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Just another long weekend?

October 10th marked a historical day, yes it did! Besides being an extra day to just kick back and stuff our gullets full of stuffing, cranberry sauce, a few vegetables, gravy, the old gobble gobble and surround ourselves with family, it was also a day for enlightenment.

I would wager a few dollars that most of you don't know where the tradition of Thanksgiving comes from and, to be honest, I wasn't entirely sure myself until I started researching it. In the States, it takes place to celebrate the harvest of various goodies but in good ol' Canada we celebrate for the sake of homecoming. Now this won't be a history piece because frankly that would be above my interest span and even I might glaze over, so here's the gist of it. Famous explorer Martin Frobisher returned from an



The Gobble takes center stage.

unsuccessful trip to find the Northern Passage to the Pacific Ocean. The point was not the failure but the effort made and the fact that with his failure, he still remained! Later on though, Samuel de Champlain celebrated in the spirit of harvests, but I prefer to celebrate that we've all made it through another year and another month of school!

I want to take a moment to say why I love Thanksgiving so much and that's just about everything. I love the fact that it's one more thing to say when a customer is leaving the store and they seem pretty sincere when they say it back. I love

-Continued on next page

BBQ with the fresh meat

The grade eight barbeque is a cream of the crop environment for youngsters to socialize without being surrounded by intimidating elites, such as myself. It's the time for candy that's cotton, tanks that dunk, and castles with a certain bounce to them. I sat back and put on my thinking cap as the pocket-sized grade eights ran around giggling, chat-

ting, experiencing their first flirts, and begging Matthew Dick to be first in the cotton candy line-up. I was reminded of the old days, full of nervous happiness and careless friendships. A couple of the grade eights sat down for a chat and a few questions.

Has grade eight brought any

shockers?

Sam White- "There's a lot more people and it's a lot easier than elementary school."

Lauren Rivard- "A lot easier than I thought and not as many scary people."

-Continued on next page

Just another long weekend? Cont'd

pumpkin pie, cranberry sauce and of course, stuffing! But, I think the number one reason I love it is the warmth I feel. I feel warmth when I see my extended family pour in, when the laughs are plentiful, when I see that gorgeous table laid out with food, when old stories are being told and when joy is all around. It's when everything is calm in the world or at least seems calm and it's when a sigh of relief can truly be released.

Of course after the big day, there seems to be some big leftovers and with that uses must be made! My favourite thing to do is take some turkey, cranberry sauce and stuffing and put in on a sandwich. It's absolutely divine! I think when it comes to leftovers in general, simple is better. Most magazines have these creamy, goopy, breaded turkey surprise casserole things on the list and honestly, there's nothing I'd want less. Go for simple! Whip up some soup by adding some broth, rice, fresh vegetables and spices; now that's great for fall! Get creative but don't get complicated!

If I wanted you to take one thing from this article it is this: everyday is a gift, every family member is a gift, everyday is a new opportunity and it's one where you have so many more choices than people in other countries (or even Vancouver!). Be creative and don't be afraid to show your true colours, there's no one else with your fingerprints so make your stamp on the world! And with that, I say: Happy Fall! Happy October! And, (a belated) Happy Thanksgiving!

- Derrick Gravener

BBQ with the fresh meat

Do you think this event will help you make friends?

Sam White-"Sure I'm friends with Nigel."
Tor Fagerland-"Probably not."

Are you upset your sister Marina isn't here?
Sam White-"I don't really care."

What station are you most excited for?
Sam White-"Dunk tank and bouncy castle!"
Ben Walker & Spence McArthur-"Dunk tank."

What condiments will be accompanying your hot dog?

Sam White- "Ketchup, it's the amaz-
ingest!"
Lauren Rivard- "Ketchup, mayo,
pickle."
Tor Fagerland- "Anything..."

Multiple people were sucked into the dunk tank to the evil delight of the grade eights. The students gorged themselves on food and jammed to Jackson Spencer's DJ'ing. They fluttered from game to game and squealed with delight like little piggies each time they saw a friend.



Darby Spence practicing her social skills with the grade eights!

Judging by the eighter's joyful faces, the event was quite the success as each student left with their pearly whites on display.

- Frances Miltimore & Katarina Tsamis

"When Walden Schmidt appeared it began a giant chain, shutting down all mention of Charlie Harper"

In a world without Charlie Sheen

On September 19, 2011 we said a solemn farewell to the hilarity that was Charlie Harper.

As many of us know, due to his lifestyle and "winning" attitude, Charlie Sheen was fired from the CBS television series *Two and a Half Men*. To replace Sheen's character Charlie Harper, the show hired actor Ashton Kutcher. He starred in *That 70's Show* and hosted the

celebrity prank show *Punk'd*; nowadays he's better known as Demi Moore's husband. CBS is paying Kutcher \$700,000 per episode to replace Sheen, making him the highest paid actor in television, second only to his predecessor Charlie Sheen before being replaced. So as the show begins its ninth season, the fans will have to get used to a change; a change by the name of Walden Schmidt.

The first of the *Two and a Half Men* ninth season two-part premiere opens at a funeral; with Charlie's brother Alan Harper standing in front of a room full of women, and Charlie's loved ones. Charlie's signature outfit hanging behind him, Alan attempts to give a eulogy of Charlie's life, interrupted by the snarky remarks of Charlie's numerous exes. Evelyn, the Harper brothers' mother, cuts

Cont'd on next page

In a world without Charlie Sheen Cont'd

in advertising the sale of the house. Rose gives an explanation of how Charlie slipped and fell in front of a train resulting in "his body exploding like a balloon full of meat."

While the jokes made on Charlie's expense were funny, a number of them undermined the fact that the scene was still a funeral. The bitterness of the exes became tiresome after the first two comments were made about their experiences with Charlie Harper. The most apparent bitterness was that of the creators of the show, trying to get in as many hits on Charlie Sheen as they could in the span of ten minutes. The material was funny but totally unnecessary to the scheme of the show.

So after the mudslinging and the debate of what to do with Charlie's estate as well as a few cameos, Alan is brought the golden urn containing the ashes of his dead brother. Alan sits and reminisces about his time in Charlie's home with remarks about the past, including my personal favourite line from the episode, "Just like the old times huh? I'm talking and you're in a bottle ignoring me." Alan also tosses out ideas to the urn o' Charlie about what to do with him. Dismissing his brother's wishes on the grounds of "I don't think Pamela Anderson will agree to swallow your ashes." as well as not wanting to bring him to their mother's house since "That's how the beginning of horror movies start." Alan concludes he will sprinkle Charlie's ashes on the beach being a dignified version of his brother's life, "Pretty girls covered in oil sitting on you all day." Alan then turns to leave and is surprised to see a soaking wet Ashton Kutcher standing outside, causing Alan to let out a rather feminine scream and spill the ashes everywhere. With house keeper Berta uttering the response, "I'm not cleaning him up."



Two and a Half Men as it is today. Now with Ashton Kutcher's singing voice throwing off the nice melody we all enjoy.

This portion of the episode was the best part of the episode for me. Alan's jokes were funny as usual, it was clear that Alan really did love his brother and that he does miss him. There was only one jab at Charlie Sheen, when speaking of the dignity of Charlie's life; and it was truly the end of the *Two and a Half Men* we've known and loved for the past eight years. Because at this point Ashton Kutcher's billionaire man-child character Walden Schmidt comes into the picture.

Now before I go into further detail on Ashton Kutcher's introduction, I will let you know that I gave Ashton a fair chance, seeing his character as a new start to the show. But I was still unimpressed by the second half of the episode. Ashton Kutcher's acting was atrocious when he first enters and it doesn't get much better as the episode goes on. I also found his character to be just a mash-up of Charlie, Alan and Jake all in one character. He's almost as naive as the young Jake, he's a heartbroken guy left by his high school sweetheart (Judith was Alan's college sweetheart) and he's a rich playboy who gets all the women, like a certain character who shall not be named. When Walden Schmidt appeared it began a giant chain, shutting down all mention of Charlie Harper that they purposefully keep bringing up. Case in point; towards the end of the second part of the premiere, a woman shows up at the Harper house looking for Charlie. When informed that Charlie has passed away she becomes upset and starts to cry, up until Walden Schmidt comes in she instantly recovers and forgets Charlie ever existed. That left me shaking my head in disappointment at the writers.

Now back to the episode: after some questioning from Alan we discover Walden Schmidt is a billionaire whose wife has thrown him out and has tried to commit suicide via drowning himself in the ocean. The question of why he is still living comes around with the answer of the water being too cold. They later go to the bar the Harper brothers frequented upon in the old days after Walden has an awkwardly funny conversation with his wife over the phone, along with a hug showing a little more of Ashton than I would care to see. The two newly acquainted men awkwardly talk about how Walden amassed his billion dollar fortune. Apparently Microsoft bought a website he created, so they could use it to promote the Zune. For those who don't know, the Zune was created to kill the iPod - we definitely saw how well that worked out. Alan and Walden have a discussion about drinking alcohol; Walden sees no reason to drink seeing he is already tall, good looking and smart. After an emotional breakdown about how much he loves his wife (having left him for his "emotional immaturity"), Walden acquires two women that accompany Walden and Alan back to the house, where Walden has an enjoyable night, much to Alan's dismay. The next morning the episode had things that I wish I could unsee and if it weren't for the studio's ability to blur out images I might have been permanently scarred from this episode. Berta and Judith had a pleasant surprise; Alan and Jake on the other hand, a little disturbed and in Alan's case embarrassed. The episode concludes with Walden

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In a world without Charlie Sheen Cont'd

deciding to buy the Harper house and Alan and Jake moving into Evelyn's house, with Jake being left behind.

I did mention the word awkward didn't I? Well that's what it was like between Alan and Walden; not too sure if it was because it was supposed to be that way or if Kutcher just made it that way. Even though I have been hating on Kutcher I still did laugh at some of the things he said. But Alan's reaction to the way Walden is and what he does is what made the episode funny. There's nothing really to be said about Jake in this episode seeing as we only see him for two, maybe three minutes out of the entire half hour episode.

All in all I think the ninth season premiere wasn't too bad. Nowhere close to as funny as it was with Charlie, but it has potential. Ashton Kutcher isn't too great either, but he might grow on people. If I were to give this episode a rating it would get 2.5 out of 5 stars, for being funny but not that clever. With the new season just beginning, there might be time for Kutcher to prove himself as a worthy replacement for Charlie. So I will keep watching the ninth season in hopes that that day comes. I recommend that everyone give this new season a try even if you just watch one episode, it's worth a view.



Two and a Half Men in its glories days. Starring Charlie Sheen[Left], Jon Cryer [Right] and Angus T. Jones [Center]

- Nathan Mayes

Dreams do come true

As the year slowly starts again, the fun and exciting events of the year start to come to pass. The most recent one that inspired me was the Terry Fox Run: This is the 3km walk/run that most schools participate in. Our school has raised over \$900 and is still accepting donations! Our goal is \$1000 dollars, and I think we will make it. Over \$550 million dollars has been raised worldwide for cancer research in Terry's name through the annual Terry Fox Run, held across Canada and around the world.

“Our school has raised over \$900, and is still accepting donations. Our goal is to raise \$1000,”

Also, on the topic of raising money, the school's Cancer Awareness Club has a goal of reaching \$5000 dollars. Both of these organizations' strategies to raise money for cancer, are a great idea and are for a great cause!

- Curtis Gunn



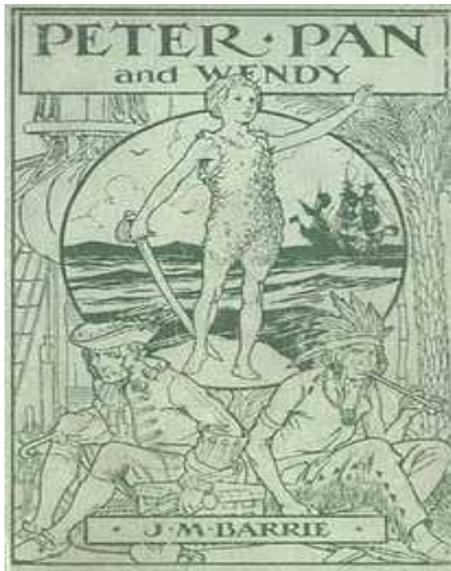
The Peter Pan principle

All children, except one, grow up.

The opening words of Peter Pan are resounding, and speak a heartbreaking truth. For those of you who might not be on familiar enough terms with your Disney stories to know that the classic 1953 animated film isn't the original story of an eternally youthful flying miscreant and his feisty fairy, Peter Pan was first written about in J.M. Barrie's novel of the same name. It, like the Disney film, focuses on the Darling siblings' induction into Peter Pan's world of mermaids, pirates, fairies, and the legendary Lost Boys.

As much as I'd like to delve into a comparison between the film and the novel, the differences are really unimportant. No matter the version you've read, heard or seen, everyone knows the story of the boastful, green-attired boy who never wanted to grow up - and I'm sure it's a story most of us can relate to, a story we have grown to love. Especially me.

I've seen all the films, read all the books, memorized all the quotes... watched every single video on YouTube. There's something about him that I just can't get enough of - and it's not just that he's a fellow ginger. Putting down my well-worn copy of Barrie's classic for the umpteenth time, I wonder what it is that sends me crawling back to him every time. What is it that has me yearning for a Never-Neverland of my own, waiting for a boy with all his baby teeth to fly into my room and take me away? I know it isn't the same for everyone, this outright passion of mine, but I hadn't met a person yet who didn't like the story of Peter Pan.



The original depiction of Peter Pan

Cole Handel Lane, Grade 11, is no exception. A fan of the story, he finds himself relating to Peter Pan. "Looking back on it, I really wish I could just stay young forever," he tells me. An anonymous Grade 12 claimed same thing. "Sometimes I wish I could go back to being a youngin' flying about in a make-believe world." She soon added a dose of realism, "Sometimes you just gotta face the facts. Life sucks." It's a hard truth: sometimes, undeniably, life *does* suck. But really, what is it that scares us so badly into wishing for a Neverland? What is it that's so horrible about growing up? "Becoming old and boring," Ram Alexiev, a Grade 10, answered me. "That's scary."

Agreed, Ram.

"The pressure, the uncertainty, the finality of it all. How it feels like you have to make all the right decisions or else you won't go anywhere." An anonymous Grade 12 spoke true again.

And of course, she's right. There's something horrifying in the unknown, something sickening about the indefinite future. Choosing the right career path, the right friends, the right partner - all of it seems so astronomically important that it consumes us until we're grown and no longer enjoying the freedoms of youth. An internal struggle; to live like there's no tomorrow or secure yourself for the next few thousands.

So why is it Wendy chose to leave Neverland to return to normalcy, why did she trade paradise for reality? It always boggled my mind that she never chose to stay, and no matter how many times I rewind my VCR her choice is always the same. And yet, when I gave the students of Sutherland the same choice as Wendy, they gave me surprising answers. "I would make the same decision that Wendy did," Mitchell Merilees, a grade 11, answered. "There comes a time where you have to leave, you have to move on and become independent, and if ready for that change in your life, you should never pass up the opportunity." Okay. Surely, this Mitchell kid is just abnormal. An oddity, like Wendy, who thought growing up was a good idea. So I asked Cole - would you make the same choice Wendy did? "I would, just because those great times you have as a kid are special, and if you stay a kid forever then those times don't become special for you."

Strike two.

-Cont'd on next page

The Peter Pan principle Cont'd

I clamored for the next interviewee, surely someone wanted to stay young.

"I would make the same choice. Being young forever would get really boring after a while; because you can't achieve goals that would help you lead a good life in the future." Even young Ram had the same answer as the others.

Strike three, and I'm out.

Why did what these boys were saying... actually make sense? Growing up... is there a benefit to it? "I'm excited to see where life takes me," An optimistic Jordanna Jennings, Grade 10, told me. "Neverland seems like it'd be a pretty sick place to live, but I would much rather go back home and grow up like Wendy." However, it was Mitchell's response that impressed me the most. "There is an upside to growing up, but the people that are the most fun are the ones that can keep the inner child in their hearts.

People that are too uptight, or don't admit they love children's movies, or pretend like they don't love candy with all of their heart - they're just too boring. Everybody must grow up, but it's the ones that are the "grown-up kids" in society that are the most successful."

A grown-up who is a kid at heart - yeah, I could do that. And I may be taking a shot in the dark here, but I think even Peter might approve. The reality is, we all have to make Wendy's choice; there's just not enough room in Never-Neverland for all of us.

We grow-up, experience love, heart-break, disappointment, and even happiness in between, and move on with our lives. But don't bother telling me Peter's not real, I'll just smile and let you believe whatever you want. Leave that window open long enough, and who knows, one day he might just fly in chasing his shadow. In the end, I think Tinkerbell may have said it best: *You know that place between sleep and awake, the place where you can still remember dreaming? That's where I'll always love you, Peter Pan. That's where I'll be waiting.*

Second star to the right and straight on till morning, Sabres.

-Taryn Audet



The image we know and love today

"There's just not enough room in Never-Neverland for all of Us."

Pinkberry: The new Blackberry

If you're a frozen yogurt fan, then you will definitely love this article and to those who don't, maybe it's time for you to try something new. Pinkberry is a new frozen yogurt place that just opened in Park Royal village. It isn't like any other frozen yogurt place; it has so much more to offer, including a friendly atmosphere and great flavours. It will make you feel like you're falling in love with a tasty treat.

There were not too many flavours to choose from, but the ones that were there were delicious. I ordered a simple watermelon flavour with the toppings of white chocolate chips, strawberry and pineapple. My first impression of this combination was how tasty it looked and I was hoping it would taste as good. I wasn't disappointed at all. It was very refreshing and the toppings helped bring the ensemble together.

The one and only Pinkberry



A delicious treat any day of the week!

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Pinkberry: The new Blackberry Cont'd

As for my friend, Torah, who ordered coconut yogurt with the toppings of raspberries and pineapple, this is what she had to say, "I was uncertain if I would like this yogurt or not but I was pleasantly surprised to find that it was delicious! Although, I did find it a little bit pricey."

The atmosphere: One my favorite things about Pinkberry was the decoration, the walls were bright, which caught my eyes right away when I walked in. The decoration was different and most definitely a place that everyone would enjoy sitting down and eat the frozen yogurt. The store vibrates with colour which helps nab customers walking by on



Mhmmm Pinkberry on a rainy day

the village.

The price: Just a small frozen yogurt without toppings costs about \$3 but it cost around \$5 with toppings. It all depends on how much you think it is worth to spend on frozen yogurt. Personally, I thought it was a little pricey but it was worth it for a treat.

Pinkberry is definitely a great place to get frozen yogurt and just sit down and hang out with your friends. I recommend you to go and try it if you never been there before. I give Pinkberry 5/5.

-Marina Khem

TWISS (This Week In Sabres Sports)

Welcome back to a new story in "This Week In Sabres Sports". This week, we will spotlight a sport that many do not know much about, but once known, is a lively, exciting, dirty, and ultimately fun sport. This sport is a back and forth, end to end, fast, hard hitting, tactical game called Rugby. Rugby is a sport that is very easy to fall in love with, requiring little equipment and barely any rules, tackling wise. Our bantam boys are lucky enough to be able to absorb such an unknown gem of a sport and gain a tremendous amount of confidence from it as well. These boys will have to become young men in a hurry as rugby is played with no pads, yes you read that right, NO pads. You really have to learn to trust yourself and trust your teammates to become victorious. Teammates in rugby instantly become friends. When individuals are striving for the same thing as the person next to them, friendship is inevitable. Yes, it helps to be big for rugby, but the best players are always the ones with the biggest hearts. These players are full of drive and determination and believe in themselves 100% in any situation. If this thought and belief is engraved into the players' minds early, especially grade 8's, success and personal development, as a player, and as a person could be created.

Taig Johnson, the lone girl on the Rugby team plays a very important role for our team. She's a part of our forward group, playing second row to be specific. She is a force to be reckoned with and is definitely no pushover even though she is playing in a boy's league. She sends a very positive message to her female counterparts as she shows that women aren't afraid to get their jersey dirty and play a proverbially men's sport. Now that's impressive!

Brad Thornhill who has instilled a gritty culture into his previous teams once again will coach this year's team. A new bunch of grade 8's will be handed over to Mr. Thornhill to learn a great game, share a bond only experienced between teammates, and to compete in sun, wind, rain, and even snow. Mr. Thornhill will most definitely have our boys competing game in, game out, and our boys will grow up in front of his eyes, as rugby is a nose-to-the-grindstone type of game.



The camaraderie created by Rugby

-Cont'd on next page

TWISS Con't

Prabhjot Singh, a member of the girl's rugby team, is assisting Mr. Thornhill with the coaching duties. Our boys, and girl, continue striving to better their abilities as they practice after school every day. We are proud of our up-and-coming rugby team, and we wish them luck for the remainder of the season! Apart from Sutherland Rugby, Canada was participating in the Rugby Union World Cup. Canada is trying to establish themselves in a sport mainly driven by the New Zealand All Blacks, just as Sutherland is trying to establish themselves in a sport mainly driven by the Carson Graham Eagles. Canada started out strong in the World Cup by completing a brilliant comeback against

Tonga, but then suffered a deflating loss to France and a hard fought draw against Japan. The final test for our hometown men was against the previously referenced powerhouses, the New Zealand All Blacks. An expected loss followed as Canada was simply outmatched by New Zealand. Canadian Rugby was hoping for a much better showing at the Rugby Union World Cup to further expose the sport for our country. Only time will tell what lies next for our Canadian Rugby team, but we hope for an uprising in public Canadian support to fuel our uprising, young rugby team. A personal connection to the Canadian Rugby team is through one of their forwards, Jason Marshall. He is one of my

dad's friend's son, and believe me, he is one huge, scary guy. Perfect for Rugby.

That completes the second saga of This Week In Sabres Sports. If you, the people, want me to spotlight a certain sport in the next Sabre Truth, find me in the halls and let me know!

-Special
Thanks to Louis Boyd -
The Contributing
Sports Reporter

Five good reasons NOT to watch Jersey Shore

Since its inception in December of 2009, MTV's "Jersey Shore" has been nothing more than an insult to the intelligence of the general public. However, Jersey Shore's brand of mind numbing stupidity, questionable actions and apparent lack of moral fiber soon became very popular, particularly with people in their teens and those in early adulthood. With its popularity sky-rocketing, Jersey Shore soon became MTV's most viewed series in its history. Not surprisingly, many television analysts dubbed Jersey Shore a "pop culture" phenomenon. To those of you that watch this sorry excuse of a television show, I have compiled a list of reasons why you should not watch Jersey Shore (in no particular order), in the hope that you will see how idiotic this show really is.

Promotion of Casual Sex

The most interesting parts of Jersey Shore, for many, center around the cast of the show going out to clubs, drinking, getting with guys/girls and having meaningless sex with strangers that they meet at aforementioned clubs. This kind of ill advised behavior sets an extremely bad example for the youth of today, who are for the most part extremely impressionable. The producer of the show, Sallyann Salsano, had expressed fear that the cast of the show may have already contracted STDs "It's like a herpes nest. They're all in there mixing it up." With this kind

of dangerous behavior displayed on a weekly basis, it is anyone's guess as to why this show is still on the air.



DJ Pauly D shares my outrage.

GTL (Gym, Tanning, Laundry)

GTL is an abbreviation for going to the gym, tanning and doing laundry. This abbreviation was created by Mike "The Situation" Sorrentino to describe what he does before he leaves the house. Through the use of this term and its subsequent popularization, Sorrentino appears to be advocating a shallow, egotistical lifestyle where his only concerns are his looks. A message as vain as this should not be used as a guideline for success, or be promoted by a television show.

Promotion of artificial tans

Many of the cast members of Jersey Shore frequently go to tanning salons in a misguided attempt to improve the way they look. Not only is tanning harmful to the cast members of

-Con't on next page

Five good reasons NOT to watch Jersey Shore Cont'd

of the show, but the fact that they are seemingly encouraging the use of tanning beds is unforgivable when it is proven that they cause skin cancer. The impressionable youth of today should not have to pay for the stupidity and ignorance of those that they admire. Orange skin is just wrong.

Use of the word "Guido"

Many Italians recognize the word "Guido" as a racial slur that is used to put down an Italian man of working-class status. This term was popularized in Jersey Shore to refer to someone who has an overtly "macho" or those that have an aggressive attitude. When asked about the use of the word "Guido" as it is used in Jersey Shore, Andre DiMino, president of the national Italian-American service organization describes the word Guido as "...a derogatory comment. A pejorative word used to depict an uncool Italian who tries to act cool." This word should not be used in a positive light, in particular by Italians themselves.

Mind numbing stupidity

The cast members of Jersey Shore are known for being a little less than articulate during interviews, or being knowledgeable in the slightest. Not even about tanning. Here are a few notable gems:

"There was a volcano in Iceland and the BP spill started – I can't really talk to them about that stuff. Snooki thinks BP oil is for tanning or something like that. –Vinny Guadagnino

"I'm artistic. I like art, I'm very unique like that".-Sammi Giancola

"You get drunk and then you wake up the next day and are like, 'Oh [crap].' That happens to a lot of girls, and I got a lot of fan mail from that, being like, 'Oh my God, I do the same thing, I feel you.'"-Nicole "Snooki" Polizzi

"There will always be a Jersey Shore. It will be in the dictionary.-Nicole "Snooki" Polizzi

Need I say more?

-Justin Solyom

Five Guys review

If you're ever at Park Royal in West Vancouver looking for something to eat then you HAVE got to check out Five Guys. Located on the south side of Park Royal, they serve one of the best hamburgers that I have ever tasted. No I'm not talking about cardboard burgers you get from McDonald's that don't even satisfy you, I'm talking really good burgers that can be larger than your mouth. Oh you don't like burgers? Well guess what? They also serve hotdogs. Oh you're a vegetarian? Well they also have a Veggie menu. Trust me; their food is really good for being considered fast food.

not going to list them but there are lots to choose from, and since it's free you can add as

opinion. Their burgers range from a normal standard hamburger, to a Bacon

this is that sometimes their fries are a little bit overdone, but other than that I would give it a 6/5, just cuz.



A nice place to sit, relax and enjoy your burger

Now let's talk about what it looks like inside. They have a "New York"-styled interior. They place the grill to show you what goes on in your burger so there is nothing fishy and they've got a mediocre sitting area. They've also included extra chairs in case there is a line-up (which there usually is) and seats near a window. I'd give it 4/5 but what did you expect? It's a freakin' fast food place not a fancy restaurant.

Alright so let's talk about the food. They give you toppings (which are free btw) though I'm

many as you want, and they also give you the option of going "all the way" and you get all the toppings which is the best in my

Cheese burger, and they have the smaller version of those called "Little Hamburger". The only "meh"

So how much does a regular burger cost? Well it's a little bit more than your average Mickey D's (but it's totally worth it) a

-Cont'd on next page

Five Guys review Cont'd

hamburger is \$6.99 + Tax and you can also get a drink which is an extra \$1.99 and refills for your drink are free. I'll give it a 5/5, because it's better than most fast food places I've been in terms of price.

Five Guys is perfect for you and your friends to hangout and go eat there, or you and your date to go after a nice movie date. All in all, I give this place a 10/10 which is pretty surprising coming from me. If you're looking for a nice change from different fast foods that you've

been to, I really suggest checking Five Guys out because it's tasty and satisfying when your in the mood for a mega-delicious burger.

It's tasty and satisfying when your in the mood for a mega-delicious burger."



You should see how crowded this place is at lunch time!

- Mohammad Khanali

Top 5 80's movies

What's not to love about the 80's? The fashion, the music, and of course the movies. Most of us reading this weren't even born yet, but the 80's had some classic movies that you can't help but watch over and over again. Whether it's about cutting class or spending a whole Saturday in detention, it's simply enjoyable to watch. I've managed to break it down to these five 80's flicks, which I cannot live without.

#5. *Pretty in Pink* (1986)

This movie has its flaws, but don't pass over it for just another chick flick based on its title. It's still a great watch, and Molly Ringwald is the ultimate leading lady. The story follows Andie Walsh, a teen who lives in the lower-class part of town with her unemployed dad. She works at the local record store, and is considered to be a misfit at her high school. Her best friend Duckie (The Duckman) is head over heels in love with her, and doesn't always make things easy for her. When Blane, the rich kid from the other side of the tracks, asks her to prom, they are threatened by his obnoxious friend Steff, and their different social classes. Fairly typical, but also a sweet, sentimental film about adolescent youth. I didn't find it too cheesy, and thought they blended comedy well. It's got a fantastic soundtrack, and Duckie will make the movie all worthwhile. A must see!



"I remain now, and will always be, a Duckman!"

#4. *Back to the Future* (1985)

A timeless original classic that won an Oscar for best effects and was nominated for three others. The sequels to this movie were not nearly as good and just couldn't measure up. Plus, the original is always the best. Michael J. Fox plays Marty, an average teen that accidentally gets sent back in time to 1955 in a DeLorean time machine invented by a wacky scientist. Once there, he encounters his parents who happen to still be teenagers. However, his presence sets things off balance and Marty must ensure that his parents fall in love or he'll cease to exist. One of the many mishaps that occur which can reshape the future includes his mom falling in love with him. Don't forget about the legendary class bully, Biff. Without a doubt one of the greatest films of the 80's, if not of all time. It manages to appeal to just about anyone, and is not easily forgotten. A movie that never gets old, and it surely deserves a spot in everybody's top five list.



Well, shake it up, baby, now. Twist and shout

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Top 5 80's movies Cont'd



#3. *Sixteen Candles* (1984)

Another Hughes masterpiece. Molly Ringwald is absolutely perfect as the regular sixteen-year old teenager and Anthony Michael Hall gives his most memorable performance as Farmer Ted. This is a bittersweet, heart-felt 80's flick with great characters and real performances. Samantha Baker, whose parents are too busy planning her sister's upcoming wedding, completely forget about her 16th birthday. To add on, she's also in love with a senior who doesn't exactly acknowledge her existence. To top that all off, she has to deal with a geek who won't leave her alone, embarrassing grandparents, and a hilarious Japanese foreign exchange student named Long Duk Dong (who definitely seems to steal the show), all the while feeling forgotten and ignored. Sure there are a few stereotypes in this film (don't forget it's the 80's), but overall *Sixteen Candles* is a terrific film that deals with the difficulties of growing up and also has great comic relief at the same time.

"We're all pretty bizarre, some of us are just better at hiding it, that's all."

#2. *Ferris Bueller's Day Off* (1986)

"Life moves pretty fast, if you don't stop and look around, you could miss it." A fun, good-hearted, hilarious comedy with a message or two that makes the film relatable. Ferris, a laid back, clever wise guy, decides to fake an illness and embark on a remarkable adventure in Chicago along with his girlfriend, Sloane, his misunderstood best friend, Cameron, and Cameron's dad's "borrowed" Ferrari. They intend on making the most out of their day off and spending it wisely. On the other hand, Ferris' sister Jeanie, who's tired of watching Ferris get away with everything, and Rooney, the school principal, are hot on their trail and eager to catch them. *Ferris Bueller's Day Off* is a memorable classic that is guaranteed to leave you smiling...something you just can't get from movies nowadays.

#1. *The Breakfast Club* (1985)

The original brat pack movie is number one on my list, no surprise there. *The Breakfast Club* is a definite 80's classic that remains to be the best coming of age film of all time – at least in my opinion. It follows five students, all from different cliques, having to spend a Saturday morning together in detention. A brain, an athlete, a basket case, a princess, and a criminal. Five people, who seem to have absolutely nothing in common on the surface, begin to open up to one another and discover that there is more to each of them than just their stereotypes claim. John Hughes' classic high school movie offers us the ultimate insight into the world of a teenager and what it means to be young. Perfectly written and perfectly cast. One of those movies that should never be remade. It's perfect, just don't touch it

Well, there you have it! Now since I had a rough time breaking it down to just five movies, here are some honorable mentions: *Fast Times at Ridgmont High*, *Top Gun*, *Footloose*, *E.T.*, *St. Elmo's Fire*, *Flashdance*, *Dirty Dancing*, *Say Anything*, *Better Off Dead*, *The Goonies*, *Ghostbusters*, and finally *The Lost Boys*. Also I recommend pretty much anything written and directed by John Hughes. He was a genius who most definitely shaped the 80's with his films. So, if you're looking

-Anita Afshinkia

Feelin' the pump once again! Part I: The back & the legs

I'm Amit Dhuga, the younger brother of the legendary former Sabre and dedicated lifter, Sardara "Senor Pecs" Dhuga! I am here to continue my brother's teachings and to "keep the pump goin'" again. If it wasn't for my bro, I would never be into bodybuilding in the first place. Now it's up to me to give you tips and workouts for those of you who wanna get shredded. So buckle up Sabres, the Big Dhuga has returned....in a slightly younger body! First off, I'm gonna review some key points my brother couldn't stress enough last year. Number one, always have

always have a spotter with you at all times when you're lifting heavy loads, this prevents serious injury or death. Number two, don't be quick to chug down protein shakes every single day because you might have heard from someone that you get bigger the more you drink and you'll be able to hit the heavier weights faster and blow your muscles more. However, it's your kidneys that are gonna get blown, not your muscles as protein is harder for the body to digest. Number three, don't overdo your workouts, because believe it or not, your body actually needs rest to gain muscle. So, if your muscles are not sore after an intense workout, that doesn't mean you didn't work

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Feelin' the pump once again! Cont'd

-Amit Dhuga

hard enough and that you have to keep doing more until your muscles are aching, it just means that your muscles are used to the workouts and that you have worked that part of your muscles many times before. Number four, most importantly, if you are not gonna rest and eat healthy, then there's no point in going to the gym, it's that simple. Eating healthy foods is the most important part of bodybuilding. Tips on foods will be discussed later, it's time to give you Sabres my workouts and schedule.

I workout by myself or with my brother 3 times a week, Monday, Wednesday, and Friday for 2 hours at Karen Magnussen. A 1 day student pass costs \$5.10, a 1 month pass costs \$65.25, a 3 month pass costs \$130.50, a whole year membership costs \$389.93. I start the 3 days with 10 minutes of cardio on the treadmill; I run at least a mile before I stop. It's best to do cardio before weight training because then you feel warmed up before you hit those heavy loads. I do at least 5-6 different workouts for each part I work on, (except the legs, for which I only do 3 workouts) and my new workout schedule on Monday, I work on biceps, shoulders, back. Wednesday I work on chest, triceps, legs. Friday I work on biceps, shoulders, back. Then on Monday I work on chest, shoulders, legs, and I just keep alternating in that pattern. Now I'm gonna show and explain three of my favorite workouts for the back and two for the legs.

Dumbbell Shrug: a good exercise for the back and also the shoulders. Hold a dumbbell in each hand at your sides, both palms facing in, feet roughly shoulder width apart, and knees slightly bent. Slowly raise your shoulders as close to your ears as possible, pause, and then slowly return your shoulders to the starting position.

Lat Pulldown: this exercise targets your back, shoulders, and biceps. Stand up and grasp the bar with both palms facing forward and your hands slightly wider than shoulder width apart. Sit down, still grasping the bar, and lean back slightly from your hips. As you pull the bar down to the top of your chest, keep your elbows pointing toward the floor. Pause, and then slowly raise the bar back to starting position. To prevent injury, **NEVER** do lats behind the neck!

Seated Cable Row: a great exercise that targets your back, biceps, and rear shoulders. Place your feet on the foot platform, grasp the handles with your palms facing each other, and straighten your arms in front of you, but keep your elbows slightly bent. Slowly bend your arms to pull the handles toward the top of your stomach. Pause, and then slowly straighten your arms to return the handles to the starting position



Lat Pulldown

and both palms facing forward. Stand straight, feet roughly shoulder width apart, and then slowly bend your knees until your thighs are parallel to the floor, (imagine you are sitting down in a chair). Be sure to keep your feet flat on the floor and elbows should always be directly under your wrists. Then, slowly lift yourself back to the starting position, pushing through your heels.



The One & Only Sadara Dhuga

Deadlift: an amazing exercise for your legs and lower back, if done right. Grasp a barbell with your hands roughly shoulder width apart and your palms facing your body. Stand straight with your feet roughly shoulder width apart, knees slightly bent. Rest the bar against the top of your thighs. Keeping your elbows slightly bent, slowly bend forward at your hips to lower the bar to about knee level. Pause, and then slowly lift the bar back to the starting position by raising your upper body.

Squat: another great exercise for your legs and lower back. Position the barbell on your upper back, not on your neck, and make sure the bar is centered on your back. Hold the bar with your hands almost double shoulder width apart

What Does Bodybuilding Mean To Me? To me, bodybuilding gives us a chance to build more muscle than doing other activities. We use our muscles daily for any physical activity, but by going to the gym we can put our muscles to even more use. I asked my fellow bodybuilder, Jared Swant, Grade 12, what bodybuilding means to him. "Pain is weakness leaving the body, every workout is one step closer to your goal, only you get out what you put in, Rome wasn't built in one day, that's what bodybuilding means to me, Dhuga!" explains Jared. PE teacher, Mr. Birt was asked the same question and he states that "Bodybuilding is like a visual thing to me, it's about how you look. It's not really a complete fitness, and I try to encourage people on complete fitness rather than just bodybuilding." Well Sabres, that's all for this issue, the next issue of bodybuilding will be released soon. But if there are any questions about bodybuilding, talk to some of the Grade 12 guys, the PE teachers, or you could even come talk to me!

The low down on chowing down

The school year is a busy time of year, and most people are too engaged in playing sports, doing homework, or joining clubs to stop and consider their health. It's an easy thing to forget, since the majority of us are already in the habit of grabbing a quick packaged snack when we are hungry, or drinking a coffee when we are fatigued. Using coffee or refined sugars doesn't help resolve our problems, it just masks it.

Eating healthy is crucial; no matter what type of lifestyle that you live. There are so many diverse ways and different extents to which you can eat healthy, but there are just as many excuses not to. An abundance of diverse diets exist and people follow different diets depending on totally different reasons. Your choice could derive on your culture, if you're an athlete or a personal decision.

So your alarm goes off, you drag yourself out of bed, have a shower, get ready for school, and then rush out the door and forget breakfast! If breakfast is something that you do regularly bypass, you are making a huge mistake. Not only are you missing the most important meal of the day, you are raising the chances of gaining weight because you will most likely over eat at your next meal. The question is what can we eat and drink that will give us enough energy for the day? Breakfast will. Any breakfast is better than no breakfast, because it provides you with nutrients and energy; so the healthier your breakfast is the better off you will feel. Breakfast will give you an amazing energy boost right through the course of the school day. When I say energy boost, I don't mean that you will be super energized or hyper; it will be so low key that you probably won't even notice. But I can guarantee that you won't have a big energy crash at the end of the day.

There are so many selections for a beneficial breakfast; for example cereal, toast, eggs, and fruit. Cereal and toast are great because they are easy to make and are full of carbohydrates and fiber. Eggs take a little bit longer to digest than cereal and toast, but they provide you with lots of energy and can even prevent against breast cancer, contribute towards making your hair and nails healthier and contain healthy fats.

If you want to include fruit and vegetables into your morning routine then try having a green smoothie or some wheat grass. A green smoothie is a combination of forty percent dark greens and sixty percent fruits, and the best part is you can combine so many different things to suite your taste buds. Wheat grass juice is an amazing option; you can grow it and juice it or even buy it frozen. One ounce of wheat grass juice provides you with the equivalent of two and a half pounds of dark green vegetables, and benefits you in lots of different ways. Here are just some ways in which wheat grass could benefit you: it detoxifies your body, boosts your immune system, helps prevent illness, provides an amazing amount of energy, full of amino acids, hunger suppressant, improves metabolism, keeps your heart healthy, helps you lose weight, and makes you crave healthier foods!

During the school day, most people either pack a lunch, buy from the cafeteria or go on a McDonald's run. But, are we really thinking about how these foods are going to affect us? Of course not! Its tastes good, looks good, and it might even make you feel good. Everything that we eat affects us in a positive or negative way, and many people don't even realize how. For example, if you have a greasy, fatty lunch, the chances are you're going to be sluggish for the rest of the day. Why? Because eating foods that are full of chemicals and toxins, such as McDonald's, makes it extremely hard for your body to digest. The worst part is that, all of the toxins and acids that don't get eliminated from your body get stored in your body as fat. So try something new for lunch, by either creating your own lunch ideas or looking up a recipe. If you consciously make an effort to think healthy, you will probably begin to eat healthy. Just changing your mind set could make a world of difference. Go and make yourself a sandwich, a salad, or even grab a fruit cup from the cafeteria.

When people think of eating healthy they usually think of "calories." Counting calories is next to useless. It's impossible to count how many calories that you really intake throughout the day because all calories are different and they don't all equal the same amount. Comparing calories is like trying to compare apples to bananas, each of these fruits is completely different and they both affect us in unique ways, just like calories. When you are trying to eat healthy its best away from



The things you never thought could be in a smoothie

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The low down on chowing down Cont'd

things that are packages or processed, go for raw instead. When you begin to eat foods that are healthier for you then your body will learn to reject foods that are unhealthy.

The last and probably the most important thing to remember about your health, is to drink water. Just having a couple glasses here and there is great but having a couple of liters a day is even better. Water allows you to loose weight naturally, have healthier skin, feel energized, reduces the risk of cancer and of course keeps you hydrated. Dehydration is dangerous and can potentially lead to serious out come such as dry skin, muscle cramps, kidney failure and even to death. Easy ways to tell if you are dehydrated are if you are thirsty, tired constantly or have a headache.

I decided to go down to the foods room and get Mr.Thornhill's take on nutrition.

ST: How do you promote healthy eating in the foods room?

BT: I am a big believer in making food from scratch; this way you can avoid all the preservatives and synthetic ingredients that go into processed food. By making food yourself, you know exactly what you are putting into your body, and it's a great way to spend time with family and friends.

ST: Do you raise awareness of the side effects of fast food?

BT: We do talk about the effects of fast food but I think that the students of our school already have a very good grasp about what a diet high in fast food does to the body. If consumed regularly, the amount of sugar, salt, and fat is staggering.

ST: Do you consider your self a healthy person?

BT: I think I am fairly healthy but could do better.

ST: What do you do to eat and stay healthy?

BT: I try to get as much fruit and vegetables in my diet as possible and try to avoid deep fried foods. My biggest challenge is getting enough exercise- in the summer I get lots but when school and sports teams get going it gets busy so I really have to plan my time to get a variety of different workouts in.

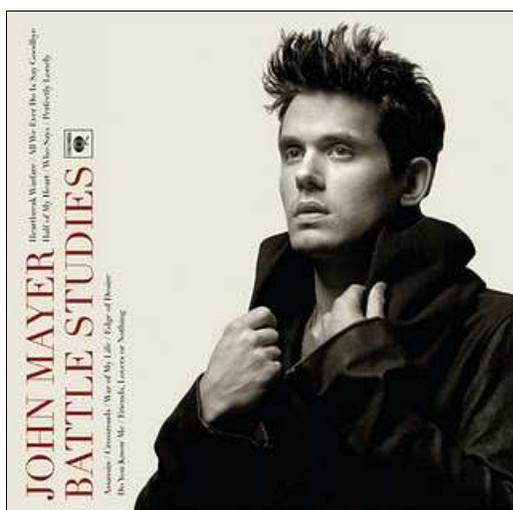
ST: Thanks for your time!

BT: My pleasure!

So now you know the keys to staying healthy. If you find yourself falling back into your bad habits after a while, take some time to look back and find the reason that caused you to go back to your unhealthy ways. If you don't know why you are craving junk foods or certain foods try looking it up; so that instead of having unhealthy foods you find a healthy substitute. Just remember, never give up!

-Kate Pearsall

Sabre FM: Battle Studies By John Mayer



John Mayer has his swag on with his 4th album cover

John Mayer. Those two words make ladies all over the world (and yours truly) squeal with delight. The only person who may be groaning as they read will be a certain English 11 teacher who is probably sick of seeing deep white boy's albums getting reviewed and is probably praying that one day someone will review a Lil' John album....

But I digress,

Mr. Mayer has really let it all hang out this time on Battle Studies his 4th album as a solo artist. From the opening lines of "Heartbreak Warfare" to the bluesy guitar closing of " Friends, Lovers, or Nothing" Mr. Mayer shows us that

he is at crossroads in his life (p.s there is a song called "Crossroads".)

Mr. Mayer had a very troublesome year when he was recording his album as his life was not as private as he would have liked it to have been due to some high profile female relationships (I would list some but this guy gets so much action that I would have to write a whole article on that.) This eventually lead to many run-ins with the paparazzi.

Songs like "Heartbreak Warfare", "Edge of Desire" and " Half of My Heart" show us how much John Mayer is struggling to find the right woman to love. From what he shows in his heart is broken and he needs time to heal. This process though in my opinion has lead him to become a more

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Sabre FM Cont'd

Intricate vocalist and song writer. They say what doesn't kill you makes you stronger and on Mr. Mayers 4th album he appears stronger.

"Who Says", "Perfectly Lonely", and "Assassins" show us two things. John Mayer has come to learn not to care what people say and if he needs to be alone and get some clarity so be it, he is "perfectly" happy to do so. Then on "Assassins" we are shown that John maybe has to be more aware of what he does and who he does things with because lately his lack of awareness has come back to haunt him.

All in all Battle Studies is a magnificent insight into a troubled mans life and if you listen closely enough you may gain some insight into your own life.

Key Track : Every song

- Chandler McCorkindale

Matthew Swanson– athlete of the year

In the cafeteria on a rainy Tuesday afternoon I had the great pleasure to speak with Sutherland's very own Matthew Swanson, whose achievements in the Isle of Man earned him a well deserved fourth place in the 800 meters. You have most likely heard his name on the announcements but have never thought more than just his name. But I'm here for the Sabre Trooth to tell you all about him, his achievements and who he really is!

ST: So what grade are you in, for those who don't know?

MS: I'm in grade 12, should be a fun year!

ST: How long have you been doing track?

MS: I've been running at a competitive level for 5 years now.

ST: Why do you do track so much?

MS: It's something I'm really good at and I've always enjoyed doing it.

ST: Do you plan on pursuing it as a career or is it just for fun?

MS: Ideally yes but it's difficult to tell if a person can be as competitive when they're 17 as they will be in say 5 years. So right now I'd like to but I would also love to go into sport sciences like kinesiology.

ST: Any plans for after high school such as University or College or working?

MS: Hopefully I can get into a University in the U.S.A. on a sports scholarship and see where that can take me

ST: Now for a more personal question, and perhaps the most difficult.

What is your opinion on LGs?

MS: They're HOT!

ST: Care to elaborate?

MS: -no comment-

ST: Any plans for traveling after grad?

MS: Well track has taken me to places like the Isle of Man so I would love to travel and see the world through that, but if not through track I plan to save up money so I can go traveling myself.

ST: Speaking of the Isle of Man, what exactly did you do there?

MS: I practiced for a lot of the time and went through several heats to place fourth in the finals of the 800 meters representing Canada at this year's youth common wealth games. But for a lot of the time I got to talk with people from other countries, it was a lot of fun.

ST: Do you do any other sports than track?

MS: Yeah, I do soccer and cross country, though I also used to do competitive kickboxing

ST: Do you have a favorite class?

MS: My spare, helps me catch up on my sleep!

ST: And a final question for you before you run off to track practice yet again, what superpower would you like to have?

MS: Super speed, oh wait, I already got dat one on lock! So probably the ability to control fire.



Matthew Swanson, warming up for victory at the Isle of Man.

As he bounded away, quite slowly by my reckon, I realize he may be one of the fastest people whom I may ever be graced with the chance to meet. Hopefully this has put a better idea of who Matthew Swanson is instead of him just being the guy always on the announcements being praised for his speed and his winning attitude, good luck at the next track meet Matt! Be sure to congratulate him when you see him next.

-Matthew Dick

How to: recover from embarrassments

Even I get embarrassed



Face it, everybody has done it. As much as we think it is “un-human”, WE all have done it. We do it in front of the person we like, in large groups of people, family members, or even just some random person walking on the street. If you do not know what I am referring to or is completely lost, then I will simple it up for you in just one word. EMBARRASSMENT. It is part of the human society to make ourselves look presentable and clean...but let's be real here, almost everyone has embarrassed themselves in one way or another. Whether it was saying something you shouldn't have, having weird noises coming out from your body, toilet paper stuck to the foot, smacking into something or just plain tripping and falling, almost everyone on planet Earth has embarrassed themselves. Most people can not handle embarrassing themselves and act like it's the “End of the World”! I, myself personally am a very clumsy person and almost constantly find myself tripping over my own two feet in public at least 100 times a week or manage to somehow do something even more embarrassing than that. I manage to recover from embarrassing myself just fine, but... to those who have never experienced it before; I will give you some three easy pointers on how to recover from embarrassing moments.

Step 1...BREATHING: Omigosh you were coming back from the washroom at school and upon returning to your desk you sense a few snickers around you. Your eyes catch something white and trailing and you notice that there is toilet paper stuck to your foot. No need to worry. The first step into recovering from anything is Breathing! We citizens breathe regularly and just by taking a few minutes to catch yourself and releasing all of that bad tension works to calm yourself down. Breathe in through the nose and out through the mouth slowly. There is no need to get all stressed out and have a heart-attack. Just calm down and relax!

Step 2...LAUGH IT OFF: Okay, once calming down has happened, one massive component when dealing with embarrassing moments is to learn to Laugh it off. There is no point into being all sensitive and feel bad for yourself after. From the scenario that is described above if you just laugh it off and act like it is no big deal then people will treat you like the cool person that you are. Oh, and try and get rid of the toilet paper that is stuck to your foot before “stuff” goes down!

Final Step...DON'T GET SENSITIVE: The one thing that some people do that drives me crazy is that they get too sensitive! Getting Sensitive in certain situations is tolerated. When a person starts getting emotional by acting all embarrassed this makes him or her look kind of sad and

“Lets be real here, almost everyone has embarrassed themselves”



pathetic. There is no need to go cry to “Mommy” after noticing toilet paper on your foot. Learn to be cool, and people will treat you good and your “Swag” will be redeemed.

All-in-all, recovering from embarrassments is not always easy to deal with. Just by reading this and follow my steps the “toilet paper” incident will seem like it was no big deal. Everybody from planet Earth has embarrassed themselves and it is definitely not the “end of the world”, just because something has happened to you. Act cool, be cool, become the “swag master” that you are, and learn that everybody makes mistakes!

- Julia Gaunt

How embarrassing! Do not let this happen to you!

The boy among the men

Baseball. Many are quick to point out how boring it is to watch, and how professionals are paid so much to do nothing more than "eat spitz" and "chew tobacco" all game long, but have you ever hit a 90 mph fastball? It is a sport that requires talent, and hand eye coordination, among many other things. Sutherland is very quick to point out the "WHLers" to be of our school, as well as our successful athletes from our school teams, but there are so many more that go unrecognized, partially because we do not have a school team, or because our city, nor our province, possesses a professional team that is influential on the community. Baseball players are not recognized at the highest stage until post secondary, when everyone moves on with their high school careers. Lachlan Fontaine is one of the top high school baseball players in the Province, and I thought it would be nice for me, as well as everyone else, to get to know him a little better.

MM: How long have you been playing baseball for?

LF: I have been playing for about ten years.

MM. What position do you play?

LF: I used to pitch and catch when I was younger but now I play 3B and 2B.

MM: When did you decide that playing baseball was your passion?

LF: Grade 9.

MM: What team are you playing for right now?

LF: I play for the Premier North Shore Twins.

MM: Well done. So last year you played under age with the North Shore twins, can you explain what it was like to play with guys 3-4 years older than you?

LF: Uhhh.. How can I describe this. It was very overwhelming because they were a lot bigger and stronger than I was, because I was just a young kid.

MM: Were you the youngest player in the league?

LF: Ya myself and this guy from Vancouver Island were the two youngest in the league.

MM: Wow, that's amazing. What did you do over the summer to stay on top of your game?

LF: I was invited to play with the summer team En Fuego down in Hawaii, it was a big tournament, we played the Japanese National team, which was definitely the highlight for me. I was also invited to a select tournament down at the University of Washington. Last but not least, last month I was invited to the Mizuno Blue Jays Camp in Toronto at the beginning of September, which was a great experience.

(I did a little more research on this Blue Jays camp in Toronto, and Lachlan left out that it was a select camp with only 50 of the brightest young stars in the nation attending)

MM: Wow, that quite the list of achievements right there. It sounds like scouts are starting to find out who you are.

LF: Ya they are, it's just great to know that all of my hard work has finally paid off.

MM: Its sounds like it has so far. Do you think that a career in major league baseball is a path your willing to take if presented with the opportunity?

LF: Definitely, its what I've been working towards for a long time and I think with lots of hard work and dedication to the game I may be



Lachlan following through after crushing a ball into the gap



Lachlan ready to swing against the Japanese picture.

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The boy among the men Cont'd

Able to reach that goal.

MM: What professional baseball player do you think that you are most like?

LF: Justin Morneau, he is Canadian and my coach said I play and look like him.

MM: I don't see the resemblance at all but ok.....So, on the more personal side, rumour has it that you rock the high socks, Is that true?

LF: It is true! I've always worn my socks low but lately I've been rocking the high socks.

MM: I heard you hit your first big league hit home run off Sutherlands very own Erik Brownell in a tournament down in Washington. What did that feel like?

LF:(laughs) Yes I did hit one off Erik, it felt awesome. He left a pitch in the middle of the plate and I managed to put a good swing on it.

MM: Congrats Lachlan, first of many I'm sure.

Erik later stated " I knew it was gone when he made contact" don't worry Brownell, just read the scouting report next time, everything down and away on Fontaine.

There you have it Sabres, a little inside scoop on one of the sports brightest young stars. Keep working hard Lachlan, we hope to see you in the Major Leagues someday!

-Mitchell Merilees

Living with siblings

Have you ever been swirl-eed, pushed over, or tattled tailed on? Well then you, my friend, have a bad case of siblings. Most of us have siblings, some older, some younger, some the nicest kids in the world, some not so much. Even I fit into those categories. I, myself, have three siblings, an older brother, Mike, an older sister, Tori, and a younger sister, Hannah. Growing up with siblings can be a very different experience for everyone. For me, when I was younger I got along quite well with my two sisters because we would spend all day bonding over Barbie's and Polly pockets. The years went by we stayed the same, laughing and smiling all day long. I don't think I have ever been in a fight with my sisters. Some

of our fondest memories might have been sledding in the winter, filling my entire living room with a fort that looks like it was made by a caveman and, my favorite, sticking our little bodies in pillow cases and sliding down the stairs, I still do that one. If you have never tried it I fully recommend you give it a go once you get home. You are never too old to slide down the stairs in a pillow case.



Jordanna Jennings with her two brothers

Well, what I said earlier about not fighting was a bit of an exaggeration; me and my sisters aren't perfect and therefore did go through the fighting stage. If you and your sibling(s) get along I am jealous. Marina white, a grade 11 student stated, "Me and my brother never fight, I love him! And he loves me and idolizes me!" Unfortunately, my older sister started becoming to cool to hang with me and Hannah, so we just stopped playing with our toys and started to not get along so well. During this unfortunate section of my life there were many fights between Hannah and me. An anonymous grade 11 student, can relate. "There's a lot of tension between me and my sister. We do anything to avoid each other, constant

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Living with siblings Cont'd

fighting". Some childhood fights may have included yelling or raising of the voice, but this doesn't relate to my experiences. No, my self and my sisters were very physical fighters. The fight I am most fond of was when I shoved a cantaloupe in my sister's face. It was a horrible thing to do, and I take it back but reflecting on it now, it is hilarious.

Being in a family of six things can be very busy around the house. There is always someone home or something going on, this can be a good thing and a bad thing. Jordanna Jennings, a grade 10 student, can relate to the busy life of siblings.

"Well I have two little brothers

so it is crazy and loud. My brother shoved mashed potato up my nose on Thanksgiving!". Also on the topic of big

families' Nico Tonino, a grade 11 student said, "I like it because you're never alone, and I like that.



The Heavenor kids showing lots of emotion

I would hate being an only child. It also helps with your people skills and being with more people is more fun."

I have loved growing up in a big family but if I could change anything it would be the order of the kids. I would want to be the oldest girl. I'm sure someone can agree with me when I say being the middle child can be pretty brutal sometimes. You get all the hand-me-downs and you're not noticed as much because you aren't the youngest and you aren't the oldest. In my opinion, the worst part of being the middle child is watching my younger sister get spoiled while I just have to be thankful for what I have. So I'm going to take a moment to say good job to all the middle children out there. Life will get better.

-Cassie Heavenor

Ten teams to watch in this years UEFA Champions League

Soccer, known also widely as football, is recognized by many people as the best sport in the world. There are professional leagues set up all around the globe. The main continent where soccer is acknowledged the most is Europe. Every year the top 32 teams in Europe battle it out to determine which team is the best on the continent. The competition was first founded in 1955 with the original name of The European Cup. In 1992 the competition's name was changed to The UEFA Champions League. The final of the competition is one of the most viewed sporting events with an annual audience of over 145 million television viewers. As a player and avid viewer of soccer here are my top ten teams that are favoured to win this year's competition.

10. Inter Milan (Italy)

Inter Milan are not nearly the same squad as they were two years ago when they won this competition. The departure of mastermind tactician Jose Mourinho and clinical finisher Samuel Eto'o has left them in a tough position. You're probably even wondering why I am even considering them to be a threat in this competition but I have some valid reasons. Replacing the speed and finishing of Samuel Eto'o was a very hard thing to do for this squad. To do so, Inter brought in Mauro Zarate on loan from Lazio. Zarate is a very talented winger; the speed and vision he brings to the squad is a very big boost. In the finishing department, Inter signed Diego Forlan for a fee of 5 million Euros. This signing was



Luis Nani can lead Manchester United to Victory!

Continued next page...

Ten teams to watch in this years UEFA Champions League Cont'd



Lionel Messi celebrates after putting his team ahead at Wembley.

one that Inter could not hold back on; Forlan proved this past summer during the Copa America that even though he's getting older he still has the magic touch. Inter have a very tough task of bonding with a new squad but with the experience and leadership of Lucio, Maicon, Zanetti and Sneijder they still have a good shot at glory.

9. Arsenal (England)

Usually Arsenal are considered as one of the biggest threats in this competition but due to some changes made during the transfer window they have lost much more than they have gained. The Gunner's captain and star midfielder Cesc Fabregas moved back to his former club FC Barcelona. This was a huge hit for Arsenal because no longer would they have such an experienced leader in the squad. Also, the young and gifted Samir Nasri had left for nearby club Manchester City. Nasri was one of the Gunner's primary sources of attack. Arsenal did gain a very wide range of skilled players though for this new season. The signings of Per Mertesacker, Andre Santos, Mikel Arteta, Yossi

Benayoun, Park Chu Young, Carl Jenkinson, Gervinho, and the very talented youngster Alex Oxlade-Chamberlain. Many changes for the Gunners this season but with the leadership of newly promoted captain Robin Van Persie, things look bright for them.

8. Manchester City (England)

Throughout recent seasons, Manchester City has always been disliked by many people because of the fact that they just keep buying the best players in the world. Manchester City has an enormous amount of financial support and usually when they want a player, they will get the player because they can offer any reasonable demand. This year they did as they would always do and bought two very skilled players Samir Nasri and Sergio Aguero. Both of these players are arguably the best in their position. This year they are a very fun team to watch because they have an absolute powerhouse of an attack. You could refer to their four attacking players as the fantastic four. At left wing they have Samir Nasri, in the middle at striker Edin Dzeko, on the right wing they have Sergio Aguero and in behind for support they have David Silva. Our ranking may not show them as a big threat but these days anything can happen in football.

7. Napoli (Italy)

Napoli had a breakout season last year. They placed second in their league and showed that they have quality players on their team. Placing second qualified them for the UEFA Champions League for this first time since the 1990/91 season. With a very strong attack and speedy midfield Napoli have a great chance at going all the way in this competition and they are backed by their president at doing so. **"We are interested in winning the Champions League,"** stated Napoli President Aurelio De Laurentis. Some big names on the Napoli squad are Edinson Cavani, Marek Hamšík, and Ezequiel Lavezzi. These three players have great chemistry together and have the potential to claim Europe's Crown.

6. Bayern Munich (Germany)

Bayern Munich has always been a dominating force in Europe. When all of their players are at full fitness they play wonderful football. This year they want it all. They went out and purchased a world class goalie Manuel Neuer. Neuer has always shown a desire to play at Bayern Munich for the longest time. Bayern Munich is another team that has a stacked offense. Names such as Mario Gomez, Franck Ribery, Arjen Robben, Bastian Schweinsteiger, Thomas Müller and Phillip Lahm make Bayern Munich one of the best teams to win this competition.

5. AC Milan (Italy)

Milan came first in their league last season. An individual that played a very large roll for them was Zlatan Ibrahimović who was on loan from Barcelona. Milan had to make sure that they kept such an important player so they made a permanent purchase for a fee of around 24 million Euros. Andrea Pirlo, A vital leader on the team decided to part ways with Milan this off season. This worries fans very much but they are still confident that the group that they have is capable of bringing home their eighth UEFA Champions League trophy.

Ten teams to watch in this years UEFA Champions League Cont'd

4. Chelsea (England)

Chelsea went under a few changes to get ready for this upcoming season. They replaced former Head Coach Carlo Ancelotti with Andre Villas-Boas. Villas-Boas completed a treble last season with his former club FC Porto which was enough to see him get an offer from the Blues. Chelsea also acquired the services of [Raul Meireles](#), [Juan Mata](#) and [Romelu Lukaku](#) during the transfer window. The Blues have always had a very strong team. Many experienced players such as [Frank Lampard](#), [Didier Drogba](#), [Nicolas Anelka](#), [Florent Malouda](#), [Ashely Cole](#), [Petr Čech](#) and their skipper [John Terry](#). Also the skills of Fernando Torres and Juan Mata will give this team a great opportunity to win their first Champions League crown.

3. Real Madrid (Spain)

Real Madrid has won more Champions League trophies than any other club in history. Real Madrid picked up a few new faces during the transfer window to strengthen their squad. The players that they signed are [Fábio Coentrão](#), [Raphaël Varane](#), [Nuri Şahin](#), [Hamit Altıntop](#) and [José Callejón](#). Real Madrid has arguably the best player in the world on their team, [Cristiano Ronaldo](#). Ronaldo can do many brilliant things on the pitch but none of them would be possible without his teammates. The players that accompany him in making Real Madrid a very strong squad are [Mesut Özil](#), [Xabi Alonso](#), [Sergio Ramos](#), [Kaká](#), [Karim Benzema](#), [Gonzalo Higuaín](#) and [Ángel Di María](#). Jose Mourinho, The manager of Real Madrid stated, "I'd like to win my third Champions League title with my third team." Managed by someone who has won this competitive competition twice already with two different teams shows that Real Madrid have a great opportunity at hand.

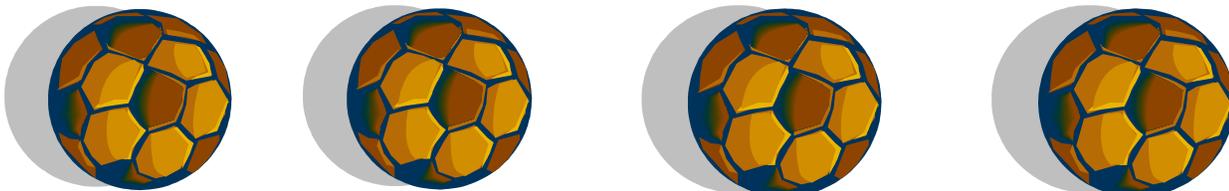
2. Manchester United (England)

United went to The Champions League Final last year but were defeated by FC Barcelona. The Red Devils are determined to come back this season and win this competition. After their number one goalkeeper retired last season they decided to go out and find a young talented keeper and that's what they saw in [David de Gea](#). Manchester United also acquired the skilled and speedy winger known as [Ashley Young](#) and also signed the counter attack specialist [Phil Jones](#). [Wayne Rooney](#) has shown that he is ready to lead his team to glory this term by having a great start to the season. Winger [Luis Nani](#) has shown that he can become a United legend by playing his best football ever for the club so far this season. Manchester United has a team packed with skill and dedication. Their Manager, Sir Alex Ferguson is considered the best in the business and with his experience he can guide United back to finals this term.

1. FC Barcelona (Spain)

The reigning champion of the competition is FC Barcelona. They are the most decorated team in the last few years and have often been said to have one of the best squads in history right now. Winning two Champions Leagues titles in three years is no easy task. Barca has the strongest defense in the game right now. It consists of [Dani Alves](#), [Carles Puyol](#), [Gerard Piqué](#), and [Éric Abidal](#). Their Mid-field consists of four world class players in it their names are [Cesc Fàbregas](#), [Xavi Hernández](#), [Andrés Iniesta](#) and [Javier Mascherano](#). Their Offense is led by [Lionel Messi](#). Messi is considered by many as the world's best player. Along side him there is [David Villa](#), [Pedro Rodríguez](#) and newly acquired [Alexis Sánchez](#). Barcelona has shown in recent years that they are the best club in the world. Most of the players have been together for a long time now and they all blend so well with one another. If Barcelona continues to play this amazing they could lift the trophy for a second consecutive time.

-Vish Kanga



How to avoid nudist colonies

Bring your eye line down and check out who I am.

Have you seen me before?

Do you know me?

Are you friends with my sister?

Am I your insane neighbour who holds séances in the middle of the night?

Do you wash my dog?

Well if you recognize me, you'd know that I don't exactly have the best sense of style.

It's not like I look like a homeless zombie having eaten my twelfth human or anything, but I'm pretty boring.

I love those plain ole shirts, simple jeans and the guy shoes.

What can I say; when I'm comfortable I'm happy.

I don't know if you're that way too or not, but if you are, read on and find a way to fit in with the fashion forward of us.

Well...so..I guess to start with that fashion stuff: Read on to find out what "brand" of teen you want to fall under; i.e., hipster, "guido"(see Urban Dictionary.com for the current teenage reference), lazy, or actually fashionable... or whatever.

You "hipster" people.

What I have observed of the male "hipster" is this. You want to think every where you are going is fancier than it actually is.

So that means you wear cardigans

Matthew Swanson, having left his runners at home.



and suit jackets, instead of t-shirts and hoodies. You wear loafers instead of vans. Black socks instead of white. Dark skinny jeans instead of those baggy ones that like to hit the floor and make girls go "ew". You get the idea, everything you go to turns into your cousin's wedding. You gotta look nice or your great uncle smacks you.

For the female "hipster" you want to strive to be an American Apparel poster child.

Which means go there, shop there, and leave me alone...

That was a joke... Anyway. Again you gotta

look like you're the fanciest person in the room. Every room. Tights, loafers, skirts, anything out of your grandmother's closet. Or you have to make the new look old by distressing things. Therefore pulling the living hell out of that sweater till it is five times the size of your body.

3 Must haves:

1) Flannel. Every single hipster to have ever slowly sauntered across this earth has flannel. Wear it often, and on top of every single thing you own.

2) Black rimmed glasses, whether you need them or not. Nobody needs to think that you've become the next four eyes for no apparent reason.

3)Loafers. A white pair of runners just doesn't cut it anymore. I really don't think you're going to go on a run anytime soon unless you're Matthew Swanson.

You "guido" (Jersey Shore Wannabee) people.

If you are a "guido" why in the heck are you up in Canada? You can't get a real tan anywhere and your orange looks suspiciously expensive.

All "guidos" have the same basic properties. They attend gyms regularly, have very clean clothes, and and...ya..know...tan.

The male "guidos" wear t-r-a-c-k s-u-i-t-s... in any colour that can't naturally come from this planet, but only during the day, as that is when they work out and are in

-Cont'd on next page

Secondary School Apprenticeship: Something Sutherland students should check out

You may see him marching down the halls, a big bright smile across his face; he's the Hagrid of Sutherland Secondary. His name is Mr. Mikkers and he has the ability to enrol you into the SSA program. I was able to track the big man down, and get an interview about the program.

Sorosh: Hey Mr. Mikkers, can you describe the new Secondary School Apprenticeship Program?

Mikkers: People can go out and they can go to the police academy and actually get training. They can go into medical professions and chat with a doctor or somebody that is an X-ray technician. Lots of people who are interested in becoming doctors can work in pharmacies and that sort of thing. Law offices, engineering offices, graphing and architect offices, it's just a great program to try new things. You get credits for it too, it's part of your work experience.

Sorosh: Is the SSA program very time consuming for those who have busy schedules?

Mikkers: Well it's done outside of school, it can be set up to do it on the weekends or after school but it's part of your graduation requirements. So it's kind of a cool way of getting graduating credits.

Sorosh: Who are the students that can be enrolled in the SSA program, is everyone qualified?

Mikkers: I think so; it depends, for some certain things you need to be 15 or older. One thing that's really cool, that's happening is the Secondary School apprenticeship program. You can go out and schedule time and become an apprentice and get paid for it. For example, if you were interested in carpentry and welding, you can learn how to do it, get paid,

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How to avoid nudist colonies Cont'd

need to wash their clubbing/"social" clothes. The "social" wear of the male "guido" is basically anything with a big price tag on it, ie, studded shirts, black jeans, a spiked hair-do.

The same expensive principal works its way to the female "guida" also. Except they never look like they're going to the gym (even when they are) High hair, low shirts, and shorts/skirts as to stay cool in the "guidas" typically warm envi-

ronment. These low shirts, and short shorts/skirts need to be very noticeable as to be seen from afar. Which is the point of the female "guida" with their hair up to high heaven. I would recommend a "bump it" for this. Guidas are also very attracted to shiny objects.

3 Must haves:
1)Gym equipment
2)A method of tanning.
3)Something expensive.

You "lazy" people.

This is the plan. Wait till none of your clothes fit, so then your mother needs to buy you a whole new wardrobe in fear of you going outside naked. Then throw it all on the floor. Pick up whatever you see first, put it on, then you're good to go.

3 must haves:
1)A shirt
2)Some pants
3)A pair of shoes

You "actually fashionable" peo-

ple.

Well... "actually fashionable" people...don't exist. As fashion is something that everyone has their own opinion of, and therefore is not definable.

If you like what your wearing, whether it's "fashionable" or not as long as you feel good in your skin that's all that matters. Dress for yourself, no one else. And if your tempted, maybe go and buy yourself a "bumpit".

-Brittany Mrcic

Secondary School Apprenticeship Cont'd

get school credits; you can also do it during school time as a part of your class.

Soroush: Where in the school could students go if they're interested?

Mikkers: They can find me, Mrs. Giraud in the counseling office, or Mrs. Watson who is the foods teacher. So all three of us are involved in setting up job placements, and they can go to the bulletin board just outside the counseling office. There is tons of information there.

Soroush: Are there any other ways of finding information about the SSA program?

Mikkers: There's a great website that offers information about hundreds of different jobs, and there's lots of weird stuff too-- you can even train to become a funeral director. The website is ibatc.ca and you can get involved with any one of those. And if you finish the program, maintaining a C+ average, there is a thousand dollar scholarship.

Soroush: A thousand dollar scholarship? No strings attached?

Mikkers: Well the strings attached are that you maintain a C+ average, and finish the work, it's generally very important to be interested in the work you're doing.

Soroush: Well all this was great to know, I wish I would have learned about the SSA when I was younger. Thank you for your time Mr. Mikkers!

Mikkers: Take care!

After talking to Mr. Mikkers I was able to meet one of the students who have been enrolled in this program for quite some time. Grad Student Hayley Muir shared her input.

"I've been working at Hatz Hair studio for two years now. Working there as an apprentice has given me a lot of opportunities and experience that I wouldn't have gotten without the apprenticeship. I have learned so many important skills that I can build on, and so much about the industry. The apprenticeship has also given me a heads [up and has got me prepared for later jobs as well also prepared me for what I might face later in my](#) career and whether or not I still want to advance in the career. Apprenticeships are a great start to even greater careers."

Well there you have it Sabres, I highly recommend contacting Mr.Mikkers, Mrs. Giraud, or Mrs. Watson if your interested in trying something new that may have a big impact on the success of your future!

-Soroush Sharafzadeh



-Hayley has been working in this studio as an apprentice for two years!

B-B-B-Bacon strips

Who doesn't like bacon? I know I love the stuff, and so does just about everyone in the world. Just what is it about bacon that we like so much? I'm pretty sure it's the combination of salt and fat, which is darn near irresistible. I'm sure that even vegetarians love the stuff, they just don't want to admit it! now then, by now I'm sure your thinking, what is the point of this article? Well the point of it is BA-CON! Now I'm going to tell you about the best kinds of bacon, how to cook it, and the most ridiculous bacon creations you have ever seen

Best kind of bacon: Hands down, the best bacon for eating straight is thick cut. I don't want to see any turkey bacon, any thin cut super-market junk, if you want good bacon, you get thick cut, and you enjoy it. There are no questions here, and no room for change. The only reason that you would buy anything different is if you need to wrap something in bacon, then you buy the thin stuff. No other reasons can possibly be given not to get the thick cut bacon.

How to cook it: When cooking bacon, you need to make sure that it doesn't cook on one half, and then be practically raw on the other half. Basically, you need to cook it in the oven. Put a cooling rack on a cookie sheet, then cook in the oven till its done to your liking. Bonus points if you put brown sugar on it, making candy bacon!

What to use it in(or on!): BLT. That is pretty much the best use for bacon you can ever make, asides from straight eating it. There is just something about a BLT that is just about as close to food perfection as is possible. Or, you can put it on a burger, with cheese. Suddenly, you have the most popular fast food in the world. The possibilities are endless. You can even dip it in chocolate, then sell the resulting chocolate bar for eight bucks a piece. That's right folks, its not just delicious, it can make you money!

The 6 best(and worst) bacon creations, from worst(#6) to best(#1)

6. Bacon bits, Bac-o-bits, or any variation of those two words. This stuff is junk. No real bacon is involved, its just oil, artificial flavor and soy protein. If you accept this stuff as a suitable bacon product, you are dead to me.

5. Turkey bacon. This is like bacon for babies. It has no real flavor, and it doesn't get crispy. Doesn't. Get. Crispy. That is pretty much the entire reason not to like the stuff.

4. Bacon-scented cologne. That's right, it exists. Who doesn't want to smell like the best food ever? I know I do! I'm not sure where to buy this stuff, but that is what our friend Google is for, I guess.

3. Now we are getting into the good stuff bacon flavored, well everything. A company called J&D's makes all sorts of bacon flavored things. Baconnaise, which is bacon flavored mayonnaise, and bacon salt, which is great on fries, as a dry rub for meat, its everything you could want in a seasoning mix. Good for just about everything! They even make bacon flavored popcorn, which is pretty much the best thing ever created to me, as popcorn and bacon are my 2 main food groups.

2. Anything made by EpicMealTime. Everything they do involves bacon, and extreme quantities of it at that. I would not suggest watching any of their videos on an empty stomach, as you will probably end up eating a full package of bacon, which is not advisable in any situation.

1. Bacon. just straight up bacon. Its best without any extras, no nothing, just flat out bacon. No argument can be made about this. And that's the end of my bacon list of greatness. Hope you enjoyed it, like I'm sure you enjoy bacon on the weekends.



Bacon, the way it should be

Mr. Thornhill vs. Gordon Ramsay

Most amateur chefs would be terrified at the prospect of entering Hell's Kitchen, and yet every year, hundreds of innocent students sign up for Mr. Thornhill's foods class, completely unaware and oblivious to the perils they will inevitably soon face. Here in Thornhill's kitchen, you will be subject to completing random questionnaires based on everything from the inner workings of an egg to safety in the kitchen, cleaning up after yourself, and even occasionally cleaning up after Mr. Thornhill himself if you dare assign yourself the job of "special duties"!

However, there is an upside to signing up for this class. I can guarantee that you will never get called a "stupid donkey" or thrown out of the class for under-cooking the Beef Wellington or burning the risotto, nor will you ever have to actually prepare either of those two things. Instead, you are gently instructed how to cook properly using friendlier, less intimidating recipes such as ravioli, bagels, and butterscotch buns, to name a few.

On one special day nearing the end of the semester, students have a week or so to collaborate with their friends in their unit and comprise a pleasing menu that is suitable to prepare for Open Foods Lab. This is strikingly similar to when Hell's Kitchen contestants are given an hour to come up with a menu using only a limited selection of pre-determined ingredients, and then put together those dishes and present them in a visually appealing way.

But what else do the two kitchens have in common? Why, the head chefs themselves! Imagine what would happen if the two talented foodies were pitted against each other in a grueling competition of slicing and simmering and sizzling. One might argue that Thornhill would easily take the cake (punny) based solely on his looks alone. But, as with many other fiery debates like this one, there are other areas to consider. For example, Ramsay's loud attitude could give him some more confidence in the kitchen, but could also scare away a few prospective customers. Meanwhile, Thornhill could slide under the radar and quietly whip up his dishes before showing off his charm to his own customers, without causing any big commotion.

Another aspect to look at is, how would Ramsay survive in Thornhill's kitchen, and vice versa? Ramsay's typical workspace is most likely a lot less confined than what Thornhill is used to; Ramsay would almost certainly clutter the counters and dig himself into a hole. On the other hand, the size of Ramsay's kitchen could have Thornhill missing the comfort and simplicity of his familiar high school classroom. However, another possibility is that he could flourish in the extra space and leave Ramsay and his halibut behind in the dust.

I think I can speak for the entire student body of Sutherland when I say that, overall with all facts considered, Thornhill's kitchen is a better, more relaxed place to be. You wouldn't be caught dead making a simple french toast breakfast in Ramsay's kitchen, but honestly what would you rather work with on a groggy Friday morning, asiago and arugula or white bread and cinnamon? Umm, the latter, please. Mr. Thornhill's class is a fantastic one; an array of both novice and challenging recipes for a mix of lazy and productive days. In addition to this, you can also be sassy (in a good way, of course) without having to worry about not being allowed to return to class the next day.

So, the final verdict is that you should turn off Hell's Kitchen and go attend class because you'll probably have more fun that way anyway. And also (this is just a guess), you'll probably get a better grade too.



-Brayden Newbery

Could it be? Long-lost twins separated at birth?!

Senior girls volleyball

With our senior girls' volleyball team playing in the premier league this season, they come in as the underdogs. In a league of provincial champions and runners-up, the team has to work hard to keep up with the level of play that the other teams demonstrate.

By playing in the premier league the coaches, Mr. McGowan and Mr. Huzar, are hoping to give the team experience playing against high level teams. By giving the team this familiarity, Mr. Huzar and Mr. McGowan hope that when the girls have to play to decide if they move on to Lowermainlands, they will be better prepared.

The hopes for the team are that they win the deciding match, move onto the Lowermainlands and are able to play to the best of their abilities.

If the team plays to the best of their abilities and continue to improve they could even have a shot at Provincials this season. Even when they don't win, however, the coaches are happy as long as the team is taking steps forward and getting better every game.

As Mr. Huzar said after the St. Thomas Aquinas game, "We are taking baby steps towards our goal. We should be taking larger steps, but at least we are taking steps forward."

They want the team to continue to grow and improve. The team, this year, is composed of, not only grades eleven and twelve, but grade tens as well. Even with a large variety of players, the girls have been enjoying some laughs and good times at practices.

When they put the chemistry to work on the court, they receive good results. The girls show a lot of potential and have the chance to do very well.

In the last two weeks, the team has played Handsworth and St. Thomas Aquinas. During the Handsworth game, the girls had to focus and play over the supportive Handsworth fans, conditions they aren't really used to playing in. They started off slow, but picked it up in the third set to finish strong.

Their game against St. Thomas Aquinas followed in the same fashion. The first two sets were a bit slower, but the girls were able to make it a close third set. As the season continues, the team will face more challenges in the hope that they can reach their final goal of making Lowermainlands!



-Sadie Burgess

Huggin' it out for the last time

September 11th 2011, the history of television was changed when the television series "Entourage" ended its eight year run on HBO. In those eight years men all across the world learned to love and relate with Vincent "Vinny" Chase, Eric "E" Murphy, Johnny "Drama" Chase, Salvatore "Turtle" Assante and last but certainly not least Ari Gold. Men watched this show for the first time on July 18th 2004 and ever since they have been hooked on the tale of these five men.

The big thing about "Entourage" is that friendship conquers every aspect of the show. No matter what these boys do they do it together (sometimes they even cross swords). As guys especially in our teenage years we also do everything together and that is one of the reasons the show is so easy for us to relate. Like the characters in the show we hang out together, we talk about girls together and most importantly we rip on each other together. Friendship keeps Vincent Chase and his boys grounded much like when you are having a tough time you go to your best friends to keep you grounded.

Another one of the great things about "Entourage" is the gross-out humour. I would honestly love nothing more than to quote everything Ari Gold has ever said to Lloyd or any female character on the show right now but alas we are a school newspaper and I have no desire to be suspended.

Woman reading this article, you need to understand that for us "Entourage" is "Sex and the City" we use Vincent Chase and his entourage to live out fantasies and dreams the way you use Carrie Bradshaw and her gals to live out your fantasies. In fact if you are dying to figure out how our brains work I highly recommend you watch all 98 episodes. I watched them all this summer and trust me it's a good use of your free time. Plus I'm just kind of sick of talking about how great the show is to my female friends and getting the response "What is Entourage?"

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Huggin' it out for the last time Cont'd

One of the many cool things about "Entourage" is that it has a character for every man to relate to. For the men who just go with the flow and get everything they want you have Vince. For the men who are always trying to seize control of things and being ruthless at doing so you have Ari Gold. For the men always struggling to be approved by others you have Drama. For the lazy procrastinating men (me) you have Turtle and finally for those men who always try to do the right thing you have E. And we can't forget Ari's eccentric and charming assistant, Lloyd, who warms all of our hearts.

The show itself is inspiring. We as viewers are seeing these five guys chasing their goals and dreams and it makes us think about what we would do for our dreams. Would we sell out for a couple bucks like many actors today (see anything from the 2000's on by Eddie Murphy) or would we try to make an honest living doing something we love, like Vinny and his

boys try to do?

The other inspiring thing is that these men do everything together and make all their decisions together, which makes you honestly believe that true friends stick with you through thick and thin.

When I think about why I love "Entourage" so much I think about how real it is. The fact that is loosely based on Mark Wahlberg and his friend's lives intrigues me. It is nice for to know that in a way people actually do go through all the problems the characters do on the show. When you see other men who are struggling with woman, drugs, or even financial issues it really makes you think about what you yourself would do in those kinds of situations and it really puts your life into prospective.

For me "Entourage" isn't about watching the sex, the drug use, and the partying lifestyle. It's about watching five guys go through the same things every guy goes through and watching them find a way to fix all their problems. Sure we have to remember that they are rich and can have anything they want but once you get past all that these characters are so easy to relate to.

"Entourage" teaches us that we can do what we love with the "bros" we love. "Entourage" inspires us to go out and be who we want to be no matter what the cost. The show makes us believe that the money, the power, and the girls are all attainable if you work hard and stay true to yourself. Sure Vinny and the Boys are all big shots in L.A. but they never forget where they came from and what is important to them and hopefully you readers never forget those things either.

-Chandler McCorkindale



Canucks day 2011

October 6 was Canucks day at Sutherland. Many sabres wore their Canucks jerseys, shirts and hats in support of the Canucks, who began a new season of NHL hockey that same day. When asked if he was excited for the start of the season, long life Canucks fan Quinten Ditomaso stated "Yeah I'm really excited, I have a feeling this could be our year."

In one case, a fan even decided to wear a Canucks flag as a cape! All in all, support for the Canucks at Sutherland has never been stronger. As the Canucks progress during the season, they will always be able to rely on the support of Sutherland's

-Justin Solyom



-Grade 9 boys reppin' the Canucks! For the most part...



-Brandon Clarke: A true Canuck.

Contributing Writers:

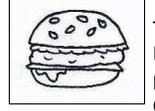
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 Mitchell Merilees
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 Justin Solyom
 Mohammed Khanali
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Astrology Jones



Aries March 21 - April 19 Element: Fire. Ruling Planet: Mars. Opposite Sign: Libra. Symbol: The Ram. Flower: Buttercup. Colours: Red and orange. Part of the

body: Head. Aries, you are very competitive at heart, this month use that to your full advantage by joining a team sport, and you will see what you can achieve. The stars are aligned for you to finally have the courage to talk to your admirer! Even if it's only for two minutes, you will realize they feel the same way, so take a chance!



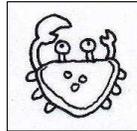
Taurus April 20-May 20 Element: Earth. Ruling Planet: Venus. Opposite Sign: Scorpio. Symbol: The Bull. Flowers: Daisy and Cowslip. Colors: Greens and Browns. Part

of the Body: Throat and Neck Taurus, you appreciate the beauty of nature, and this month you might be feeling a little stressed from school, so take the time to walk to your favorite park or sit outside with a book to let your mind go free. If your single, listen to your instinct about a certain someone, you never know it could blossom into a relationship?!



Gemini May 21-June 20 Element: Air. Ruling Planet: Mercury. Opposite Sign: Sagittarius. Symbol: The Twins. Flower: Lilly of the Valley. Color: Yellow. Parts of the Body: Fingers, Hands, Arms, Shoulders and Lungs Gemini,

you are very quick-witted and have a way with words, which will be a big plus this month when you have to talk yourself out of something you don't want to do. Insist on helping out a friend this month with school, because your expertise in a certain subject could help them get an A on that next big test!



Cancer June 21-July 22 Element: Water. Ruling Planet: The Moon. Opposite Sign: Capricorn. Symbol: The Crab. Flowers: Jasmine and Honeysuckle. Colors: White and Silver. Part of the Body: Stomach Cancer, this month you

will be lucky in love, and friendship. Towards the end of the month you will develop a new relationship that will deliver great benefits.



Leo July 23-August 22 Element: Fire. Ruling Planet: The Sun. Opposite Sign: Aquarius. Symbol: The Lion. Flowers: Marigold and Sunflower. Color: Orange. Parts of the Body:

Heart and Spine. Leo, you may run into some conflicts this month because your strong personality might drive some people off, but don't worry. Just bite your tongue and think before you speak and you'll be fine.



Virgo August 23-September 22 Element: Earth. Ruling Planet: Mercury. Opposite Sign: Pisces. Symbol: The Virgin. Flowers: Azalea and Lavender. Colors: Navy and Neutrals. Part of the Body: The Nervous System and the Intestines. Virgo, at the end of this month you

will find great fortune in an unexpected place. It might not be in the form you expect, but you will be very pleased with the outcome.



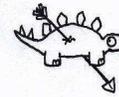
Libra September 23-October 22 Element: Air. Ruling Planet: Venus. Opposite Sign: Aries. Symbol: The Scales. Flowers: Orchid, Foxglove, and Columbine. Colors: Blues, Pastels and

Dusty Rose. Part of the Body: The Kidneys Libra, this month you are feeling more confident than usual, which is a good thing since people will be coming to you for advice, and they are liking what they hear! Be ready for plenty of social events, you might want to start planning your Halloween costumes!



Scorpio October 23-November 21 Element: Water. Ruling Planet: Pluto. Opposite Sign: Taurus. Symbols: The Scorpion, The Eagle, and The Snake. Flowers: Geranium and Rhododen-

dron. Colors: Red and Black. Part of the Body: Bladder Scorpio, you like to find the solution to everything, which is a good quality, but this month try to go with the flow by letting the solution come to you about a personal situation, it will help you feel more relaxed and at ease. This month is exciting for you over career matters; you are ready to hand in that resume! Believe in yourself, you will succeed!



Sagittarius November 22-December 21 Element: Fire. Ruling Planet: Jupiter. Opposite Sign: Gemini. Symbol: The Centaur. Flower: Dandelion and Eglantine. Colors: Purple and Blue. Parts of

the Body: Thighs and Hips Sagittarius, there have been radical changes in your life in the past few years that might be making you feel a bit down. Start to let loose a bit and enjoy yourself, it's all good. This month is a great month to make new friends who share your interests; I'm thinking a Halloween party is coming up? Go have fun--you deserve it!



Capricorn December 22-January 19 Element: Earth. Ruling Planet: Saturn. Opposite Sign: Cancer. Symbols: The Mountain Goat or The Mythical Half-Goat, Half-Fish Creature. Flower: Poppy. Colors: Dark

Greens and Browns. Parts of the Body: Bones and Teeth Capricorn, this month you will receive lots of attention for the good things you have done. Don't let it go to your head though, cause it may not last.



Aquarius January 20-February 18 Element: Air. Ruling Planet: Uranus. Opposite Sign: Leo. Symbol: The Water Carrier. Flowers: Daffodil and Violet. Colors: Electric Blue, Glow-in-the- Dark Shades, and Plaids.

Parts of the Body: Ankles Aquarius, during this month you should show more gratitude for those around you, and then in turn, you will receive thanks as well



Pisces February 19- March 20 Element: Water. Ruling Planet: Neptune. Opposite Sign: Virgo. Symbol: The Fish. Flowers: Lotus and Mimosa. Colors: Turquoise, Sea Green, and Lavender. Part

of the Body: Feet Pisces, it's a good thing your open-minded because this month will bring you new experiences that will make you jump with excitement! There will be plenty opportunities to help someone in need, lend a hand in any way you can!

