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# The Sabre Trooth

## Pumpkin Pye, anyone?



Mr. Pye is helping Sutherland's Student Leadership Council publicize its activities for this spooktacular season. Mark these events on your calendar: the pumpkin carving contest is on October 30th and the costume contest will be on October 31st.



Staff photo

## Welcome to your new home

At the beginning of the year itty-bitty grade eights come flooding into our school fresh out of elementary. They come to Sutherland apprehensive about high school. To get them settled in and comfortable with their peers, our student leadership council throws an event every September to welcome them.

This year ninety grade eights showed up to one of the best welcome events yet! They enjoyed games such as sack races, egg races, three legged races, bouncy castles, music, and even a dunk tank. Between hot dogs and nearly drowning Derrick G, student council president, everyone had a great time!

Natasha Guerra



Staff photo

**“Pitch In has been occurring at our school for the past few years but never with such varying and plentiful discoveries.”**

## Pitch In Sutherland 2012

On a seemingly insignificant Thursday this October, 30 of Sutherland's finest took part in something quite to the contrary.

The event in question was Pitch In 2012. Led by Ms. Lieblich and the fiercely devoted Environment Club. Pitch In has been occurring at our school for the past few years but never with such varying and plentiful discoveries.

The purpose of Pitch In was to clean the forest areas around Sutherland and raise

awareness about the state of our cherished green spaces.

In their crusade against trash students collected: 61 paper bags, 179 plastic bags, 15 balloons, 60 plastic bottles, 12 glass bottles, 61 cups, plates, forks, knives, spoons, 223 food wrappers, 9 pull tabs, 4 6 pack holders, 78 straws, 4 toys, 20 tarps, 14 ropes, 154 cigarettes, 1 lighter, 42 cigar tips, 33 tobacco packs, 2 batteries, 5 condoms, 2 tampons, 1 toothbrush, 1 shot glass, 1 umbrella, and finally 43 straw wrappers.

If you get anything out of this

data it should be that at Sutherland even our trash is diverse! However, it should be said that the forested areas are used by many people other than Sutherland students. So really, littering in public spaces is an issue for North Vancouver as a whole.

The Environment Club will be back out and about in the spring to clean again and compare data. So whether you're in need of service hours or just care about sustaining nature, get out there and pitch in!

Harrison McCorkindale

## Forbidden fiction

*Harry Potter. Angus, Thongs and Full Frontal Snogging. To Kill a Mocking Bird.* All very different books. But all have landed themselves a place in the top 100 banned books of 2000-2009.

Throughout history, books have been written to challenge common beliefs and explore new ideas. However, for some people, this has proven to be too much...

Sutherland Secondary School student, Katie Japaridze, has experienced this first hand. As a young girl living in the Republic of Georgia, she often found many books banned within her own school due to religious reasons. She was once, shockingly, looked down upon for reading the common favorite of many teens, Harry Potter. "My teacher even rang my mother to say I was a Satan," explains Katie.

There are countless reasons why classics such as The Lord

of The Flies have been thrown from shelves by schools and public libraries around the world. From offensive language to sexually explicit content, it seems some people are not ready for the controversial words of many of the most loved authors of all time. Surprisingly, it seems most of the blame falls in the hands of our parents.

In Sutherland's own library parents are able to challenge books, however there is a specific process they must abide by. They also have

to go up against the librarian, Ms Clark. "I believe in the freedom to read whatever you want," she explains. She does remember one parent volunteer acting on her own to "correct" an explicit Madonna book by gluing offending pages together. However, even Ms Clark has her limits. When asked if there was anything she would not allow in the Sutherland library, she had only one answer: Fifty Shades of Grey.

Ellie Irving

**"My teacher even rang my mother to say I was a Satan."**



## Best Buddies welcomes all

Sutherland Secondary is a school full of pride. One thing we pride ourselves on



Hikers spread out on the steep slopes of the Grind. Photo: Gabe

is being friendly. The Best Buddies program is a way that Sutherland makes people feel welcome. Every Tuesday at lunch mainstream Sutherland students buddy up with LSC students and hang out! Not only that, but they also go on trips outside of school. They've already conquered the treacherous Grouse Grind! A few were ready to quit the climb after only a few minutes, but with the help and support of the group they persevered! I got to sit down and talk with a Best

Buddies member, Gabe.

**ST: So, what's the purpose of the Best Buddies program?**

Gabe: To meet new people, have fun, and just hangout!

**ST: How was the grind?**

Gabe: <sup>Difficult</sup> but in the end we all felt rewarded, and we had fun.

The Best Buddies program is always looking for new people, so go join! It's tons of fun, and you get to meet some really great people.

*Delainie Childs*

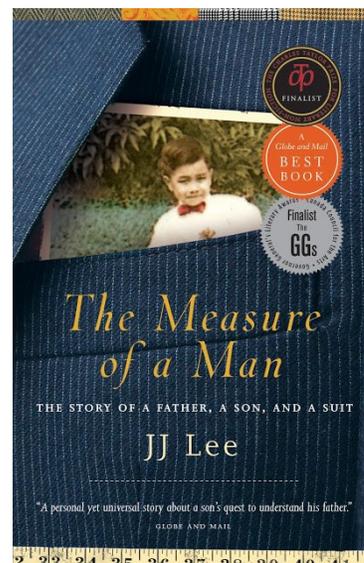
## The pleasure of prose—visiting writer issues pearls of wisdom

J.J. Lee, published author of the heart wrenching tale *The Measure Of a Man*: the story of a father, a son, and a suit was first published when he was only twenty three years old. Since then he has taken the world by storm, writing for organizations including, CBC Fashion, The Vancouver Sun, and Elle Canada. Prior to his work in writing, he was an artist, had his own TV show, and even worked as an apprentice tailor for a year. I think it's safe to say, he's done it all! So when he decided to give Mrs Alexis' Grade 12 writing students a master class, they were all overjoyed!

His tale hasn't always been a

blessed one, however. Throughout the two day master class, he told the Grade 12's the story of his father's violence and alcohol problems. But this didn't stop his bubbly, happy personality from shining through. "My mind is like a squirrel; it's a smart squirrel, but it's a squirrel!" he told the laughing class. Despite his eccentric ways and inability to work his iPad, he managed to teach the inspiring writers some valuable lessons and inside tricks of the trade. He left us all with a thought provoking message: "What you write changes you, and then it changes the reader"

*Ellie Irving*



## Prepare for the Fast!

The Fast is rapidly approaching and will be taking place on November 22nd to the 23rd. If you take part, you will be helping poor kids in Nepal.

Work on your donations and make sure you fill up because 24 hours is a long time to go without a single bite of food. Once you sign up in the office, you will need to take in \$45 of dona-

tions from willing supporters to hand in at the fast.

If you want to donate to the cause but do not want to take part, you can take donations and drop them in the office.

The money earned from this fundraiser will be going to a Buddhist academy in Nepal to support children. There, they will be taught essential skills to help them live a happy life.

Boys at the academy will be

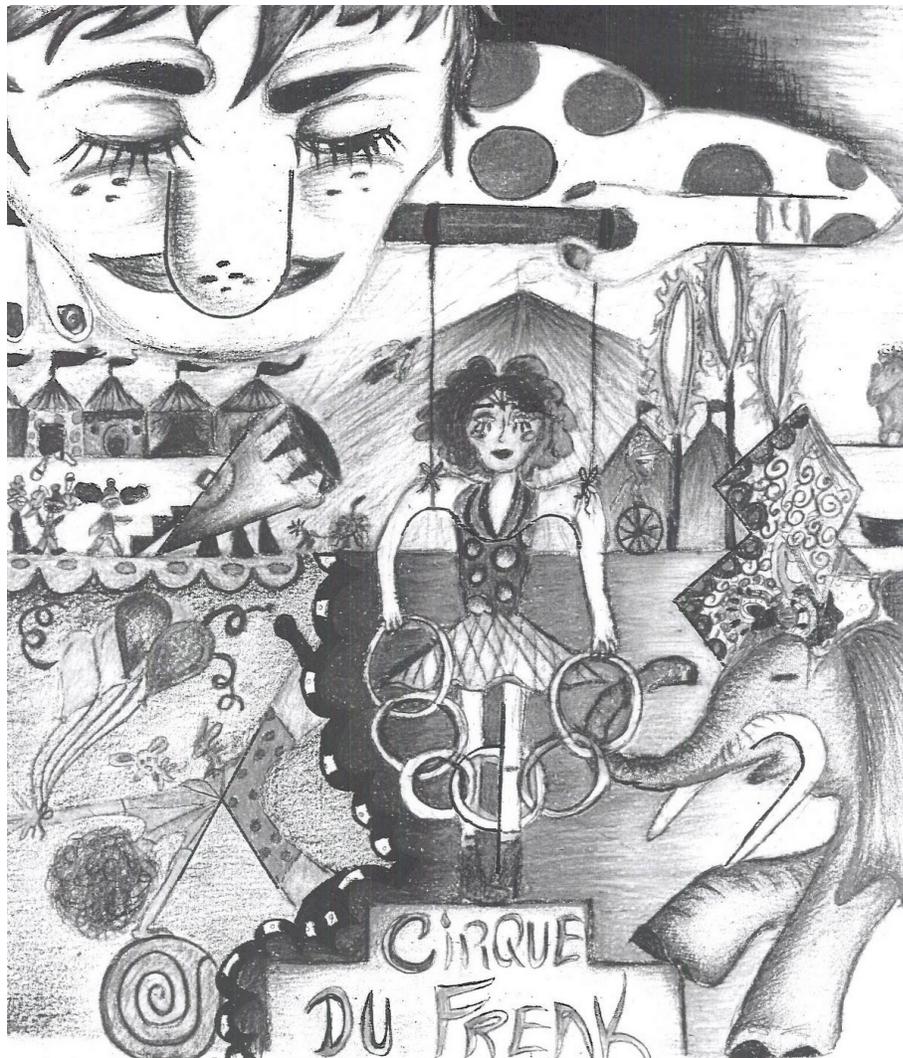
trained in basic trades and girls will be taught basic textile skills.

Donating money has never been this fun! If you take part in the fasting event you'll be entertained with movies, games, a big breakfast in the morning, and the ability to stay overnight at the school!

Kyle Nordio



Students in Mrs. Foster's art classes showcase their creativity in this assignment. They are given a piece of paper containing various shapes which the students must incorporate into original drawings. Here is Shannon Yearwood's illustration.



## Sabre Trooth

Students in Ms. Alexis' Grade 9 English class have been writing about the positive and negative effects of technology on modern society. Richard Mavin and Anna Stead's essays started the Sabre Trooth staff wondering about technology—its strengths and its dangers. Following Richard and Anna's essays are some of Kyle Nordio's thoughts on technology, as well as the results of a student poll we took about cell phone use, and information on cyber-bullying

### Technology, friend or foe?

Technology is our past, our present, and our future. Ever since the start of mankind we have kept exploring and expanding into different areas around the world. Technology has helped us become who we are today and shapes what we will become. It has helped us in so many ways but has also come with a price to our planet—sometimes we don't use technology for good. Technology can never be classified as just good or just bad.

There are a lot of good things technology has brought us, taught us, and made us think about. Technology is the reason we all live in houses, live longer, go into space, and so much more. Without technology we wouldn't be able to know what's happening around the world. We can now know when disasters strike the minute they happen, like the earthquakes in Japan. This way, we are able to send help as quickly as possible. Weather systems can track storms and warn areas that are in their path so people can move to safety. We can interact with people around the world, through the Internet we can share ideas, interests, and help solve problems togeth-

er. This is a much faster way to communicate than in the past when everyone met at world expos. We can have heart transplants, and vaccines to protect us from diseases. If someone gets diagnosed with cancer, they have a chance to survive through chemotherapy and radiation. Technology gives us more free time to do what we want to do. We use dish washers, washing machines, and microwaves. In school, they aren't even teaching us how to handwrite anymore, instead they are teaching us to type essays on the computer. We cook food in ovens instead of over a fire and have 400 CDs on an iPod that doesn't even weigh 500 grams. One hundred years ago, cars were just starting to come on the market and now we have people training to go to Mars. It's amazing what technology has helped us achieve and how it has improved our quality of life. Our world is changing fast and we need to be able to keep up with it.

Technology is a blessing, but also a curse. Everything has to come with a price. For our laziness, the world pays the price with melting ice

caps, holes in the ozone layer, and animals dying. We need to know when too much is too much. Longer life expectancy has led to overpopulation which taxes the planet's resources. Species are becoming extinct due to clear cutting for farm land to support our rising population. The advent of nuclear power has provided energy for our cities, but the waste from it is harmful to all life. With this knowledge came the development of nuclear weapons, which have the potential to cause mass destruction. The discoveries of viruses and genes can also be used in a horrible way; biological warfare has become something we need to be concerned about. There is also the isolation factor the technology has created—we no longer need to socialize face to face, we can make friends, work, watch movies, and even buy our groceries online and have them delivered, never having to leave our homes again.

It isn't the technology that is good or bad but how it is used.

*Richard Mavin*

***“One hundred years ago, cars were just starting to come on the market and now we have people training to go to Mars.”***

## Technology in our society and school

There is a wide range of technology in our world, society and school; therefore, there are a lot of opinions. Sometimes people must step out of their personality and try to survey this day and age in a non-biased way, for a different perspective, to see how much we actually rely on our computers, iPods and other gizmos (some more useful than others) now. We have to have one thing which is often ignored, but needed in a tech-rich society and school as ours: balance. That word can mean a lot of things, but I'm saying that it really isn't that hard to open your own can of baked beans for a change or to actually look up a word in the dictionary instead of typing it in to the new free app you just downloaded. Balance really is important in school, where I have had teachers, who, when the internet isn't working (as it generally doesn't) are very lost and do not have a lesson plan anymore. On the other hand, I'm sure we have all had teachers who obstinately bring out the creaky, wheezing old pro-

jector with outdated lessons and refuse to be pulled into modern society. As I said, there is a wide range out there.

Now I'm not saying technology is bad! We have many good things from technology, such as laptops and Facebook - though one might not think of Facebook as good, I certainly do, seeing that I can keep in touch with my friends - and I think that technology, in some ways, has become a fundamental building block in our society and school, in schools across the country. It's so much easier to copy and paste on bibe - that amazing bibliography site - than make the bibliography the old-fashioned way. Another plus to our mostly tech-friendly school is the online textbooks - who doesn't hate lugging three textbooks home every day? I know for sure science textbooks are offered online, which makes it easier for us students and our twenty-pound backpacks. It is the same with teachers putting up blogs with homework because that has saved my sorry life more than once, when I forget to copy down homework into my planner.

Of course, there are a few negative sides to technology, for one, it's unreliable. I once watched in horror as my laptop wouldn't charge when I plugged it in - would I ever see all my documents again? All that progress was almost lost, but then I fixed the problem at three-percent battery. Talk about cutting it too close. Technology being, as I said before, a building block in twenty-first century culture, can also makes us a little . . . antisocial. There, I said it, but it's true. Many communications are online, and that lacks the depth of an actual face-to-face conversation. I have often heard my friends remi-



niscing about something that they did together yesterday, then finding out the get-together was merely a really, really interesting texting conversation. Talk about anti-social. What happened to actually talking face-to-face?

Sometimes we have to step back and take a deep breath. Read a book for a change. By all means, use the ever-helpful online textbooks, but try to remember there is a world outside of the one created by our twenty-first century discoveries of the wireless web. Ultimately, technology is woven into the strands of our culture, and it's part of what makes us who are. Just keep that balance steady!

*Anna Stead*

***“Technology... can also make us a little... antisocial.”***



## The dark side of useful technology

Corporations have been exposing the shallowness of the general consumer by utilizing technology for the use of marketing rather than what it is meant for. Originally, technology was intended to aid us in our quest for knowledge and allow information to be accessible to anyone. Recently it has transformed into a tool to make money. Avoiding getting suckered into wasting time and money is simple and just requires the person to make smarter decisions with how they use their free time.

### Computers

Many teenagers use their computer for Facebook and YouTube. There are a few

other main time-wasting websites but I won't name them all because I'm not here to make a list, just give my opinion. Computers have the potential to grant access to any information to all people. This could be taking courses online that help you learn at your own pace, learning of significant world events, or just keeping in touch with someone meaningful.

Through my personal experiences, I have seen the Internet used for more bad than good. I'm not saying every single person is wasting the potential of the Internet here, but I am saying there's a good enough per-

centage for it to matter. People tend to share a lot of their lives on these websites. Lots of people post pictures of every time they hang out with a friend, or they'll post useless information about going to the bathroom, making food, or cleaning their room. Generally, they write about just really pointless things. Learning is a big part of life, probably the biggest part. Whether you want to face it or not, gaining knowledge and becoming educated is the most (continued on page 9)

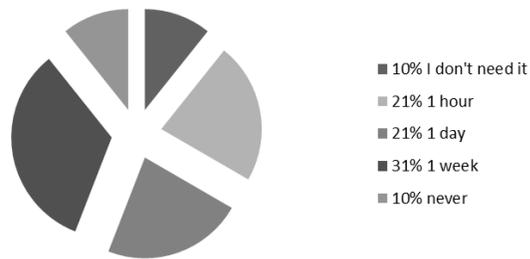
**“Show's such as Jersey Shore, The Real Housewives of Vancouver, or Here Comes Honey Boo Boo REALLY grind my gears.”**

All this talk of technology had us wondering about the gadgets students bring to school. Out of the students we polled, about 52% had iPods or iPhones, 41% had Android phones and BlackBerrys, and the remaining 7% had no cell phones. Trooth reporter Hengameh Rahmati compiled our polling information, here are our findings:

**What Sutherland students do with their phones**



**How long can students live without their phones?**



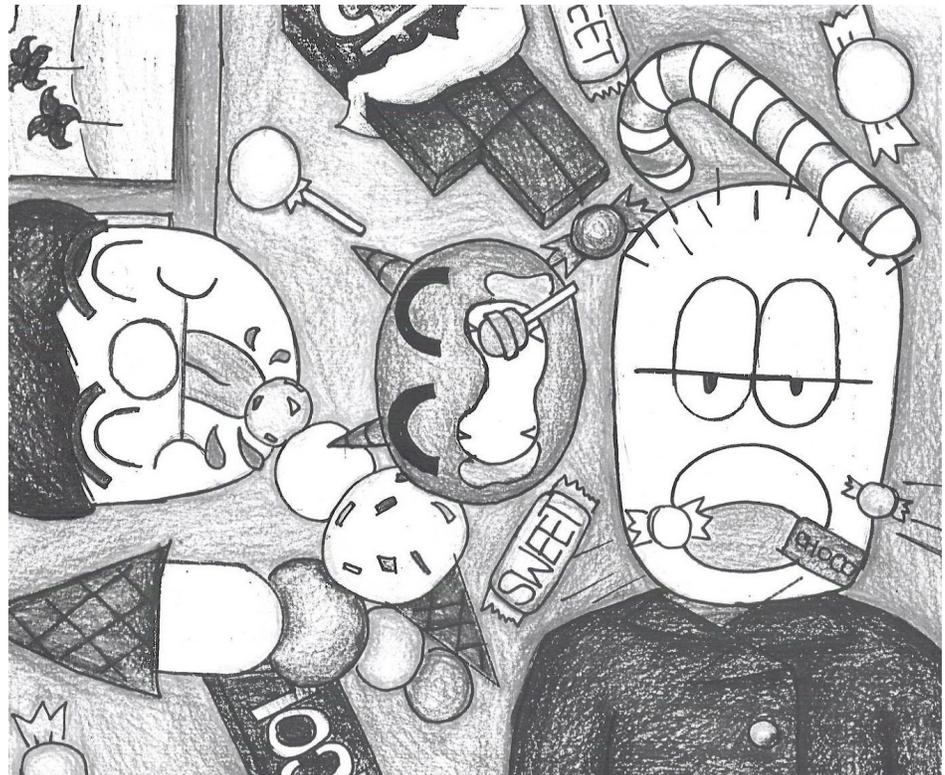
### Two more talented art students take the creativity test



Riddle me  
this #1.  
Rich men  
want me and  
poor men  
have me.  
What am I?  
(see below)

Artists: JaeRin Kim (top) and Saeun Kang

Riddle me this  
#2.  
What is  
impossible to  
eat for  
breakfast?  
(see below)



#1: Nothing #2: Dinner

## The dark side of useful technology continued

important thing people can do. The time wasted on spreading useless information over the Internet could instead be used to do something important, such as teach someone something, or help someone in some way. Just my two cents on that.

### Cell Phones

Cell phones are a huge gear-grinder for me. We have companies such as Apple and Samsung producing the same product with minor upgrades in the name of the mighty dollar. I know for a fact that the iPhone 5 most likely out-sold its predecessor. Buyers unknowingly feed into corporations scamming them so blatantly.

These companies rely on people dropping \$500 every couple of years just to get the newest thing, even when their old tech is just fine or could be on par with the new release with just a minor update.

On top of that, people use their phones just to text things such as "omg i saw so and so doing this" or "lol i did something at somewhere" I'm just using really plain examples here. Don't get me wrong, I love using my cell phone to keep in touch with my friends, but its not always necessary. Pausing what your doing in

your day to stop and tweet something that is unimportant has no real value, why not perform some sort of gesture that helps someone in some way? When you're in class, your teachers don't just have a grudge on your cell phone, it really is better to put it away and listen while you can. It may not seem important, but it's always best to listen, then go text and do what you please in your free time. You're being offered a free education that some of the world's population would kill for: use it wisely.

### Television

Television. Where do I even begin with this one? I love watching television shows like many other people, but shows such as *Jersey Shore*, *The Real Housewives of Vancouver*, or *Here Comes Honey Boo Boo* REALLY grind my gears. And there are more of them out there, these are just a few examples -- a very small few. Television has the potential to be used to present brilliant pieces of film that make you feel strong emotion, or just leave you with a good memory. These "reality" shows are just outrageous. They feed you the most useless examples of stupidity and the worst role models. I mean, if you like to watch people who contribute nothing

to anyone's well being, and just love to party and tan or whatever silly hobbies they find important, go ahead. If you love to watch women who've had money handed to them and are now soaking it up and living a life of constant gossip and pointless activities, go ahead. If you like watching a little girl who seriously has the intelligence of a small rodent act like a spoiled southern girl, go ahead. I'm just going to tell you that there are works of art out there on film that will actually touch your heart and make you remember them. It's a crazy feeling when you watch a movie that really makes you think and you can't get it out of your mind for days -- how good the plot was, the acting, the overall execution of the film. Life is short and your time is important. Why waste it watching trash?

Spreading useless gossip, blowing money on the latest and greatest tech toys, texting "im so bored" messages when you should be focusing on things you actually need, and throwing hours and hours of your time away on trashy television shows are the dark side of technology.

Kyle Nordio

*"Life is short and your time is important. Why waste it watching trash?"*

Peace signs & pocket protectors: hippies and nerds show their spirit

Staff photos



## YOUTH HOTLINES:

Kids' Help Line:

1-800-668-6868

Suicide

Prevention:

1-800-273-8255

## Bully awareness

Due to the recent Amanda Todd tragedy, I feel it is my duty to help people get informed on how to avoid bullying, as well as handle it. Bullying can affect you in all aspects of your life, it can change your performance in school, obviously change your emotional state, and change how you carry yourself and turn you into someone you don't want to be. No one wants to be constantly made aware of things in their life that they don't have a choice on such as things you were born with. The Canadian suicide rate is 15 of every 100,000 people. I'm positive the biggest factor in these suicides is how people judged them and made them uncomfortable in their own skin.

The teens who commit suicide truly believe they have no other escape from their problems. You should know that there are people out there that dedicate their lives work to making sure these teens have an outlet they can run to when they are feeling overwhelmed with their daily life situations. There are a number of hotlines that have been set up to help, and counselors that are on hand to help whomever needs it.

The police are the best resource if your receiving physical bullying, restraining orders as well as pressing charges can handle any physical case. Peers are sometimes not the best people to turn to due to the level of maturity but there are of course friends you may be able to receive guidance from, but counselors and adult figures are always your safest shot at getting the help you really need. Avoiding bullies can be hard nowadays with the internet and all, but the first thing you should always do is block all forms of communication with the people causing your discomfort, every website should have a block feature. Secondly, you should report this person to the company in charge of running the website to get their account deleted. Thirdly, report it to your parents. Remember, everything these people say about you isn't a true reflection of who you really are, be comfortable with yourself, you're a beautiful human being with unlimited potential.

Bullying is so unfortunate because we truly are a lot more similar than any of us can imagine. We're all looking for the same thing in this world, joy and happiness. Rather than pull

your teammates down, boost them up. When your playing a team sport, how far do you get when you hog the ball and try to be a one man army? Not far at all. Bullying is similar because putting someone else down gets you no where, if you achieve happiness from putting others down, look yourself in the mirror and seriously question your morals.

If your an innocent bystander witnessing an incident of bullying, whether it be online or in person, do your best to possibly resolve the conflict in a way that leaves everyone undamaged. Watching it happen and not doing anything can make you just as guilty as the people who are inflicting the damage. When you hear the person you witnessed get bullied has taken their lives from the teasing that they received you will realize why. We all need to help each other feel good about this life we were given, no matter what sort of physical shape your born with, you deserve an equal opportunity at this one time gift.

*Kyle Nordio*



## An apple for (guessing) the teacher

Congratulations to Grade 11's Josh Vocal and Tiam Kasraei, winners of last month's photo mashup of teachers. The images were (clockwise from the upper left corner): Mr. Coupland, Ms. Watt, Ms. Garcia, Mr. Huzar, Mr. Thornhill, and

Mme. Wilson.

Our winners will be taking home two yummy candy apples from Rocky Mountain Chocolate. Thank you to everyone who entered the contest!

## A haunted history

With Halloween on the horizon, I thought it'd be a perfect time to learn about the history of Halloween and where it originates. Dressing up as scary monsters and setting up haunted houses all in the name of creating fear seemed like a mystery to me. There must be more behind this holiday than just trying to scare people and get candy.

Halloween is based of a Celtic holiday named Samhain (Sow-Wan) which means "summer's end." This holiday was created because it is the end of the Celtic year and was used to honour the passing of relatives and friends. It was believed this day was when the veil between the realm of the living and the dead was the thinnest.

Pumpkins caved into Jack-o-Lanterns were a welcoming tribute to people who passed into the spirit realm.

As well as being a welcoming gift, Jack-o-Lanterns were used to protect against harmful spirits. Originally, Jack-O-Lanterns were kept lit with a lump of coal and eventually these were replaced by candles. European settlers that came to North America saw that the native species of pumpkin was much larger and more suitable for carving and emptying for the use of Jack-O-Lanterns. Halloween though, didn't become a widely celebrated holiday in North America until the late 1800's.

The practice of dressing up and going door to door dates back to the middle ages. Trick or treating resembles the medieval practice of "souling" when poor people would go door to door on Hallowmas sending their prayers to the family's dead relatives in return for food. There is no evidence



of "souling" being practiced in North America although trick or treating is believed to have begun in North America. The earliest known reference to trick or treating in English speaking North America is in 1911 when a newspaper in Kingston, Ontario reported that it was normal for children to go out looking for treats between the times of 6 and 7pm receiving candy for their songs and rhymes.

*Kyle Nordio*

**Halloween:**  
*the day when  
the veil  
between the  
realm of the  
living and the  
dead is the  
thinnest.*

## Halloween memories

As you know, Halloween is coming and everybody is getting ready for it. So I thought, that it would be a good idea to interview people and ask them what are their best or worst Halloween memories.

**ST: Do you like Halloween? why?**

Taylor S.: Yes, I like Halloween because I really like scary movies and candy!

**ST: What is your favorite costume?**

TS: My favorite costume is a witch costume.

**ST: What do you usually do on Halloween?**

TS: I watch scary movies, eat candy, and hangout with my friends.

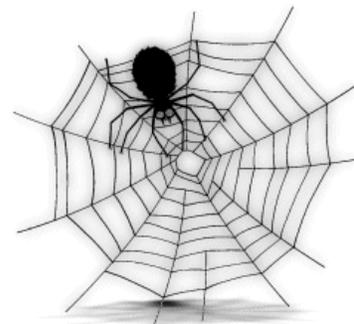
**ST: What is your best or worst Halloween memory?**

TS: Once when I was about 8 or 9 years old, I went to a haunted house. It was so dark. Suddenly somebody grabbed my leg from under a table and

stole my shoe, I didn't see who it was because, it was dark.

**ST: Has Halloween been changed since you were younger?**

TS: Yes. Decorating is more commercial now and more graphic also.



## Halloween memories continued

I also asked Patricia E. to tell me about her memories.

**ST: Do you like Halloween? why?**

PE: Yes, because I like watching people wearing different costumes, and I also enjoy hanging out with my friends.

**ST: What is your favourite costume?**

PE: my favourite costume is a Greek toga costume.

**ST: What do you usually do on Halloween?**

PE: I usually go for Fright Night, watch horror movies, and have a sleep over with my friends.

**ST: What is your best or worst Halloween memory?**



PE: Last year, my friends and I went to Fright Night. When we entered the main entrance, it was very dark so we acci-

dently went to the staff room where people were changing

tumes and trying to make themselves look scary. So, as they saw us they screamed at us! And we were so shocked that we screamed too! We were screaming as we went out of the staff room, it was so funny!

**ST: Has Halloween been changed since you were younger?**

PE: Yes, people use more electronic devices to scare each other. It is not a traditional Halloween any more.

*Hengameh Rahmati*

into their costumes and wearing make up, so they looked scary. My friends and I were so shocked because we expected something scary, but we saw a bunch of people wearing cos-



Staff photos

Finally, I asked Mrs. Noack about her recollections.

**ST: Do you like Halloween? why?**

Mrs. Noack: Yes I love Halloween, because it's the only holiday we have in Canada that is scary.

**ST: What is your favorite costume?**

Mrs. Noack : One time I made a costume for myself . It was made of duck-tape. I put a nylon over my

head. I loved it . It was so creative. No one could tell my gender.

**ST: What do you usually do on Halloween?**

Mrs.Noack: I usually go to the Parade of Lost Souls on Commercial Drive. It is so much fun, there are a lot of people who come to see this event. People are wearing different types of costumes and walk on sticks. It is so much fun. I love to go there on Halloween.

**ST: What is your best or worst Halloween memory?**

Mrs. Noack: Once in Deep

Cove, somebody pulled a fire cracker and ran away. My daughter's friend's cheek was burned by it. She was about four years old at the time. Her mother said that she was lucky that she did not lose an eye. That was a terrible memory.

**ST: How do you think Halloween has been changed since you were younger?**

Mrs. Noack: The biggest thing that I see is that we used to give out more homemade candies. *-Hengameh Rahmati*

## Announcements

Hey Sutherland! Moustache you a question. Have you been itching to grow a Nichols-esque 'stache? Well, November's your month to participate in Movember. Get donations and grow your 'stache all month to raise money for prostate cancer research.

Calling all readers...Sabre Book Junkies might just be the place for you! The club is reading six books this year, starting with No Safety in Numbers by Dayna Lorentz and Shadow Magic by John Lenahan.

Ever wonder what to do with you old shoes? Well, here's your answer: Mrs.

Matsubuchi is accepting ALL shoe donations: from your hardly-worn cleats to your falling-apart sneakers. All footwear will go to the 10th Annual Shoe Memorial at the Vancouver Art Gallery. All wearable shoes will go to Vancouverites who simply cannot afford shoes, so all sizes will be accepted. Shoes that are too

worn will be used as part of an art installation outside the Vancouver Art Gallery for the National Day of Mourning for women who have met with violent deaths. This November, you can donate your shoes in drop boxes located outside the office.

*Isaac Booth*

## What scares you?

Let's face it, we all get a little spooked sometimes. On occasion, however, we can become terrified. But what scares you may not scare me and vice versa. In fact, most people have at least one thing that frightens them that may seem harmless to their friends and families. The top two things that Sutherland students fear the most are spiders and heights.

These two fears comprise 50% of the fears of students polled. 10% of students fear small spaces. Others fear clowns (5%), birds (5%) and flying (5%). The last 25% of students have very strange fears such as a fear of alligators, throwing up, bears, raccoons and even Justin Bieber!



A phobia is an irrational fear that gets in the way of day to day living. For example, if a person is afraid of elevators and actually organizes his or her life to avoid them at all costs, that is a true

phobia. Usually the fear of the phobia is much more scary than the actual thing itself. Though some phobias are easy to understand, such as the fear of snakes, they are rooted in the fear of poison.

Some phobias cure themselves over time, such as the fear of the dark that you had when you were a child. Most people who really

suffer from these irrational fears will take something called cognitive behavior therapy to deal with them. With the help of a therapist, the person confronts their fear straight on. Here are

the steps someone would take:

1. Think about the phobia.
2. Read about the phobia and look at pictures of it (snakes, sharks, etc.).
3. Buy the object of the phobia in the form of a toy and hold it.
4. If possible, go to a store to touch a cage with the object of the phobia in it.

5. Finally, if the person can, he or she should try to hold the object of the phobia.

Sometimes these steps are necessary to take because the phobia becomes life threatening. Some people have sociophobia and this limits them from having hardly any kinds of relationships with others. One

interesting phobia is phobophobia; it's a fear of having fears.

*Lydia Wierdsma & Katie Japaridze*



**“25% of students have very strange fears.”**

## Quick quips

**What do you call a ghostly robbery?**

A: A polter-heist!

**What is a ghoul's favourite treat?**

A: I scream!

**Why did the skeleton go to the dance?**

A: He had no body to go with!

**What room doesn't a zombie have in her house?**

A: The living room!

**What is a zombie's favourite instrument?**

A: An organ!

**Who did Frankenstein take to the prom?**

A: His ghoul friend!



## Haunted Vancouver

Most of us have all heard at least one ghost story in our lives --whether it's Bloody Mary, or one of those "my friends' uncles' neighbor's house is haunted" stories. However, most of us don't know the ghost stories of Vancouver. It's funny because there are actually so many ghost stories in Vancouver and most people haven't heard of them.

Take the Lady in Red, for instance. This story takes place in the old Fairmont Hotel (then known as the Hotel Vancouver at Georgia and Burrard) in the early 40's. There was once a woman named Jennie Pearl Cox whose favourite outfit was a long red dress. Jennie was a regular visitor at the Fairmont Hotel's ballroom. One day as she was on her way to the hotel, in her red dress, there was a terrible car collision that killed her. Ever since then, staff and guests have said they've seen a lady in red absent mindedly walking down the 14th floor and standing in rooms. The elevator is also known to



make unrequested stops at the 14th floor. One time the manager and a hotel employee saw an empty elevator shaft's door open and the lady in red walk out, those doors are supposed to be bolted shut. A second time, a family of Japanese tourists went down to the desk to complain that there was a lady in red occupying their room, and that when they tried to speak to her she ignored them. When the manager went up to the room, it was empty. Another time, a bellman saw the lady in red walk into an already occupied room. To make sure the guests were okay, he

opened the door, but the lady in red was not there. The Lady in Red has become pretty popular in the hotel; she has a cocktail named after her!

I think most of us have heard of the old spaghetti factory downtown, but have you heard its ghost story? Some people claim to see a man dressed in old fashioned clothing sitting in the old trolley car in the restaurant and in the ladies washroom. It's said that he likes to rearrange the cutlery on the tables after the factory has closed. Some employees claim to hear the ghost call out their names

when they've been working at the restaurant for a while. It's thought that the ghost used to be a railway conductor, back before the factory was built, there used to be a railway there. The restaurant even has a picture of the ghost.

UBC is known for its excellent academic standards, but it's also known for a ghost story. Back in the 60's an old woman had an argument with her husband while they were driving. She got so mad at him that she told him to pull over. She then opened the door and walked right onto the road. She was hit straight on by another car. Since then, people have reported an old woman hitch hiking near UBC. It is said that she's so vivid, people believe she's real. When someone stops for her she will get into the passenger seat, as long as someone isn't sitting back there. Then if you were to ask her where she wants to go, she disappears.

I now leave you with these stories, I hope I made your view on Vancouver a bit more interesting. I hope you all have a frightful Halloween! (source: material: spiritbc.net)

*Lydia Wierdsma*



## Costuming for dummies

With Halloween hot on our heels people have really started to freak about their costumes. Working in a costume store, this journalist has picked up a few tips over the past month. To be shared with you, here are the 5 standby rules of costuming for All Hallows Eve.

### Blood makes everything better

Any Halloween creation can be made scary with a little tube of latex or liquid blood. That adorable Cinderella costume can become the most frightening vampire or zombie with just a few little tricks. By using a Q-tip you can make bite marks or puncture wounds. A butter knife gets you smooth slices, and drips around your mouth.... Well we all know what's happened there. Use some dark eye makeup to shade in bruises or hollow eyes to complete the look.

-1/4 cup white corn syrup  
-4-6 drops red food coloring

\*this blood will stain so be careful (store bought usually doesn't). You can also add cocoa or blue food colouring to deepen the red.

### Create your own

Making a new character, or piecing together your own outfit instead of buying it all, automatically makes a costume stand out. Instead of the \$40 Robin Hood costume at Party City go to the thrift store and see what weird stuff you can dig up. A unique look is always cooler, and, let's face it, if you can wear those green tights again all the better!

### Be funny

A parody? A pun? The sham-wow guy? Show off your knowledge of the world and all its silliness by joking around with your costume. Make fun of a celebrity's infidelity, create a new character from an old one, or become a funny person from TV or the movies. After seeing Darth Vader in all his imperial scariness with water wings, there is nothing that is out of bounds.

### Makeup makes it

Have you ever seen a vampire sans fangs? Mario without his moustache? No you haven't. This is because these characters would be unrecognizable without their main traits. A vampire without fangs is just a

Goth Mario without a moustache is just a man in overalls with an M on his hat. The little things that we take for granted finish the illusion of your Halloween persona. So ladies, make sure you take the time to do those cat eyes, and guys start on that facial hair!

### Keep it classy

As the movie "Mean Girls" so wonderfully states, Halloween has become an occasion for us to wear as little as possible. Remember ladies and gents, we are at school. It's not that you don't look good; it's just none of us really needed to see what you're showing off. That adorable mini princess skirt is fine for later, but for now let's pop some leggings under there. Guys, this goes for you too. If I can see your nip-nips in your Peter Pan outfit, or your super un-tanned thighs are showing, it may be a little risqué.

Well Sabres, hope this helped those last minute shoppers with some ideas, and maybe you have some inspiration for next year. Make sure to wear your costume to school on the 31st and show off your... creativity. I double-dog dare you!

Natasha Guerra

*"Remember ladies and gents, we are at school. It's not that you don't look good; it's just none of us really need to see what you're showing off."*

## Dear Truth Team

Dear Truth Team,  
This month I work a ton, and I have lessons and rehearsals for a show. The thing is, I really want to hangout with this guy I like... -Busy Bee

Dear Busy Bee,  
There are ways to incorporate hanging out with a guy and staying on top of homework and other work. For instance, invite him to rehearsal one day.

He could get a sneak peek of the play, and you get to see him. Or invite him for a study date, you'll get homework done while spending time with him. I hope it works out!  
-Truth Team

Dear Truth Team,  
I love Halloween! I've noticed over the past few years though that lots of girls wear sexier themed costumes. How can I

still look nice without looking trashy? -Classy Chica

Dear Classy Chica,  
A lot of costume ideas can be worn sexily or classy, just pick the classy way. Try shopping at a store that sells costumes that aren't too revealing. Google is a great way find classy costume ideas, and stores. Good Luck!  
-Truth Team  
(continued on page 15)



Have a question or comment for the Truth Team? Put them in the Sabre Truth boxes in the office or library. You can also email us at [sutherlandnewspaper@hotmail.com](mailto:sutherlandnewspaper@hotmail.com)

## Dear Truth Team continued

Dear Truth Team,

I want to find a great costume this Halloween, but I'm not sure where to look. Any ideas?— *Costume Shopper*

Dear Costume Shopper,

There are quite a few options on the North Shore for amazing costumes. One larger enterprise store is Party City on Marine Drive. You will have tons of choices there for cheap, but heaven help you if you need assistance. Also on Marine Drive you will find a pop-up shop called Spirit. This place hous-

es all sorts of stuff! Lastly, and a personal favourite, is Boo La La on Second and St. George's. This little store is privately owned and, though a little more expensive, the staff are there to help you with anything you need. Hope you find what you're looking for!

Dear Truth Team,

As the year gets older I'm getting colder. It's raining and chilly and my wardrobe just isn't keeping up. What are some tips for keeping warm and dry this fall? — *Nippy Neighbour*

Dear Nippy Neighbour,

The days are getting shorter and summer's last warm breath has come and gone. Now is the time to bundle up and stay dry. Remember that little umbrella sitting neglected in your closet? Keep it in your backpack for those days you have to walk home or to school. Buy yourself a nice warm hoodie or sweater that you can either shed during class or keep on all day. Break out the hats, scarves, and gloves too. Bring tea or hot chocolate in the morning to start the day off warm. Do anything you can to stay cozy and healthy.

## Haunted graveyard cake

Everyone knows that the best part of Halloween is the wickedly flavorful delicacies. They can either make or break your Halloween. With classics such as candy apples, pumpkin pie, and the bountiful supply of candy every kid hails home on All Hallows Eve, you really can't go wrong. However if you are striving to make this Halloween season even more memorable, we stumbled upon the perfect treat for you.

Often referred to as The Crown Jewel Of All Halloween Treats, the Haunted Graveyard cake is Halloween turned heavenly.

What makes this cake so cherished is the combination of a ghoulish exterior and the richly textured chocolate interior. Another factor in this cake's favor is the fact that children and adults alike are both playfully frightened by the ghosts that inhabit this cursed pastry. Seconds are a must.



The good times keep on rolling, when asked about the thrills of the chocolate graveyard cake the overwhelming consensus was that this is a great contribution to any hip hoppin' Halloween party. Whether this is the first Halloween you get to trick or treat with your buddies and you want to get a pre-trick or treat rush, or you're a grizzled veteran trying to re-create the highs of your youth, this is a must have. No if, ands or buts. Like anything in life you've got to work hard to earn some-

thing worthwhile. This has never been more evident than with the haunted graveyard cake. At 2 hours of prep time and a 45-minute cook time this is far from petty Pillsbury. For all the joy this giant brownie brings everyone it would be cruel to treat this godsend any other way. It is essential that you give it the time and nurturing care it deserves. If you don't have any time for it, don't miss out just kindly suggest your friend should try and make it. They'll be thanking you.

For a cake that's whole aura exudes death and despair this devilishly delightful dessert easily becomes the life of the party. If you'd like to try this out for yourself don't hesitate to visit: <http://www.bbcgoodfood.com/recipes/12859/haunted-graveyard-cake->

*Harrison McCorkindale and Isaac Booth*



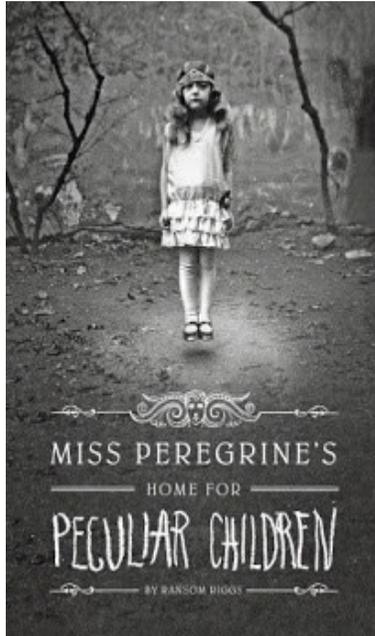
## Miss Peregrine's Home for Peculiar Children book review

I am a fan of scary books. In fact, one of the only types of books I read are horror novels. I like scary books, but my problem usually is that they don't scare me. I think it's because I've read too many of them and now they all seem to have the same plot, but "Miss Peregrines Home for Peculiar Children" by Ransom Riggs is different. At the end of every chapter, you are left wanting to read the next. Its "peculiar" pictures, are one of the things to look forward to when reading the book, I mean the last time I remember reading a picture book was in second grade.

The story takes place in modern day Wales and the protagonist is 16 year old Jacob.

Being a ghost story, there is some fantasy involved. Surprisingly though, the author tries to make some of the creepy events explainable. There is still the odd thing in there that's fantastic and isn't explained, but these are mostly small things.

The appealing main character, Jacob, is a normal teenager like the rest of us, he reacts the same way we would react if we saw a monster. His motive is to find out what happened to his dead grandfather, so he travels from his home in America all the way to Wales



to investigate. It's not completely realistic that he goes such a long distance. The strange part is, his parents let him, and pay for him. The book also sometimes feels as if it is building up to something big and then nothing happens. The characters are all unique in their own way. They all have quite different personalities from each other which helps with making the story as interesting as it is. With our main character, Jacob, he is quite successful even though it doesn't look like it for part of

the story.

Like I said before, the author tries to make this fantasy novel somewhat realistic. What happens in the book is what I would call a realistic imagination, meaning that the author uses science or some sort of proof to prove that his story isn't too obviously fake. The author spins history, science, and myth into the book. So it gives readers a sense of realism. Most everything that happens in the story isn't just random, it's all connected. The ending of the book is odd--of course I'm not going to tell you why--and it looks like there could be the possibility of a sequel.

The book really is worth reading. It doesn't follow one of those generally popular story outlines. It's original. I think that someone who reads mysteries would really like it. That's because, like I said before, the story isn't fully fantasy, and there's mystery in it of course. So I recommend "Miss Peregrines Home for Peculiar Children", and I hope you find it peculiarly interesting, as I have.

Lydia Wierdsma

## Horror-scopes!



ARIES

Aries-

Smile, you have reason to be happy! You have caught the eye of a secret admirer. Play your cards well and a new relationship may be in your near future... Just be careful you don't fall for the dashing, but oh so deadly vampire in school.



TAURUS

Taurus-

This is your month to shine in class; good grades are heading your way. An exciting opportunity will arise, if you are willing to take it! Be sure not to lose your head in all of the excitement coming your way...





GEMINI

Gemini-

This month you will be faced with a dilemma, be sure not to rush into making a decision that you may regret. Will you go with trick, or will it be treat?



CANCER

Cancer-

You're feeling run down this month cancer. Why not take a break from your hectic lifestyle? You don't want to end up looking like a tired, old witch!



LEO

Leo-

A good friend is willing to help you out with a problem. Make sure you listen to his or her advice, or you may be haunted with your decision forever.



VIRGO

Virgo-

Don't be afraid to take chances, Virgo. You may want to lurk in the shadows, but this is your month for adventure. So come out into the sunshine...it won't burn you!



LIBRA

Libra-

Your secret crush is feeling lonely. Why not invite them out? You never know, you may fall deathly in love.



SCORPIO

Scorpio-

You're doing everything right this month Scorpio, just be careful not to work yourself to death. Instead try to balance your homework and your social life, to get the best of both worlds. Don't let the nightmare of failing, make you push yourself too far.



SAGITTARIUS

Sagittarius-

Listen to your heart this month Sagittarius. You may have to choose between two opportunities, make sure you go with the one that will make you smile! The ghouls and ghosts of your past may effect your decision, but try and keep an open mind.



CAPRICORN

Capricorn-

Now we're a few months into the new school year, be careful not to loose your work ethic. If you have homework you are behind on, make sure to put a side a few hours to catch up, and don't leave it until the dark, grave hours of the night to do it...



AQUARIUS

Aquarius-

Your feeling active this month Aquarius. Joining a new school sports club will be a great way to fuel your extra energy and keep fit! This will also be a great way to burn off the extra candy you eat this month!



PISCES

Pisces-

Homework or friends? That is the question... Don't feel stuck in a spider's web. You don't have to choose between a social life and school this month Pisces. Instead plan your days, so you can fit in time for both. That way, neither will consume you!

## A hair-raising experience

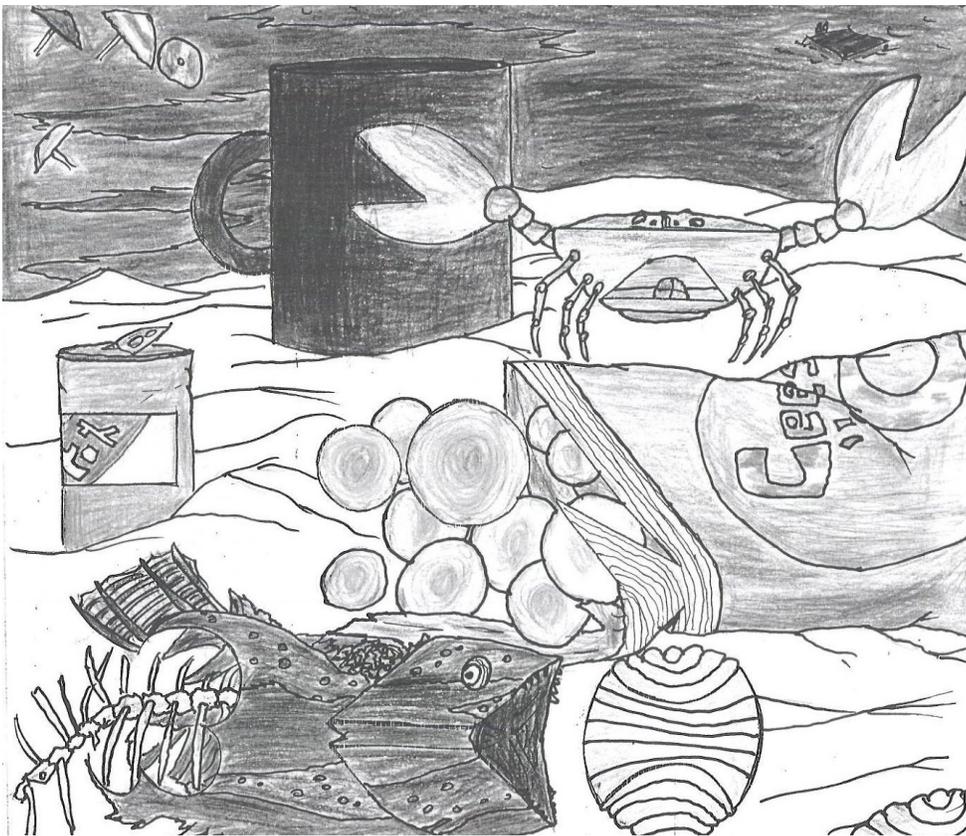
Do horror films make you scream? How about practically living one? Fright Night is every horror film walking around. Actors dress up as characters from these films and walk around Playland, just waiting for the perfect

moment to scare you. This year they've announced a new haunted house called Fear. Fear is all about your phobias. Just around the corner is a deadly cliff, maybe a room full of spiders, maybe you have to crawl

through a tiny space. You will scream, maybe you'll even cry a bit, but it is worth it. During Fright Night, they change the rides up a bit: they either go faster or longer. If you enjoy adrenaline rushes and horror films, Fright Night is something you should check out! It's terrifying, but it's tons of fun. It is the perfect Halloween activity for you and a group of friends. From October 17th- October 31st, it's open from 6pm-late. Get ready to scream!

*Delainie Childs*

Getting up close and personal with monsters at Fright Night. Staff photo



**This is a  
real life  
horror  
story!**

Another stellar creativity test from Mrs. Foster's art class by Jordan Heaney

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

**BOO!**

## Taking it to the mats

Grade 12 student, Brodie Dabb, has floored most of the people he's met. That's because he's an elite-level mixed martial arts specialist who will be competing in the prestigious No-Gi Brazilian Jiu Jitsu World Championships this November. I had the chance to spar with him a while back and experienced first-hand how talented he is. But don't let his fighting talents scare you, he is also a really nice guy.

### **ST: What age did you get into mixed martial arts and who inspired you?**

When I was 5, my dad put me into taekwondo. From that point on all my inspiration came from Master Clarke.

### **ST: What made you choose jiu jitsu?**

I was about 10 years of age when I was introduced to Brazilian Jiu-Jitsu. My uncle was the one to introduce it to me. I really didn't decide I loved it until I was about 13 or 14 and I was able to roll with fully grown adults and tap them out.

### **ST: How often do you practice, and do you have a diet you like to follow to maintain being in good shape?**

It all depends if I have tournaments coming up or not. Right now I am in training for the No-Gi World Championships, so 5 days a week I train for 4 hours and the other 2 days I train for about 3 hours. At this point in time, when tournaments are coming up I do have a bit of a diet. I don't eat red meat, potatoes, bread, not a lot of pasta or any junk food.

### **ST: Do you have any pre-fight rituals? If you do, what are they?**

Yes, I do have some pre-fight rituals. The day before I compete I lay out all the things that I am going to compete in. I fold it up nice and neat and I put it in my bag a certain way. Also when I am at a tournament down in the States, I always sleep on the bed that is closest to the wall. Before a big tournament I like to shave my head as well.

### **ST: How do your parents feel before you go into a fight? Do they worry?**

Haha. They like that I have something that I love to do and compete in. I get a little moody

before I compete. My dad doesn't like that.

### **ST: Have you ever experienced any serious injuries due to this sport?**

Not too serious. I have broken some toes, tweaked joints, and stuff like that. Nothing too serious though. If you are an active competitor, you will never feel 100%.

### **ST: Do you plan on making a career out of this?**

I have thought of fighting MMA and trying to make it to the big leagues, but they don't make a lot of money there. I would love to be a world champion black belt travelling the world, doing seminars and making money like that. But you have to be extremely good.

### **ST: I'm sure there might be some people out there who want to get into this activity. Do you have any recommendations for a good training facility?**

Come train with me at North Vancouver BJJ. I have been there for almost 5 years. You can be a 5 year old little girl or a big ex-pro football player. No matter who you are, the gym is always open.

