

**PUBLISHER:**  
J. BERMUDEZ

**FORMATTER:**  
M. KHANALI

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## Welcome Back, Sabres!



### The Volume V Premiere!

Volume V, Issue i

Wednesday, September 28th, 2011

### Vancouverites: Good Samaritans or Good at Rioting?

One puck. Two teams. Three words: Stanley Cup Finals. This is what it came down to on Wednesday, June 15th, at 5pm. The streets were flooded with fans, a sea of hooting blue and green invading every sea bus, SkyTrain, and bus station in sight. Some chanted "Boston sucks, go 'Nucks!", some howled "Louuuu!", and all had a smile on their temporarily-tattooed faces. I, sporting a homemade shirt that read 'Boston: Get the PUCK out of Vancouver!' on the front and 'Hug me if you're a Canucks fan!' on the back, along with a stick-on mustache and several partners in crime, was envisioning showers of confetti and tears of joy when, several hours later, the Canucks would hoist their first Stanley Cup in the air. My friends and I had met downtown, and earning a quick but earnest chant of "Mustache, mustache!" we found ourselves lost as to where to sit.

Arriving several hours before the game began, the space before the screen televising the event was packed from left to right with nearly 100,000 supporters wearing everything from jerseys to green spandex suits. We stood aimlessly on the green carpet no-man's-land before I spied a small opening in the pack and piled my six friends and myself into a space meant for three, maybe four



The beginning of the riot; the flames from the first car set ablaze.

small children. With no leg room to stretch or sit down, this was to be our home for the next five hours, to be spent eagerly awaiting the first shrieks of blades on ice and the blast of the goal horn. I think I speak for most Vancouverites when I say this game, in some ways, paralleled the similarly anxiously awaited 2010 Olympic Men's Hockey final. Golden boy Crosby scoring the overtime goal, sending thousands of fans all over the world to their feet

- Cont'd on Page 3

### The First Day: A New Kid's Story

You walk through the door on your first day. Looking around you see people hugging each other, friends uniting and asking each other how their summer was. The place is unfamiliar and everyone looks at you like you don't belong. You're the new kid, plain and simple. Never have you experienced a scarier day in your life. Never have you felt so alone and so out of place. Choosing to switch schools was a huge choice and you're wondering if you made the wrong one.



Walking into a new school can be terrifying..

-Continued on the Next Page

## The First Day: A New Kid's Story Cont'd

When the bell rings to start the first day everyone starts moving towards their homeroom and you are suddenly in the middle of a large mass of people all moving up the main stairs. It's very intimidating to look around and not see a single familiar face. It's officially time to start a new chapter in your life. When a person changes schools it is a chance for them to reinvent themselves. Going to a new school is like claiming a new identity. It's a place full of new faces, new experiences, and a whole new world of possibilities.

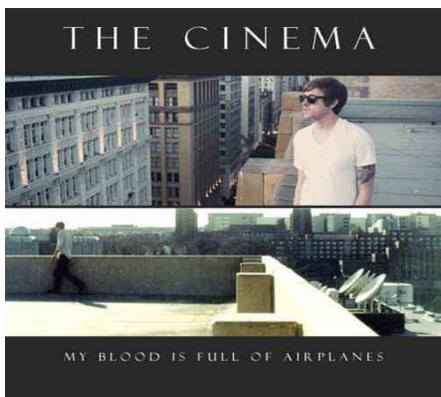
I got an inside look on being the new kid when I left my old high school and came here instead. Last year, grade ten, was my first year here at Sutherland Secondary. Starting here I only knew a few people and we weren't exactly close. I'm glad I had them around though because when you're new in an unfamiliar place nothing is as calming as a smiling, familiar face. They helped show me around and introduced me to their friends giving me a few familiar faces for me to see in the halls and my classes.

Think back to grade eight. It was exciting and scary thinking of going to high school. That's exactly what it feels like to come to a new school. The difference is, in grade eight you have old and new friends when you start school to help you out and it's an entirely new experience for all of you. When you switch schools in the middle of your high school career you are one of only two or three other kids in your grade going through the same experience and there's no guarantee that you are going to get along and be able to help each other for the first couple days. Being the new kid is rough at first. You've got to make new friends and find your way around. Plus, there are a lot of opportunities out there that you need to discover and explore. It can be overwhelming trying to figure everything out all at once. The first day involves getting lost, walking into classes late and then having everyone stare at you. On my first day, I had a blank schedule, so my homeroom teacher pointed me out and I had everyone looking at me. Can you say awkward? On that day I just wanted to blend in and find my way around without getting too lost, but instead here I am in my very first class of the day, being stared at.

When the second day came around, I was even more nervous than my first day. It ended up turning out just fine. New experiences always appear to be a lot scarier than they actually are. Thankfully, coming to Sutherland was one of the best choices I've ever made. I've made friends and memories to last a life time. New things allow a person to learn new things about themselves, so don't be afraid to get out there and make changes in your life. Try something new because there is a chance that you could discover there's a lot more to you than you thought.

- Sadie Burgess

## Sabre FM - The Cinema



"The Cinema" with their debut album "My Blood Is Full of Airplanes" has a calm and ambient feel, perfect for playing in the background while reading or just doing some leftover homework.

It also has the potential to pump you up to the point of getting up and dancing, if you are so inclined. The band may be just two guys but their lyrics, well-worked sound and echoed voices makes them seem like they're a group of five.

The lead singing and instrumental talent of the veteran recording artist, Leighton Antelman, provides his years of experience with his old, and well known, band "Lydia" to the duo.

The Cinema also features the strong mixing and producing skills of Leighton's long-time friend, and former producer, Matt Malpas. "The Cinema" gives a well polished indie feel, much like a more synthesized "Fun." AKA "The Format" with classic rock instruments thrown in too.

So if you happen to be a fan of "Fun.", and frankly who isn't, or "New Crystal Dolls" or any other indie band, pick up a copy (or download it for free, I don't judge) of "My Blood Is Full of Airplanes" soon!

Recommended Tracks: "Kill It", "Picasso", "The Wolf"

*"Perfect for playing in the background while reading or just doing some leftover homework."*

- Mathew Dick

## Vancouverites: Good Samaritans or Good at Rioting? - Cont'd

*Continued from Page 1* - red and white confetti falling all around downtown Vancouver - the expectation for the end of this game was similar, with Nova Scotia wonder kid Sidney being replaced by one of our resident Swedes, and the colour of confetti being changed to blue, green and white. Instead, what was found at the end of that game was smashed windows, burnt cars, and shame. When the final five minutes of the game rolled around, and the crowd resigned to the fact that a last minute victory was no longer possible, it seemed all might end that simply. The crowd seemed docile enough, the atmosphere simply sad and quiet. It was when the clock ticked down to 2 minutes left that the trouble started. My friends and I had squeezed into a spot pretty close to the screen, so when it started we really noticed - water bottles were being lobbed at the huge TV. At the beginning it was only one or two, but as the time decreased a fusillade of bottles, cans, and even shoes were unleashed. When the final minute was being broadcasted, and Tim Thomas was shuffling from side to side in anticipation in his net, black spots started to appear on the screen - it was breaking. After that initial wave, everything seemed to calm down considerably. Then, as if from nowhere, a puff of dark gray smoke rose from the side of the street - the "fans" were burning their signs. From there the fire spread to an old, decaying jalopy - a car reportedly brought in simply for rioting purposes - and chaos took hold. I managed to get out of the turmoil relatively un-

scathed, experiencing the car exploding - twice - and the beginnings of property destruction before catching the sea bus back home. A memorable moment was hearing the Lion King music playing in my head as I rushed back through the stampeding crowd to prevent my friend from being trampled in the bedlam. *You try it and tell me it doesn't feel like running against a herd of buffalo.* During the riot, 101 people were arrested. Eighty-five were charged with breach of peace, eight were charged with public intoxication, and another eight were charged with criminal code offences. Fifteen to seventeen vehicles were overturned or burned, and twenty-nine businesses were damaged - all this destruction, despite the extra \$500,000 spent on policing for the final seven games alone. As for injuries, at least 140 people were hurt, one critically, upwards of four were stabbed, and nine police officers were also injured.

I returned home safe and sound, although shaken and upset, and found I had completely forgotten the fact that we lost the final game in the final series of The Stanley Cup. After watching dozens of news specials and hearing more than a couple of talk shows berate Vancouver fans for their 'dangerous misconducts', I began to fume. Where was the proof that the rioters had been Vancouver citizens? Our own mayor, Gregor Robertson, attributed the event to "a small group of troublemakers", but even that did not prove or disprove the idea that the rioters had been strictly Vancouverites. There seemed to be a divide - one group of people

who believed those who started the chaos were from outside cities, "professional rioters" (who knew there was such a thing?), those who believed it was all Vancouver and nothing but Vancouver, and a small margin of people who had enough common sense to see something in the middle. Christopher Zepedeo, grade 11, believes "it was outside sources who started it" but admits, "it's also Vancouver's fault for participating." And I have to agree with Chris. I believe there were people from foreign cities who came with designs to destroy the streets no matter the outcome of the game, but the men and women of Vancouver got caught up in the mob mentality enough to join. Matthew Swanson, a senior at our beloved school, had a similar opinion. "I believe most of them were Vancouver people," he said. "Maybe some from Seattle, but mainly Vancouver." When I asked him whether or not the 20,000 people who went to downtown to clean-up the mess were the true Vancouverites, his answer was very well said. "Well, I'd say they're true Samaritans... I believe it was really good of the people to do that, but they shouldn't have had to do it in the first place." Everything the fleet-footed senior (he placed fourth in the Commonwealth Youth Games!) said rang very true. While it would be easy to credit the entire riot to visitors from outside cities and say that the true people of Vancouver were seen downtown the next day cleaning up, that would require a major pair of rose-coloured glasses.

*"At the beginning it was only one or two, but as the time decreased a fusillade of bottles, cans, and even shoes were unleashed."*

In reality, the balance between "professional rioters" and inebriated Vancouverites participating in the riot was probably somewhat even. To all those who have considered harming our city, or have in the past, remember our city is just that - OURS. We hold responsibility for it, it is our pride and joy, our representation, and what we do as a collective group is how the world sees us. It's now up to us, each and every individual, to show the world we aren't a bunch of brutes who rebel at the loss of a hockey game. For the rest of you, hold your breath and cross your fingers for this season - we kick off October 6th at home against the Pittsburgh Penguins (sans Crosby?), and this fan has got some good feelings about the 2012 playoffs - after all, since the world is supposed to end that year, we may as well go out with a bang.

- Taryn Audet

## Mr. B., the New VP

With the many new faces that have arrived at Sutherland this year, students have especially noticed a new one in town-- Mr. Bodnaruk. He made his presence known at the grade assemblies, and I was able to catch the new and very busy, I might add, VP for a quick interview to find out more about him.



Mr. Bodnaruk making himself feel at home in his new office,

**ST: What do you like to do in your free time?**

Mr.B: I like to travel, I also like to cook. My favorite thing to cook is either Italian, spicy and Thai foods.

**ST: Do you have a favorite Television Show?**

Mr.B: I enjoy watching the *Food Network*, *NCIS*, *CSI*, *Two and Half Men*, *How I Met Your Mother*, and *Big Bang Theory*.

**ST: Who is your childhood favorite cartoon character/superhero?**

Mr.B: Spiderman.

**ST: A superhero that wears tight clothes...speaking of tight garments, I heard a rumour that you were once an underwear model, is that true?**

Mr.B: I would tell you, but I would have to kill you.

**ST: Okay, back to a less controversial question. Do you have a favorite sport? Or a favorite player?**

Mr.B: I enjoy all sports, but if one would have to stand out it would have to be rugby and hockey. I don't have a favorite player.

**ST: Do you have family?**

Mr.B: Yes, I am married and I have three sons.

**ST: What do you think of Sutherland School so far?**

Mr.B: I love it; it's a nice new building, it has its own natural light. There is a lot of open space, and I mean it is a great environment to be in.

**ST: What did you do before you were a Vice-Principal?**

Mr.B: I taught Social Studies and Geography-- I have always been with the school system. When I was younger I worked at hotels, and at Safeway.

Well, Sabres, if some of you currently work at Safeway, who knows? You may well become a principal one day! Mr. Bodnaruk was a pleasure to interview and he seems to be settling in well here at Sutherland. Don't be afraid to go and introduce yourself to him in the halls, and you never know, maybe he will even tell you the truth about the underwear rumour.

- Curtis Gunn

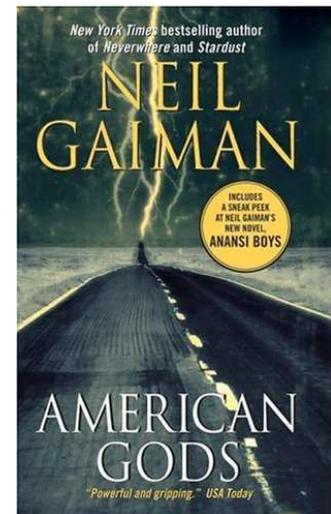
## Book Face - American Gods

It's BOB time again, and you've read every issue of the Sabre Trooth. Twice. It's high time you got yourself a book worth sinking your teeth into every Monday and Wednesday (no offense Sabre Trooth). Something exciting and suspenseful, with intriguing characters and a grim tale to weave. American Gods by Neil Gaiman can check each of those points off in its story of an everyman thrust into a dark, mythological world. The protagonist is Shadow, a man with a coincidentally shadowy past. The day he is re-

leased from prison, his wife is killed in an untimely accident; and on the plane ride home he meets Mr. Wednesday, a strange man with an even stranger knowledge of Shadow. He is enticed into working for Mr. Wednesday, thus beginning his spiral into a dangerous world of dead gods and the ones now ruling the modern west. The plot is gripping and forceful; it's a book that will make you want to keep reading through all those pesky classes after BOB. One of the most interesting parts is recognizing, or at least trying to recognize

gods and other mythical creatures from the past in the story, and modern gods of television and technology. The other interesting part is feeling the main character really grow on you. While Shadow is a silent and introverted character, the reader can really become attached to him through his actions and events he goes through as he treks America. American Gods is a must read for the book-deprived student who wants a story that will have them hooked from page one.

- Samir Bhimji



American Gods provides a gripping story, deep characters and an impressive cover.

## Join the Working Class!!

You knew it had to happen eventually, and now, it has. After years of mental preparation the time to get your first job has arrived! If you have completed Planning 10 well, your one of the lucky ones. There may be a chance that you got something from that class and have a general idea of where your career is headed. In that case, you can apply for a first job that relates to your aspirations. But if you are like me and could care less where you work as long as the dough is rollin' in, then read on young soldier. Some people don't have to work however, because they depend on their parents. "I don't have to work for my money," states Marina White, a grade eleven. Well, she's luckier than many of us. Many of our 'rents are sick of dishing out the dosh, so it's time for us to join the work force.

If you are a slacker who doesn't do well under supervision then

dishwashing may be a prime choice for you. A good resistance to hot water is also necessary since a true dishwasher doesn't need to wear gloves. Dishwashing is pretty easy-going plus you won't get hungry due to the steady flow of leftovers. This will not bug you as long as you're not concerned with germs.

Another fetching position for those who aren't willing to put in much effort but can deal well with human contact is stacking food at a grocery store. This job allows you to keep a low profile but you are now on the front lines, meaning you may have to answer questions from nuisance customers. "One time a customer asked me if I could get them a 7-up without lime or lemon...face palm," claims an anonymous Extra-Foods employee.

Then there's always the movie theatre gig. It seems to be that



Be like Darby Spence and find a job in the paper!

two types of people work at movie theatres. The people who actually like watching movies and want to be involved in the industry, or the casual creep who sits around scoping out who's dating who. If you are neither of these types then the movie theatre isn't for you.

None of these jobs are overly suited for a people person or a person with a fat resume. If you have a good resume and bubbly personality you may be suited for hosting or waitering/waitressing. The tips will roll in; however, for a waiter/ waitress good balance and decent memory are required. The last thing you want is to spill everyone's food then forget what table the spilled food was even for...

Now, should your brain have picked a focus area then try your hardest to get a job at least a little related to the direction you plan on taking in life.

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## Join the Working Class !!! - Cont'd

It will help you to start at the bottom (not that you'll usually have much choice) and work your way to the top. Starting at the bottom will help you know the basics of your job, and give you more understanding and appreciation once you rise to the top like the true lion/lioness that you are.

If you're lucky enough to get a job at McDonalds and happen to be a nice person feel welcome to call me should you have any extra Big Macs in need of eating.

Once you've chosen where to apply it's time to hand in your resume and application form. Fill out the form as neatly as possible and try to include on your resume things that relate to the job you're applying for. Take into consideration that a Starbucks employer probably doesn't care if your mom signed you up for sparks when you were four. If your resume is looking more like a skeleton then go out and volunteer somewhere so you can at least have something to impress the employer with. Really think about who you put as a reference and be sure they will only have nice things to say about you.

After you've handed in your papers

you have to wait for them to give you a ring. Should you get a call-back then its time to prep for the interview. Unsure of how to handle your first interview? Well, the website <http://www.millionairekid.com/> has given you solid coverage.

Here Are 5 Interview Questions and Excellent Sample Answers

1) Question: Why do you feel you are the best candidate for this job?

Answer: Because I'm responsible, reliable, and a hard worker.

2) Question: Do you have any experience in this type of work?

Answer: Not exactly, but I am a fast learner and want to learn as much as I can about (blank).

3) Tell me about a weakness of yours.

Answer: I've been called a perfectionist, but I like to do things right.

4) Tell me about how you would handle a difficult customer.

Answer: I would politely listen to their complaint without interrupting them, and then try to help them solve the problem.

5) What position do you think would fit you best?

Answer: I would like to learn as many different positions and jobs as I can. I'm really flexible...

If you're some nervous freak go

ahead and practice questions with a parent or friend.

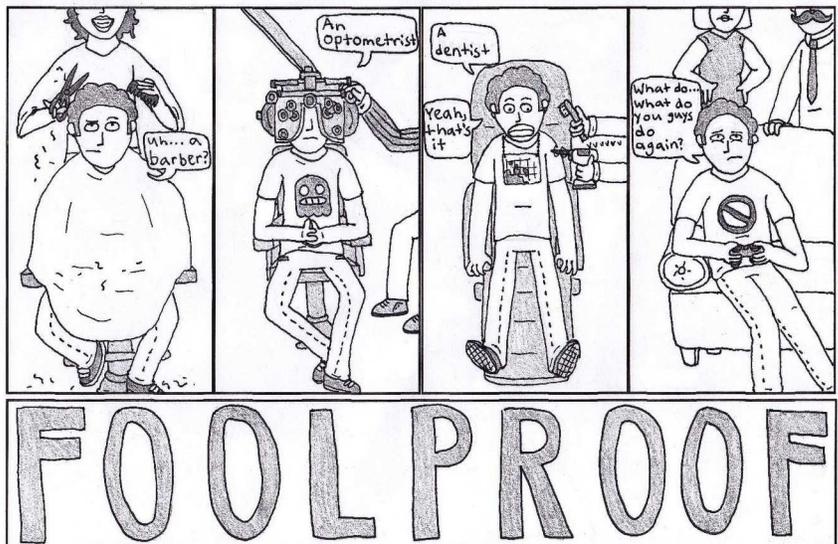
When you show up to the interview be sure to look presentable (as in no clothes with visible holes), and paste a smile on your face to make the employer think your cheerful. Don't over-do the smile though as you may come off as deranged. Always give your employer a firm handshake to show class and respect. Ask the interviewer something about him/herself to show you're friendly and try hard not to fiddle during the interview. "You'll never get your first job if you aren't charming, spunky and don't look like Chandler McCorkindale, jokes Chandler McCorkindale. If the employer hasn't called you back after a week however, take initiative and call them. Ask what their decision is and if they say no ask why. After they tell you what was wrong, you have two options: thank them for their time and self-reflect so you can do better next time, or be as rude and expressive to them as you like since you'll probably never have to see them again. Once that's dealt with, go out and apply for another job, there's no point in giving up!

- Frances Miltimore

## What do you want to be when you grow up?

When in high school, people will constantly be asking you about your future. Here's the 100% surefire answer to "What do you want to be when you grow up?"

- Samir Bhimji



## Food Pho Thought V - Nam Restaurant Review

V-nam is a fairly regular looking, family run restaurant, with authentic food, . at this restaurant, the food is the real star, not fancy design. . I probably would never have gone to this restaurant if not for my love of **Phở**, a Vietnamese noodle soup.

The soup is an incredibly rich tasting broth, with thin rice noodles, beef, and onions. When you get the soup it is served with fresh crispy bean sprouts, thai basil, lime and jalapeño peppers. If you want something extra, then you can add Hoisin sauce, or Sriracha, the red hot sauce in the cafeteria for those of you who don't know it off by name yet. So now you know what **Phở** is lets get to the review, shall we?

**Food:** The food at this restaurant is just great. If you get what I did, the Pho with rare steak and brisket, you will not be disappointed. For those of you who don't like beef, then you can get a seafood pho, which is still fresh and deli-

cious. One of my favorite things about pho is that no two bowls ever taste the same. If you are there with friends, then I would suggest that you ask for another plate of the beansprouts and basil, because you will run out quickly with just one.

The food here gets a solid 5 out of 5, for the quality and flavor of it.

**Atmosphere:** the decoration of this restaurant is somewhat lacking, with just a few fish tanks, and what appear to be carved wooden lobsters on the walls being all of the decoration in the restaurant.

The atmosphere is nothing special, so it gets a 3 out of 5.

**Price:** This is not a pricey restaurant, for a small bowl of pho, it is \$6.95, and that is enough for a good meal. If you are really hungry, you can get a large bowl of pho for \$7.95, and that is about the size of your head. So you should be

able to afford a bowl of this absolutely delicious soup once or twice a month easily. For price and value, I give this restaurant 5 out of 5.

All in all, this restaurant is great, with near perfect food, great prices, and a decent atmosphere. I highly recommend going here, you won't be disappointed. Overall, it is a 4 out of 5. I hope you guys will try this restaurant out, it is worth the seven dollars for a bowl of soup, trust me. it is located at 175 East 3rd St in North Vancouver.

- Ryan McCormick

A delicious bowl of hot soup, perfect for a cold day!



Good and Bad finally reunite.

## Goodbye Harry Potter

After watching Harry Potter for a decade, one of the biggest movies of our generation ended on July 15<sup>th</sup>, 2011. Even though Warner Bros hoped to never use "It all ends" in his movie commercials but they wrapped up the movie, *Harry Potter and the Deathly Hallows in two parts*. The splitting of movie in two parts made it more clear and successful. The first part was memorable be-

cause of Dobby's (a house elf) death, and the part two for the big war. To be honest all the Harry Potter movies were great, and they were part of our childhood. Now watching them end is quite depressing. Even though Harry Potter ending was difficult for some fans but the crew was happy about it. "Harry Potter" himself, Daniel Cliffe, says, in the August 2007 issue of *Details*

*magazine, "I'm the only kid in the world who doesn't want an eighth Harry Potter book" (all great quotes.com) or in another quote he says, "Basically, it amounted to the fact that she felt I had been very good in this 'Harry Potter' film, and as a reward for that, she wasn't going to make any more 'Harry Potter' [books]."*

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## Goodbye Harry Potter - Cont'd

Despite the fact that watching Harry Potter end was difficult for some fans, the movie had an amazing ending. Even though the first part of *Harry Potter and the Deathly Hallows* was a bit on a different track from the past movies, *Harry Potter and the Deathly Hallows part 2* was well done and brought back the magic and adventure. The wizard war where Hogwarts students and staff stood up against Lord Voldemort (Ralph Fiennes, as an evil wizard hungry for power), was both exciting and emotional. Let's admit it, most of us cried when some of the students died, or when Harry was struggling between life and death. The other interesting part of the movie was story of Professor Snape which was a mystery that I've been waiting for since the first Harry Potter movie.

The budget for Harry Potter movies was 2 billion dollars and the profit they made was 7.7 billion dollars. The costumes and makeup of the movie were expensive and well done, especially Lord Voldemort with his lost nose that made him look like a turtle or a dinosaur converted to a human, covered in black robe with his creepy snake. Madam Strange and her Medusa-like hair were good too.

The special effects were simply awesome. "To give just two examples, more than 200,000 golden coins and thousands of other pieces were created to convincingly fill a vault at Gringotts bank, and so much furniture and objects were bought to make Hogwarts' enormous Room of Requirement look more crowded than Charles Foster Kane's storehouse that the set dressing department was busy for months buying up bric-a-brac." (latimes.com). Helena Bonham Carter on her character's makeup effects says, "I like my teeth. I had fake teeth. It's a beauty tip: use fake teeth. The [teeth] plumped up my upper lip, which makes you look younger. It's like having collagen without having collagen because it makes the lip fuller. Always get false teeth." (mtv.com).

The actors growing and becoming experts was one of the keys in Harry Potter movies' success because having the same actors since the first movie makes the audience more comfortable. Tom Felton on mtv.com about his acting as an adult in the last part of the movie says, "For nearly two months, we've all been doing prosthetic tests and all sorts of preparation for the epilogue. I've been having some aging training. You've got to walk differently. There's a slump in your walk. ... It's bizarre. We have a lovely guy who comes in. It was a little weird the first time — imagine you've got weights on your arms! There have been a number of times where I nearly laughed and I had to hold it in." At the end, it's a great movie, if you want to watch a movie and haven't watched Harry Potter yet, you should watch it or else you're missing one of the best movies of one of the most memorable series of our history.

- Zahra Ghodsi

## To Meat or Not to Meat

Becoming a vegetarian to some might be quite easy, while for others it is not an option, because well they simply like their meat. I wanted to challenge this topic and take it a little further by asking my friend Hilary Lane, a grade 11 student at Sutherland, if she would partake in my experiment to see if a "meat lover" could convert to a "veggie lover" in four days of eating like a vegetarian. In those four days of talking and hanging with Hilary at school, I could tell she was really getting into being a vegetarian, with having her lunches full of fruits, veggies, grain snacks and delicious looking cheese and veggie sandwiches, I was thinking that maybe she was starting to like this lifestyle. After Hilary's four days of eating pretty much like how a rabbit would eat, I sat down and got her input on her experience with vegetarianism.

**Stephanie:** When I asked you to become a vegetarian for four days, what first came to your mind?

**Hilary:** I was willing to try it but I knew I'd miss meat, but I was always curious what it would be like not to eat meat because its such a staple food in my everyday meals.

**S:** Have you ever tried to be a vegetarian before this?

**H:** No I have never tried to be a vegetarian before this, but I always wondered how vegetarians would eat.

**S:** How did the first day go of eating no meat?

**H:** The first day was the easiest but then it got harder, I for sure give props to people who eat like this everyday.

**S:** Did you find it hard to find other food options?

**H:** No not really, I just ate fruits and veggies all day, only because I wasn't to sure what else to eat until I researched some recipes and saw that there were so many more options, more than fruit and veggies, then I started to get the hang of it.

**S:** What was your favorite vegetarian meal that you made?

**H:** My favorite meal that I made was a vegetable stir-fry it was delicious, and easy to make! I will definitely make that recipe again!

- Cont'd on Next Page

*"The first day  
was the easiest  
but then it got  
harder, I for sure  
give props to  
people who eat  
like this  
everyday."*

## To Meat or Not to Meat - Cont'd



Hilary enjoying her vegetarian lunch!

**S:** Did your family eat some of the same meals as you?

**H:** The only thing they ate the same as me was the stir fry, The other days they had chicken and beef, but they supported me in my vegetarian experiment, which was great because they helped me create the vegetarian options like instead of meat I would have beans, tofu, or veggie dog and veggie burger. **S:** Did you feel any positive changes to your lifestyle?

**H:** No haha, I felt the same, I was just really craving some salami at the end, but I did feel somewhat that I was eating healthier.

**S:** Do you feel that sometime in the future you might try being a vegetarian again?

**H:** I don't think I'll ever try being a vegetarian again I missed eating meat, not being able to eat meat just isn't for me, but I totally get why other people would be a vegetarian, it isn't hard it just wasn't for me. After interviewing Hilary, it reminded me of when I started out being a vegetarian and had

mixed feelings about it, until I got some expertise tips from my fellow vegetarian pal Alanna Dunbar, also a grade 11 student at Sutherland, that I shall share with you.

1. First think about why you want to be a vegetarian, and really believe in it, then you will have the motivation to stick to it, and it will honestly be easy.

2. Check out some good books in the library on vegetarianism, to get as much information as possible, the Internet is a great source to, surf the web and go to [www.goveg.com](http://www.goveg.com)

3. Find good recipes from vegetarian cookbooks, trust me there is plenty! Also the website I mentioned has great recipes plus a cook book I would recommend is "The Vegetarian Cook's Bible", by Pat Crocker. This book is great for quick, easy and great quality vegetarian food!

4. Start gradually, if you stop eating meat right away, it will be much harder then if you first take away red meat then so on, or even for fun try a new vegetarian recipe a week with your family, it's a good way to get creative with meals.

5. Tell Friends and Family that you are a vegetarian, because support is key, and go grocery shopping with your family, because that way your family doesn't have to worry about if they are buying the right food.

Of course Vegetarianism is a personal choice, and like Hilary, it doesn't work for everyone. That's what's so great about life, there are so many options, and I hope from this article you

might try some vegetarian recipes with family or friends, or possibly become a veggie lover! You never know, you might actually be surprised to how being a vegetarian is not as hard as it might seem.

Vegetarian Recipe:

Basil and Roasted Pepper Quinoa

1 cup- chopped red onion

2 – cloves garlic, finely chopped

2 tbsp- olive oil

2 cups- Roasted Red Pepper slices coarsely chopped

¼ cup- chopped drained canned chipotle peppers

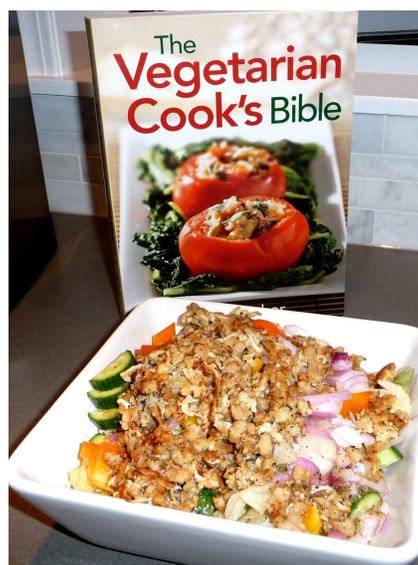
2 cups- cooked quinoa

1 tbsp- rice vinegar

½ tsp- salt

In a skillet, combine onion, garlic and oil. Gently simmer over medium heat for 7 minutes or until soft. Add roasted peppers, chipotle peppers, quinoa, basil, vinegar and salt, Heat through and serve hot!

- Stephanie Goetz



Vegetarian food made simple!

## Mr. and Mrs. Love

Dear Mr. and Mrs. Love,

I was at a party during the summer and I met this cute girl. After only about 20 minutes of talking we started kissing for about two hours! So my question is, do you think this can actually develop into a strong relationship?

- Talking's Over-Rated

Dear TOR,

Well, then what I have to say to that is, WHOA!, 20 minutes of talking and 2 hours of kissing? Forget that one girl and get yourself 50! Obviously it took minimal effort to get this girl, why are you stopping for her? She's clearly a little too outgoing, so probably not girlfriend material anyways. My advice: Be the biggest player in of your friends, nay, THE WHOLE SCHOOL! Go out and be the man, get the girls, In my opinion, get quantity AND quality, 'cause buddy, you're hot! You can probably get every girl swooning over you with just the flip of the hair, the wink of an eye, or even just a simple little winky face on Facebook chat. But in short, just get some buddy, and don't look back.

-Mr. Love

Dear TOR,

Listen to my "friend" Mr. Love and you'll have every lady avoiding you like you're white after labour day. That's great that you got a girl to make out with you after just twenty minutes of talking. So proud, I really am. That girl can't be considered "outgoing", plus if she is, that means you would be considered also. Maybe you took advantage of her, maybe she's filled with regret, maybe she's not, who really knows, you haven't talk to her yet.

Typically to see if that situation could turn into a relationship, YOU NEED TALK TO THE GIRL. I don't mean going to her house and asking her dad if she can date you, or going on facebook and clicking your way to that easy little chat button. What you should do, is simply grab your phone and text her. Maybe some easy banter, if you actually like her, ask her to get some coffee.

THEN BUY HER THE COFFEE. If you don't like her, tell her how happy you are to have a new friend. No point in telling her that you actually regret the whole thing, and in turn hurt her feelings. If you listen to Mr. "Love" you'll turn into the next Charlie Sheen. Listen to me, you might actually meet a nice lady you'll get to keep. If you like her try to date her, if not then don't. But next time, talk to the girl first.

- Mrs. Love

Not all love can be THAT easy.



## J&J's Fall Fashion for Guys

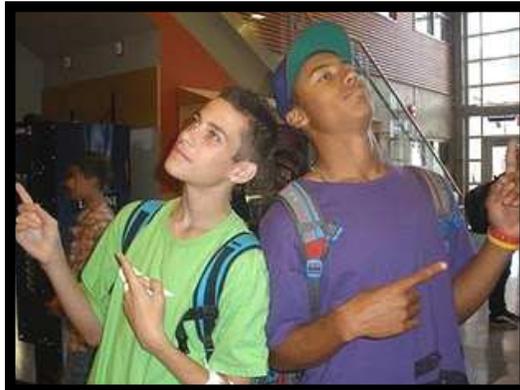
Are you confused and dazed as to what to wear for school? Don't worry-- we're here to help! We've taken examples from fellow fashion-savy bro's in our school as a guideline to show you what the new trends are.

First off, you might've noticed a few kids wandering around wearing button up shirts and polo tees. These tops are brilliant for a simple yet sophisticated look. The preppy look is always a suitable fashion choice for school whether it be long sleeve sweaters, collared and button shirts or dark denim jeans.



Carson Hamner, Grade 11, sporting the button up shirt.

If you ever head over to Old Navy or American Eagle, you can pick out some stylish jeans and shorts at decent prices. A favourite are cargo shorts of basic colours like dark gray, brown, green, and white. Cargo shorts blend extremely well with sweaters, shirts, tees, and jackets. If you want to try something new instead of jeans, slim fit trousers are a great way to show off a casual look.



Graddy & Matthew, Grade 10, showing off their style.

For a whole new look you might want to try some graphic tees. We found Matthew Foort and Graddy Zubaidi of grade 10 displaying these. Graphic tees are the best of both worlds, they can be worn alone or combined with a jacket or sweater. We found a perfect example of the graphic tee with a jacket on Carlo Cortez.

Some of you might not know this, but "Toms" are a huge hit for shoes. They bring a sophisticated look along with comfort. More and more students are

beginning to rock the Toms. They can range from about 30\$ - 60\$ depending on their style. Another classic shoe that is a favourite among teenage boys is the Air Nike. People are prone to bending over and kissing your 'Nikes', but we cannot guarantee this will happen, so don't get mad at us. Nike shoes provide an extremely comfortable shoe that comes in different styles and colours. If you are looking for an athletic and stylish shoe, these are for you! Now that you guys have the basics for style, go try it out for yourself!

- Jack Bondy and  
John Topham

Carlo Cortez, Grade 9, looking like a boss with the jacket/graphic tee combo.



Jordan Ladhar, Grade 11, kissing John Topham's Nikes.



## The Oldest Discussion PC vs. Mac

Everyday, after school everyone at this school probably goes home and turns on a computer, whether it's a PC (run by Windows software) or a Mac (run by Apple). There's always a discussion about which one is better and as much as I would love to say PC RULEZZZ!!!! That isn't what I can do right at this moment. I'll show the facts about both of them, and I'll let you decide for yourself.

Mac is quite the unique computer. It runs a lot differently than PC, its mouse only has one button, and the only way to use the right click is by pressing and holding control. Now you may ask what the point of this is. Why couldn't Mac just make a mouse to have TWO buttons instead of one? Well the only answer to that question is that they probably just didn't want to copy Windows. Mac tries really hard to make itself different from the rest.

Starting with the Macbook Air, the first laptop that is as thin as paper. This laptop is really cool, though I haven't seen one myself before, but the commercials really make this laptop stand out.

### Pros

- It's really thin so you can carry it with you everywhere
- Has really alright specs
- Has all the cool Mac Applications

### Cons

- Overheats too quickly (More common in earlier models)
- It starts at \$999 for mediocre specs
- Earlier models had problems with the USB port and headphones where they would not fit into the laptop
- Something that would make it a good buy; to be able to play games on it.
- Expensive to replace parts for it

To be honest I really can't say anything to make the Macbook Air sound like a decent buy, mostly because it isn't a decent buy. It's utterly useless and I would not recommend you to buy this. Just cause the Macbook Air makes your backpack a little bit lighter, isn't a good trade for being able to use it more than just 5 hours. Though the Mac desktop isn't as bad as the Macbook Air, but you still can't play PC games on it and those quirky buttons on the keyboard sometimes drive me nuts. But some people like Ms. Alexis would argue, "Anyone who has ever used a PC would know a Mac is better for creating documents, graphics, and basically all the other Microsoft Office programs. Mac also runs a lot smoother than PC, and basically everyone in my family has switched over from a PC to a Mac." I agree, whenever I'm in the Library for a class and we need to type something up I always go for the Mac laptops. But that still does not change my opinion about the Macbook Air. Maybe the iMac is much better but still why pay so much for an iMac when you can buy a PC desktop for much less? Well, read on, fellow Sabres...



**VS.**



The Two Rivals fight it out to this day.

## The Oldest Discussion PC vs. Mac - Cont'd

PC is virtually known everywhere, from schools to libraries to virtually everywhere in the world. The problem is to comparing the PC to the Mac is that; Windows doesn't make computers, they just make the OS. Mac on the other hand makes both the OS and the computer. But let's say you really were deciding to whether to buy a PC or the Mac to get the best deal for your money you'll have to look through your options.

PC is often looked down on, because it's known to crash and be really annoying to deal with. That much I can agree with you. I hate it when my PC gives me error codes and I have to deal with viruses, but I would not agree with you if you said that the Mac does the same things that the PC does, but better. The thing is, in some parts Mac is better, like

for example if you're a student and all you from your computer is just Microsoft Office and using the internet every so often, but generally the PC does that and it runs games, and has a much better keyboard, and a much better mouse and it costs WAY less than the Mac does for the same amount of hardware.

- Pros
- comes with Windows 7 pre-installed
  - can run every game ever made for computers
  - a PC desktop that has the same specs as the iMac starts at \$599
  - used everywhere, meaning all software work on a PC
  - has backward compatibility
  - can easily replace PC parts

- Cons
- is known to crash

- earlier versions don't save your work if it crashes
- more viruses target PCs rather than Macs

My friend Ivelin asked me this, "Why would anyone buy a Mac? PC does the same thing and it's much better in a whole lot of ways. PCs are the way to go." But we all know most people just use PCs to game. And there is nothing wrong with that. Anyways, after all that text here's the tl;dr – PC is much cheaper, usually has better specs than the Mac. The Mac... well... I think they should just stick to making iPods/iPhones and iPads.

What's your opinions, Sabres? Do you prefer a MAC or a PC? Send in your personal opinions to [sabrethooth@hotmail.com](mailto:sabrethooth@hotmail.com).

- Mohammad Khanali

***"Why would anyone buy a Mac? PC does the same thing and it's much better in a whole lot of ways"***



Your Modern day PC Laptop.

## Clubs and Team Fair

This year's Club and Teams Fair was probably the busiest that I have seen it in my years at Sutherland. Tables were aplenty and the student body, especially the new grade eight's showed much interest. A lot of the crowd was at the new duke of Edinburgh club sign up table. There were a few people dancing at the speakers set up outside the cafeteria, which was really rather entertaining. We all encourage you to join a club, and contribute to the great environment at our school. All in all, this year's fair was a great success, and a good deal busier than it has been before. Let's hope this trend continues, and we have an increasing number of students joining our great clubs and therefore keeping the Sabre's spirit strong.

- Ryan McCormick



Kieran joins the action at the fair.



Natasha and Mrs. Bunbury all "Francified".



Mr Mikkers recruits.

## Vancouver Canucks 2011-2012 Season Preview

After a disappointing defeat at the hands of the Boston Bruins in the 2011 Stanley Cup Final, the Vancouver Canucks are poised for yet another season of NHL hockey. The nucleus of the team remains the same as ever with the Sedin twins and Ryan Kesler leading the offense. Meanwhile Dan Hamhuis and Kevin Bieksa (who was resigned this summer to a five year, twenty three million dollar contract) will undertake the task of being the Canucks primary shutdown pair. The ever-controversial and out spoken Roberto Luongo will be between the pipes for the foreseeable future, with promising goaltending prospect Cory Schneider playing the role of backup.



The Boys in Blue looking for a comeback.

Unfortunately, due to Luongo's less than stellar play during the Stanley Cup Final and the fact that the Canucks were generally used as punching bags (see Daniel Sedin versus Brad Marchand) by Boston's much larger and more physical team, more questions than answers on the Canucks time frame for continued contention have been raised.

During the off season, General Manager Mike Gillis went to work on improving a team that came within a single win of hockey's Holy Grail. One of the Canucks most pressing concerns this off season was addressing the team's collective toughness. During the Cup Final, the Canuck team as a whole was abused and physically punished by a Boston squad full of players with "proper levels of pugnacity, testosterone, truculence and belligerence". At least, this is how Leafs' GM Brian Burke would describe them, as he did during his introduction as General Manager of the Leafs in 2008 when he asked what kind of team he wanted the Leafs to become. Gillis set to work on employing Burke's model for success by signing forwards that play with higher levels of physicality, such as Byron Bitz, Mark Mancari and Steven Pinizzotto, as well as signing notable heavy weight Todd Fedoruk on a tryout basis. All four are expected to see time on the Canucks fourth line. Gillis also signed veteran forward Marco Sturm to a two year contract in order to fill in on the second line in case of injuries. Sturm will spend most of his time on the team's third line however. Andrew Ebbett and Alexander Sulzer were signed to provide depth on the fourth line and defense respectively. Other notable signings include grizzled veteran Owen Nolan, who hopes to make the team after being signed to a tryout offer, and Steve Begin, who was also signed on a tryout basis.

Many of the forwards that led the Canucks to their first Stanley Cup Final appearance in seventeen years remain the same. As long as Daniel and Henrik Sedin remain on the Canucks, the team will always be a substantial offense threat. Alex Burrows, the hero of Vancouver's first round victory against arch nemesis Chicago, returns to flank the Sedins on the right. Unfortunately, due to injuries to Selke winning forward Ryan Kesler and young speedster Mason Raymond, the Canucks' second line is a shell of its former self. Both players suffered their injuries during Vancouver's Cup Run last spring. Kesler injured his hip during Vancouver's Conference Final series against the San Jose Sharks but played through his ailment while Raymond suffered a fractured vertebra at the hands of Boston's Johnny Boychuk during Game 6 of the Cup Final. Both players are expected to miss the start of the season. On the bright side, Mikael Samuelsson is set to return from injury. These injuries have also left room for a player such as promising young prospect Cody Hodgson to compete for a second line position. Hodgson, who has been trying to crack the Canucks' roster for the past few years, had previously been unable to due to a series of freak injuries. However Hodgson has spent the summer training with NHL legend Gary Roberts and feels that he is in the best shape of his career.

Hodgson is quoted in the Vancouver Sun saying, "I feel great," after the first practice of the Canucks' season this morning. "The best since I can remember, to tell you the truth. I feel solid on the ice, lighter, faster. It's a great feeling. You can always get better and there's always stuff to improve on. But that's what I can focus on now. It's not about health; it's about what I can do on the ice. It's great to be back and thinking just about hockey."

The Canucks most high profile loss in the forward position was that of Raffi Torres, who left for Phoenix this summer. The third line is expected to consist of Chris Higgins, Jannik Hansen and Manny Malhotra. Malhotra, who underwent an additional procedure on his eye this summer after it was hit by a puck last March, is expected to regain form as one of the NHL's premier faceoff men. Lastly, the fourth line will mostly be made up of interchangeable pieces throughout the course of the season, at the discretion of head coach Alain Vigneault.

Despite the loss of Christian Ehrhoff, the Canucks top offensive defenseman, the defense core remains one of the best in the league; they have easily enough depth to overcome the loss of Ehrhoff. Kevin Bieksa and Dan Hamhuis will lead the Canucks defense into the season while Alex Edler looks to improve on a great year. Sami Salo returns for another tour of duty after being resigned to a two year deal in the off season. Keith Ballard, who was heavily scrutinized in his first year with the Canucks, looks to have a bounce back year. Ballard's poor play last year was mainly due to a string of injuries. Chris Tanev, an undrafted free agent defenseman who was signed by the Canucks in May of 2010, surprised many with his poise and dependability, even drawing into the Canucks lineup in the Cup Final due to injuries. Tanev and Arron Rome are expected to round out the Canucks' defense.

## Vancouver Canucks 2011-2012 Season Preview - Cont'd

Finally, Roberto Luongo and Cory Schneider return as the Canucks goaltending duo. Luongo, who has been subject to heavy criticism after his sub par play during the Stanley Cup Final, will start the majority of the games for the upcoming season. One of the biggest questions the Canucks have coming into the season is how they will deal with Schneider, who is set to become a free agent next summer. The most obvious option for the Canucks is to trade Schneider but after

the Mike Richards trade, Luongo's mammoth contract appears to be more movable than once thought. One thing is for certain, a decision will be made by the end of the season.

The Canucks remain largely the same team that came within a win from their first Cup in franchise history, and that is good news. However, to return to the Finals the Canucks will need strong goaltending from

Roberto Luongo throughout the playoffs, as well as staying relatively healthy throughout the course of the playoffs.

The offense is the only constant the Canucks can rely on.

All in all, this season of Canucks hockey is shaping up to be just as exciting as the last.

Go Canucks Go!

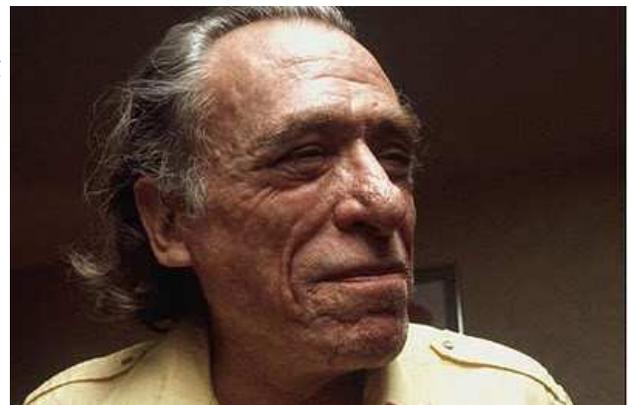
- Justin Solyom

*"The best since I can remember, to tell you the truth. I feel solid on the ice, lighter, faster. It's a great feeling. "*

## Charles Bukowski: A Poet And He Knows It

Charles Bukowski was a genius, but his appearance suggested exactly the opposite. His face, violently sculpted by years of abuse and binge drinking, was an ugly wreck. His manner was cranky and abrupt and seemingly heartless. Born in Germany and raised in Los Angeles, Charles was brought up by Roman Catholic parents and a quotidian set of ridiculing peers. Following the end of World War I, his father was frequently unemployed. He beat his son for reasons that didn't always exist, up until the day his son was strong enough to stand up to him effectively. After graduating high school, Charles enrolled in college in his home city for two years, and then proceeded to move to New York to begin his career. This career did not kick off right away; in his early twenties, he spent a few years writing short stories which were all rejected by various publishing houses. Bruised by the alienation and

isolation of his teenaged years, he took these rejections hard, believing that the writing was bad, and ceasing to write seriously again for almost ten years. Although Charles himself often refers to these years as lost, they turned out to be the experience he needed to inspire the brilliant works that made him famous. As you can see, I am rather fond of Bukowski in the way that I think his writing is honest and extremely relevant. However, there is another side to the argument. There is a gigantic mass of people who see him simply as he appeared to be on the surface: a dirty, lewd, crude old man who blatantly disrespected the women he surrounded himself with and made art with rambling, vulgar poetry and fictionalized autobiographies. It is these people who are missing out on the profound ideas that he brought to light in his work, however rude and blunt those ideas



His face, seen as tragic, sometimes actually attracted the women.

might have been.

His tragic childhood and his self-destructive history with alcohol caused him to possess a severely negative outlook on life, an outlook that supplied him with the ability to write thousands of poems and hundreds of stories over the course of his lifetime. In his book, *Factotum*, he honestly stated that his "ambition [was] handicapped by laziness." This fact is true in the way that his writing career lacked the consistency of so many modern authors' today. Most of what he did seemed jumbled and makeshift, or thrown together at the last minute, and most of it was, with the assistance of a few bottles of cheap wine and whiskey.

*Continued next page...*

## Charles Bukowski: A Poet And He Knows It - Cont'd

Although he was known for his gruff, standoffish manner, he, like most human beings, had a softer side as well. Despite the fact that he hated public readings, in order to appease his passionate fans, he made plenty of appearances anyway. For many of them he showed up drunk out of his mind, swearing and insulting the crowd, but there were exceptions as well: readings during which he cracked jokes followed by light-hearted sarcastic quips, and read pieces from his own yet-to-be-published writing. These nicer, gentler readings primarily occurred in his later years once he'd had time to get all his anger out and soften up a bit.

One could ask, who would want to carry on this way, with the larger half of the world hating them? It's true, most people did, and still do hate him. However, no one could deny that he always did exactly what he wanted, and lived just the way he wanted to live, and there's something to be said about that. He was one of the only writers in his time that was brave enough to successfully write exciting fiction based on nothing but his own life experiences. He once said that he liked to pin his fame on the fact that, unlike the other writers that were around then, he never hid behind metaphors or cleverly spun phrases. He believed that "an intellectual says a simple thing in a hard way [while] an artist says a hard thing in a simple way." I love his writing because he does exactly this in a great way, for example, in his poem titled "Oh Yes":

*There are worse things than  
being alone  
but it often takes decades  
to realize this  
and most often  
when you do  
it's too late  
and there's nothing worse  
than  
too late.*

All personal facts and images on Charles Bukowski cited from Wikipedia, Bukowski.net, and a Rolling Stone article published in 1976.

- Brayden Newbery

*Despite the fact  
that he hated  
public readings,  
in order to  
appease his  
passionate fans,  
he made plenty  
of appearances  
anyway.*

## Baby Mama

I'm sure we have all heard the terms "high school mom" or "teen pregnancy" but it doesn't go any further than just a thought. Have you ever wondered what it is actually like, or how different life could be for someone with a baby? I sure have and I got the chance to see for myself what it's like. I sat down with Paris, a grade twelve student, and her baby, Talin, to ask a few questions about life as a busy mom and student.

**ST: What grade are you in?**

P: I'm in grade 12.

**ST: How old is Talin?**

P: He is one year old.

**ST: Ahh okay, so you started going to Sutherland in grade 11?**

P: Last year I was supposed to graduate, but I didn't finish any courses because I did them all online. I didn't actually finish anything so I didn't get any credit.



Talin and his mom In front of the daycare.

## Baby Mama - Cont'd

**ST: Were you staying at home taking care of Talin?**

P: No, I was here.

**ST: So what was your initial reaction when you found out you were pregnant?**

P: Oh I was excited!

**ST: Really? Did you want to have kids early?**

P: Yea, not this early but I always knew that I would be a young mom. I never thought this young, but yea, I was excited.

**ST: Did your relationships with people change once they found out you were pregnant?**

P: Well, I already had a lot of friends but when I found out I was pregnant a lot more people started talking to me, asking questions or whatever, kinda like supporting me.

**ST: So while you were pregnant you were gaining friends and then they just kind of disappeared?**

P: Yea, because I didn't have as much time to hang out with them and stuff. They were always like, "hey come out and party," but you know I couldn't because I had Talin, and I didn't really want to anyway. So it kind of just ended.

**ST: I can see that, so you went to Keith Lynn when you were pregnant?**

P: Yep.

**ST: What was it like to go to school while you were preg-**

**nant?**

P: Well, because it was such a small school it was okay. There were only 100 people there and every body knew each other, so everyone kind of supported each other and I was one of the seniors there.

**ST: So you did feel supported?**

P: Yea, in some ways.

**ST: Did anything change once you had your baby?**

P: Everything changed, everything. Absolutely everything.

**ST: Relationships with people and stuff?**

P: Relationships basically died once I had a baby but spending time with my baby is my number one priority.

**ST: What were some challenges of having a baby in high school?**

P: Trying to figure out how to have family life but still be a teenager, still having social friends, still going to hangout with them and whatever. That was the biggest thing for me. It was trying to handle it all and do everything at once.

**ST: So how long has he (Talin) been in the Sutherland daycare?**

P: He started in November of last year and he has been in there ever since, well not the summer but, it's been awhile.

**ST: While you were at Keith Lynn how did you find out**

**about the Sutherland daycare?**

P: Well I knew about it for awhile just because my sister went here, so I knew that there was a daycare here. And I guess I know because one of my teachers was helping me get all my resources.

**ST: So the teachers were supportive?**

P: Mhm, yea.

**ST: Well that's a big help. So what would you say are your future plans for being a mom?**

P: You mean my goals and stuff? Well, I really want to own a house.

**ST: Are you living at home right now?**

P: I'm living with my parents and my boyfriend. My goal is to go to college, establish a career and eventually be able to own my own house that is stable for him. You know, like it's his home-- not like an apartment that he just moved into two weeks ago and we are moving again kind of thing. Just kind of like the whole family life, like getting married all that kind of stuff, having more children.

**ST: Is there anything you want to say to the students of Sutherland on being a teen mom?**

P: Don't do it!

**ST: Does it make the whole high school experience harder?**



Paris and her son Talin in front of the Sutherland Day care

P: Well it makes you have no high school experience, ruins your senior year. You know I can't do all the things for grad, I can't go out and have fun with everybody, I can't even participate at the things that we are doing at lunch cause I have to be with Talin. It's not that I regret having him but if I had a choice to have him later in life, I would have done that! Well, you don't realize how much freedom you have until you loose it. Be careful basically, because you're not invincible either. A lot of people think they are invincible and it will never happen to them, but then nine months later you have a baby.

Paris finished off the interview while wiping some spaghetti off of Talin's leg. After having a greater knowledge of being a teen mom it makes me have great respect for her and anyone else who is going through the same thing. A day at high school could be hard enough but adding on having a baby makes it that much harder.

- Cassie Heavenor

## Falling back into Sports: A Fall Sports Preview

Welcome back Sabres! As the summer we will miss so dearly comes to an end, Sutherland's fall sports are just beginning. This year we will have a variety of sports; boy's soccer, girl's and boy's volleyball, cross-country, girl's field hockey, and grade 8 rugby, and badminton. Here's a short summary of what's going on with each sport.

The soccer season has just begun and already the boys are on the field. As usual there will be two teams, junior boys (grades 8,9,10) and seniors (grades 11, 12). The seniors, coached by Mr. Mahon, kick their season off with a win of 3-0 over Carson and a close loss in shootouts against Hands-worth. The juniors, coached by Mr. Coupland, begun there games last week as well with a big 5-0 win against STA. Keep up the hard work!

Girl's volleyball tryouts have ended and the seasons are just beginning. This year there will

be three teams, bantam, juvenile, and senior. The bantam girls are being coached by Mrs. Watson and Connor Macuspie. The team is made up of the brand new members of our school, the grade 8's. The juvenile is made up of all grade 9's and is being coached by a mix of all the coaches. Seniors this year is made of grades 10, 11, 12 and is being coached by Mr. Huzar and Mr. McGowan. Boy's volleyball will be running for the second year in a row here at Sutherland. The team is being coached by Mrs. Voute, and are still in the tryout stage. As usual the cross-country team is being run by none other than our very own Ms. Watt. The practices have already started and they are hard at work. Their first meet will be at Amble-side on Thursday. It's not too late to join, so talk to Ms. Watt, get out there and have fun. Freezies included.

Grade 8 rugby has started off great and continue to get better. They had their first

jamboree last Thursday at the Capilano Rugby Club. They are being coached by the one and only Mr. Thornhill and being helped by Prahbjot Singh and Kerri Ingles. Good job to those girls who joined the team.

Girl's field hockey is just kicking off. Their first game was cancelled, but the team is still practicing and preparing for their next match.

Badminton has not quite come together, but they are hoping to have a team. All they need is a coach. If any ones interested I'm sure all the players would be grateful. Keep up the persistence guys.

That wraps up this fall sports preview Sutherland. Good luck to all who have joined a team. Let's show them how it's done. So whether you're on a team or supporting one, get out there and show some Sabres' spirit!

- Nicole Wallace

*The juniors,  
coached by Mr.  
Coupland, begun  
their games last  
week as well  
with a big 5-0  
win against STA.  
Keep up the hard  
work!*

## TWISS (This Week In Sabre Sports)

The school doors have opened, courses assigned, and the bells have rung, but most importantly... Sabres Sports is back! This year's fall sports include girls and boys volleyball, girls field hockey, bantam boys rugby (my personal favourite), swimming, cross country, and this article's focus, soccer. This year's Senior Boys Soccer team is definitely a force to be reckoned with. It was only three years ago that the Sabres junior soccer team won the North Shore title. Members of that team returning this year on the senior team are Quinn "Qtip"

Pearson, Aidan "Janzie" Janz, and the one, the only Devan "Mammoth" Woolley. After watching only a half of their first preseason game against Carson Graham, the talent was obvious. The talented returning seniors consist of Sepehr "Get Out Of My Way" Eftekhari, Donald "Fajita" Fida, Jacob "I Swear He's Messi" Hrica, and Jared "Killa" Swant. Another



Jared Swant receiving a red card deflating the team.

**TWISS (This Week In Sabre Sports) - Cont'd**

outstanding player returning to this team, a grade 10 on the team last year, their goal-keeper, Chris "Brick Wall" Zepedeo. The new additions to the team are Westin Topnik, Alex Watson, Jim Beetham, Kevin Frisk, Lucas Lamby, Willie Clark, Jordan Kerr, Jordan Ladhar, Vish Kanga, and the best looking guy on the field, Joe Cerisara. The boys played a close battled game through the pouring rain against Handsworth to begin the season. The Sabres strikers, Jacob and Donald, both had great scoring chances but were stymied by some excellent saves made by the Handsworth keeper. It all came down to a shootout in which both keepers stopped penalties, Handsworth came out on top. Jared Swant recorded two yellow cards which ultimately proceeded into a red card. Jared will have to miss up to two games due to the red card suspension rules which will be a huge loss to this Sabres team. Jared is co-captain alongside Devan Woolley and provides aggression and a great shot from the midfield position. On the bright side, this suspension may open up a spot for Matt "Look At That Speed" Swanson who unfortunately was unable to attend the try-outs due to competing in the Commonwealth Games for Track and Field. Matt came 4th in the 800 metre which is an unbelievable accomplishment. Everyone at Sutherland is proud of you Swanny!

The Sutherland Sabres unfortunately start the year 0-0-1. However, the most disappointing thing was seeing how few

people showed up to the season and home opener! It's only home field advantage when you have a home crowd cheering your team on throughout the whole game! We, as a school, need to do a better job next game and make some noise for our Sabres! No matter what grade you're in, our boys need a screaming crowd to keep 'em going late in the second half! Here's the schedule for the upcoming home games. I'll see you out there!  
 September 26<sup>th</sup> vs Argyle  
 September 28<sup>th</sup> vs Carson  
 October 3<sup>rd</sup> vs West Van.  
 All game times are at 4 o'clock and all games are at home, which gives you no excuse NOT to be there!

Now that you've met the promising team, an interview with Head Coach Bill Mahon is the only way to complete this story.

ST (Louis Boyd): I have a couple questions about the upcoming season, what are your expectations for the team this year?

Bill Mahon: Well, I hope to make the playoffs and the team hopes to make the playoffs so I think we have a good chance of doing that. Should be competitive so we'll see what happens.

ST: Sounds good. Jared received a red card in yesterday's game and will be suspended for two games?

BM: I'm trying to get him down to one.

ST: Okay down to one so even

with that one game suspension how will that affect the team?

BM: It'll hurt us in the middle of the park because he's playing holding midfield, so it will be tougher, we'll have to replace him with a ball winner, maybe Alex (Watson) will fill the spot but we'll miss him in that spot.

ST: Nice, a good grade 11 taking that spot. Talking about grade 11's, do you have a secret weapon that other teams won't know about? Such as a younger kid playing a big role on the team?

BM: Grade 11 wise, I think Jordan Ladhar has the potential to play really well and Alex Watson in particular. I'm very happy with their play, so either one of those guys.

ST: Good to know. As everybody has probably noticed already there's a team Mohawk going on this year.

BM: Yeah, it's very cool.

ST: Possibly if they win the North Shore title would you ever consider getting one yourself?

BM: I don't know if I would do a Mohawk, but I might shave my head, crew cut maybe, but I don't know about that.

ST: Alright, thanks for your time Bill.

BM: Okay, buddy.

*"I don't know if I would do a Mohawk, but I might shave my head, crew cut maybe, but I don't know about that."*

So there you have it Sabres. Win the North Shores, and watch the mullet disappear from Mr. Mahon's head. I don't know about you guys, but that would definitely be enough motivation for me! That wraps up this week's addition of This Week In Sabres Sports. Check the next *Sabre Truth* for the next TWISS.

Special Thanks to Louis Boyd - The Contributing Sports Reporter



## Small Screen Stealers: A Review of the Emmys!

Just before all your favourite fall TV shows come back on the air and you get on your footy pajamas and slump in front of the couch in anticipation, it's time to honour the best TV of the year past. The Emmys aired September 18<sup>th</sup> this year, hosted by *Glee* star (and last year's winner for Outstanding Supporting Actress in a Comedy), Jane Lynch. The Emmy's were three hours of ups and downs, as always, but this year's promising premise didn't live up in the end.

As hosts go, I think Jane Lynch was a littler over-hyped, because she's so brilliant as Sue on *Glee*, I think most people (myself and Melissa McCarthy included) thought she would "kill it!" Sadly, I thought her only shining moments were her welcoming and her *Jersey Shore* spin-off. The opening film on the whole was about five minutes too long and I zoned out. The rest of the night "Janey" kind of just enjoyed the show and acted annoyed when she didn't win the second year in a row (I really don't think she cared). It was sad that they didn't really use her more or she didn't make the "time she had left" more memorable. Jimmy Fallon was just a little bit better at carrying the show last year.

In Fashion this year my "best dressed" were: Sofia Vergara (who despite not winning looked like more than a winner in a dark almost-coral Vera Wang gown), Kate Winslet (who looked classy and elegant in a red Elie Saab) and Dianna Agron (for adding some much-needed colour to the carpet in an metallic blue-satin Roksanda Ilinsic gown). Some (serious)

missteps came from: Heidi Klum (who looked like she'd stepped off the set of a bad *Black Swan* remake in a poofy custom-made Christian Siriano), Claire Danes (in a strange geometrical metallic-blue and black gone wrong Oscar de la Renta strapless dress) and Katie Holmes (who looked like a "Cabbage Patch" doll in more than one way in a boring blue Calvin Klein dress and a HIDEOUS hair-do. Has she heard of a salon or brush!?).

In the **Outstanding Supporting Actor and Actress in a Comedy Series** *Modern Family* pulled out the guns and both "Dunphy's" (played brilliantly by Ty Burrell and Julie Bowen) took home Emmys. Both Burrell and Bowen pulled some memorable punches in their speeches with Burrell's "my father would still question the full make-up" and Bowen's "I don't know what I'm going to talk to my psychiatrist about this week!" My shock though was that Julie Bowen took down her co-star Sofia Vergara but hey, there's always next year, Sofia! The only thing I wanted though was Betty White to walk up the stairs for another trophy but I'll try not to be bitter about that, Academy.

In the **Outstanding Lead Actor in a Comedy Series** Jim Parsons prevailed yet again for his always-masterly performance as Sheldon Cooper in *The Big Bang Theory*. (Side Note: The Emmy crew likes to award their leads multiple times. Think Brian Cranston who won the past three years for his gritty role in the Drama *Breaking Bad* and Glenn Close, who won the



(From left to right): Claire Danes, Katie Holmes and Sofia Vergara show some fashion do's and don't's

2008 and 2009 Emmys for her brazen performance in the Legal-Drama *Damages*). I would also like to say that I was really happy that they didn't award Alec Baldwin yet again because I find *30 Rock* (and Mr. Baldwin) now dry.

Now here's an upset. In the **Outstanding Lead Actress in a Comedy Series** category (hold it, deep breath, you will be shocked) Laura Linney did NOT win for *The Big C!* (insert many gasps and maybe a long silence for a pause.) Melissa McCarthy was crowned (literally, they gave her a crown and some flowers!) winner for her role as Molly in *Mike & Molly*. Now I'm not terribly upset but part of me still wanted to see what Laura had prepped just because everyone said she was going to win. I don't think she's upset though; she has three Emmy's already sitting at home on the mantle (or maybe she's

a bookshelf person?) Again I sense next year for her as some of her Season 2 episodes are just as funny or as dynamic as the Pilot episode she submitted this year.

In the **Outstanding Comedy Series** Category *Modern Family* took the prize for the second year in a row and rightly so. It has been so poignant and funny this season and it hasn't dropped in quality (\*ahem\* *Glee*). I swear if *Glee* is considered for Outstanding Comedy next year, something's got to give! The only real standouts are Chris Colfer and Jane Lynch. Regardless, I have to give props to Emmy voters for not nominating the annoying Lea Michele and Matthew Morrison. But let's save another article for *Glee* bashing, shall we?

## Small Screen Stealers: A Review of the Emmys! - Cont'd

In the **Outstanding Drama Series** category *Mad Men* won for its fourth year in a row! This is an indication that *Mad Men* is either really good or really overrated. I've never gotten into *Mad Men* but hey, this year could be the year (I'm sure that's what all the other nominees thought of their shows too). It would've been nice to see something like *The Good Wife* (with its shocking Kalinda/Peter bombshell this season!) or even some *Dexter* action? I'm guessing that was a "No." from the Emmy voters.

Big guesses this year were the **Outstanding Supporting Actor/Actress In a Drama Series** categories. For the ladies, I think a lot of people thought that *Mad Men* would steal an acting award for Christina Hendricks but that was not the case. I was betting on Archie Panjabi stealing it for the second year in a row for her scene-stealing performance in *The Good Wife* but that didn't happen. A (pretty much) unknown actress by the name of Margo Martindale stole the award for an FX (the network that no one in Canada gets) program called *Justified*. Her submitted episode happens to revolve around the fact that her son has been murdered and by the sound of it hell hath no fury like a scorned childless mother. Scanning her acting credits I saw things like *Million Dollar Baby*, *The Hours*,



*Dexter* and, hold it, *Hannah Montana: The Movie*. Maybe she'll get more lead roles in the future? The gentlemen was also anyone's guess. Peter Dinklage took home the prize for his role in the medieval drama *Game of Thrones*. Another "who?" name but this might clear it up, he's an actor who suffers from dwarfism and has been in such things as *Elf* and *Death at a Funeral*. Best of luck to both of them In the

**Outstanding Lead Actor/Actress In a Drama Series** category there was a shoe-in and a dartboard full of possibilities. Julianna Margulies won for the ladies for her always-astounding performance as a disgraced politician's wife in *The Good Wife*. I was really happy with this because she was supposed to win last year but somehow Kyra Sedgwick stole it with her overdramatic performance in *The Closer*.

Emmy Winner's Ty Burrell and Julie Bowen cradle his-and-hers Emmys.

Man, I need to have a sound-off about some of these things soon! But, anyway, Kyle Chandler won for *Friday Night Lights* in the men's category for his daring performance as football coach Eric Taylor. This was the show's last season so I think it's only suitable that it won at least one Emmy. Better luck next time, Jon Hamm! Which brings me to another future topic: where, oh, where is Hugh Laurie's Emmy for *House*?

Well fellow "Goldies", I bid you "au revoir" for now. I hope you're looking forward to the rest of award season, which still holds: The Golden Globes, Oscars, SAG's and whatever is vaguely interesting in the Entertainment Industry.

- Derrick Gravener

Photos Courtesy of People Magazine ([www.people.com](http://www.people.com))

## Remembering Rick Rypien

Rick Joseph Rypien was born in Blairemore, Alberta on May 16 1984. He grew up and began his junior ice hockey career in Coleman, Alberta. It wasn't too long before Rick found himself playing in the WHL. In 2005 Rick signed with the Vancouver Canucks's farm team, the Manitoba Moose. It would only take one year for Rick to crack the big team, playing his first game with our very own Canucks in the 2006-2007 Season. Knowing he couldn't put up big numbers in the best professional hockey league in the world, Rick was put on the team for only one reason: fighting. Many claimed Rick Rypien (5'11, 190 pounds) as the best pound for pound fighter in the entire NHL. His fighting skills must have come from his father, Wes Rypien who happened to be a Canadian boxing champion. Despite having a clear size disadvantage against all of the NHL's nasty tough guys, Rick feared no one, and received the nickname "Ryper" from many of his beloved fans.

Unfortunately, Rick was a fighter off the ice as well. Rick Rypien suffered from depression for over ten years. His career took a turn for the worst in 2010, when he laid his hands on a Minnesota Wild fan on his way to the dressing room. Rypien was suspended for six games, but only after a

few games back with the club, Rypien went on permanent leave for personal issues. Of course, the actual reason behind his leave was not understood for more than a year. Early this summer, Rick's career took another turn, as he signed with the newly formed, Winnipeg Jets. Rypien never had a chance to debut with his new team, and was found dead by a family member in his home town on August 15, 2011. It was later confirmed that Rick Rypien decided to take his own life, he was only 27. Canada and the hockey world mourned for yet another tragedy, and personally, I was shocked. One of our fellow students had the privilege to meet Rick. Grad Student William Clarke said, "He was a really nice guy, and he had warm personality. I wouldn't have guessed he was fighter from just meeting him." Rypien was a fan favourite because he always played the game with an edge. This year the Winnipeg Jets have decided to honour Rick, by having his initials "RR" patched on the side of their helmets. Rick will always be remembered as a warrior, always battling to prove himself. But more importantly, Rick James Rypien will be remembered as a son, as a brother, and as a Canuck.

- Soroush Sharafzadeh



Former Canucks forward Tanner Glass honouring his friend and teammate.

*"Many claimed  
Rick Rypien  
(5'11, 190  
pounds) as the  
best pound for  
pound fighter in  
the entire NHL."*

Rest in peace, Rick James Rypien.



## Top 5 NHL Playoff Blunders of the Decade

The NHL playoffs are known for some of the best moments in hockey. Moments like Mario Lemieux scoring the spectacular breakaway goal against the North Stars in the '91 Finals, Ray Bourque lifting the Stanley Cup for the first time in his twenty-two year career, the New York Rangers ending their 54 year Stanley Cup drought, and the list goes on. Moments like these will forever be etched into the history of the game, but with all those great moments there will always be the bad ones. The fluke goals goalies wish they could have back, the own goals that define a player's career, the game 7's that weren't even close etc. This is a short list of the most embarrassing playoff failures of the decade.

### 5. Dan Cloutier, Game 3, 2002 WCQF vs. the Detroit Red Wings

-In the Western Conference Quarter Finals the Vancouver Canucks played the first place Detroit Red Wings in a wild 6 game series. The 8th seed Canucks stunned the powerhouse Red Wings by taking the first 2 games at the Joe Louis Arena. With a 2-0 series lead heading back to Vancouver, the Canucks now had home ice advantage with 3 of the next possible 5 games being at GM Place. In game 3 the Canucks stumbled out of the gate, giving up an early goal by the injured Steve Yzerman. In the second period the Canucks would tie the game off Todd Bertuzzi's goal just five minutes in. However, in the last minute, Nick Lidstrom fired a laser from centre ice that handcuffed Cloutier and went in the net.

Many see this goal as the turning point in the series as the Red Wings won the game and went on to win the series in 6 games.

### 4. Chris Phillips, Game 5, 2007 SCF vs. the Anaheim Ducks

-In the 2007 final the 2nd seed Anaheim Ducks faced off against the underdog Ottawa Senators. This was the Ducks second time in the final in just four seasons and for the Sens, it was their first time in final in franchise history. The Ducks took the first 2 games on home ice, but back in Ottawa for the first Stanley Cup Finals game in the nations capital in 80 years (the original Sens played in the NHL from 1917-1931, but relocated and folded) the Sens stormed out to a 5-3 win with the help of an energetic Ottawa crowd; however, the Ducks responded by taking game 4 with an early third period goal from Dustin Penner. Back at the Honda Center for game 5 with a 3-1 series stranglehold, the Ducks got to a good start with a 2-0 lead after the first period. In the 2nd, Daniel Alfredsson would cut the lead to 2-1, but shortly after, Chris Phillips got tied up with his goalie Ray Emery and the puck slipped in the net. To rub more salt in the wound for Phillips, the own goal stood out as the game winner; as the Ducks cruised to a 6-2 Stanley Cup clinching win.

### 3. Patrick Roy, Game 6, 2002 WCF vs. the Detroit Red Wings

-The 2002 Western Conference Finals was a memorable showdown between the Detroit Red Wings and the Colorado Avalanche. In each of the first 5 games of the series Colorado had scored the all important first goal, and in game 6, the Red Wings were determined to reverse the trend. With a 3-2 series lead and on home ice for game 6, The Avs had a chance to clinch a spot in the Stanley Cup Finals for the second year in a row. Early on, the Red Wings blitzed Roy, but he stood tall stopping the first 9 shots he faced in the game, but the Red Wings caught a lucky break. In the final minute of the first period, Patrick Roy made a big save and showed off by lifting up his glove, but the puck fell out and the Red Wings capitalized on this rare blunder, jamming home the puck to get the first goal of the game for the first time in the series. The Red Wings would hold on to force a 7th game back at the Joe Louis Arena, which they went on to win 7-0, clinching a spot in the Stanley Cup Finals. - See Back

*To rub more salt in the wound for Phillips, the own goal stood out as the game winner; as the Ducks cruised to a 6-2 Stanley Cup clinching win.*

Chris Phillips (#4) just after he plays the puck into his own net



CONTRIBUTING  
WRITERS:

FRANCES MILTIMORE

NICOLE WALLACE

CONNOR HANELY

SAMIR BHJIMI

ZAHRA GHODSI

CURTIS GUNN

JACK BONDY

JOHN TOPHAM

CASSIDY HEAVENOR

SOROUSH  
SHARAFZDEH

STEPHANIE GOETZ

RYAN MCCORMICK

MOHAMMAD  
KHANALI

JUSTIN SOLYOM

SADIE BURGESS

TARYN AUDET

MATTHEW DICK

DERRICK GRAVENER

BRAYDEN NEWBERY

LOUIS BOYD

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**Top 5 NHL Playoff Blunders of the Decade**

**2. Martin Brodeur, Game 3, 2003 SCF vs. the Mighty Ducks of Anaheim**

-In the 2003 Stanley Cup Finals vs the Mighty Ducks, the New Jersey Devils were looking to win their 3rd Stanley Cup in franchise history. They started off well, taking a huge 2-0 series lead after superstar goaltender Martin Brodeur's stellar shutout performances in games 1 and 2. In game 3, fresh off a clutch goal by Patrik Elias and with all the momentum, Marty Brodeur came out to play Sandis Ozolinsh's harmlessly dumped puck, but dropped his stick. The puck hit the stick, went through Brodeur's legs and went into the net, giving the Ducks a 2-1 lead in the game. The Devils would tie the game early in the 3rd, but lost in overtime on a goal by the late Ruslan Salei.

**1. Boston Bruins, 2010 ECSF vs. the Philadelphia Flyers**

-In 2010, the Boston Bruins faced off against the Philadelphia Flyers in one of the most memorable playoff series in NHL history. In the first 3 games of the series the Bruins outscored the Flyers 12-7 en route to a 3-0 stranglehold in the series. In game 4 the Broad Street Bullies barely survived with a clutch overtime goal by Simon Gagne to force a 5th game back in Boston. But the Flyers were just getting started, shutting out the Bruins at the TD Garden 4-0 in game 5, and forcing game 7 with a close 2-1, game 6 victory in Philadelphia. Back on home ice for game 7 the Bruins jumped out to a quick 3-0 first period lead. Unfortunately for Beantown though, game 7 was merely a microcosm of the entire series, as the Flyers rallied back and won the historic game 4-3, on Simon Gagne's late 3rd period goal. The Flyers would make it all the way to the Stanley Cup Final after defeating Montreal in 5 games, but their Cinderella run ended when Patrick Kane of the Chicago Blackhawks scored the Stanley Cup winning goal in overtime in game 6.

- Connor Hanley



*Martin Brodeur watches helplessly as the puck creeps into his net. Images in this article are courtesy of getimages.com*

