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Welcome Back from all of us here at the Sabre Trooth, and good luck to

Grads of 2011!!!



The Volume IV Premiere

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Volume IV, Issue I

September 29th, 2010

Expectations of High School vs. Reality

I'm sure that every single one of you reading this can remember your first day of grade eight. (Especially if you are only in grade nine!) I bet that you remember what you thought high school would be like – would it be so big you'd get lost? Would the older kids pick on you? Would the teachers be nasty and give lots of homework? It's especially hard to know what to expect because of all the movies and shows there are out there about high school. There are so many clichés and stereotypes, if you don't know better, they all sound like the truth!

That being said, I'm sure you all remember the reality of high school, and how it wasn't as bad as you thought it would be! As a reporter for the *Sabre Trooth* I got to go into Mrs. Bunbury's grade eight Drama class to ask some of this year's grade eights what they expected of high school. First of all, a majority of the class all agreed that they were expect-



Liam Horsnell expected he'd have some growing to do to catch up with the Grade 12's, but this is a bit much.

ing a lot of homework. They were also nervous that the teachers would be bad - tempered. "I heard some strange rumors about some of the teachers," Bailee Madsen confided. Quite a few of the students were nervous about their lockers, as well. "I thought I was going to be pushed into a

locker," Hailey Morris admitted, while Sam Coates just thought it would be hard to remember his combination, and open his locker. "I thought the cafeteria food was going to be gross!" Danielle Burt said, grimacing.

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The Beginning and the End, Grade 8 vs. Grade 12

You may all be thinking, "How is Grade twelve life different from Grade eight?" Well Sabre Trooth readers, this is why I'm here. When walking through the doors for your last year of high school, it's going to be different than when you were in grade eight four years ago. Being in grade twelve means you need to work a lot harder.

The teachers all know you and know what to expect from your work habits. When you enter grade eight, you're the new kid on the block and just getting to know the teachers as they are getting to know you. "Grade twelve is also your last year to do well and go where you want to go in the future" claims Dylan Bailey. Grade eight is just a year

to get settled and used to how the school system works. Sean Gregson understands that "this is the only year that you can't be messing around in high school by skipping classes." Grade twelve is one of the hardest years in high school and you need to keep on top of things. Teachers won't be taking care of

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Expectations of High School vs. Reality Cont'd...

The comment that stood out the most to me, however, was Andrew Soo. "The bathroom was the hardest thing for me." He said. "It was hard to go into, because you don't know what happens in a high school bathroom!"

But, like everyone else brave enough to enter the frightening and somewhat alluring world of high school, these grade eight drama students faced the reality.

"We really haven't had that much homework yet," Bailee Madsen said begrudgingly, and everyone else had to agree. The class also agreed that opening their lockers wasn't hard, and as scary as the idea of high school teachers seemed, they all agreed that their teachers were pretty reasonable, understanding, and even downright nice! "I thought that there would be more clichés and

stereotypes!" Jacob Muir pointed out. "There weren't any clichés...at all!"

In fact, everyone agreed that it was extremely easy to make new friends, even though they complained that they weren't always in a class with their best friends. Adam Swanson was even a little disappointed that his expectations didn't meet up. "I thought there would be more food fights", he frowned. "I thought that there would be lots of couples holding hands and kissing all over the place." Katherine Priest piped up. "But there really aren't!"

So, have these grade eights learned anything? Well, "Just stick close to the walls!" Michaela Nelson advises. "That way, you won't get pushed around by anyone." "Always do your homework" Adam Swanson adds. As for Hailey Morris, "Just be chill!" she says, passing along the advice that her

brother gave to her. Cody Moretti also tells his fellow grade eights not to get in the way of the grade nines. "In P.E, I accidentally kicked the soccer ball in front of a bunch of grade nines, and they threw it over the fence!"

As for this reporter's message to grade eights, hang in there! I know that there are lots of things to do and focus on right now, but trust me, by the time term one ends, you'll all be pro's!

- Jessica Horsnell

"It was hard to go into, because you don't know what happens in a high school bathroom!"



Grade 12 stress due to homework

Photo Courtesy of www.google.com

you and waiting for you to finish un-completed assignments as they would've in grade eight. They will now expect you to get it done and have it handed in on time. Being in your grad year means you have more responsibility and you need to be staying constantly on top of things by hitting the books. Studying is a major part of grade twelve.

If you fail to meet required expectations, then you're out of luck and you may find yourself going to the Lucas Centre to complete certain courses. This reason is high schools will not be holding teenagers who are of 18

The Beginning and the End, Grade 8 vs. Grade 12 Cont'd...

years or older who did not complete grade twelve. Some grads claim that "Grade twelve is all about work, work, work... I barely have time for myself" and "if you fail any courses in grade twelve, you're somewhat hooped for graduating, especially if you fail Planning 12."

Grade twelve is meant to prepare you for post secondary schools so you. Meanwhile, grade eight is just preparing for the upcoming grades nine, ten, and eleven. As you steadily progress throughout high school, the grades prepare you for what is to come. Alex Harborne explains "Grade twelve for me is important because it's a milestone to continuing on to be an adult and to choose what you want to be and to enjoy every mo-



However, there is still time to kick back and goof off to counter that intense stress

ment living as a teen and enjoying every second of it." Grade twelve isn't that hard, all you have to do is believe in yourself, have fun, and do what you've got to do to get through if without stressing out too much.

- Janelle Hoy

Dan in Real Life



This is Dan

Google Dan Huzar and you'd assume that the guy was a volleyball addict. However, he does do more than just help coach UBC Girls Volleyball, teach and assist our own Junior Girls Volleyball. He sometimes plays golf; but that's only when he has time away from his two jobs.

It was while he was on the first of these jobs that he was offered a position at Sutherland. He was in Korea, training with the UBC team. "[Korea] is amazing...it was twelve days, we toured in the afternoon and played professional teams...we [also] visited the university," he remembered. "It's clean, safe and a great city, we had lot's of fun."

Mr. Huzar has been coaching volleyball since his third year of university. He needed volunteer hours and volleyball seemed like the natural choice. Growing up in Coquitlam where men's and women's volleyball is "huge," Mr. Huzar played throughout high school.

"What I remember most about grade eight is playing sports, we were good, [we] had a lot of fun."

After coaching at Glenn Eagle, his old high school, he went to an SFU coach and became a mentee, "I [realized I]

wasn't that good," he laughs. Later he moved on to UBC and now has started, "perusing a head coach job." Yet teaching, he says, has always been his dream career.

He started his first year as a teacher at Seycove, where he got, "yelled at for being in the office. They did not believe that I was a teacher there." Even though he trained as an elementary school teacher, he started out as the Athletic Director at Seycove, then he worked at Argyle and now he is finally here at Sutherland; teaching Planning, Socials, and the infamous Socials Explore.

"I didn't even know what Socials Explore was until I was offered the job," he said, "but Mr. Gorrell, very kindly, left me a lot of stuff to work with. I'm very excited. I've been doing some research in [the] P. Gorrell file. We're going to keep it mostly the same, but some things are going to be different. I was thinking of going to Camp Jubilee; my friend said it was really nice up there and they have a rope course which is cool. We're going to do the canoeing trip as well, basically the same structure as before." he says. However, no two teachers are the same, and expectantly he is going to do a few new things.

"I was also thinking of taking them down to Deep Cove for a kayak trip. The two blocks are great... I can take them [out] at lunch... [to a] beach that we can stop at, and eat. I'm very excited." So are all of the Grade tens who will be taking his course next year. As anyone who took it in the senior grades will let you know; they had an amazing time on the trips. Of course, there will still be times that they will be in school, and let's face it- socials ten is not the most exciting course in the world. Yet, Mr. Huzar seems to have a way of getting around that. Take the set up of his classroom for one. "I don't like rows, I like to see everyone," he says. Indeed, Mr. Huzar is

not your average teacher, for one, he does the homework with the students. "If I find it boring [or] too hard, they certainly will. I like to do learning assessments with every class, [no one] learns the same."

And no one teaches the same either, those who are going into one of his classes can look forward to skits.

"My grade eights are going to start Romulus and Remus, they act it out, I film it, edit it and then show it to them...it's a Gong Show."

Mr. Huzar is not like any teacher I have ever met, but then again no one teacher is ever the same. Nevertheless, he came off as incredibly enthusiastic, excited and smart: he seems to know what he is doing and I doubt that there will ever be a dull moment in any of his classes. He relates to his students, and any that I have talked to sing his praises. Personally, I like him because when I asked, "What do you think of Twilight?" he had no idea what I was talking about.

- Matisse Emanuele

"He started his first year as a teacher at Seycove, where he got, 'yelled at for being in the office. They did not believe that I was a teacher there.'"



Mr. Huzar looking a little confused

Twilight: Yay or Nay?

Everywhere you go you seem to find the inevitable terms of “vampire” or “Twilight” around you. There are Twilight spoofs, shows on TV that are also related to it and... nail polish. I don't know about you but I don't find the colour, “Goofs scintillate in the sun” very flattering on anyone's hands, but supposedly some people do. I'm curious as to why it's become such a huge phenomenon it's been as of today. What gets the fans so

**“the grade
twelves who
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it except for of
course, Edward**

**Cullen's
sidekick,
Sardara Dhuga”**

non. They pretty much whispered their vague answers, which were pretty predictable. I didn't really have

stoked? What are the other ranters' perceptions of it? I interviewed each grade to see if there are still any “Twiwards” out there.

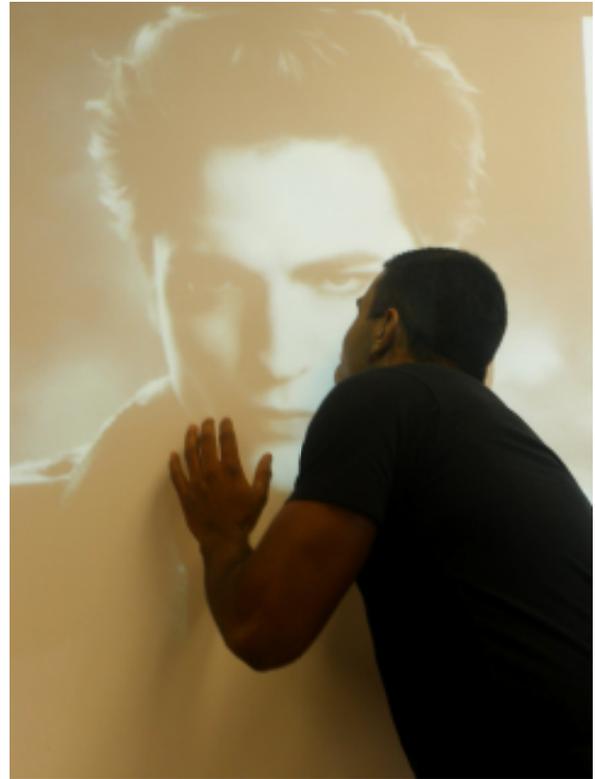
The grade eights really didn't have much to say about the Twilight phenome-

many answers since they thought I might make fun of them or something. “I don't like it”, “It's dumb”, generally were the brief perceptions of it.

The grade nines were only slightly more helpful by saying it was overrated, yet some said it was great. That's fine, I don't judge, but so far, it is evident that Twilight's popularity is dying. I then went on to ask the grade tens and got one really nice, detailed answer from Brienne Marchinkow who said “I think it's horrible, I liked it better before the movie came out.” My thoughts exactly, Brienne.

After lots of vague answers from people, I got to my grade and they got really into their answers. “It's very suggestive and sexual” and “Twilight sucks, Harry Potter is much better!” were going around grade eleven.

Then finally were the grade twelves who generally said that they hated it except for of course, Edward Cullen's sidekick, Sardara Dhuga, who boldly stated, “Twilight. Is. The. Best.”



“When I think of you my thoughts are so x-rated, graphic and x-rated” - Enrique Iglesias

All in all, every grade had the same idea going on. There were, for the most part, lots of apathetic answers. I guess my opinion is shared around Sutherland School. There you have it folks, Twilight is pretty heinous after all.

- Charlene Damian

The “Inception” of two hours of wasted life



The Theory of “Inception” applied to the school

When I first saw the trailer for *Inception*, all I thought was “that looks like confusing” and went about my day. It was only when I was forced to see the movie last week that I knew “wow it was a waste.” The only thing that kept me from leaving the theatre was the fact that I had paid thirteen dollars for the ticket and wouldn't leave until I got see someones abs. Which, sadly, I didn't.

The movie is about a middle aged man named Cobb (Played by Leonardo DiCaprio) who flees when he's caught in the middle of

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The “Inception” of two hours of wasted life Cont’d...

what looks like an unsolved homicide. A few years later, he becomes a dream thief and believes that after his last assignment (which is completely unrelated to the homicide) he can go home and everything will go back to normal... I don't think so.

Other than the bizarre story line, only one thing really bothered me. The actors failed to show any sort of emotion while filming. They were either too serious, too blank-faced or looked almost constipated. Not even Leonardo DiCaprio, who once played the poor and charming Jack from *Titanic*, couldn't pull off even the slightest smile. Even Ellen Page ,who

played Kitty, the girl who walked through walls from *Xmen: The Last Stand*, couldn't laugh at a simple joke, let alone blink. A barking dog would have been an improvement.

The only decent part of the film were the effects. They had everything from slow motion to explosions galore. Everything was clear and visible, unlike the story line, which failed so miserably that it undermined the effects, causing them both to look bad no matter how good the effects really were.

All in all, I would give this film 1.5 stars out of 5 because even the

movie itself couldn't beat its own trailer. I advise you now that your time would be better spent eating thirteen dollars worth of junk food while staring at a blank wall.

- Kimi _____

“I advise you now that your time would be better spent eating thirteen dollars worth of junk food while staring at a blank wall.”

What you need to know when its raining cats and dogs

As school kicks back into gear, and those piles of homework are coming back from your nightmares, here to save you is this fall's T.V. line-up. Whether it has you laughing, crying, or so into it that it has you tripping out to the slightest creak in the house, when that show ends, you will be begging for more.

First on our list is *Vampire Diaries*, an American television series based on the books by L. J. Smith. The series follows the life of Elena Gilbert, who falls in love with vampire, Stefan Salvatore, and soon finds herself caught in a love triangle between Stefan and his older brother, Damon. The brothers are also being haunted

by the past they've had with the vampire Katherine Pierce, who turned the brothers into vampires, in the year of 1867 (and did I mention that Elena and Katherine look the exact same?) The series premiered last year on September 10th and ended May 13th 2010. In the season's finale, the vampire brothers do their best to stop Johnathan Gilbert, who is Elena's father, as he sets a plan in motion that brings the Founder's Day celebration to an end amid chaos, destruction and death of the town vampires. To end with a chilling twist, Katherine makes a return as she stabs Johnathan Gilbert just as Elena walks into her house.



The three main characters of *The Vampire Diaries*

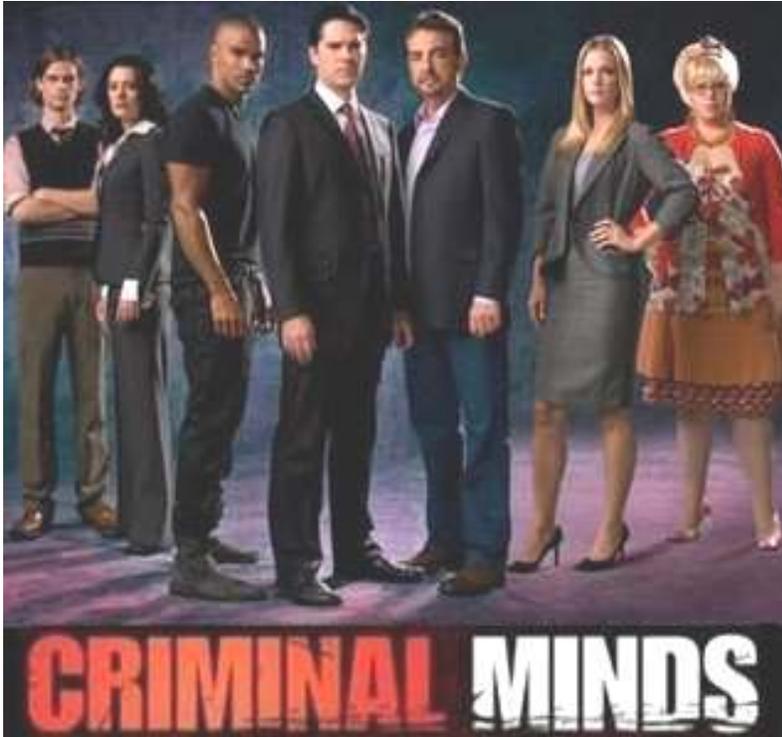


Next in line we have *Two and a Half Men*, which is running it's eighth season as of September 20th 2010. The series, as many may know, is about care-free jingle writer Charlie Harper, who's life is turned backwards as his brother Alan and nephew Jake move in after Alan, and Jake's mother, Judith get a divorce. In the season finale, Charlie loses his license due to several unpaid traffic violations and a failure to show up in court, causing Jake to be his personal chauffeur. Alan goes to Chelsea's birthday party, and Charlie sends Jake in too, so that he can give her a forgotten gift, a diamond bracelet, which has Chelsea leaving in tears. After being given the gift, Chelsea leaves in an upset fit and finds Charlie being ar-

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What you need to know when its raining Cont'd...

rested for crashing into a police car.



Let the mind games begin...

"I see a guy walking down the street, and I wanna bash him over the head, to me that's normal, its weird to me that no one else feels that way." If you recognize this quote from watching AETV, you will know it is from the police procedural drama called *Criminal Minds*. This show follows the cases of the FBI's Behavioural Analysis Unit at Quantico, Virginia, as they travel the country solving murder cases by psychoanalyzing crime scenes to figure out how a killer thinks and feels in order to catch the him/her before another person is killed. In the season 5 finale, called "Our Darkest Hour", The BAU team hunts a serial killer in Los Angeles who preys on his victims in the dark, killing entire families except for one left alive to remember what happened. At the ending of the episode, the killer, known as the "Prince of Darkness" beats and binds SSA Derek Morgan and then kills Detective Spicer. The show ends with the cliff hanger of the Prince taking the Detective's daughter and Derek Mor

gan yelling out, "we will find you, you sick son of a...." Be sure to catch the season six opener on September 22nd.



Ever laugh so hard that you thought your stomach would explode? Well, that is the feeling I got when I first watched *The Big Bang Theory*. This show is about a bunch of socially awkward nerds, Sheldon Cooper,

Leonard Hofstadter, Howard Wolowitz and Rajesh Koothrappali. They are all physicists with Ph. Ds. with the exception of Wolowitz, who is an aerospace engineer. They live next door to the hot 'dumb-blonde'

Penny, who Leonard has been in love with since the moment he met her. In the season three finale, the guys set up an experiment on the building's roof to bounce a laser off the moon and back to Earth. Leonard thinks Penny might enjoy that, so he goes to get her, only to find she has male company. Penny and her date accompany them to the roof to observe the experiment. However, in the course of doing so, Penny's date demonstrates himself to be extraordinarily dim witted. Many more shenanigans

occur, including Leonard becoming involved in a romantic mix-up, along with a blind date that has Howard asking, "Good God, what have we done?" Be sure to catch these nerds try to escape awkward situations.

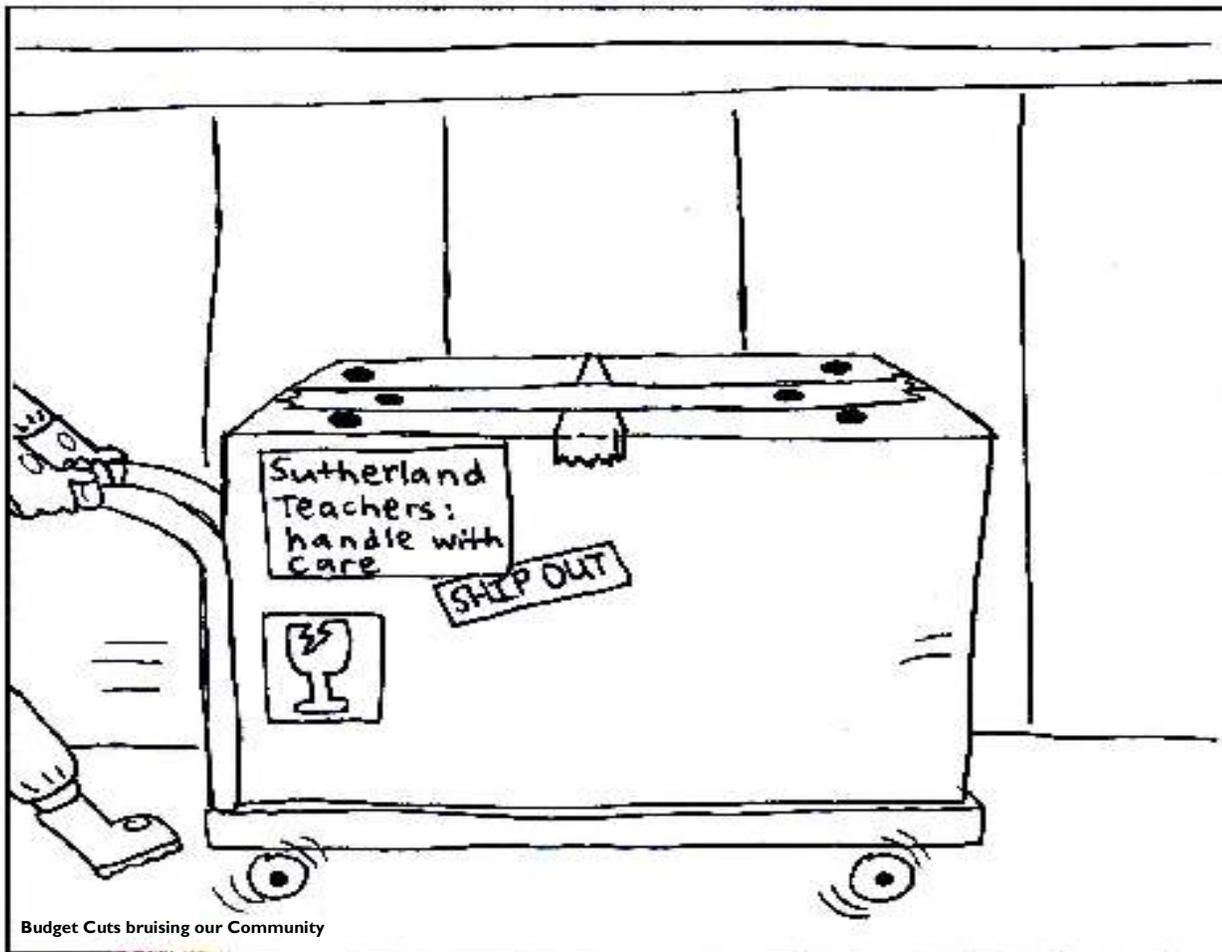
There you have it, laughs, tears and anger at the fact that the show ended. With all this rolled up in this year's fall TV line-up, trust me, you will be at the edge of your seat.

"I see a guy walking down the street, and I wanna bash him over the head, to me that normal. Its weird to me that no one else feels that way."

- Sardara Dhuga

Photos Courtesy of www.google.com

A Student's View - Samir Bhimji



The Timetable Change WHOMPS!

Oh, timetable change, what a pointless thing you are! Is there really any good in you? Not only do you lengthen my minutes in school, but you reduce my minutes in the outside life. What was so wrong with the old system? Does the school really believe that adding ten marvelous minutes every day will increase our learning? What you're doing is just wasting electricity, am I not correct? Do the ten minutes times five days a week and then add in twenty-one school days per month really make up for extra days off? Perhaps I speak for myself, but teachers really don't want to be in our presence for an extra ten minutes. Oh, but they say it's in our benefit because we get an

extra week of spring break. Why can't we just go back to the elementary ways where we would begin class at 8:45am and end at three o'clock sharp. A source tells me that if you do the calculations, you spend more time in school than what is needed to make up for that extra week! What a surprise. Possibly the largest schedule that the timetable change conflicts with is the bus. Left, right and center kids are missing their buses and having to wait an extra thirty-five minutes for a bus. What if they have to be somewhere? I personally would not like to be late to my field hockey practice, thank you very much.

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The Timetable Change WHOMPS! Cont'd...

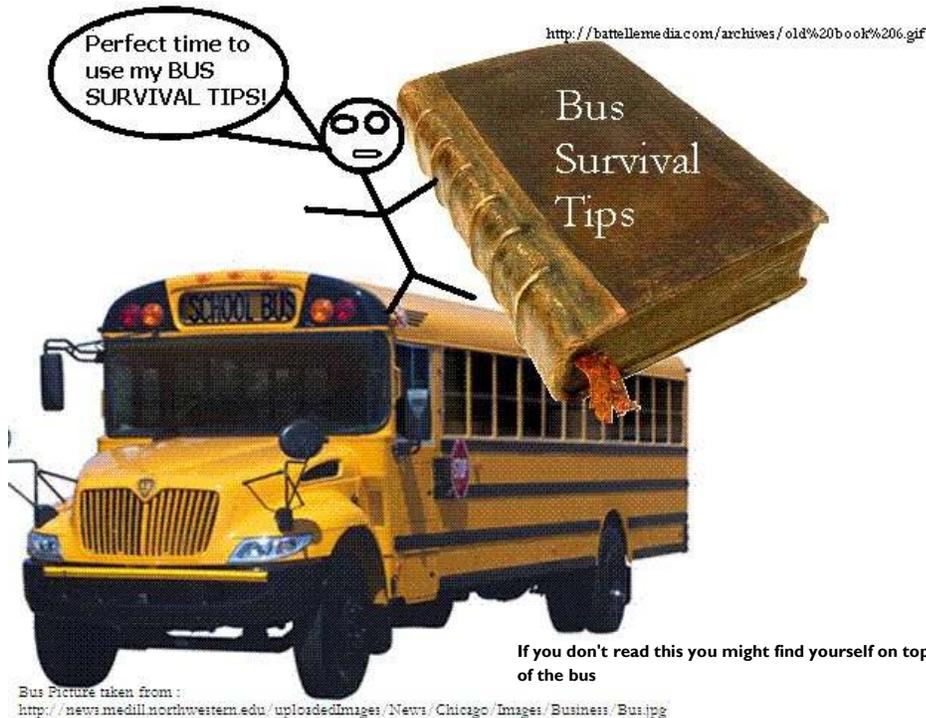
And do you want to hear the saddest part about it? Spongebob Squarepants starts at 3:00pm. It would normally take me five minutes to get home just in time to catch the yellow fellow,

but now, I miss ten minutes of my beloved cartoon--which is yet another reason why the new timetable is a bother.

- Giampaolo Posteraro

“Perhaps I speak for myself, but teachers really don't want to be in our presence for an extra ten minutes.”

Your Tip Guide for Surviving the Bus



around this by sitting next to the aisle, but for the most part that doesn't work, and it just inconveniences the other people on the bus.

Tip#4

If you're standing on the bus, make sure not to fall onto, or trip, anybody. You could potentially hurt them, yourself, and possibly small children.

Tip#5

Make sure not to fall asleep on the bus, you could sleep through your stop, or mistakenly get

What do you do on the bus; busily try to get to your destination? Or have a nice long sleep? While your dozing off to the sound of the strange man whispering to himself next to you, I bet the last thing you wanted, was to have yourself flung across a bus due to a sloppy driver hitting the breaks too hard. If you're like Sarah Reid you can use your "poker face" and get off the bus as quickly as you can. Or you can try to avoid the situation all together, by following these fun, and safe bus tips.

Tip #1

Some of us put a lot of thought into where we sit on the bus, whether that is a window seat, or the back corners, we all have our preferences.

What most of us tend to forget is the unspoken rule: "if you don't have to sit next to me, don't." If you're on a half empty bus, try to sit at least one seat away from anyone else. Although this rule does not apply on a near full bus, in that circumstance sit where ever you can.

Tip #2

Lugging a backpack around all day can be tiresome, but that doesn't mean your backpack requires its own seat. Remember, seats are for the other passengers, not your stuff.

Tip#3

If you don't want anyone to sit next to you, don't sit in a double seat. Most people think they can get

flung forward. Good ways to remain conscious are to listen to music, talk to a friend on the phone, do your homework, or chat up the nearest homeless man.

For all of you who don't yet have your license, or are not planning on getting one, banish all thoughts of calling your mother to fetch you from school, and sprint like mad to catch the bus. It'll help save the earth, as well as make you all just a wee little bit more independent. Have fun remembering these fun, safe, and completely reasonable bus tips.

- Brittany _____

Crazy, Cool, Courageous Counsellors!



Counsellors: (back left–right) Squiggles, Cinnamon, Koala, Bam Bam, Bambi, (front left-right) Zim, Indianna, Lulu, and Rafiki are all smiles.

Remember that time in either grade three or six when you went to Outdoor School? All the exciting activities you did and spectacular counsellors you met? Ever tell yourself that when you were old enough, you too would be a counsellor? Well, good news! I can tell you how.

Once you filled out an application form (available in Mr. Neilson's office), Outdoor School will contact you to let you know that you are one of the daring ones who have been selected for that training workshop. To be a counsellor, you have to go through a rigorous training weekend. Training goes from Friday night until Sunday afternoon with little sleep in between, but great times to be had. Once you have made it back to North Vancouver on Sunday evening, congratulations! You are technically now a counsellor.

When you have recuperated from the intense training weekend, it's time to go up and see what all the fuss is about. You will have to contact Outdoor School (either by phone or

by email) and request a week you would like to counsel. If there is room, they will schedule you and send you all the necessary forms. Finally, when you're teachers, a counsellor, and Mr. McGowan have signed your permission form, all that's left it to wait until you board the mini bus bright and early on Monday morning. Being a counsellor is one of the best opportunities available to students in grades ten to twelve. Not only will you meet people from other schools and maybe some new people that you've seen around Sutherland but secretly have no idea who they are, you can also use counselling to your benefit. Outdoor School looks great on a resumé, you can get work experience or volunteer hours, and new as of last year, you can even get four credits for graduation (the same amount of credits you get from an academic course). To get the four credits, you must counsel twice before you graduate and write a small reflection essay. It's that simple. "[Outdoor School] is an amazing experience that you would be crazy to pass up," says grade twelve stu-

dent Brandon "Bam Bam" Wanless (who is currently at Outdoor School as this article is being written). It's full of good times, delicious food, and crazy songs! "The best is when the kids try to guess your real name because they guess things that are so out of the box," says grade 12 counsellor Jessica "Lulu" Horsnell. And for those cunning students who love working with kids and being in charge, this is the perfect fit for you. They look up to their counsellors – even idolize them. They also say the cutest things that will take you a very long time to forget. "You will argue with a 9 year old and you will be confused!" says Matisse

"Indianna" Emanuele. All Sardara "Mojo" Dhuga had to say was, "Taaarrzzaannn, was swinging from a rubber band!" to those of you who don't know, "Tarzan" is one of the many popular songs sung at Outdoor School.

If you're suddenly thinking that this is something you must do in order to get power, be completely ridiculous and have nobody judge you, or just something that sounds awesome, pop by Mr. Neilson's office and pick up a trainer's application anytime. Remember – counsellors are looked very highly upon, and are also bribed with the world's best hot chocolate. The hot chocolate and the crazy songs is what will draw you back time and time again.

- Kaylee "Zazu" Szakacs

*"you must do,
in order to get
power, be
completely
ridiculous and
have nobody
judge you"*

Latest Hits and Misses for Fall 2010 - Gal's Fall Fashion



An outfit that you should NEVER consider.

- **No boots and shorts combo, "if the weather is warm enough to wear shorts, you should realize that it is not cold enough to wear boots!"**
- **No to the shirts with immature sayings!**

As we say goodbye to our daisy dukes, we say hello to cozy new fall jackets. With so much out there it's hard to know what you should be taking home with you and what clothes will someday end up being over stocked on the sales rack. If you read on you are going to discover the latest and hottest trends for the coldest of weather.

Let's start with the favorite of all, shoes! This fall, slip your feet into some thigh-high boots, oxfords, heritage boots, or maybe jump into puddles with some rain boots. It's certain that splashing around will give you some attention; and as for the accents on this fall's 2010 clothing, the reaction will be mutual. With florals, stripes, lace, velvet, and zippers in irregular places, you are sure to hit a home run.

Jackets this year are heading away from the classy - conservative look and onto different textures like leather, denim, blazers, and surplus jackets with a synched waist. Underneath that jacket you are going to need a shirt; or at least let's hope! Oversized is the way to go this year, even sweaters are following this rule. Nothing could go better with an oversized sweater than a belt at the waist. Belts are becoming more popular than ever and the range is endless: there's bohemian style, Aztec, braided, suede, embroidered, and the list goes on.

So what's the latest news on what we should be wearing below the belt? An invention to hit the streets leaves others' eyes tricked; this hot new invention is the jeggings. This creation includes the look of jeans with the, oh- so- comfortable and stretchy feel of a legging. My god, I bet you could even do the splits with these on!

The looks this year are to hit the street range widely in personality, but all are considered impossible to mistake: the punctual rock-culture girl, the bold- army girl, and the preppy- varsity girl. Which one will you try out? These may be the latest trends of the season but the greatest trend is the one you set for yourself. So do whatever makes you the happiest and just roll with it; who really cares what people think when you can walk confidently down the halls of Sutherland.

Now that you know what's in, let's take a look at some of the dreadful fashion don'ts this fall. Let's steer away from boots and shorts; if the weather is warm enough to wear shorts, you should realize that it is not cold enough to wear boots! Shirts with immature sayings have been a big don't through the previous years but continue to be worn time and time again. Ed Hardy was a buzz last year; however, this year let's put our money to good use and not waste it trying to look like Jon Gosselin from TLC's "Jon and Kate Plus 8." Polka dots, this year should only be in two places: on a bathing suit, or your pajamas. Another trend that has passed is bright-coloured pants, like flamboyant red, pink, purple, yellow, and all the rest. This year, let's guide ourselves towards the do's and leave behind the don'ts for fashion offenders.



The cold weather is no match for this trendy gal

- **Sweater-jacket combo to keep warm**
- **The "hot new invention"- Jeggings**
- **To complete the look, a pair of boots can keep your feet nice and warm**

Latest Hits and Misses for Fall 2010 - Guy's Fall Fashion

Gentlemen, it is that inevitable time once again. The days are getting shorter, the weather a little colder, and the leaves are starting to flutter to the ground. That means it's time to stow away your summer wardrobe and don the fall garb. Lucky for you fellas, I have officially deemed myself the male fashion expert. Through this article I will be your fashion Sensei through the ever-changing world of fashion through a few do's and don'ts.

The Do's

This year's fall fashion line is a little more casual than the past with military and biker jackets becoming more popular, which can make you look a whole lot more rugged. Although this more relaxed look is more prevalent, that doesn't give you guy's out there an excuse to turn your wardrobe completely lackadaisical. Maybe throw a scarf in there to class it up a little. These two items are usually paired with a good pair of jeans. Selecting the right pair of jeans is crucial. Both darks and lights are okay, but it is a necessity that they are distressed denim. The more fitted straight cut jeans are the jeans to have for the upcoming fall for sure. The classic looks are still in style such as the pea coat and the cardigan which can really do a lot to dress up your outfit. The classic plaid shirt is still widely used by basically everyone as well. It's pretty safe to buy any of these items because I can't see them going out of style any time soon. As for shoes the "apparent" new trend is to own your own pair of military boots. I personally don't believe in this and you don't really see the clunky boots in the hall ways anyways so the simple sneaker would suffice.

The Don'ts

These fashion don'ts just look bad, they are basically an eye-sore to the rest of the world so do yourself and the rest of us a favor and follow these few tips and you should be okay. First on my list, the completely destroyed denim or what I like to call the "Swiss cheese jeans". If you're feeling a slight draft or depending on the jeans, Antarctic windstorms, then you have fallen into this denim disaster. Yes distressed denim is good but don't go overboard. These "Swiss Cheese" jeans are generally very expensive as well. If your going to spend a great amount of your hard earned savings, (or your parent's) then why not find a nice pair of jeans that don't make you look like you look like your straight from the slums. Sizing is very important for you guys out there. What should not be worn is the extra small t-shirt (btw you know who you are). Even if you're a pretty big guy who looks like he hits the gym, you don't really need to be flaunting it so much. We don't really need to see your belly button every time you raise your hand. Honestly, this is not Jersey Shore. Well, I hope I at least helped at least a few of you gentlemen out there. Just keep this helpful advice with you next time you make a trip to the mall. Trust me, the ladies will be grateful.

- Justin Pow

This combo will for sure catch some glances

- The scarf throws in so much class
- A nice pair of fitted straight cut jeans
- The Pea-Coat really dresses up the outfit
- The simple sneakers complete the look



This outfit is a for sure no-no!

- no way to the "Swiss Cheese" Jeans - feeling a draft?
- Tight, extra small shirts are a sure no, "we really don't need to see your belly button"



Tech Trek: Pen Recorders



The Live scribe pulse smart pen
Photo Courtesy of [http://www.techshout.com/
images/pulse-smartpen.jpg](http://www.techshout.com/images/pulse-smartpen.jpg)

Hello and welcome to the first episode of Tech Trek! Have you ever spaced-out in class, finding yourself trying to focus on class but can't? Well, so that you don't miss any important information said in class there is a handy little device called a "pen recorder." Now what a pen recorder does is simple, it records! This handy little device ensures that you don't get stared at in class for holding something out of the ordinary, miss any homework or important information, and as a bonus it's a real pen! Police use it to record traffic statements, and you can use it to record your teacher's statements!

The last piece of information I impart to you is a pen recorder that bears special mention. It's called the *Live Scribe Pulse Smart Pen*. This pen recorder has an infra-red light recorder in the nose of the pen, and using special paper it records your pen strokes! Later when you tap the pen to the word(s) you wrote it plays what it recorded at the time you were writing! Special paper for this function is available to buy as well. As you can see, the pen recorder is another piece of technology that could benefit many who may need an extra edge in their classes.

- Ben _____

Opportunity Knocks



OPPORTUNITY KNOCKS

Welcome back, Sabres! Now that the summer is over and we're back at school it's time to start looking into work experience and volunteering. "Why would I ever want to do that," you say? First off, to graduate you need thirty hours of volunteer work minimum. If you are in Socials Explore or Science COOP, guess what? You need work experience and volunteer hours as well. Finally, oppor-

tunities, perhaps becoming a local hero and hunger fighter is for you? On October 31st, Meal Exchange is organizing a Trick or Eat campaign across Canada, sign up with Mrs. Giraud to become involved. On Wed, October 27th, The Roundhouse is holding the 2010 motion picture Career Expo. Come out to learn about everything from career paths to training offerings.

tunities knock only so often, you should jump at every one of them.

First off, BC Hydro is looking for Energy Ambassadors, which is "an awareness, action and leadership program about energy sustainability for grades nine to twelve."

If energy is not your thing but you still love leadership op-

The BCIT 2010/2011 Biotechnology Career Awareness Program is welcoming grade ten-twelves that have an interest in Science. There are forty-eight openings for workshops and industry visits, so get your forms in ASAP!

October 17th is the deadline for the Ultimate Dream Job contest. The national online photo contest is open to all who are thirteen or older. Students submit photos representing their "Dream job" along with a description, each week photos are voted on the the winners of each week get prizes! Including a Sony PRS600S eBook digital Reader Touch, and HP Mini 10.1" Netbook and more! The grand prize winner will receive a trip to Ottawa.

If you sign up YWCA Vancouver's Mentorship program they can match you with a mentor who is already working in the career of your choice! Finally, a note to all Grads, every Tuesday at lunch in the Drama room there will be a career spotlight. For more details and applications to all of the programs mentioned here see Ms. Giraud in Student Services or email her at pgiraud@nvsd44.bc.ca

- Matisse Emanuele

Bookface: "Fall on your Knees"

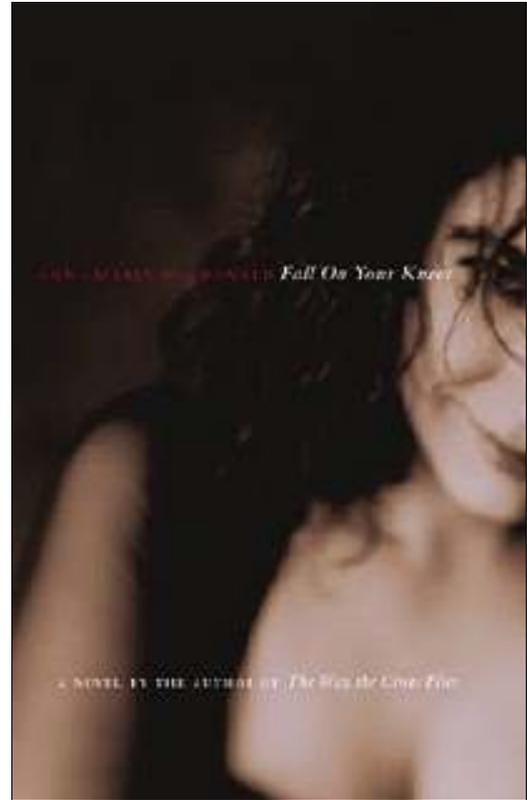
Ann-Marie MacDonald, who also happens to be a Canadian award-winning actress and playwright, wrote the novel *Fall On Your Knees*. Written in 1997, the book takes place in the twentieth-century before and during World War I. Although WWI is not a main aspect to this story, it does add to the desperateness of the Piper's family situation later on in the book.

The story starts with James Piper, an eighteen-year-old piano tuner, making his way to Cape Breton Island, Nova Scotia after the death of his mother. There he meets, and falls in love with, thirteen year-old Materia. After eloping against the will of her father, Materia's family wants nothing to do with her. Together, James and Materia have three daughters. Kathleen, who is James' favourite, studies with him to become an opera singer. She is later sent away to New York to

train with a professional. Mercedes, who is the second oldest, becomes the mother figure at a very young age when Materia dies. Frances, who is somewhat of the protagonist of the story, is the youngest and the most free spirited. She is also the only one with whom her father does not get along with. Each sister goes through different trials in her life, whether it is falling in love, depending on religion or finding your place in life. The story unfolds on its own time, often switching between past and present.

Fall On Your Knees has many twists and turns and is very well written. The story of the somewhat dysfunctional Piper family is a sad and moving story that will stay with you for a long time. I recommend it to anyone who is in search for a good read.

- Emilee Ann Batista



A Successful Clubs and Teams Day!

On September 16th, nearly the entire school gathered in the multipurpose area for one reason. No, sadly it was not to dance and sing to "Don't Stop Believing," it was; however, to go and sign up for numerous clubs and teams, ranging everywhere from the newly formed gLee club, to Peer Tutors, Best Buddies, Writing Club and the Knitting Club. There were Student Leadership Council (SLC) members handing out coveted lolly pops, amazing eighties music, as well as prizes donated by the SLC. The most popular clubs seemed to be the gLee Club; which went through many sheets of sign ups, as well as the 86% Club. As I went from table to table, it seemed obvious that people were

excited. Friends were pulling friends to various tables, while others were convincing them to sign up. There truly was something there for everyone: Drama, Math, peer councilors, Reach for the Top, environment clubs, and the swim team were just some of the many different clubs that any student could sign up for. Even Mr. Jones has found his niche; he said that he would be "interested" in being our gLee clubs' own Sue Sylvester, "I even have the tracksuit," he says. There's only one complaint that I seemed to hear over and over again, "how am I going to do all of these clubs?"

As one of those students, all I can say

is that you will be having too much fun to notice. Special Thanks goes out to all SLC members for hosting the event and to all the teachers and students who are running the clubs that we are so excited for.

- Matisse Emanuele

"Even Mr. Jones has found his niche; he said that he would be "interested" in being our gLee clubs' own Sue Sylvester, "I even have the tracksuit," he says."

Quote of the Issue

"It has been said that time heals all wounds. I do not agree. The wounds remain. In time, the mind, protecting its sanity, covers them with scar tissue, and the pain lessens, but it is never gone." - Mathew Gray Gubler

Fall Sports Spectacular



Mr. Mahon gives his team his words of wisdom

The fall has just started and you see sad faces around the school. The rain is starting to pour, homework is piling up, cold wind is blowing. You think to yourself, "How do I get out of these autumn blues?" I've got just the news for you, fall sports are just beginning! So, here I am to tell you about all the teams that are just starting their season.

If you missed tryouts, unfortunately, you missed out for now, but don't let that discourage you! Mr. Thornhill is always taking more grade eight boy rugby players! Speaking of rugby, there hasn't been a rugby game yet, but the boys have been preparing and practicing hard for that first game! "Lots of boys came out to the tryouts this year, it was great to see," stated Coach, Mr. Thornhill, "Thirty boys came out!"

Thornhill has a great team stacked up this year, "Lots of great attitudes, and lots of fast guys." Don't forget the great help Thornhill has this season with the coaching. Along side him are four grade nine boys. Adrian Vicente, Jacob Knaption, James Cormier, and Colle Keffer. I had the chance to sit down with one of these boys and ask a few questions on how they came

about such a great opportunity. I found out that not ONLY are these boys great role models and all around athletes, Adrian, Colle, and Jake played rugby for a provincial team during the summer representing BC and came first in Canada! Great job guys! Listen to the announcements to catch their exciting games.

On to cross country! Ms. Watt is coaching this year for cross country. Over twenty students from all different grades came to tryouts this year. "This will for sure be the best season in five years," Ms. Watt said to me. "We have very strong runners at all levels- some bantam runners may be competing to go to BC's." I'm not much of a cross country runner myself, so Ms. Watt informed me on how the competitions work. All runners will compete in their age group championships for the North Shore. Then the top seven guy and girl teams compete for a chance to go to Victoria for the BC Championships. Here are just a few names of those cheetahs we should be looking out for! Senior Girls: Kate Pearsall, Ellie Fox, Jessica Westervelt. Senior Boys: Matt Swanson, Jake Rivard, Westin Topnik, Chandler McCorkindale, Andy White. Bantam Girls: Rachel Jones, Anna Fox.

Now let's talk about volleyball. Unfortunately, I didn't get the chance to sit down with the coach, Kate Steel, a grade twelve Argyle student. She coached the grade eight girls last year and as assistant coach, Mr. Huzar, put it, "Had such a great time, she just had to come back and do it again." Mr. Huzar, for any of you don't know is new to Sutherland this year, and coached volleyball on a university level before Sutherland.

Sixty girls came out to try out, and they have twenty on the team, so they have a very strong team, with lots of spirit and players. When I asked Mr. Huzar what his goal for the season is, he simply said "to be VERY competitive." The girl's first game was Wednesday, September. 22nd. They played Collingwood, and sadly lost with a very close score of 23-25. Get 'em next time girls!

Time for that sport that got the talk of the summer, SOCCER! Mr. Coupland is this year's coach for the Jr. Boys, and this is his first time coaching Jr's after thirteen years of Sr's. I had a quick chat with Mr. Coupland about his expectation for the year and he said, "To mainly individually develop as players, and most importantly develop as a team, and play to their fullest potential." Their first game is Tuesday, September. 28th VS Carson at Sutherland. Don't forget to go out and cheer the boys on! As for the Senior boys, they have already had their first game which was a sad loss against Carson, on Monday, September. 20th. When I asked coach, Mr. Mahon, what is his "must" for the season, he said, "To, by a minimum, make playoffs, and to place 2nd or 3rd for the season."

Cont'd on p. 15

"Thornhill has a great team stacked up this year, 'Lots of great attitudes, and lots of fast guys.'"

Fall Sports Spectacular Cont'd...

Last year there were very few grades twelve's on the team, so its great to see so many more representing for the seniors. Their second game was Wednesday, September. 22nd against Handsworth. If you weren't watching this one, you really missed a great game! Sutherland started off with possession. Great job with the coin toss, Matt Hilder. Handsworth scored the first goal, just skimming the hands of goalie, Chris Zepedeo, whose parents were sitting in the stands cheering him on the whole time. Chris is the only grade ten goalie to play on a Senior Boys' soccer team. Half time came around and the score sat at 1-0, Handsworth in the lead. Shortly after half time Gianmarco Pensato with assist by Matt Hilder scored the first goal for Sutherland with an insane header! Way to use your head! After the excitement of the Sutherlands first goal Ali Farokhi saved the ball

with an amazing leap frog move, right over a Handsworth player. Then Handsworth made their next goal, putting them in the lead once again. Not much later Gianmarco made his second goal of the game with an assist by Taylor Durham. The game was then tied at 2-2. The game ended with an extremely intense shoot out.

First to shoot was Gianmarco Pensato, next came Matt Hilder, Erik Granander, Jared Swant, last but certainly not least was Ali Farokhi. Unfortunately Handsworth took the game, but we'll get them next time!

Don't miss out any of these great



HEADER!!!

sports this fall, just ask Mr. Mahon if you want to find out when these exciting games are, and be sure to listen to the announcements. Lets stay out of those autumn blues, Sutherland!

- Hillary Dieleman

New to the Block: Exercise of the Issue - Sardara Dhuga

As a Gym-going fanatic, I thought it would be appropriate to do segments on different exercises on different muscle groups for every issue of the paper. To kick off this series, we have the Bench Press.

The Bench Press is one of those old time classic power lifting/weightlifting exercises that targets your pectoralis major muscles (chest), while also working support muscles: Triceps and the anterior deltoids (backs of the shoulders).

When doing the Bench press, you would use the appropriate amount of weight that you are able to lift, put it onto the barbell and get onto the bench. *It is always best to have a spotter when performing this exercise, whether its heavy weight or light weight*. Once lying down on the bench, there are vertical markers on the bar where you would generally place your pinky fingers. Then, you

lift it off the holders and slowly bring the bar down to your chest, do a light touch, and bring it back up. You may have been to the gym, and seen guys bouncing it off there chest like wild monkeys, that is extremely dangerous and not a safe way to perform the exercise. You can also lower the bar until your elbows are at a 90 degree point, it does work your chest, but not as well as a full press would. The greater degree in shoulder rotation allows your pectorals to work harder and stretch more, making them push there limits.

Variations:

- Instead of the Barbell, you can use dumbbells, which assists in your balance and works your chest evenly
- Doing an incline press with dumbbells or a barbell using a bench that is inclined to 45 degrees.

Photos from Clubs and Teams Day!

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