out of the way. Sutherland's team has won most of their games in their league and most players are experienced with the game. I had the chance to talk to Sean

McGrath from the team.  
**How many years have you been on the team?**

Three, including this year  
**How many people are on the team currently?**

Four people, Qwilleran Lake, David Stewart, James Gardner and me.

**Do you still have room for new people?**

Yes, we could have a spare (Someone who takes place for people who are sick)

**How do they get involved?**  
Talk to Mrs. Foster or go to the North Shore Winter Club on Wednesdays at 4.

The curling team is planning on playing a bunch of games, and winning and enjoying as many as possible.

-Julian Stark

## The swim team makes a splash



Staff photo: The team at the Zone Championships

**“The Swim Team usually had only about five members, until this year, when we had about 15,” says Coach Curtis P.**

Sutherland’s Swim Team has had a great fall season. In fact, seven Sabre swimmers have advanced to the BC Provincials later this month. Swimmers qualified at the zone meet at UBC in late October, where all our team members did well.

The two Grade 12 student coaches, Max J. and Curtis P., qualified, as well as Aleksa C., Shannon Y., Tori G., Emma M., and Darya J.

Aleksa will be representing not only Sutherland, but also all of

the North Shore, Burnaby and New Westminster in his category because he had four first place finishes at the Zone Championships.

Here is our interview with Aleksa:

**ST: What do you feel when you swim?**

A: I know it may sound like a bit of a fairy tale, but I feel like a fishboy when I swim. I love swimming.

**ST: How fast do you swim?**

A: I am pretty fast for my category.

**ST: What is your category?**

A: Para.

**ST: Why?**

A: A few years ago, I had a car accident. I couldn’t walk. I was in coma for sixty days. That would classify me as para swimmer.

We wish Aleksa and all our athletes good luck in the Provincials. .

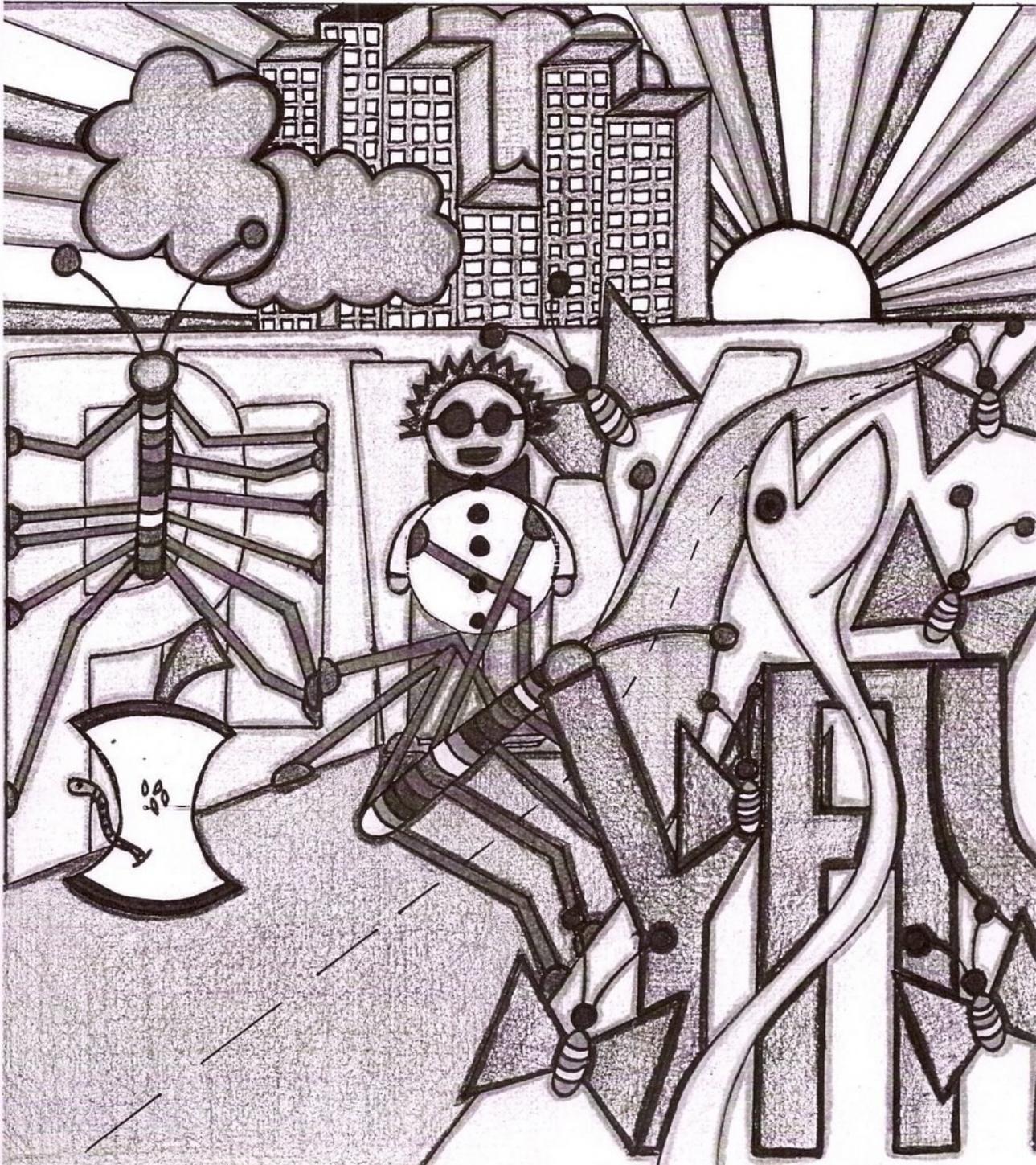
-Katie Japaridze



Staff photo: Coaches Max (left) and Curtis (right)

### A senior art moment...

Here is a creativity test illustration from Sierra H., one of Mrs. Foster's senior art students.



## Contributing Writers:

Isaac Booth

Delainie Childs

Natasha Guerra

Ellie Irving

Katie Japaridze

Harrison McCorkindale

Kyle Nordio

Hengameh Rahmati

Julian Stark

Lydia Wierdsma

Sarah Kriston

Calling all artists and writers!

Submit your content to [sutherlandnewspaper@hotmail.com](mailto:sutherlandnewspaper@hotmail.com).

Our editorial staff will review all submissions, and contact you if we choose your work for publication

## The Sabre Trooth —The Last Word

### Announcements

#### Lunch Lounge

Hey Sutherland! Come to the Lunch Lounge in D105 every Wednesday at 12:35. Everyone is invited. There will be free food, and youth workers and public health nurses will come in too. The purpose of the Lunch Lounge is for teens to meet with local youth workers. It is meant to be fun and give teens the chance to talk about a variety of topics at the same time. In the Lunch Lounge, teens will talk about different issues, ask questions, and have the opportunity to participate in different activities. The organizers encourage people to stop by.

#### Be a Page!

Do you want to get a close up view of the halls of power in Ottawa? Well then this is the program for you. If you're in your senior year and are going to university next year, you can join the House of Commons Page Program. They take people from across Canada who are graduating from a secondary school. To apply, you need an academic average of at least 80% and must be a permanent resident of Canada. You also have to know both official languages. If you want to find out more just go to [www.parl.gc.ca/hocpage](http://www.parl.gc.ca/hocpage). Apply between October and December.

#### School Nurse

Lisa Hogan, the public health nurse, will be at Sutherland on Wednesday's in room C104 from 12:00-2:00. Contact Info: [lisa.hogan@vch.ca](mailto:lisa.hogan@vch.ca).

#### Grade 12 Portraits

Grads! Your portrait sessions are on December 9th and 10th at Artona Studios in Vancouver. Book it at [www.artonagroup.com](http://www.artonagroup.com).

#### Vote for Isobel until November 16th

Sutherland's very own Isobel Korres is one of ten national finalists in the *TD Friends of the Environment* art contest. The contest is where artists from grades 1-8 submit their art. Isobel is one of the ten finalists and if she wins her school will get \$7,500! You can vote for Isobel at <http://artcontest.clientcontact.ca/en-CA/>



**Hugs not drugs**