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Sutherland's very own WHL'ers

In Vancouver hockey isn't just a sport, it's a religion. For Jackson Houck, Conner Baugh, and Kiefer McNaughton, they don't just follow hockey, they live it. Now that they have been drafted into the Western Hockey League (WHL), I've decided to sit down with these three young men and find out what experiences they can share with me and all of you *Sabre Truth* readers out there.

Lucia Barokova: How old were you when you first started playing hockey?

Jackson Houck: I was about five and played cookie monsters.

Conner Baugh: I started skating when I was three, I probably started playing when I was five or six.

Kiefer McNaughton: Two, I learned to skate not too long after I learned to walk.

LB: Who was your inspiration to start playing? Why?

JH: My dad was my inspiration, he's taught me a lot.

CB: It was too long ago, I don't even remember.

KM: I don't remember...I was two.

LB: Has anyone in your family played hockey?

JH: My dad did. He played in the NHL for the Minnesota Stars.

CB: My dad plays hockey. Actually everybody in my family does, but my dad is really good.

KM: My dad played hockey when he was young. My sister did as well.

LB: What position do you play?

JH: I play right or left wing.

CB: Right wing.

KM: Defence.

LB: What is your ideal day on the



Jackson Houck

ice?

JH: I usually have an off ice training session then an hour and a bit practice.

CB: Uhh, what did Kiefer say?

KM: We win the game.

Cont. pg. 2...

The case against the iPad

A few weeks ago while I sat in the lounge at my work, a regular client rushed in excitedly.

"You have got to see this!" she said.

In her hands was a brand new iPad, the latest in hand held devices.

"I can even read books on it!" she gushed showing all of us at the restaurant the shiny device.

It could be because I am a writer, but when I'm reading *Pride and Prejudice* I like holding the novel. The smell that books acquire as they silently age, the intoxicating scent that takes you back to your favourite stories? I'm addicted to that smell.

So last week while I sat in my Writing class, the subject of tech-

nology in the classroom came up I was a little shocked. Read material on iPads? No more books? The idea of paperless classrooms and no more heavy Biology text books was a tempting idea, yet, I still cried inside, "I like my books!"

Writing twelve spent most of that class debating the issue...

Cont. pg. 3...

Sutherland's very own WHL'ers cont'd.

LB: What's your usual training for a game?

JH: My team trains four times a week before a game.

CB: Go for a pre-game run and then stretch.

KM: Pre-game skate and pre-game rituals.

LB: Do you have any pre-game traditions? What are they?

JH: Not really I usually just be quiet and focus on what I'm going to do that game.

CB: I like to listen to my iPod.

KM: I wake up, have eggs for breakfast, pre-game skate, and go for a light bike ride. Then go home and have light snack, and a pre-game nap. After my nap have steak and pasta (yes, I always eat

that on game day), grab a Tim Horton's double double. I'm always the first one partly dressed for pre-game run, re-tape both my sticks, go for pre-game run, and stick handle with my game stick. Then re-tape it again, all my gear goes on right side first then left. I always have to have gum for warm-up; mouth guard is always sticking out of my left glove. After warm-up I visualize, listen to some techno, and it's game time! And yes I do that EVERY game of the year!

LB: What are the best rookie pranks that you've done or heard of?

JH: I heard of one where they had to get their heads shaved in all different styles.

CB: Well I just got my hair cut because of it (laughs); we also had to streak through a grocery store.

KM: Always haircuts, or sit at the front of the bus and pick up all the gear. Rookies are the rock piles and have to do what the vets say.

LB: Who would you want to play against in the NHL? Either a team or an individual player.

JH: I would want to play against Ovechkin just to be on the same ice as him (laughs).

CB: I'd want to play against Luongo.... And Crosby as well.

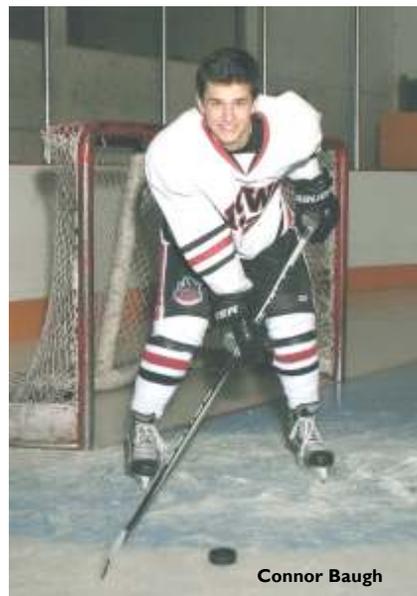
KM: I would love to go one-on-one with Ovechkin and Crosby, or even Matt Duchene. Pretty much score against any star.

LB: Who wouldn't you want to fight against in the NHL? Why?

JH: I wouldn't want to fight Derek Boogard because he is 6'8 and the best fighter in the league.

CB: Oh.... I wouldn't really want to fight Rick Rypien.

KM: Milan Lucic, because I've trained with him so I know him. If the occasion arises to fight, you fight. You don't get to choose who you fight.



Connor Baugh

LB: How was your first WHL camp?

JH: It was great! I had a lot of fun and got a lot of experience from camp, hopefully I will play with the Giants next year.

CB: Pretty scary at first to be honest, but I got used to it after a while. It's definitely a lot faster and bigger than what I was used to before.

KM: I got into my first fight.

LB: How old were you when you first fought?

JH: I haven't really fought yet but I've been in a couple tussles.

CB: I haven't fought in a game yet, but I've fought in road hockey before (laughs).

KM: I got into a fight on my 15th birthday with a 20 year old. I got a black eye but I scored the knock down.

Well there you have it Sabres! Now you know what it's like for these guys to go from three tiny toddlers skating unsteadily around the rink to the three burly guys that have been drafted to the WHL.

- Lucia Barokova

“I would love to go one-on-one with Ovechkin and Crosby, or even Matt Duchene. Pretty much score against any star.”



Kiefer McNaughton

A new year, a new council

On Friday, September 24th over thirty students embarked on a long and slightly bumpy bus ride to Zajac Ranch in Mission, B.C. Those thirty or so students are part of this year's Sutherland Student Leadership Council, or SLC.

As a member of the SLC, I can tell you for a fact that we had one heck of a time. Activities included: swimming, low ropes courses and orienteering. Zajac Ranch was incredibly beautiful, any free time we had we spent it outside. In my case, playing Volleyball.

As hard as it is to believe, we did have a purpose besides having fun and making friends. The real purpose of the retreat was to plan the 2010/2011 SLC activities. The council has some amaz-

ing things planned for next year. The usual activities like Halloween and Christmas hampers will be continued. As well as the 24 hour fast, and lots of theme days. (Look out for Harry Potter day coming up!)

For those of you who are looking to join SLC in future years I sincerely recommend it. Friendships were formed as we all grew close together. The most outstanding moment would have to be Chandler McCorkindale singing a song called, simply, "Darrel So, I'm sorry."

The SLC would like to thank all of the teachers who came out to support them and a special thanks to Mrs. Bunbury for taking over the SLC!

-Matisse Emanuele



The case against the iPad cont'd.

...horrified along with me that paper books might eventually become a thing of the past. A vast majority of grade eleven's and twelve's thought that, "An emphasis on technology is a 'joke' when there aren't enough desks," and that, "senior classes are split into two grade levels because of a shortage of teachers (i.e. shortage of funds to keep an adequate number of teachers with reasonable class sizes)."

When faced with a new addition to the educational system the uproar seemed to cry, "Why focus on the future when the now needs fixing?"

The simple answer is that the future is coming and the ways of today are slowly being eradicated. Yes, the future is technology. Every year the leaps and bounds are becoming more applicable to everyday life and there will be a time where the choice between paper and electronics is decided forever. However, to say that we need to start implementing more and more technology in schools is ridiculous when we can't

even pay for the necessities. This should be a slow process, the future is not going to suddenly jump upon us. We can pick and choose what we would like to become part of the Sutherland culture: in the end the material is the same no matter what we write on. And still, the most effective method of delivering such material is the teacher not the computer.

The argument for technology that I heard repeated to me from Mrs. Hopkins is that bringing in new technology, (for example, personal laptops, hand held devices, utilizing social networking ect.) will help prepare us for the changing world where technology is at the forefront of our culture and economy. Grade nines in Mrs. Alexis's English class also debated the pro's and con's of technology in the classroom. Pros were along the lines of, "Fewer textbooks and materials," "Less work," and, "people become more creative with inventions through technology. Con's were, " [we become] more dependent on technology, imagination is

eroded, and expensive! Hard for poorer areas and families."

All are valid points and hard to solve issues and it may be because I am graduating this year but I feel that this is a lofty and, in fact, admirable goal. It's to late for me, if you give me an iPad, it will merely be a rest for my notebook. I am a good student, I have excellent grades (if I do say so myself). I have done all of this with a pen and paper. As a student from writing twelve said, "I need something tangible to learn with, I can't read off of a computer because I can't pay attention and it doesn't seem real to me."

To have a screen in front of me is great when I'm working by myself, sure I get distracted by Facebook and lately I have been looking up prom dresses on Google, but I get the work done at my own good pace. Put a teacher talking to me as well? I couldn't do it and I challenge any student who could. Professors from all different universities have banned lap tops in their classes.

Cont. pg. 4...

The case against the iPad cont'd.

In an article in *The Cronical*, University of Michigan Law professor Don Herzog said this about laptops in his classrooms, "Not only was I stunned by how much better the class was, the students volunteered that I was much better." Bri Marr a recent graduate of Sutherland who now attends Capilano University said that, "there is hardly anyone in my classes who use laptops. It distracts them to much."

Still technology isn't a bad idea. It is a fact that it is a part of our everyday lives, how we choose to use it though, is up to us. If I was told that I could re-do my education, right from the start, and that in this fantasy world I could choose how I would receive it, this is how it would go.

Starting from kindergarten all the way to grade twelve the student to teacher ratio would be around 20:1. I like getting to know who will grade me, and I figure that the only reason I was the quiet kid in class for so many years was because I was convinced that I would never be heard over so many students. Secondly, my teachers would be interested. There is nothing better than a teacher who is genuinely excited about teaching. And yes, I'm going to say it, some teachers are better than others but I am going to leave it at that.

Finally I would like a school that does

not remind me of my thirteen year old self with my first cell phone.

Just because all of the other kids have technology doesn't mean we have to immediately jump on the band wagon.

To start implementing more and more technology into classes, it will have to be placed in elementary schools for it to catch on. To make this integral to education, there will be sacrifices, like talking to a teacher. In Writing twelve class this question was brought up countless times, "why would you need a teacher when you can just do all of the assignments on the internet?"

Perhaps that would work for some students. In contrast, others need contact to learn a subject, especially if it is one that they are not very good at. When we implement technology, and unfortunately, it is a when, we need to make the commitment that this will simply be an additional tool to help kids learn. Preferably one that is optional. Many students and families cannot go out and buy these expensive "school supplies," that constantly need updating. And simply, many would have a hard time learning from it.

Education is one of the few things that I am incredibly cautious about. Give me an iPad, an iPhone, heck, stick and "I" in



Marisa still enjoys reading *Pride and Prejudice* the old-fashion way.

front of anything and I will try it out. In my personal time. For my personal life.

Technology is a controversial issue; one that must be handled with care. When I first got a cell phone it was mostly because all of my friends had it. My thirteen year old self wanted the newest thing, even though I did not yet understand the pro's and the con's. Thinking about this issue now reminds me of that memory. Do we really want to have this simply because everyone deems it necessary?

-Matisse Emanuele

Mongolian BBQ review

"The chef, who grills your food right before your eyes on a monster BBQ, thought I was a regular..."

Whenever I'd walk past Mongolian BBQ, all I had in my mind was South Park references and thought nothing about it after. It was only until I had to review it that I'd realized how decent it actually is. Outside, it didn't seem like much since it was just a quaint restaurant in the corner beside Extra Foods. I also really hoped that the restaurant wouldn't waste my time, money AND appetite at the same time while heading over to it.

When I entered Mongolian BBQ for the first time I looked at the prices and to my surprise, the restaurant wasn't going to sabotage my wallet at all. For lunch before 4:30 pm, you could get one bowl for \$7.99 or All You Can Eat for \$13.99. For dinner, you could get one bowl for \$9.99 and again, \$13.99 for All You Can Eat. Since I went to try the restaurant during my spare, I had the privilege to eat one bowl for the cheapest price.

You can already tell that I was ecstatic and re-thinking my assumptions about the restaurant.

The chef, who grills your food right before your eyes on a monster BBQ, thought I was a regular and when I said that this is my first time stepping into the restaurant he recommended the order of meat, sauce, and veggies to marinate the meat first.

Cont. pg. 5...

Mongolian BBQ review cont'd.

At the food bar, there was a cornucopia of choices from various frozen meats: lamb, beef, chicken and pork. They also had many choices of sauce from Teriyaki to other ones I had never heard of in my life. I was able to choose two different kinds of noodles along with a bunch of vegetables for a healthy fix.

After choosing all the items I wanted, I headed to the grill and gave my bowl to the chef to cook while I waited where I could then add other seasonings if I wanted. When I headed to my table, I recognized that the ambiance was simple but fascinating with Hallowe'en decorations hanging from the lamps while the rest of the environment was in a Mongolian setting. The people inside the res-

taurant were people in their 40s, most likely on their lunch breaks because I was also on my spare. The music was the usual radio channel you hear in a restaurant.

Digging in, I got a little bowl of rice to go along with my food and both a glass of water AND tea which I thought was really convenient. The food was great, all the ingredients together were in perfect harmony with each other and the flavour was immense. It didn't taste bland like U-Grill. (Not to mention that it is way more pricey than Mongolian BBQ). The service was up to par as the waitress and chef were friendly and put on smiles which is always a plus when serving food

and checking to see if I needed anything. Being satisfied with my appetite fulfilled, I went over to the till and happily paid for my bowl and got a free candy and fortune cookie as well. I was super excited to not have paid 25 cents like you usually do for fortune cookies but when I bit into it, it was stale. That was the only thing that didn't fly with me, but hey, it was free.

Finally, I'd recommend the restaurant if you're feeling creative and want some quick, quality Asian cuisine along without having to break the bank.

-Charlene Damian

Bookface: *Blue Bloods*

Remember back in the day when vampires got killed at the stake and sucked your blood? Well it's still not like that

**“Remember
back in the day
when vampires
got killed at the
stake and
sucked your
blood?”**

anymore, and if you want your vampires not to sparkle, this is the book for you.

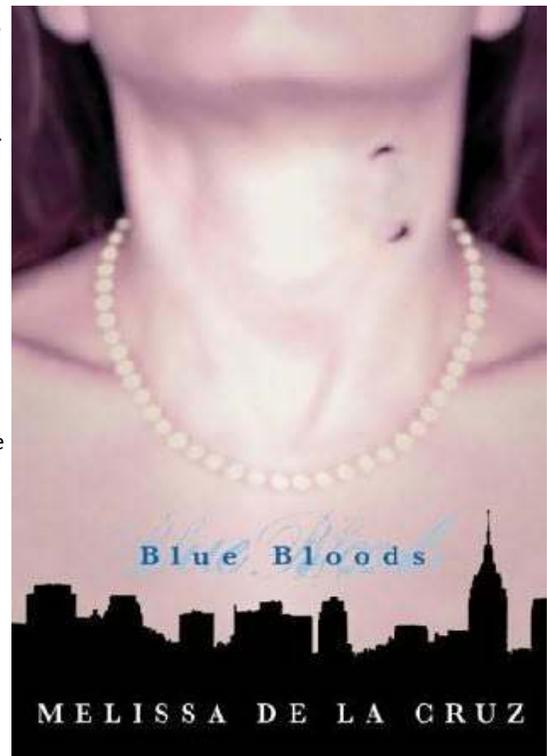
Protagonist Schuyler Van Alen has never been the one to fit into your typical stereotype. For instance, a gorgeous loner isn't the average

find at Duchesne, the rich kid school of New York City, where girls are much more commonly found wearing designer threads, and not Schuyler's thrift store black. In turn, this makes Schuyler and

her best friend Oliver complete outcasts. But when Schuyler turns fifteen, the constant cravings for raw meat, and having her veins becoming weirdly pronounced, start to stir up questions. These questions can only be answered when she is invited to the prestigious Committee, where she starts to find out what's been hidden all along, and just how unique she may be.

Blue Bloods author, Melissa De La Cruz, also wrote *The Au Pair* novels, as well as co authored *The Fashionista Files: Adventures in Four-Inch Heels and Faux Pas*. She also has written for magazines and newspapers such as *Glamour*, *Marie Claire*, *Teen Vogue*, *Cosmopolitan* and *The New York Times*. She is currently living in Los Angeles.

-Brittany Mrcic



Five steps to stave off a cold

You're sitting in the silence of your class room and suddenly you hear the annoying snuffle of the guy or girl sitting next to you. Next thing you know someone else from across the class is coughing up a storm. I hate to break it to you, but colds and flu's are spreading around, so here I am with a step by step plan to get healthy that works every time.

Step 1: Keep Warm! The cold air makes it much easier for mucus to build and your fever to rise. Just because it is sunny does not mean you can wear shorts, lets get into our jeans and hoodies.

Step 2: Keep your germs to yourself! I know it must be so tempting to drink out of your best friend's water bottle, but that could very well be one step away from missing an important week of school! Also, those of you in your relationships, you might want to slow down on the PDA. I am sure everyone loves watching you smooch, but when you

start to get to that tickle in your throat, I am sure you'll know exactly who to trace it back to!

Step 3: Wash your hands! I know this must be the most obvious one, but the truth is just washing your hands after you go to the washroom isn't enough! It is flu season people; it's almost better to just keep a bottle of hand sanitizer on hand. Anyone can cough or sneeze, then touch a desk, locker, or door handle, you wouldn't even know whose germs your touching!

Step 4: Drink lots of fluids! It is a fact that the more fluids you drink, the mucus in your body is broken up more, making it harder for germs to spread and grow. Ever heard of an apple a day keeps the doctor away? Turns out a glass of OJ will keep the germs and snot away as well!

Step 5: Sleep and fresh air! Yes, you

heard it right! All you really need is sleep! Even if you have to find a nice bench and lunch to get some easy shut eye. I was told when you sleep, your brain is charged just like a battery. This fact, believe it or not, is true! When you sleep your whole body is being recharged and makes you and your immune system stronger to fight the colds. Last but certainly not least, fresh air. Don't let those low temperatures discourage you. Try to go out and breathe some everyday.

Now please, to all of you who are already sick, go home! And start from step 1. The rest of us are going strong at step 4!

-Hillary Dieleman

*“Ever heard of
‘an apple a
day keeps the
doctor away?’”*

517,760,460 and counting

Facebook. Where do we begin? You could almost say it's a daily ritual in our current teenage lives, like brushing our teeth. We log on almost everyday; contribute pictures, ideas, information, and our interests. Each and every one of us that uses Facebook also contributes to the many facts recorded. These many facts will shock you and leave you vocally constipated waiting for the obnoxious B.O.B bell to ring so that you can tell all your best buds.

First of all, let's take a look at the fact that with Facebook comes new and interesting vocabulary. Do you know the definition of Facebookazzi? Well, if you are stuck wondering, the definition is, "someone who only takes pictures to post on Facebook". Now, I'm positive that at this moment, you've surely got someone on your mind to fit this.

Maybe the stud sitting beside you or even yourself!

This next definition for all of you to figure out is comparable to the bonus question on your math test; impossible! I'd be amazed if you knew this: here it is, "comsent." Well, for all of you feeling a little perplexed, I guess I could tell you the definition with a very realistic example. For instance, one bright afternoon, you are browsing at the newly tagged photos of yourself, and along comes a five-chinned monster which makes this once pleasant day dark and gloomy. You decide to comment and tell the distributor to remove the picture, which only makes matters worse and ends up on the news feed! Which then causes you to uncontrollably flail until it is deleted. Yes, unfortunately, we've all been there; for those of you who haven't... just you

wait! So many pictures are uploaded from the time you decide to join Facebook, to the time, if ever, you leave Facebook; that you are bound to have at least one "ugly pic."

In fact, worldwide every single month the total sum of pictures adds up to about 2.5 billion. Can you even begin to imagine the total of all the pictures ever uploaded from the day Facebook first started?

Now, it's time to cool down your brain; these numbers can get a little hectic. With approximately 517,760,460 Facebook users, we can all say that Facebook is definitely a cultural phenomenon.

Cont. pg. 7...

517,760,460 and counting cont'd.

In fact, Facebook is so populated that if it were a country, it would be third largest in the world! 30% of this imaginary country would include the United States. The state of California alone has more users than Canada itself, topping at 16 million, so it's no surprise that the United States would make up a mammoth amount. California, with the largest amount of users in a state is also where the original, 'thefacebook.com', was created. 'thefacebook.com', began in February 2004, with the founder being Mark Zuckerberg; the youngest individual in history to become a billionaire.

However, in addition to California, let's not forget about the remaining 49 U.S. states that then bring the total to 130 000 000 users. Other countries that produce big figures pertaining to the

number of Facebook users are the United Kingdom, Indonesia, Turkey, France, Italy, and Canada, which comes in 7th place with 15.5 million. That is a laugh; the United States has more than eight times as many users as Canada!

Another fact that may surprise some, is that women fifty-five and over are seen as the fastest growing demographic of new Facebook members. Could they be to blame for the 700 billion minutes that are spent on Facebook each month? I'm sure we could be putting those 700 billion minutes to better use than creating a social profile of ourselves! Then again, in 2009, a kidney donation from a Facebook status wouldn't have been attainable without the creation of this social networking site.

Believe it or not there are a few countries that do not buy into the Facebook hype. Syria, China, Vietnam, and Iran have all banned Facebook. They believe that Facebook is promoting false teachings of religion and war. Or could it be they are scared to come across a newly diagnosed Facebook- mental disorder (F.A.D.)? F.A.D. is an actual mental affliction that describes someone who has be-

come addicted and experiences great stress and anxiety from being without Facebook for too long. Sounding familiar to any of you?

Whatever the case, I hope Canada doesn't buy into these countries' reasoning, and quite honestly I can't see this happening. Can you imagine a world without Facebook; riots would arise! The absence of Facebook would not only cause problems for us if it were banned, but for the creators and everyone who is employed by and making a profit from this company. Alone, Zynga, the maker of Farmville, Mafia Wars, and other Facebook games earns roughly 200 million each year.

My prediction is that Facebook will keep getting larger, and the numbers will keep increasing; who knows how high they will go or how long this buzz will go on for. Will it surpass into our grandchildren's generation, or will it deteriorate as it reaches the decade mark?

If your thinking to yourself, "wow, I'm a total Facebook addict, I have F.A.D.!", not to worry my friends, most of us have been affected and it seems our vice isn't going anywhere any time soon. As Facebook continues to grow and evolve, this can reassure us all that this won't be the last time you learn something about your global matchmaking friend.

-Anika Tsoulacos



Facebook junkies breaking the rules in Ms. Clark's library.

What grinds my gears: Teacher's Edition

You got it folks, Giampaolo Posteraro is back in another segment of, "What Grinds My Gears: Teachers Edition." With the help of Mrs. Bermudez we had the question, "what grinds your gears?" written on a sheet of paper and put into every teacher's personal box. Before we knew it there were floods of answers coming in from teachers I haven't even heard of before! A few of the answers were bland and boring, but most of them will have you cracking up. Before we begin, since we all know how self centred I am (haha), I figured we would begin this article with something that recently has

my "gears grinded to maximum overdrive." This issue I would like to bring up to you today, ladies and gents, is wet towels. Yes, wet towels. Let me explain. You shower one morning before school. Then the next day, you shower again and go for your towel to dry yourself, and all of a sudden your body temperature drops to absolute zero because it's still wet from the morning before! Ah, cheese and rice how much I hate it when that happens!

Anyways, back to the teachers. Ms. Alexis sure does have a lot of things that get her knickers in a knot. She has a

huge problem with "students in grade twelve that still don't know enough to put their cellphones, gameboys, and iPods away before class, Grade Twelves should know better!" Really Ms. Alexis? Game boys? Are you still living in the 90's? *Sigh*. Brace yourself for this next one, Sabres. For it is truly a sadder story than the earthquake that struck poor Haiti. When asked what "grinds your gears?", our beloved cooking teacher Mr. Thornhill replied with a tragic answer. "I used to be the best-looking male teacher in the school!"

Cont. pg. 8...

“When asking a teacher what grinds his or her gears, I was expecting to get answers such as ‘receding hairlines’ or ‘arthritis.’”

“Now that Mr. Huzar is here, I am #2! Mr. Huzar's good looks grind my gears!” Don't worry Thorny, Mr. Huzar may have age, rock hard abs, and the ability to speak French in Russian on his side, but you have your pride, and that's all that matters. Live by my idol Christina Aguilera's words, "you are beautiful no matter what they say!"

Mrs. Cruikshank and two other teachers all shared a strong annoyance with

"bad drivers." However, the answer that got hold of my attention was given in by the peppy Ms. Ireland and it stated, "DISHONESTY-people who lie as a 'way of life'". Wow Ms. Ireland, that's deep stuff. I mean hear I am, complaining about a measly wet towel, and then we have Ms. Ireland who is getting enraged with people who lie. What grinds our beloved vice principal Mr. Jones' gears? "Those people who people who seem to think they are entitled to: smoke and flick their butts, run the orange (I thought they're yellow?) and red lights, and people who leave their dogs business on park trails." If you read that quote in a "Mr. Jones voice", proceed to pat yourself on the back. Something that really amazed me about our teachers answers was the lack of worry they have in their lives. When asking a teacher what grinds

his or her gears, I was expecting to get answers such as "receding hairlines" or "arthritis." You know, something that would generally tend to bother "old people". I guess I was wrong about that one and by the way? Me being wrong doesn't happen often.



The hardest part is finding your iPod after it's been confiscated.

-Giampaolo Posteraro

Artist of the month: Levi Sinclair

At Sutherland Secondary there are many artists, but we can only represent one at a time. The person I chose for Artist of the Month is Levi Sinclair who is a student in Grade 8. Now we are going to get to know how and why she is such a good artist and what some of her amazing techniques are.

Levi and her art folio, filled with beautiful ideas



Q. What are your favourite materials to work with?

A. Acrylic, colour, pencil and charcoal.

Q. What style of art do you prefer to paint or draw?

A. The style of art I prefer is drawing.

Q. What are your favourite colours to work with?

A. Neutral and cool colours.

Q. Has any of your art been featured in a paper or a gallery?

A. Yes, in Vancouver.

Q. What was your favourite or most memorable piece of art that you have created?

A. My favourite piece of art that I have created is a painting I did in grade seven.

Q. Is there anyone else in your family that is artistically talented?

A. Yes, my mom.

Q. What inspires in life to paint and create art?

A. The things that inspire me to paint

and create art are nature, fiction and animals.

Q. What age were you when you first picked up a crayon?

A. I was one when I first picked up a crayon.

Q. What age were you when someone told you that you were a good artist?

A. I was three or so when someone told me I was a good artist.

Q. Would you be interested in drawing a portrait of me?

A. Yes, that would be great!.

Q. What are your future goals?

A. My future goals are that I want to be in Cirque Du Soliel or be a Chef.

Now that we have a little gist of who Levi Sinclair is, hopefully we will have an opportunity to see some of her work up around the school. Keep your eyes open! So there you have it Sutherland. The First 2010/2011 Artist of the Month who is taught by the wonderful Mrs. Foster. Stay tuned for more Artists of the Month in the upcoming issues.

-Janelle Hoy

Astrology Jones Horoscopes

Aries - [March 21 - April 19]



Usually saying whatever pops into your head is not always a good thing but it is time to put your qualities to use and take the plunge. Don't think about the after effects, just go for it.

Also, school may be getting you down so go out for a coffee with a good friend and put your worries aside. Family matters at home may be causing you trouble, but if you just ride it out everything will work out for the better. If it happens not to, you will have your friends to fall back on for support.

Gemini - [May 21 - June 20]



Your witty intelligence and curiosity makes you a very adaptable person, whether it be with people or different situations. However, your naturally curious personality may come across as nosy,

which may deter a few people if you aren't careful. Also, try to reign in that tongue of yours; an opinion is a great thing to have as long as you remember that there are certain moments when the perfect thing to say is nothing at all.

Leo - [July 23 - August 22]



People practically flock to you for advice, whether it's about relationships or school, you're everyone's guru. Just make sure you don't neglect yourself while

you're tending to everyone else; you're just as important! It may not seem like it now, but your most recent disappointment was for the better, so make sure you don't let little people get you down. You're a natural forgiver which means moving on won't be too hard. This month you won't have to wait for others to initiate action, the stars will align and what you've been waiting for will just happen.

Taurus - [April 20 - May 20]



Your stubborn and somewhat bull-headed personality will give you an edge on the rest of the crowd this month. Difficult situations will come your way from all angles of life, it'll be your stubborn mindset that helps you persevere. At the same time being stubborn can lead to some unfortunate troubles. You like routine and comfort and don't enjoy change; break out of your shell every once and a while and show people that you aren't ruled by routine.

Cancer - [June 21 - July 22]



Clinging to past insecurities will do no one any good, especially yourself. Try writing down all the things you like about yourself and put the list somewhere where you will see it. The pressure of school, homework, and studying has you neglecting the hobbies you love, so put off that daunting pile of school work and spend an hour or two doing something you enjoy.

Virgo - [August 23 - September 22]



A close friend you know has been down in the dumps and you are the perfect person to help cheer them up. Your ability to calm and nurture will come in very handy at this time. This month an opportunity will open for you to be able to take a break from your usual tense environment and just relax. The stress of school and relationships will just fade into the back of your mind as you focus on personal development.

Libra - [September 23 - October 22]



Even though Valentine's Day is ages away, Cupid has a little something in mind for you. Single or attached, you'll be showered with attention; no one will be able to resist your charm and witty intelligence. There's no pressure for you to make a move, but enjoy it as much as you can. With all this attention comes some responsibility, make sure you use it wisely and don't go around breaking hearts, no one likes a tease and leave. Overall, this month the spotlight is yours to take so bask in it, and don't waste the opportunities being practically thrown your way.

The Sabre Truth's
The Sabre Truth's

Horoscope images drawn by *The Sabre Truth's* resident artist, Samir Bhimji.

Astrology Jones cont'd.

Scorpio - [October 23 - November 21]



You may receive a group project in one of your classes and this will be the perfect time to put those leader qualities to use. On the other hand, it's about time you learned that you can trust your friends. I know you can be secretive, but try letting someone in. It will benefit the both of you. You may be having a little trouble in the romance department, so write to our Doctores de Amor and have your questions or queries answered.

Sagittarius - [November 22—December 21]



You have a great sense of humour and like to joke around but make sure you don't take it too far. If you're feeling overwhelmed because you have a test coming up, have lots of homework or are stressing out about your school marks, try going for a jog or a walk. The outdoor atmosphere will help relax you.

Pisces - [February 19 - March 20]



Your overly trusting nature has not always ended well for you, but as the stars align, this will be the perfect time to trust someone with a secret or wish. The sea is a perfect place for you to wind down and have some you-time. This is also the most opportune place to read a book and escape from the drama of school and friends for a bit.

-Astrology Jones

Capricorn - [December 22 - January 19]



Self-control and responsibility are excellent qualities, but try loosening up a bit. You don't always need to be the know-it-all. Just sit back and let someone else in class take the reigns for a bit. You'll appreciate the break and the people around you won't be so intimidated. Also, you may not be getting along with a teacher. Instead of complaining to your friends about, go talk to the teacher yourself and civilly explain what has been bothering you.

Aquarius - [January 20 - February 18]



It's okay to feel emotion, so try not to run away from it all the time. Independence and self reliance can be good, but it's also nice to be able to rely on someone else for a change. A friend may have gone back on their word lately and there's nothing you hate more than broken promises. To get your mind off things, go out and have some fun with friends.

Having problems finding a guy? Can't find the perfect way to get that girl's attention? Is your boyfriend or girlfriend driving you up the wall? Well Sutherland Sabres, sharpen your senses. We are the successors of the well-respected Dr. Love, and we are here to help solve any of your love life dilemmas. Your identity will be kept a secret as will ours as: DOCTORES DE AMOR.

Email your love needs to: doctoresdeamor@live.com

'Sometimes all you need is a different viewpoint to set a relationship on the right path.'

My first steps to independence

I'm sure most of you out there have or have had a job or two. I for one, have had three. All of the places that I have worked at have been in the restaurant industry, more specifically being a hostess. I have worked at *Swiss Chalet*,

Denny's and am currently working at *Milestones*. All three of these jobs obviously have their similarities, but of course, they have their differences as well.

Swiss Chalet was my first job, ever. I

was fifteen and ready to go out into the world and make my own money. I was tired of walking up to my mom every weekend and asking as nice as I could, "Mom, can I please have twenty dollars to go and hang out with my friends?"

Cont. pg. 11...

My first steps to independence cont'd.

No, I was done with that, and I'm sure my mom was too. When I first started, I was so nervous I could hardly speak to anyone; never mind take in all of the information they were throwing at me. After about two weeks or so I started to get the hang of it. I knew that I had to have



my hair tied back, black pants and 'work-safe shoes' with the blue shirt they supplied for me. I knew how to seat people, how to clear tables, roll the cutlery into the napkins (no people, it doesn't automatically come like that,

employee's have to roll them themselves), what the table numbers were, and was even starting to work in the take-out section of the restaurant. I'm sure I would still be at that job now, if they had not shut down in June of 08.

Though I wanted to, I didn't work again till August of 2010. There were no jobs out there! I had been applying for jobs all summer, and finally found luck at *Denny's*. Like *Swiss Chalet* I had to have my hair tied back, wear black pants, black shoes, and a black top that they provided for me. After already having job experience it was easy to learn what to do,

and what not to. Of course I still had to seat people and learn the table numbers, but unlike 'Swiss', I had to learn how to work the cash machine and I was not allowed to clear tables or roll cutlery unless it was very busy. Even though *Swiss Chalet* was a casual work place, *Denny's* gave me a whole new meaning to the word casual. After a month of working there, I decided to leave and move onto bigger and better things, like *Milestones*.

I wasn't in shock, per say, when I joined the team at *Milestones*, I just wasn't used to the variety of jobs that a hostess is expected to do. Instead of the boring black pants, shoes, and shirts I was used to, I got to dress up a little every time I go into work: wearing black heels or pointed toed flats, and a nice black dress, with of course my hair tied back. I mean, how often do you want to find a hair in your meal? I know I never want to. The most shocking things after starting at *Milestones* was how easy I found it to learn the table numbers, and how soon I felt a part

of their team. Next to *Denny's*, there are a lot more things to occupy my time, instead of standing around and counting down the hours until my shift is over. I'm getting the opportunity to take food to tables, clean tables, and making sure that they are set and ready for new customers, and run the board (making sure every server has a fair share of customers).

"...my hair tied back. I mean, how often do you want to find a hair in your meal?"

Swiss Chalet was my very first job and one I will always remember. Whether it was the butterflies in my stomach for the first week and a half, or just the pressure of taking on the responsibility of a job, 'Swiss' will always

have a soft spot in my heart. *Denny's* was a job in which I didn't feel the challenge of taking on new roles and responsibilities, but it will always be my first summer job. *Milestones*, on the other hand, takes the cake for the best job so far. From re-learning things that I've done before, to learning new things that I have never had the chance to do, *Milestones* is proving to be a great experience

-Sarah Reid



Exercise of the issue: The Back

Since we covered the chest in the first issue of *The Sabre Truth*, I thought it would be appropriate to cover the back muscles in this issue.

Did you ever want to take your shirt off, and have that chiselled, v-shape back? Well, there are many muscles that make up your upper and lower back, as well as many auxiliary muscles that get worked. Essentially, any pull exercise works your back, biceps, and throws some shoulders in there too (same rule applies for push exercises, where the chest, triceps and some shoulder gets worked). The referral to pull exercises means that anytime you pull weight towards you, you are working the back and its auxiliary muscles. For all these exercises given, I recommend three sets of eight to twelve reps; however, the number of sets and reps depends on your fitness goals.

Here are three great back exercises that target the muscles all over your back:



The Lat Pull Down.

This exercise is great and hits the muscle in its name, the lats. When performing this, you simply get onto the lat pull down machine, put your hands on the markers, and while using the appropriate weight, pull down at a set-slow rate, touch the top of your chest, and then slowly bring it back up (note that when doing this, the bar should pass parallel to your face). **DO NOT** do lat pull downs behind the neck as this can damage your neck vertebrae in the long run.

The Bent-Over Row.

Doing the bent-over row works your general back, utilizing all the muscles. When doing this exercise, using appropriate weight, you are going to bend your knees slightly and bend over the bar with your back straight, then; you will grasp the bar with underhand grip. You will then pull the bar to your waist. Return slowly back down until arms are extended and shoulders are stretched forward. **DO NOT** jerk the weight up, as since your back is bent, you can cause severe damage to your lower back muscles.



The Deadlift.

This is the time honoured exercise that is also part of the power lifting regime. It works your erector spinae, and if not performed correctly, a very dangerous exercise. However, using the appropriate weight, it can be very effective. Start with your feet flat beneath bar, squat down and grasp bar with shoulder width or slightly wider over hand or mixed grip. Then lift the bar by extending hips and knees to full extension. Pull shoulders back at top of lift if rounded. Return and repeat.



Horror movies to scare yourself silly

As Hallowe'en slowly approaches on the horizon like a swamp monster out of the black lagoon, have you ever felt as though you have nothing festive to do? My good hypothetical friend, I know the perfect thing to do. Make the long trek to your nearest video rental store and invest some money in a good horror movie. A part of our culture since the invention of film itself, horror movies are a great way to bring out your inner child and frighten it beyond belief. Although it's very hard to choose a truly bad horror movie, there are so many sub-genres and themes out there that the sheer number is itself a frightening thing. That's why I've prepared you a cheat-sheet of all the best classic and modern horror movies to watch over the Hallowe'en weekend. Just remember, these films are best served on dark, stormy nights in a house with all the lights turned off.

Dead Alive (Brain Dead)

If someone told you the best horror movies use state of the art techniques and have well-written plots, they were wrong. There's something appealing about *Dead*

Alive, the film who's name changes depending on where you are. It's one of those zombie movies that every fan of the genre should have seen; in a word: classic. Although the film does show its age, where it lacks in horror, it more than makes up in iconic scenes and comedy. It also goes to prove that the one thing you need in a zombie apocalypse is a lawnmower.

Wes Craven's New Nightmare

The name Freddy Krueger isn't thrown around a lot these days. After a string of mediocre sequels and a sub-par remake, the burn victim with a handful of knives isn't really that scary anymore. Then along comes *New Nightmare*, directed by the man who made the original *A Nightmare On Elm Street* so iconic. This movie is everything the original was, a straight-up slasher/psychological horror movie which manages to make you never want to fall asleep again.

The Ring/Ringu

Everyone should have a place in their heart for Japanese horror movies, though this is generally not the case. Although they are often

more frightening than our Hollywood equivalents, the language barrier still remains problematic. The American remake of *Ringu*, *The Ring*, is honestly the only acceptable remake in my books. Some say the film is an analogy for our own fear of inevitable demise. I say it preys on our instinctive fear of pale girls in white gowns with long black hair coming out of our television sets to eat our souls, the basis for most Japanese horror films. As scary as it tries to be, *The Ring* is like the movie equivalent of the California Roll. Go out and rent a copy of the original, you won't regret anything. Trust me on this.

The Exorcist

Ask anyone over thirty what the scariest movie they've ever seen was, if they have any taste in movies they will tell you it was *The Exorcist*. This is the film which caused an entire generation of moviegoers to run from the theatres screaming, vomiting, and clawing their own eyes out. While we've come a long way from then, this movie will still manage to make you cover your eyes and wait until it's over.

Cont. pg. 14...

Canuck's Corner: could this be the year?

There's a prediction that the Canucks will win the Stanley Cup this year. Who makes these predictions that the Canucks are going to win? Could this really be the year? The Canucks have signed on new key players who are younger and stronger. Hello new faces, good bye old players and injuries. (Maybe not since Salo is still with the Canucks) Let's have a closer look at these new guys...

Keith Ballard:

Keith is one of the new defence acquisitions the Canucks grabbed over the summer. He was traded from the Florida Panthers to the Canucks who gave up a first round pick, and forwards Steve Bernier and Michael Grabner for him and Victor Areskovich. Picking up Ballard was a good move by Mike Gillis. He was selected 11th overall by the Buffalo Sabres, and last season recorded 8 goals, 20 assists (8-20-28) and 88 penalty minutes in 82 games.



- Keith Ballard #4
- Position: Defence
- H: 5'11"
- W: 208
- S: Left
- Age: 27

Cont. pg. 14...

Horror movies to scare yourself silly cont'd.

In comparison to the entire genre of movies *The Exorcist* inspired, it's relatively tame, but like all good horror movies this one will haunt you for the rest of your life. As far as the plot goes, it's exactly what it says on the tin.

My Soul To Take
If someone told you the best horror movies use state of the art techniques and have well-written plots, they were right. Words cannot describe the amount of respect I have for Wes Craven, no analogy could even come



close. *My Soul To Take* breaks free of the shackles of gimmicky 3D horror, using the technology to produce atmosphere and claustrophobia rather than SCTV-style gimmicks. Wes Craven has once again modernized the slasher genre, playing of modern stereotypes and new plot twists. *My Soul To Take* will keep you on the edge of your seat, with its engaging plot and just the right amount of things flying out of the screen towards you.

Dracula
Long before vampires

were ruined by the likes of Anne Rice and Stephanie Meyer, vampires used to be the most iconic movie monsters ever. If you want a great taste of classic horror film culture, the original adaptation of *Bram Stoker's Dracula*. Watching this movie will make up for all that time you wasted on complaining about *Twilight*. As far I'm concerned, Bela Lugosi was a much scarier vampire than Robert Pattinson ever could hope to be. Sure, *Dracula* isn't horrifying by today's standards, but this movie is worth a watch just for its cultural value.

There you have it, a good selection of the ever expansive buffet that is the genre of horror. So make some popcorn, turn off all the lights, and have a frightfully good Hallowe'en.
-Toph Pervan

Canuck's Corner cont'd.

Dan Hamhuis:

Signing Dan Hamhuis was the best addition to the team this summer. The Canucks signed him to a six-year deal off the free agency. He had 24 points (5-19-24) and just 49 penalty minutes in 78 games with the Nashville Predators last season. The best thing about Hamhuis is that he had no major injuries and hopefully he can stay that way (unlike Sami Salo)



- Dan Hamhuis #2
- Position: Defense
- H: 6'1"
- W: 209
- S: Left

Manny Malhotra:

Manny being Manny, he has the best faceoff percentage (62.5%) in the NHL! He registered 33 points (14-19-33) and was +17 in 71



- Manny Malhotra #27
- Position: Centre
- H: 6'2"
- W: 220
- S: Left

Raffi Torres:

GRIT! Another player who is sure to give energy to the Canucks. Last season, Raffi Torres played with the Columbus Blue Jackets and Buffalo Sabers. He recorded 31 points (19-12-31) in 60 games with Columbus and 5 points (0-5-5) with the Sabers. In total Raffi had 36 points (19-17-36) in 74 games



- Raffi Torres #13
- Position: Left-Wing
- H: 6'0"
- W: 216
- S: Left

Interesting fact about these 4 new players is that they are all former first round picks

Current line ups:

Forwards:

Daniel Sedin, Henrik Sedin, Mikael Samuelsson, Mason Raymond, Ryan Kesler, Jannik Hansen, Raffi Torres, Manny Malhotra, Peter Schaefer, Tanner Glass, Rick Rypien, Guillaume Desbiens.

Cont. pg. 15...

Canuck's Corner cont'd.

Defence:

Kevin Biekse, Dan Hamhuis, Christian Ehrhoff, Alexander Edler, Keith Ballard, Andrew Alberts

Goaltenders:

Roberto Luongo, Cory Schneider

Injuries:

Alexandre Bolduc, Alexandre Burrows, Sami Salo

I hope this will be the Canucks' year. The popular "Hockey News" magazine predicted that they will win this year. Here's my prediction. Stanley Cup

final: Vancouver Canucks VS. Boston Bruins. Canucks will take the cup in game 7.

To all the Canucks' fans: be patient, Chicago Cubs' (MLB) fans have been waiting for 102 years and they still are. Fortunately we've only waited for 40 years.

GO CANUCKS GO!!!

-Dasan Jung



"Finally, our wait's over, but not for these miserable Cub's fans."

The many masks of Hallowe'en

Who doesn't like Hallowe'en? Well, I don't particularly love it, but there could be worse days in the year. When else do you get to dress up as a clown or zombie and no one thinks twice about it? And getting candy from strangers is nice too. I think that the best part of Hallowe'en is all the diverse ways that people celebrate the holiday.

Take my neighbours for instance. They are from Mexico, and are very into *the Day of the Dead*. For them, Hallowe'en is just a big party to celebrate their deceased family and



The Yellow Fellow gets ready for Hallowe'en

friends. There is lots of drinking. I remember going to one of their Hallowe'en parties when I was little. Everyone was very happy, but they were all having so much fun. There was lots of dancing, singing, and food, (which much of it got dumped on my head through all the dancing). It was a fun night, but I still find the skulls they put out as decorations a little creepy. They could win an award for decorating their haunted house, but I don't think that's what "celebrating the dead" is supposed to be about.

Besides living in the city, I spend a few months of every year up north in a tiny town called Horsefly. With a population of less than eight-hundred people their Halloween is a very organized event. In the village itself, there is only one street with houses close enough for kids to go door to door. A lot of people here can't afford to buy candy every year, so instead some people make traditional candied apples or cupcakes. After the kids go trick or treating on Walters Ave, everyone heads back to the community hall. That's where the fun begins.

There's dancing, plays, games, raffles, a potluck dinner and costumes for people who can't afford to buy their own. In some ways I think everyone there has more fun than we do in the city

trick or treating.

One of my most memorable Hallowe'ens was in grade five. We had a new girl arrive at school, she was from South Africa and had never gone trick or treating before. I remember her saying that she had never gone because where she lived the houses were too far apart and the country was a lot more dangerous than Canada. I was shocked when she told me this. Of course I had to take her trick or treating. She was so excited, which made that Hallowe'en so much more fun for me. She had the most creative Halloween costume, (a head on a table!) and had so much fun going door to door and seeing everyone wearing some elaborate costumes.

For all of you ghouls and gals wanting to stick to your own traditions, mix it up this year! Instead of going to the typical party, why don't you try something different? Go help your neighbours rid themselves of all that useless candy, hand out candy, try and spook some of the Trick or Treater's. Maybe you'll try a bit of everything! But whatever you do have a great Hallowe'en. And remember Sutherland, your never too old to dress up!

-Alexis Morton

Sutherland sports action: Fall schedule



Hey Sutherland Sabers! The fall sports season is in full swing, and you should check out some of the amazing teams in play. The senior and junior soccer teams are doing very well in their season, so come out one day and support them.

Here are some upcoming volley ball and soccer games:

October 18th

Senior boy's soccer
Sutherland vs. Carson Graham at Sutherland turf 3:45 pm

October 19th

Senior girl's field hockey
Sutherland vs. Saint Thomas Aquinas at Sutherland Turf 3:40 pm

Junior girls Volley Ball
Sutherland vs. Seycove at Sutherland gym 4:00 pm

October 20th

Senior boy's soccer
Sutherland vs. Howe Sound at Sutherland turf 3:45 pm

October 21st

Junior boy's soccer
Sutherland vs. Carson Graham at Sutherland turf 3:45 pm

October 25th

Senior boy's soccer
Sutherland vs. Handsworth at Sutherland turf 3:45 pm

October 26th

Junior boy's soccer
Sutherland vs. Saint Thomas Aquinas at Sutherland turf 3:45 pm

Bantam girl's volleyball
Sutherland vs. TBA at Sutherland gym 4:00 pm

October 27th

Senior boy's soccer
Sutherland vs. Argyle at Grand Boulevard Park 3:50 pm

October 28th

Junior girls volley ball
Sutherland vs. Saint Thomas Aquinas at Sutherland gym 3:45 pm

October 29th

Senior boy's soccer
Sutherland vs. West Van. at Sutherland turf 3:45 pm

If you want to see the schedule and support more of Sutherland Sabers games check it out at the P.E office.

-Andrej Tomasevic

A fantastic and fun grade eight welcome event!

Thursday, September 30th was a very special day, for some of the students in the school, anyway. Why? It was the Grade Eight Welcome event! Hosted by the Sutherland Student Leadership Council, as well as the Peer Counsellors; the turnout was one of the best that we've ever seen, with about three quarters of the grade eight population showing up!

With a bouncy castle, (in which I had more fun in than a normal seventeen year old should) a dunk tank (which, I went in as well, and had a blast. Even though I got dunked about fifty times, and got taunted by the unnaturally bold grade eights.) There was dancing, and a positively delicious meal of hot dogs, chips, chocolate bars, and juice boxes.

It was a really great environment for the students to mingle and get to know

each other, without being too forced and awkward (since the Peer Counsellor and Student Leadership Council members were doing everything too.)

The expressions on the grade eights faces were clear; they were having the time of their lives! All I could hear during the event (and for days after!) was how much fun it was! Thanks to the Student Leadership Council, and the Peer Counsellors for hosting yet another amazing event! I'm



sure I speak for the entire student body when I say: We can't wait for the next one!

-Jessica Horsnell

Grade 8 Welcome Pics!





PRIZES FOR PARTICIPANTS Halloween Costume Contest

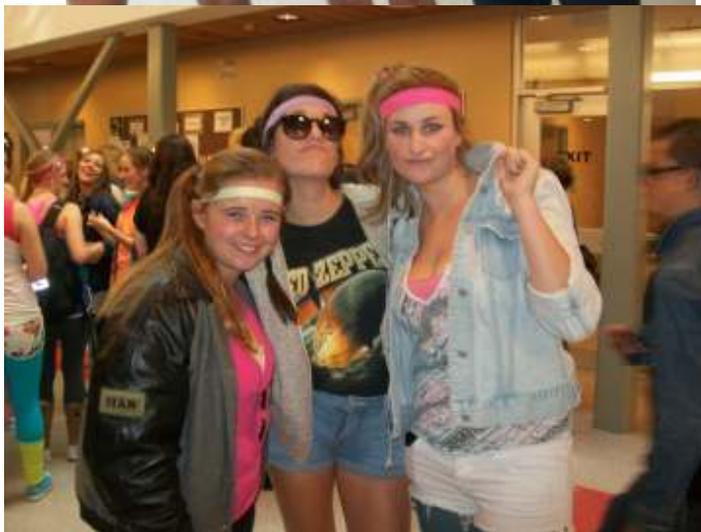


October 29th @ Lunch
In the small gym

MUSIC



Individual and Group/Club Contests!



A blast from the past

The Grad 2011's first theme day was a complete success. With almost everyone dressed up in their best depictions of retro wear, we were all looking pretty darn good, if I may say so. From Justin Pow's old school wrestling suit to

Michael Jackson and spandex dominated outfits, it will be a day to remember for everyone. For those of you who missed out on the opportunity to dress up, you will have a chance to redeem yourselves and for those of you that did, you can

look forward to the next theme day which is Rappers/Rock Stars in early November. Better get started on those costumes!

-Emilee-Ann Batista

Terry Fox Run/Student Leadership Pics!

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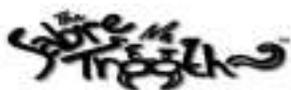
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Check us out online at: <http://www.nvsd44.bc.ca/schoolsites/sutherland/>



Photos courtesy of Mr. Benoy, Ms. Bunbury, and Nakeyta Schulz