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Have a great spring break, Sabres!

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Wednesday, March 9th 2011

"SAVED BY LUONGO!" Interview with golden boy Roberto Luongo

Attention all Sutherland Sabres! If you're one of those rebels who is given *The Sabre Truth*, reads the first couple lines, and then tosses it to the next sad soul you're sitting beside, STOP! This issue is a very special one for one reason. We at the *The Sabre Truth* have acquired a very distinctive interview with our very own Canuck golden boy, Roberto Luongo! This interview was organized by my father, chef and owner of Cioppino's Restaurant, Pino Posteraro, who feeds Luongo the night before every home game. Roberto Luongo opens up to a fellow Sabre and reveals all from who the biggest joker in the dressing room is to his very detailed pre-game ritual. On behalf of all Sabres, a very special thanks to our gold-medal winning Roberto Luongo for giving us the privilege to share this interview with our high-school population.

ST- We hear from the media your pre-game ritual for every game as a Canuck is very detailed, what is it?

RL- Well in the morning I usually have the same breakfast every morning, but it changes. When I'm at home I have my egg-white omlette with some toast, but when on the road I have two eggs over easy with toast. After breakfast I go to practice. After practice I go to lunch, but it's like breakfast, I have two different meals at home or on the road. At home I have pasta with chicken and on the road I have



All smiles when in the presence of Bobby Lou.

pasta with salmon. Then I nap for about an hour and half. I wake up, shower, go down stairs, have some toast with peanut butter and a banana. After this I leave to the game about two and a half hours before puck drop, then

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A heart to heart with Ms. Clark

There are many things about Sutherland which shine, but for me there is nothing better than retreating to the library. Whether it is printing off homework you should have completed for yesterday, or sitting on the counters under the tall glass windows and watching the world go by, we all find solace in the stacks. We are particularly

fortunate to have a librarian who is so dedicated to the students. If you ever make the error of asking her for a reading recommendation, she will rub her hands together and disappear amongst the shelves – returning with an armful of books that she knows you'll enjoy. There is something about Ms. Clark that makes

the Sutherland community a bit brighter.

Where do you like to read?

Anywhere and everywhere; I love to be outside and go for hikes, read under a tree. We live in such a beautiful part of the world. We are so fortunate to live in North Vancouver,
Cont'd pg.3

"SAVED BY LUONGO!" Interview with golden boy Roberto Luongo cont'd...

have a cup of coffee, tape my stick, go to the gym for a dynamic warm up. After the gym we have some meetings, then I stretch, then head to the ice for the warm up.

ST- Wow that's something else. What type of music is played before games in the change room?

RL- We have a good variety of music. Some players are into hip-hop, r&b, and rock. Sometimes we even have some country music in there, but that's only on practice days *laughs*. Myself, I enjoy almost everything you know? I like some of the classics and any good song that's playing on the radio, I'm not that picky.

ST- What's your craziest fan moment?

RL- Well, I mean it happens all the time but I think the craziest moment was I had a fan give me a kid's jersey with my daughter's name on it one time.

ST- I speak on behalf of all Canucks' fans when I say I'm very excited to hear this answer, who is the biggest joker in the locker room?

RL- Kesler and Bieksa, for sure.

ST- Doesn't surprise me. Are there any games you're most excited for? Favorite cities to play?

RL- Ya, I have a few actually. I love playing Montreal. Or playing the Panthers. I always enjoy playing Chicago, one because it's a great city and two because we have a great rivalry.

ST- Who are the biggest partyers on the team?

RL- Well, we've got a couple

single guys, but most of the guys are married so it's pretty quiet. When they were on the team, O'brien and Wellwood loved to party.

ST- Let's talk Olympics. Everyone knows you're a very humble man and player. That week after winning the gold-medal, how was it having everyone approach you and give you an immense amount of praise?

RL- It was crazy, man! That was probably one of the craziest moments of my career and life. The sad part about it is the next morning we had to leave to Columbus to start off a twelve game road trip so I wasn't in the city, therefore I couldn't enjoy it as much as I would've like to. But you know what? Since I've been back every person I see all the time thanks me and congrats me for bringing Canada gold. It's been an unreal experience not only in British Columbia but all over Canada.

ST- Do you ever walk around your house wearing nothing but that shiny gold medal?

RL- *Laughs* Unfortunately not but that's a good idea. Today would be a great day to try it considering it's my one year anniversary so maybe I'll try it when I get home.

ST- Let's switch to some more personal stuff, what's your favorite food?

RL- Italian, of course. My second favorite after Italian is sushi, I love it.

ST- Favorite Superhero?

RL- I loved Superman as a kid

ST- On the topic of childhood, did you have a favorite childhood film?

RL- The Shawshank Redemption

ST- What was the first thing you bought with your first NHL paycheck?

RL- First thing I think I bought was a Jeep Cherokee, those were

pretty cool back then.

ST- Would you rather travel on a five hour road trip sitting next to Dustin Byfuglien, or run around Yale-town wearing nothing but your jock?

RL- Ah that's a tough one. I would probably have to choose Byfuglien. On the ice we don't seem to like each other of course but off the ice he's a great person.

ST- Describe Matt Cooke in one word

RL- Can I say it in more than one word? Same thing you know, on the ice we may not seem to like each other, but off the ice he's a nice guy. Let's just say I would rather have him on my team than play against him...

ST- What group did you fit into while in high school?

RL- I was the shy guy. I was very smart and didn't talk very much. Even now I'm still a bit shy.

ST- Being a new father, how hard is it juggling an NHL career and fatherhood?

RL- You know, that's the tough part. The worst thing is leaving for a road trip when you have kids, especially since I have two. My daughter is going to be three soon so she understands, she talks to you, so it's tough to see the look on her face when you tell her you're leaving for a few days.

ST- If you weren't a top rated NHL goalie, what would your alter ego career be?

RL- You know what? That's a good question. When I was in high school there was always courses asking us what we wanted to do, and I never had an answer. I always wanted to play hockey. Thank god that worked out. But I would

"SAVED BY LUONGO!" Interview with golden boy Roberto Luongo cont'd...

probably be a professional poker player because I love poker and I love a challenge.

ST- Last question. I have a lot of buddies who excel with skill in hockey and have a chance to make it far. Being in grade 12, the pressure is starting to get to us about deciding what we want to do in high school and to make a plan. What would you say to the teenagers that are starting

dream career?

RL- Well, I mean if that's your dream it's important to pursue it and give it 100 percent. It's something that's hard to do but if it's your dream pursue it. With that being said, always have a second option or path.

As you already know, unlike some players, Luongo is one of the most

polite and humble players both on and off the ice. He was given opportunities to "bash" on players, but he understands that people both on and off the ice are different and passionate when it comes to their profession. Again, a very big thank you to Mr. Luongo for an opportunity of a lifetime that I, and the Sutherland students, will surely never forget.

- Giampaolo Posteraro

A heart to hear with Ms. Clark cont'd...

it's like we don't even live in a city. I also have a favorite chair at home – and a favorite pillow, favorite blanket. I like to curl up on a snowy day by the fireplace and read a book.

What would we find on your bookshelf right now?

Bryce Courtney. I'm into Australian writers right now. I have an Australian and Canadian citizenship, and I'm into Australian historical fiction. My mother is from Australia. I enjoyed The Forgotten Garden by Kate Morton, because it paralleled my own family history – my mother's family landed in Brisbane when they first came over from Scotland to Australia. Some of my mother's ancestors were responsible for the convicts, that's why they moved inland – they wanted to change careers from prison guards. One of them was killed by an Aboriginal poison arrow.

What are some everyday things you do that are unusual?

I always double check the lock a couple times before I leave. One time a friend counted how many times I change gears at a stop light, and it was six times. I have to close all the windows before I leave the house, and I have to sleep with my window open even during the winter – I need fresh air. I have an unusual amount of purple in my closet, and for me it's a good energy color. Having vibrant colors around you is energy to me. People thought I would paint my

purple accents in every room. There are also a couple butterflies. It is another positive energy sign for me, about metamorphosing and how we as people change and grow as a butterfly changes and grows. My favorite is the Australia Ulysses butterfly, with its bright turquoise wings. I also collect books about libraries – children books, photographic books about libraries. I have a library card for Sydney, New York, Trail, North Vancouver City and District and the Vancouver Public Library.

Why did you become a teacher librarian?

I've worked in the library since I was twelve years old. I love books and the organization of libraries. I love research and finding the answer to a question, particularly one that I can't answer. When a student asks me a question I don't know, I love looking for the answer and sharing that moment of discovery with them. When I was in elementary school I received the award for "Best Library Helper" and did my high school work experience in a public library. I wanted to work as a medical librarian, but there were many math and science requirements and I'm more into Humanities. My teaching areas are English and Social Studies, but I have Bachelors in Library Science and a Masters in IT or Technology and Education. In 2005 I was nominated Teacher Librarian for the Year in Canada; the criteria involves working with teachers and students, something that I love doing.

What do you enjoy most about working at Sutherland?

The people in the school I find very collaborative and positive. I actually taught here 22 years ago when I'd just started teaching, and I always knew I was coming back. The people will change over time, but communities don't. The hardworking people of this building, the philosophy to do your best, and the supportive parents are all part of Sutherland. You need to be part of the community to see it.

Why is reading during BOB so important?

Reading is a skill that needs practice – like everything you do needs practice. It's a skill you need for your life, and committing twenty minutes, twice a week to practicing that skill is not a lot to ask. As an educational community we are doing a disservice to the public by not encouraging it as much as we should. And if BOB is the only reading that students are doing, it's even more important. Your imagination is one of the most powerful things in your life, and if that is not cultivated then, what a shame. Reading can take you places you've never been in your life. I enjoy reading Bill Bryson travel books during BOB; they are about places I've been and can revisit when I read about them. My preference during BOB is non-fiction, but at home I will bury myself in fiction for hours.

What do you like to do on a rainy weekend in Vancouver?

A Heart to Heart with Ms. Clark cont'd...

I love to go to Granville Island, or just curl up with a book or an old movie that I've always meant to see. I will rent a classic movie on a rainy day, usually an award-winning one, because I was so caught up in grad school that I missed some of them when they were nominated. I will go to an exhibition downtown, or to a museum. I recently hiked around Deer Lake Park and visited the museum there.

I know that you're from Trail, a small town in the BC interior, which is quite different from Vancouver. What was it like growing up there?

We did a lot of camping, going to the lakes, hiking for driftwood. My mother was into crafts when I was young, and we would make ornaments out of woods or things we found on our hikes. Our community of friends was very close knit, which came from my mother being a nurse and my father working at Cominco.

When did you first develop a love of reading?

Books were always an important part of my life. I did a lot of reading in elementary school; my favorite author was Enid Blyton, with her series of the Famous Five. I remember being very disappointed when I found out that she wasn't going to write any more. My grandparents from Australia bought me some of my favorite story books, and I still remember "Skippy the Bush Kangaroo" and "Koba the Koala." Even now, I still

call koala bears "Koba."

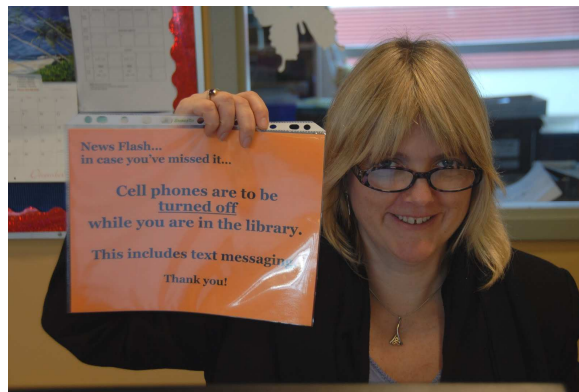
What was the first book which made an impression on you?

Step to the Music by Phyllis Whitney; I read it in high school and it started my love of historical romantic fiction. That's actually a book that I stole from the library, and then paid for because I wanted it so much. It's actually not even in print today.

Which books could you not live without?

To Kill a Mockingbird; I taught English for many years, and I think the language in it is beautiful. I will defend free speech to the end of my days. This last week is freedom to read week in Canada. To Kill a Mockingbird has actually been banned in many parts of the world. I do not believe in censorship and would defend that book with my life. I have beautiful leather bound copies of my classics – Pride and Prejudice, Wuthering Heights. I just moved two years ago and built shelves just about ceiling to floor in my den to make room for all my books. It's the first time that they've been out of boxes in many years.

What changes would you like to see at Sutherland?



This is the "business" side of Ms. Clark

I'd have BOB every day of the week. Twenty minutes every day. I would have the wireless working seamlessly...all of the technology working actually. We're just so lucky that we have this new building. I was partly in the old building and facilitated the move here. I would like to see more students bringing in their laptops and making use of the technology we have. As a librarian I see the importance of melding tradition with technology, print with non-print. It took me a while to get to the e-reader stage, and I see the advantage to carrying many resources with you in one device, particularly for travel or research.

If you ever need assistance in doing a project, making sense of our school technology or finding your way through the considerable selection of good reads in the Sutherland library, meander over to the librarian's desk. Ms. Clark will always find the time to seek out the information you need, or provide the resources for you to succeed in your studies. She continues to inspire us in our pursuit of knowledge, and we are grateful to have her here at Sutherland.

-Kathryn Ney

Sabre Poll: Your parents did what?

Every teenager goes through love-hate phases with their parents, whether from an argument or because their parents are always telling them to study or to do work around the house (both of which I don't do.) The Sutherland Journalism class went around the school,

asking people for their most embarrassing and annoying parent moments; though about ninety percent of the people we asked said that their parents are "chill" and don't do anything to annoy or embarrass them - I think that's impossible.

Jordanna Jennings in grade nine said that it's annoying when her mom takes her phone away to see who she's texting. I personally have a phobia of my parents reading my texts, so I delete them every now and then. When my mom asks who I'm texting, I usually reply with the typical "don't worry

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Sabre Poll: Your parents did what? cont'd...

about it" or even "none of your business." An anonymous grade nine said that his embarrassing moment was when his father tackled a friend. While his one has never happened to me, I imagine that it would be quite hilarious. Another grade nine said that his embarrassing parent moment is when his parents scream his name across public places. This used to happen to me all the time when I went to the mall with my mom. Now my mom wonders why I don't go to the mall with her, not to mention that she attempted to dress me like I came straight out of a Hollister ad.

down using her phone. This could never happen to me, with my ghetto phone, but I do get the constant texts from my mom, asking me where I am, who I'm with and what I'm doing. An anonymous grade eight said that his parents make him do pushups because he's skinny. I feel your pain man, my dad did the same thing, but don't worry - it will pay off eventually. Mia Metz in grade ten said that her parents 'like' and comment on everything posted in her Facebook account. I didn't add either of my parents on Facebook, thus allowing me to put my dream girls up as my profile picture.

Louis Boyd, grade eleven, says that it embarrasses him when his mom screams at his sports games. I can definitely relate to you there. This happened to me once in grade one, with my mom, and I told her to never come to one of my games ever again. James Gardener in grade nine says that his embarrassing moment is when his parents talk about him when he was younger. Do people really need to know all this stuff about us when we were three? Stephanie Goetz, grade ten, says that her parents tracked her

The Sutherland news team also asked some of the teachers and hall monitors around the school about their embarrassing parent moments. Mr. Jones, like ninety percent of the school population, said that "My mom and dad never did stuff like that." Tyrone said that his mother came into a parent-teacher interview with a bright pink sweater; it sported a picture of an alley cat which read, "I have PMS and a handgun, any questions?" All I have to say is, Tyrone, your mom's a legend. Mr. Birt said "When I was in grade eight, I was burned on the



Not the good old lecture again.

bum in the sauna and my parents called the school to tell them exactly what happened. After that I was called Ryan Burnt."

Even though we get annoyed and embarrassed countless times by our parents, they mean well, I hope. They teach us what's right from wrong, and give some sort of order in our young lives; that being said, they can be a real pain from time to time.

-Andrej Tomasevic

The end of the line

As the end of high school draws closer and closer, so does the end of life long activities. At the age of two, my mom enrolled me in dance and I never gave it up. For thirteen of the fourteen years I've been dancing I did ballet. For a while I was Irish dancing, tap in my early years, and most recently modern. Unlike some people I was never a serious dancer, I only ever took one or two classes a week. I know I'm not the best dancer, but that has never bothered me. I dance because I like it, it's become a weekly routine I'm used to, and because I am not good at sports. Give me a soccer or volleyball and I am liable to get hit in the head. (This is why I don't wear glasses anymore, my mom got tired of paying for broken lenses, and I got tired of explaining to her what I had got hit with that time).

Fourteen years of dancing has been a lot of time spent in classes, friendships were made and time spent backstage at recitals. I'm used to my hair in a bun, and the smell of hairspray in the air. I love the costumes, and the sound of music and dancers in the halls of dance schools. It's all of these things I am going to miss when I stop dancing. For me, the end of high school will be the end of my humble dancing career. In my mind, dance is one of the hardest 'sports' to continue with after high school. There are no classes to take at the level I have been dancing at, I don't want to teach, and I will never be a professional; so I cannot continue classes at a dance school like I have been for years. So where does that leave me? At the end of the line.



Years of training come to an end.

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The end of the line cont'd...

In all these years of dancing I have never really thought about giving it up. In the back of my mind I knew I would eventually, but now thinking about grade 12 being so close, and university thereafter, the end of dance is at times front and centre to my attention.

I know I will miss dance, but I will always have the memories and skills it taught me. Though that makes giving it up no easier, I am looking forward to what happens next. Graduating from high school will not only be the end to some things, but a beginning to many

others. I won't worry about the end too much yet; there is still a year to go. Although, that's really not that long to prepare myself to hang up my dancing shoes for good.

- Alexis Morton

Astrology Jones



Aquarius (Jan. 20 – Feb. 18): You might not have been having the best few days, but that's all about to change. It's about time to stop stopping your-

self and get going with those plans you've been making. Things will be looking up, but don't let that take advantage of you. Keep your expectations realistic and make a good time out of everything you do. This month, your artistic side could use some exercise; look out for upcoming opportunities! Don't be afraid to colour outside the lines every once in a while; try singing a song to a different tune just for fun.



Pisces (Feb. 19 – Mar. 20): Do you hear that? That's right, it's a beautiful day somewhere in the world. It's time to take that optimism of yours and

start sharing it with the important people in your life. Spend some quality time with your friends or even just spend the afternoon with a good pet. Don't get caught up in the meanwhile, just step back and enjoy the big picture. Life is for living, and there's no better time for it than now; make a move towards what you want. The heavens are smiling on you, give a nice, big smile right back at them.



Aries (Mar. 21 – Apr. 19): Stop right where you are and think to yourself; a little bit of forethought can go a long way. While some spare time on your hands is nice, try to do something

productive with it. You're going to feel

pressured to make some rash decisions soon. Try to make sure you don't lose sight of what you want. Use both your gut and your brains to come to a great decision. Don't feel persuaded by the colour yellow this month; trust me on this one.



Taurus (Apr. 20 – May 20): It's that time of year again when you seem sensitive to the slightest bit of disaster

going on. It would help if you didn't try to fix everything, there's only so much one person can do. The stars would agree, it's about time to treat yourself to some peace and quiet. Even if it's only for a second, a little bit of you-time is all you need to face the world. Watch out around catchy music; you'll find yourself with more than your fair share of songs stuck in your head this month. Don't be afraid to hum or sing a bit when nobody is listening, there's no one judging you but yourself.



Gemini (May 21 – June 20): You've been thinking of something and are having trouble remembering it, right? Don't worry to much about it, a close friend

will finally remind you what it is; be sure to thank them for it. It looks like you'll be oblivious to most of your worries this month, make sure you write down a note or two to keep yourself on track. Organization is key, but try not to go overboard with it. Combine a few boring forgettable tasks into something fun; you need to add some more

variety to your life. When you finally get down to business, don't get distracted by a guy in a blue shirt. Think twice before throwing caution to the wind!

Cancer (June 21 – July 22):

All that forgiveness you've been spreading is coming back to help you, and just in time too! You're going to find someone you've helped

along the way will want to repay you. Don't be afraid to take a good deed for a good deed, just keep it up and you'll find yourself making stronger friendships. Also, take your first chance to have some fun in the sun. Try to get out instead of sitting around thinking how nice the weather is. Most importantly, don't hold any grudges. It may sound like a good idea at first, but they're not going to get you anywhere any time soon. Think freely and live freely, and everyone around you will be set free!

Leo (July 23 – Aug 22): Your

stars are unaligned this month, which brings certain questions to the table that you want answers to. Hold on. The answers you're yearning

for aren't close by, and will only be found when you're least expecting them. Find ways to distract yourself like taking part in a physical activity, or even drown yourself in a novel. Whatever it is, make sure your short-tempered personality stays in check. Relax and count to three... maybe make that 10

Astrology Jones cont'd...



Libra (Sept 23 – Oct 22): Opportunity is in the layout this month, and no force will stop it. Now is the best time to look for the job your parents have been nagging you to get, or to change the one you already have. With opportunity flying at you from every direction, if you don't go looking, opportunity is bound to come to you. Make sure you don't let the opportunity slide away since you might need some extra money to recover the sum of cash you spent during spring break vacation.



Scorpio (Oct 23- Nov 21): These few weeks have been stressful for you, running around, and committing to deadlines. However, the sky clears for you this month, bringing your attention to the things you previously had to put aside in your busy schedule. The alignment of Pluto and Jupiter enforce the glue-like bond of a close friend you had to put aside. Socializing with this person lets your mind thrive with carefree fun. Detach your worries

live in the moment; you need a break. At the end of the month expect an interesting surprise.

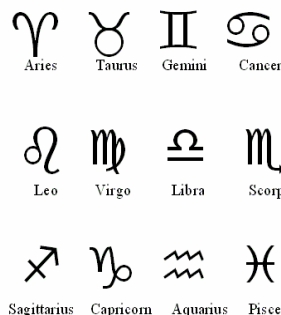


Sagittarius (Nov 22 – Dec 21): You are very anxious this month and it seems as no one is able to please you. When an event needs to be planned, you feel no one can do it better than yourself, and you take on the challenge alone with open arms. However, there comes a point in your journey where you find yourself overwhelmed and desperately needing help. If you do need help, take all the assistance you can, confide trust in your partner, and you'll come up with an even better product. A strong bond between Jupiter and Pluto leads you to the perfect partner, a Leo. Together, Sagittarius and Leo's will work together to exert creative and innovative ideas this month.



Capricorn (Dec 22 – Jan 19) : You tend to be pushing yourself too hard trying to impress

finding success, your tendency to crumble when facing disappointment shows a strong weakness. Try not to face disappointment with the worst; it is a learning experience, and trying your hardest is the best you can do. Energy from up above will refuel you to steer to the path of triumph and overcome disappointment with a newfound inner strength. Motivation can also come from changing up the routines in your life. Your perspective can be influenced by the slightest change of switching around the furniture in your thinking habitat (bedroom).



Picture courtesy of Google

It's REALLY Kind Of A Funny Story

Usually, when movies come out based on a novel they don't turn out as well as the original book itself. For *It's Kind Of A Funny Story*, this is not the case. For anyone who enjoys some good ol' dry humor and wouldn't mind a splash of empathy and motivation, seeing this movie will enliven and touch your heart. Keir Gilchrist stars as Craig, the main character of the plot. Craig is a troubled and depressed teenager (big surprise) who decides to try and get some help for it at an adult psychiatric ward on a whim at the hospital. He gets registered to stay for a week and after a brief tour of the area, starts to ques-

tion his choice of staying.

He is also paranoid of the fact of people knowing the "humiliating" reason why he's missing school for that long all of a sudden, including his best friend's girlfriend who he's been obsessed with for quite some time. When he meets fellow patients in the ward, like Bobby (whom Zach Galifianakis plays) and starts getting to know them, he finds out that staying isn't so bad after all, and gets close with a girl named Noelle (Emma Roberts) who changes his perspective on things.



Zach steals another show.
Photo courtesy of Google

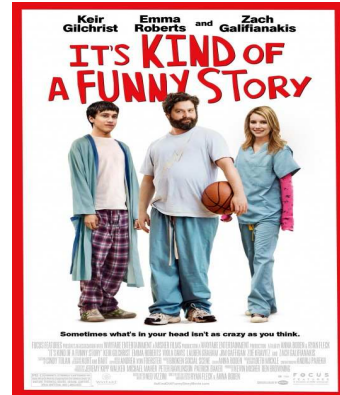
Cont'd pg. 8

It's REALLY Kind Of A Funny Story cont'd...

This movie was very heartwarming, as every single person watching it can relate with Craig, going through daily teenage struggles such as school, friends, parents and romance. With Zach Galifianakis as Bobby, he lives up to his great reputation of comedy, creating a whimsical tone to the plot and makes the mood more light-hearted and homely. Keir Gilchrist also depicts a melancholy teenager well and portrays the lowly character spot on. With many laughs and relevant vibes, the atmosphere relates to it's audience a lot.

The story makes us aware that we all have to go through some shortcomings in life, they are pretty inevitable. Our aspirations, goals and little things that we enjoy are also present too, *It's Kind Of a Funny Story* is a pep talk that reminds us that it truly is a beautiful world out there, fears and negativity are not uncommon and should never get the best of us, while taking small risks in life can surprise us in our young lives!

-Charlene Damian

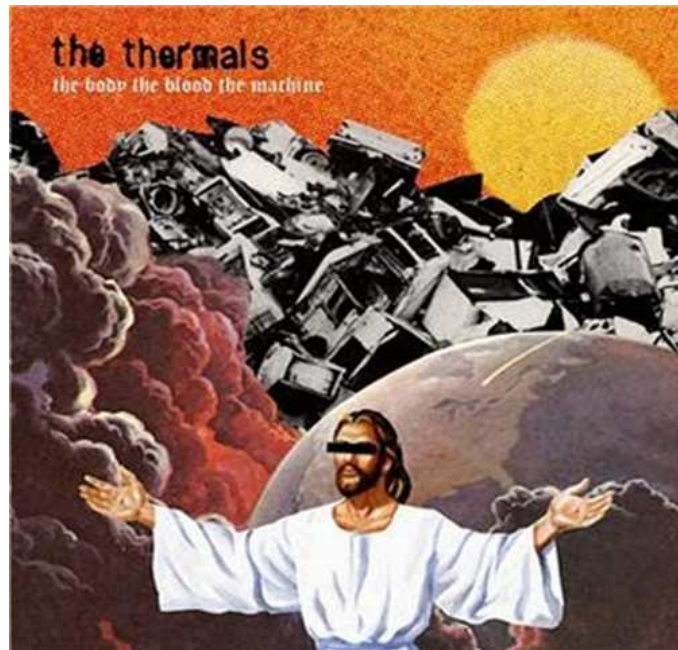


Picture courtesy of Google

108.4 Sabre FM

Pick of the Month: The Thermals

The music revolution has come. Time to shed the cultural slur of auto-tuned voices and rave beats and grate your ears against noisy rock in its purest form: The Thermals. The band of three combines a rough drumbeat, aggressive guitar and lyrics that have both meaning and quotable lines. The vocalist takes a nontraditional stance with his low-fi singing, something that takes time to get used to, but eventually becomes very listenable. In an almost talking voice, the lyrics speak up with topics pertaining to society, government and religion. How legitimate are these guys? Their first album was recorded entirely on a 4-track cassette machine in a kitchen. The Thermals take their indie punk rock with several qualities similar to a machine gun to create rapid-firing, strong music that will have you drumming out the beat on your knee. So stick it to the man and blast the Thermals in protest unless, you know, you're into Justin Bieber or something.



Recommended tracks:

"St. Rosa and the Swallows"
 "When I Was Afraid"
 "Here's Your Future"
 "God and Country"
 "Pillar of Salt"
 "Now We Can See"

-Samir Bhimji



Films for the thinking nerd: Top ten Sci-fi



STANLEY KUBRICK'S
2001:
a space odyssey

Sorry, but a movie needs more than just cool effects to get on my list.

Some movies exist simply to entertain. Others exist to make us realize things about ourselves and the world we live in that we may have known all along, but needed help clarifying. But one class of movies exists to show us ideas that may never have occurred to us. While there are many science fiction movies that just use a futuristic setting as an excuse for extravagant action sequences or a contrived moral statement, there are some that stand out as masterful films while staying true to the premise of big ideas, and in my opinion these are them.

10. *Metropolis* – I originally wasn't going to put this on the list, since I honestly wouldn't recommend it to you. While it has aged better than most silent films, it still suffers from the typical exaggerated acting of the time, and a message that has all the subtlety of a neon billboard. Still, it deserves some credit for being far ahead

of its time in its use of abstract/symbolic imagery, and for introducing concepts like corporate government that have become sci-fi staples.

9. *Fantastic Voyage* – Simply put, *Fantastic Voyage* is the greatest educational movie ever made. I say this because while the story of a miniature submarine crew trying to heal a man from the inside out is serviceable, the real stars here are the sets and backdrops that creatively and accurately visualize the inside of the human body. Even if some of the effects are hoaky and the shrinking makes no sense, the anatomical correctness of this film is impressive enough to warrant a spot on this list, and I recommend it to be mandatory viewing in biology classes.

8. *Star Trek IV, The Journey home* – Many people consider the best *Star Trek* movie to be *Wrath of Khan*, and in fairness it is a very good movie. But, as science-fiction, it's not so great, as the story is much more about morality than any scientific pondering. *The Journey Home*, on the other hand, tells a good, fun story while featuring a number of higher concepts, including time travel, first contact, and examinations of humanity's place in the world. Also, Spock mind-melds with a whale. Need I say more?

7. *Alien* – In many regards, alien is a simple horror movie that follows conventions and doesn't do anything special in terms of acting and writing. What sets it apart is atmosphere; whoever designed the sets for this movie is a genius. The interior of the ship looks manufactured and functional, like something we might actually build on day, which makes the curvy, organic looking alien all the more otherworldly and creepy. In fact, the movie in general is more creepy than scary, which ultimately makes it more thought provoking, and if you're like me you'll be wondering how exactly did the alien view humans?

6. *John Carpenter's The Thing* – Like *Alien*, this is a creature feature about an extra-terrestrial monster killing an isolated group of people one by one. So why is it higher on the list? Characters and dialogue. As good as *Alien* is, its characters were little more than clichés like the arrogant scientist or the tough, vengeance minded guy. The characters in *The Thing* are far more fleshed out, and thus everything they say, do and feel is understood by the viewer.

5. *Inception* – Part of what makes science fiction films so great is their ability to explore complex ideas in a way most people understand, through visuals. Well, things don't get much more complex than the human brain, and so *Inception* gets major points for looking at the subconscious mind in a coherent, albeit mind-bending way. The best thing about it is that the far-out concepts introduced have totally relatable elements; anyone whose had a dream involving falling knows that the "Kick" is very real.

4. *Back to the Future* – Time travel is one of the oldest themes in science-fiction, and yet few movies have been able to explore the concept without being ruined by the plot holes innate to the always troublesome time paradox. *Back to the Future*, though, is the rare film that can tell a time travel story while maintaining a focused narrative. While I can't vouch for its scientific credibility, its light approach actually does a better job of imagining the consequences of changing the past than some works that try to go deeper, simply because the audience can follow it. Oh, and did I mention it's freaking hilarious!

Cont'd on pg. 11

“Sheer Awesomeness



Dan Mangan playing “Sold”.

As you may or may not have seen, I had the pleasure of writing the ‘Sabre FM’ for the last issue. The artist that I chose was Vancouver native Dan Mangan, and I even talked about how I was going to be going to his concert on the 12th of February. Well now I’ll be reviewing that very same concert for you all. I’ve been to a few concerts in my days, from Fleetwood Mac, to Britney Spears and the Backstreet Boys, I’ve seen a lot of artists, and some more than once. Though I do have to say that Dan Mangan falls in the number one slot as my favorite concert ever! I didn’t think that it would be possible to beat Kings of Leon from two summers ago; well, that is until they came again and I wasn’t stuck in the nose bleeds of Rogers Arena again. But Dan Mangan’s concert blew me away.

The concert was held at the ACT in Maple Ridge, which was the perfect venue for a concert. Enough space to have a good crowd, but not too big where it didn’t feel too personal. I was lucky enough to be sitting in the lower half of the venue so I got a good view of the band. Mangan opened up with one of my favorite songs called ‘Sold’ and it sounded exactly like it does on the CD. I was instantly relieved to see that he wasn’t one of those artists that really don’t have much of a singing voice, and all you’re hearing is a computer

Not only was he very entertaining but so was his band, they were cracking jokes all evening and even did an impersonation of a woman singing during the song ‘Indie Queens are Waiting’. There was one little set back on the show because the electric guitarist broke a string from ‘sheer awesomeness,” but with the band making small talk with the audience and fooling around on stage, it felt like no time at all.

Not only did he play songs from his first two albums, he also played three new songs that they are recording for their new album. The first two albums were amazing, but after hearing those songs, I’m sure that the next album will be the best so far. He played a new song that literally had me jumping up and down in my seat from the excitement it emitted, to a song where it had the whole crowd in tears.

At the end of the concert, most of the crowd ran down to the stage and sang with the band, and got a close up look at everyone. I’ve got to say that that was the best part of the concert. Being together like that and all harmonizing at the same time was empowering in a way, and was an incredible experience that I’ve never felt before. The best part all around though, was that Mangan and the band all went out to the lobby at the end of the concert and we all got the chance to meet them. I was surprised to see how much of a soft speaker Mangan was, after hearing such powerful vocals during the concert.

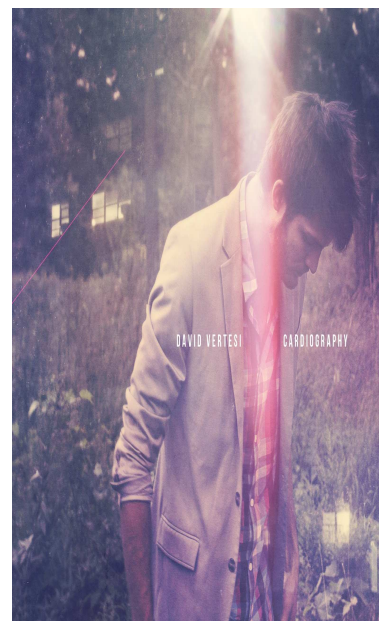
Mangan’s opening act was almost as good as him, which is a rarity in concerts. David Vertesi opened up for him, and was amazing! I was shocked to see someone so good playing as an opening gig. Vertesi was promoting his first solo album ‘Cardiography’ which is amazing. After watching him I ran out into the lobby and bought the CD. I even had the chance to meet him and get him to sign it.

Even though it took me almost two and half hours to get there by bus, and an hour back home by car, the concert was more than worth it. I was even so excited after that I had to run around the parking lot before I could get in the car.

-Sarah Reid



David Vertesi playing 'All Night, All Night, All Night'



Picture courtesy of Google

The Sweetest Chef in Town

We at *The Sabre Trooth* are well aware that there is an abundance of talent at this school. To shine the spotlight on a few of those talented students every year has been a recurring column that is always fun to write and to read. However, we have been noticing a lapse in those that we feature. While there are amazing artists, inspiring athletes and drama students who can knock your socks off, we have never featured anyone whose work of art was edible! My fellow Sabers, I bring you the chef of the month! Her name is Jennifer Arnold, a grade twelve student who's about to pass the bridge from teenage years to "life." As terrified as some of us might be

bridge from teenage years to "life." As terrified as some of us might be to cross this path, she seems to have it together.

What are your inspirations in cooking?

There are so many people! There's Jamie Oliver; I love his food. Also Gordon Ramsay.

He's a scary guy!

He's actually not as scary as he looks, he's actually pretty nice except on *Hell's Kitchen*.

Who or what got you started in cooking?



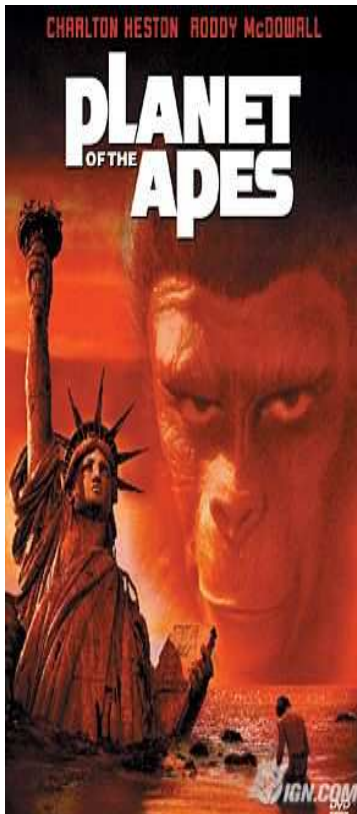
Hmm... What will she cook up next?

I've been pretty much cooking my whole life. My mom taught me as well as my grandmother.

Do any of your family members like to cook as well?

Cont'd pg.12

Films for a thinking nerd: Top ten Sci-fi cont'd...



3. *Blade Runner* - There are many stories in various media that explore whether or not advanced robots are sentient, and therefore deserving of the same rights as humans. In *Blade Runner*, though, the line between man and machine is thinner than ever, with the only real difference being a four year life span imposed on the "replicants" to prevent them from gaining emotions. This premise leads to some very provocative ideas, including the possibility of romance between the natural and artificial, all set against the backdrop of one of the most iconic dystopias ever imagined.

2. *Close Encounters of the Third Kind* - One of the old clichés of sci-fi is the first-contact scene where the flying saucer touches down outside of the White House, and the aliens come out and say "take us to your leader." *Close Encounters* looks at first contact from a different perspective; since such an event is a meeting between species, not governments, perhaps the aliens would not care about our leaders,

would not care about our leaders, and instead seek out regular people. From this idea the most fully realized movie about meeting extra-terrestrials is made, while also being visual masterpiece, with some of the most striking space ships ever seen in a movie.

1. *Planet of the Apes* - The first thing that I noticed about this movie was the brilliant writing; yes, a lot of it is unnatural in dialog, but that doesn't detract from the poetry of Colonel Taylor's musings on humanity, or the readings from the ape bible. This movie also touches on a number of huge ideas, including faith vs. science, the difference between man and animal, the folly of war, and even the consequences of relativity in spaceflight. All in all, though, this is the biggest and boldest sci-fi film I've seen, and it accomplishes it all while being scientifically accurate.

-Jake Stewart

Picture courtesy of Google.

The Sweetest Chef in Town cont'd...

Yeah, pretty much all of them, even my dad.

Which do you prefer baking or cooking?

I like both, but if I had to choose I guess cooking, because you don't need to follow exact measurements.

What is your favorite dish to make?

That's really hard to say! I like pasta it's my favorite. There are endless things you can do with it.

Do you prefer to follow recipes or figure things out on your own?

Baking I follow recipes because I have to. With cooking I tend to improvise and put my own twist on things.

What are your plans after high school?

Probably working in a restaurant at VCC (Vancouver Community College) with the culinary arts program. Or an apprenticeship is an option.

What's the hardest dish that you've ever made?

Oh man I have to think! SUSHI! Sushi is so brutal to me.

Why?

It falls apart and I don't have the patience for it.

Have you applied to any post secondary schools?

Not yet, but I'm going to soon, it will be VCC or Pacific Culinary School downtown.

Are you going to school right away or taking time off?

I'll take a little bit of time off to work and such, but I'm not worried because the program I want to get into takes about twenty people each month.

All right my last question for you. If you had a million dollars what would you do with it?

That's a hard question, a million dollars isn't that much money anymore. I would probably get myself through school and buy myself a car. Oh, and I would donate some to the SPCA because they don't get much

What kind of car would you get?

A Mini Cooper! A black one.

Perhaps one day you'll be lucky enough to go to one of her (many!) famous restaurants! For now you can hunt her down in the foods room to taste some of her amazing creations. Now I leave you with a recipe from the famous Jennifer Arnold, cookies that are to die for! Take it from me.

OATMEAL, CRANBERRY AND CHOCOLATE CHUNK COOKIES

Ingredients

- 1 cup all-purpose flour
- 3/4 teaspoon ground cinnamon
- 1/2 teaspoon baking powder
- 1/2 teaspoon baking soda
- 1/2 teaspoon fine sea salt
- 1 stick unsalted butter, at room temperature
- 1/2 cup light brown sugar
- 1/2 cup sugar
- 1 large egg, at room temperature
- 1/2 teaspoon pure vanilla extract
- 2 cups old fashioned oats
- 1 cup dried cranberries
- 1 (4-ounce) 60 percent cacao bitter-sweet chocolate bar (recommended: Ghirardelli), chopped into 1/4-inch chunks
- Special equipment: a 4-ounce (1/2 cup) ice cream or cookie scoop

Directions:

Put an oven rack in the center of the oven. Preheat the oven to 350 degrees F. Line 2 baking sheets with parchment paper. Set aside.

In a medium bowl, whisk together the flour, cinnamon, baking powder, baking soda, and salt. In a stand mixer fitted with a paddle attachment, beat the butter and sugars together until light and fluffy, about 1 minute. Add the egg and vanilla and beat until smooth. With the machine running, gradually add the flour mixture. Add the oats, cranberries and chocolate chunks. Mix until just incorporated (dough will be stiff). Using a 4-ounce cookie scoop, scoop slightly rounded mounds of the dough into 12 (2-inch-diameter) balls. Arrange 6 balls of dough, spaced evenly apart, on each baking sheet. Using the back of a spoon, flatten the tops slightly and bake until the cookies are slightly golden on the edges, about 13 to 15 minutes. Allow the cookies to cool on the baking sheet for 20 minutes before serving.

-Lucia Barokova

Spring Fashion 2011—Even if spring looks so far away

If you look out the window right now you'll be shocked to see that winter has managed to keep a frigid grip on the outside world. As of late we haven't exactly been experiencing the type of weather that hints at spring. What can we say

though? We live in Vancouver, where the weather is as bipolar as Lady Gaga's wardrobe. It starts off snowing, shocks us with warm sunshine that gets our hopes and spirits up then a crashing disappointment as it starts to

rain in the evening, which leads to more rain, rain, rain. Lately any sense of what to expect, weather wise, has us all running in circles. This really takes a toll on our fashion. How do we dress for this less-than reliable hum-

drum weather? Is it okay to start shopping for new Spring attire? The answer, ladies, is easy and can be found below:

Combo 1

This look is for the versatile chick who's all about a fun and lively

Cont'd pg. 13

Spring Fashion 2011—Even if spring looks so far away cont'd...

lifestyle. The foundation of this look is the skirt that sits just on your waist and falls to a couple of inches above your knees (we want to keep it flirty not flashy). What isn't cute about a flirty skirt, patterned, solid, or asymmetrical? Tuck one of your graphic T's -or solid if you prefer that look -throw a cardigan over it and your set. The great thing about this combo is that it can work for any season if you add the right amount of layering to it. For winter add a pair of leggings and boots to keep you warm. For the warmer half of spring take away the tights add a faded jean jacket to the mix, maybe a thin scarf and you've got it. For summer, it's easy as easy as a tank-top of your choice (make sure you don't clash a graphic tee

don't clash a graphic tee with a super patterned skirt) gladiator sandals, and if you keep the jacket, maybe try rolling up the sleeves for a more relaxed and cooler look.

Combo 2 – This look leans more towards the laid back girl, who's all about taking an the more relaxed and effortless path of life. Take a slim pair of jeans whichever you feel most comfortable in – Note: usually jeans that are tapered in at the ankle (a.k.a skinny jean) tend to extend the leg. Pair these jeans with a relaxed T-shirt – Note: v-necks work well to elongate the neck. If your in a fun and rather adventurous mood find a bright colour that celebrates spring's on

way. Most importantly find a color that enhances your natural skin tone. Pair this look off with a pair of flats – you can rock almost any style for this easy look.

Combo 3 – A really chic and easy look for spring is rocking the oversized/ over-exaggerated scarf. If worn correctly this rather flamboyant and bold scarf works to draw the attention of the eye up towards your gorgeous face. If you have long hair maybe throw it up in a bun, maybe add braid at the front, bang area to make it look less severe. Since your scarf is quite loud and expressive in itself you want to try and stay away from other patterns that may clash with it. If you want to accessorize, go with bold bracelets or rings, don't bother with a necklace, it would be

pointless. You can rock this scarf with an understated v-neck t-shirt and a pair of light washed jeans. Note: scarf-wise we're talking about lighter-flowing fabrics, nothing heavy like wool that reminds you of winter.

The main thing to look out for this year is bright colors. Teals, corals, pinks, and greens are filling store windows. When shopping for that spring attire, which is okay even though the weather doesn't agree, apply bright colors to these basic looks. The runways this year are bright as ever--maybe don't take it to quite the extreme that they do (yellow lipstick, and green pants paired with a bright pink shirt)--keep it simple. Have one bright piece that works to compliment the other clothing you are wearing.

-Charla Lewis



This bold over sized scarf can bring that extra something to an under-



A simple, laid back, relaxed look



A fun flirty look for any girl .

Strange and Surprisingly Funny

We (us as a race) have done some pretty weird stuff when it comes to entertainment. We tend to try new stuff out, and sometimes it

takes off with a bang, like golf, which started as some Scottish guys knocking rocks with a stick into groundhog holes! But other sports,

once revealed to the world, didn't take off like golf, they were simply too strange in too many ways for people to take them seriously.



One, two, three, four...I declare a toe war!

Strange and Surprisingly Funny cont'd

Which begs the question "which ones are they?" Worry not, because I have found a few for you! Just for fun let's go through them in alphabetical order.

Bossaball

Originating in Spain, this sport is less weird and more like a cross between a child's inflatable bouncy castle and volleyball. The three to five players per team face off with one person from each team on a trampoline and using all parts of their body, try to score goals volleyball style. The goal is worth twenty-five points each round for three rounds, and the team in the lead must be two points ahead to win a round. This sport is amazing to watch as they combine gymnastics, Capoeira and volleyball to win. I recommend you watch this sport as it is very cool.

Lawn Mower Racing



It's a long journey...

Let's get back to strange with lawn mower racing! It was invented in 1993 at the Cricketers Arms pub in Wisborough Green, England, by some very bored and cash-strapped young men. The sport is a kind of grand prix for farmers. They remove the blades from the lawn mowers and keep the original engines, then go and race around a track.

Man Vs Horse

How far have you run in your life? I can bet that you haven't run as far, or as fast, as the competitors of the Man Vs. Horse marathon! Hosted every June in Llanwrtyd Wells, a Welsh town, the runners and riders line up and start running! The course is twenty-two miles long over rough terrain.

Toe Wrestling

This insanely strange sport actually has a world championship!



Start your engines!

Wrestling has declined in popularity, but in its wake we have wrestling with toes! The sport is played with bare feet and is quite similar to arm wrestling, where the players try to pin down their opponents feet for up to three seconds.

These strange sports are known around the world, and played very seriously by their members. Who knows, you might invent the next world's most popular sport, there's no telling what the world will embrace next!

-Ben Bowstead



These Spaniards look like they're having a blast!

We at The Sabre Trooth are dedicated to providing you with informative and entertaining articles pertaining to whatever subjects we feel fit to print, whether they be school events, pop culture or just plain bizarre. We have gone from being a simple club to a full fledged course, complete with credits and a fair marking system! Of course, being a school funded course the continued existence of the paper is entirely dependent on whether or not new members/students can be attracted to it. Therefore, we urge anyone interested in the newspaper to select 'Journalism 11' as one of their courses for next year. All are welcome!

Senior Boys' Basketball Team heads to Provincials



Our senior boys had a great showing and defeated the Windsor Dukes on the night of February 24th to win the Howe Sound AA championship. This is a feat not accomplished by any past Sutherland teams, and with a final score of 74 to 67 for Sutherland, this gave them another consecutive win and the championship. Matt Hilder received M.V.P. for the finals with 24 points, while Ali Farokhi and Alexi Serdyuk were both named Tournament All Stars. With this championship under their belts the boys will now head to Kamloops to compete for the BC Provincial Championship. Good luck Sabres-we're proud of you!

-Justin Pow

Our senior boys hoisting their grail



Matty "Ice Curtains" Hilder closing the game at the line.



A die hard fan, Joe Cerisara showing his Sabre pride, and a little skin.

***Photos courtesy of Mae Facundo**



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Don't let this happen to you: Join Journalism next year so the school can continue to publish The Sabre Trooth!

- DaSan Jung

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