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Inside this issue:

Sutherland's lipdub sizzles by the Journalism Team	1
Peer-to-Peer Program looks into Drug	1
Immortals review	2
The Past, The Future, and Everything in	3
Those crazy conspiracy theorists	4
This year's shoulder pads	5
Expect the Expected	6
Sabre FM	6
Hearing the Hits	7
Top 10 Worst Villains	8
Ready... Set....Traaaaaaaack!	9
Catching Up With The Confidence Coach	10
Les Oscars	11
Spring into Good Timez	12
Here he is now, Jerry Springer	12
Mr. and Mrs. Love	13
The Rise of Linsanity	15
Word on the Street	16
Those Permanent Marks	17
Career Spotlights!	18
Valentine's Day Basketball Special	19

Correction Notice:

The Sabre Trooth would like to apologize for two cutlines in the last issue. The cutlines for one of the pictures in Taryn Aude's women's soccer article, p. 22, and Curtis Gunn's hockey article, p. 27, were not written by the authors, they were the formatters' choice of words. These views are not shared by the school newspaper and new cutlines for the two pictures have been added to the online edition .

Enjoy your Spring Break, Sabres!



The Sabre Trooth Volume V, Issue viii Thursday, March 8th, 2012

Sutherland's lipdub sizzles by the Journalism Team

""Everyone was shufflin'..."
On Friday, February 17th the energy was contagious and Sutherland pride was evident as Sabres united across the school to give it their all for the promotional lipdub video produced by Ms. Smyth's digital media classes.

This highly anticipated event took months of elaborate planning and hard work from two digital media classes. Considering the entire school was involved; surprisingly, it didn't take long to film. Whereas lipdubs from other schools in the Lower Mainland took hours and days to film, we filmed our lipdub in less than two hours. The lipdub was more than well-prepared as masking tape lined the floors, streamers decorated the walls, and classes prepared costumes and actions for the filming. Karim and Jara were seen time after time running through the camera route to make sure there would be no faults on filming day. Round



The day came and went in a flash!

one of filming went without a hitch, and the energy was genuine. The dance on the field was really well coordinated and very impressive to watch from afar. The two takes on the field were lucky to wrap up only seconds before it started to rain...talk about great timing! The leftover confetti and balloons around the school would have been a challenge for the custodians, but students and the SLC really

tried their best to clean up. This lipdub was such a success with the whole point being that it was created, filmed, and edited by students and we are eager to see the final product! This was a once in a high school opportunity, and for those who chose not to participate, they missed out on an experience that brought everyone together to celebrate everything that makes this school an incredible place to be part of.

Peer-to-Peer Program looks into drug addiction -Stephanie Goetz

When I heard about the peer-to-peer program at Sutherland, I wanted to get involved, but little did I know how much of an impact this experience would have on me. The peer to peer program at Sutherland is where myself and several other

Sutherland students in grades 10 and eleven will go to North Vancouver elementary schools and talk to grade seven students about prevention of drugs and the consequences that could happen if you choose to abuse them. The thing is though, that before we



Darwin and Brian talking with another police officer.

Cont'd on page 2

Peer-to-Peer Program looks into drug addiction cont'd

spill all this information out without any purpose to the grade 7's, we needed to see for ourselves the drug problem in Vancouver. On February 18th we ventured past the bubble of North Van. to the hard-hitting streets of downtown East Vancouver

When we got to the Odd Squad office it was pretty surreal because I remember watching their documentaries like "Through a Blue Lens" and "Tears for April" in planning class, which alone showed the truths of drug addiction. Taking a seat in the conference room with my fellow peers, we met Constable David Steverding who gave us a presentation on drugs and their effects such as cocaine, meth, acid, marijuana, alcohol, only to name a few. He showed us pictures of drug addicts that startled my eyes because of how raw and real they were. This presentation prepped us for our own for the grade 7's. When we talk with them, we aren't just lecturing but showing them that drug addiction can happen to anyone. I'm not saying that you will get addicted on your first try, but it is a possibility. And why would you risk it, when this is the reality of

drug addiction? When I asked Alanna Dunbar in grade 11, what she took from this presentation she stated, "Coming into this program I knew that drugs were bad for you, and seeing this presentation showed more information on how drugs like marijuana and cocaine are laced with so many other harmful chemicals and that the drug dealers could care less about how the drug is made, they just want the money."

Afterwards, we got a surprise presentation from a former Hell's Angels gang member, Joe Calendino. Joe was a pull-patch member of Hell's Angels and drug addict, but now he is one of the lucky ones to get away from that scene and is the founder of Youth Initiative to help youth make safe and healthy choices to benefit themselves and everyone around them. He talked about how one decision to help out a "friend" can change your life forever and there's no getting out. He talked about how his decision to being in a gang and a drug addict not only affected him, but his family too. One thing he really made clear to us is to just say no or pretend



Peer-to-peers taking a picture with Joe Calendino

someone is on the phone and you have to leave when faced with that "friend" who wants you to "help" them out or wants you to buy drugs off them, because one bad decision can suck you in to more. Lachlan Fontaine, a grade 11, said, "Joe's presentation really showed the reality of gangs in Vancouver". Then it was time to take a look for ourselves into the world of drug addiction. The whole group split up into two groups of five, with me in Brian's group. We head-

Cont'd on page 3

Immortals review by Amit Dhuga



Freida Pinto-an amazing and drop dead gorgeous actress that's definitely worth watching!

Looking for a dramatic, gory, and graphic fantasy war film? Well, Sabres, the latest choice is 2011's *Immortals*, released on November 11. It was directed by Indian director, Tarsem Singh, and stars Henry Cavill (*The Tudors*), Mickey Rourke (*The Expendables*) and Freida Pinto (*Slumdog Millionaire*). *Immortals* is the story of King Hyperion (Rourke), a ruthless man who searches across Greece for a weapon that can completely destroy humanity, the Epirus Bow. Hyperion intends to use the bow to release the Titans (the vanquished in the war of the Immortals while the victors are named Gods), who are bound in chains beneath Mount Tartarus, and release them to punish the Gods of Olympus for not being able to save his family. Phaedra (Pinto) who

is part of an ancient group of oracles who can see visions of the future as long as they remain virgins is captured by Hyperion, who believes she can locate the bow. Theseus (Cavill) is a skilled warrior who lives with his mother in a small village, where one day Hyperion and his forces attack the villagers, and take Theseus captive after Hyperion kills his mother. Theseus meets Phaedra, who is also held captive, and she begins to have visions that Theseus is the key to saving humanity. Later, Theseus and Phaedra escape with other villagers who were held captive as well, and they all return back to the village so Theseus can bury his mother's body. Theseus discovers the Epirus Bow in a large rock in the temple, and together with Phaedra and the other

Cont'd on page 4

The past, the future, and everything in between by Derrick Gravener



(from left to right) Vinny Ficocelli, Helen Burger, Luke Wawzonek and Natasha Guerra in the multiple award winning "The Sequence".

Earlier this year, Sutherland unveiled two darling little festival plays to really make you think. Both were centered in a different time, but they were both seamless and timeless in their conflicts and situations.

The evening began with "The End of the World As We Know It", a short comedy by Mark D. Kaufmann. It centered on a group of students 55 years ago who are all petrified for what is their final exam. The exam is oral and given by the tricky and twisted Mrs. Mangles (played impeccably by Alanna Dunbar) who seems to be having a crisis in her marriage and asks

the students for revenge advice on her unfaithful spouse. The students' bickering and clearly set out cliques made for a more realistic atmosphere, but there was still that old world charm of politeness. What's interesting though is how fast the students compromise their morals for a test mark. It really made me think what we go through for a test mark and how if we fail it, it does seem like everything is "the end of the world". It plays out with sinister humour and

complex background stories but it comes off effortless and that's thanks to the brilliance of the ensemble cast (Holly Lowe, Allison Harlow, Kaylie Foscett, Vinny Ficocelli, John Leung, Luke Wawzonek, Erin Crawley and Yasman Deriszadeh). In the end Mangles ends up tricking them all, except for Beth Kowalik (played Kaylie Foscett), who is the one to not compromise her morals for a test and she stays sweet and innocent in the face of adversity. If anything this play is about being yourself in the face of adversity, even if the adversity is dependent on your university entrance.

Fast forward 100 years from now and you're on set of "The Sequence", a short drama by Vincent Delaney. It centers on another graduate, Kim (played by best actress winner Helen Burger), who is confused by her future path and turns to art for an outlet. The world a hundred years from now has been hit significantly by global warming to the

Cont'd on page 5

Peer-to-Peer Program looks into drug addiction cont'd

ed along the streets and everywhere I looked I could see some sort of drug deal happening or someone doing drugs. It was like being in a whole different community, but these people are like everyone else who needs help. Brian stopped this man who was digging through piles of wood that were locked up and asked him if he would speak with us. His name is Cheyan and at 36 years old, he spends about 300 to 600 dollars a day on drugs and his ex-girlfriend is seventeen and is having a baby who they have to give up for adoption to her sister because she is in jail. He started drinking when he was eleven and came to the downtown east side when he was around 20 and never got clean. As I looked over and saw he was waving to his girlfriend who was selling her body for money. I hope some day Cheyan gets clean, not only for himself

but for his kid. After talking to Cheyan, we moved up the street and saw a white van circling the street where Cheyan's girlfriend was. Looking at that made me feel so sick, I wanted to tell her she doesn't have to do this, but we moved along. Their reality is something no one should have to go through. Down the street we saw this young man talking to a cop, he looked clean and like any other teenager. His name is Darwin, he's nineteen, and went to Carson for six months. He told us that if he had more support back home that maybe he wouldn't be down here, as he lifted up his shirt and showed us nine scars from gang violence stabbings. When Brian asked him if he got the help to get out of here, would he take it, and Darwin answered saying he can't because he has too much debt. My heart sank; I hope Darwin finds a way out

quick, before he is too deep in addiction. When I asked Hilary Lane, grade 11, what she liked most about the program so far, she answered, "What we saw downtown was so raw and such an amazing experience, I'd do it again in a second!"

Driving home, I caught a quick glimpse of Hastings street, and it made me think about how many other people have caught a glimpse of that same sad reality and go back to there lives thinking "I could never get addicted to drugs and end up here", but the scary truth is that any of us can, but we have to prevent ourselves by making good decisions to not go down that path. Like Joe Calendino would say, "You don't have to stop what you haven't started."

A grateful thanks to the Odd Squad for taking us under their wing and giving us the tools to spread the message and present to our peers!

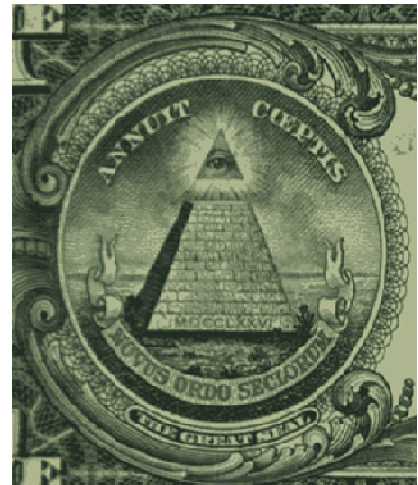
Those crazy conspiracy theorists by Justin Solyom

Since the beginning of man, one of the greatest faults of humankind has been our belief that we generally view ourselves as more attune to what is happening in our world than anybody else. In layman's terms; everybody considers themselves to be smarter than their fellow "sheep". It's this belief that is the main catalyst for a variety of outlandish conspiracy theories, ranging from the slightly realistic to the downright ridiculous. A conspiracy theory is roughly defined as an explanation of an event that is created to be some sort of cover up, it's not very hard to see how so many people consider themselves to be more attentive then their fellow man fall victim to such ridiculous theories.

There are a countless number of conspiracy theories circulating around the globe, each with interesting (albeit ridiculous) theories on many high profile historical events, whether they're recent or in the distant past. Conspiracy theorists have found ways to raise doubt as to who is really pulling the

proverbial strings behind the governments of the world. The answer to this question, at least in terms of "conventional" conspiracy theories, would be that a group of shape shifting reptilian humanoids - who have installed themselves in positions of power all over the world - have been calling the shots all these years and are secretly attempting to strip our planet of its resources (George W. Bush and the Royal Family are just two examples of accused "lizards"). Others believe that a shadowy extra-governmental organization known as the "Illuminati" have supposedly been brain washing the general public for years through the use of subliminal messages and water fluoridation, attempting to create a "New World Order". Farfetched right? For many of us, a concept such as a "NWO" is not as you or I may think.

One of the most popular and more realistic conspiracy theories I have come across (at least in relation to other conspiracy theories) pertains to the Sep-



: The "All seeing-eye" shown on the American one dollar bill, used to represent the "New World Order" conspiracy theory.

tember 11th terrorist attacks, more specifically that the United States government had the event organized and authorized the attack on its own

Cont'd on page 7

Immortals review cont'd.

men, they travel to Tartarus. In a final battle, Theseus leads the Athenan army at Tartarus against Hyperion and his army, which will determine the fate of mankind once and for all. But how will Theseus save humanity and have his revenge after Hyperion has released the Titans?

I was lucky enough to escape my family who wanted to watch *Breaking Dawn*, and watched *Immortals* alone in the theatre, and to be honest, I enjoyed every second of the movie! Apart from the incredibly cheesy but epic costumes and the original "good guy becomes hero, gets the girl, and kills the bad guy" theme, *Immortals* is an amazing choice when you want to see some bad guys get brutally slaughtered. The 3D effects were fabulous because basically the only 3D effect were a bunch of heads, arms, and other body parts flying at you

along with lots of blood splatters and guts. Personally, I don't think the DVD of *Immortals* will not be as intense as the theatre release because it probably will not be in 3D. The soundtrack also makes the movie what it is, the music is very strong, dramatic and delivers a heart pounding effect at the most intense moments

The main reasons why I watched *Immortals* in the first place were it was directed by an Indian director, I'm a huge fan of Freida Pinto, and the people that produced Zack Snyder's "300", also produced this movie (so I had a hunch that this film would be gory and have similar graphic styles as 300, and I was blown away when I saw it for myself). The acting was very well done in this movie, an amazing job from Freida Pinto (as usual) and Mickey Rourke,

also it was my first time watching Henry Cavill and I must say I was impressed from his dramatic performance, especially at the end when he is giving a speech to his army before battle. I would say my favorite characters from this movie were Theseus and Phaedra, not only did the actors fit in their roles well and seem like real people, but they also created believable chemistry as a couple.

Overall, *Immortals* was well worth my time and I can't wait to watch it again! I give this movie an 8.5/10 for a good story, good characters, and unbelievable action. It maybe could have had a bit more graphic 3D effects, but it is definitely a must watch in order to get your heart pumping during every second! *Immortals* is released on DVD in March 2012 and is rated R for strong, brutal, and graphic violence throughout, and for a scene of sexuality (I would not recommend this movie for young kids). If you loved 300, then you will love *Immortals*.... trust me!

The past, The future, and everything in between cont'd.

point where all the weather is climate controlled in domes. It is so far gone to the point where even clothing is genetically engineered (the thought of not having a cotton t-shirt in a hundred years is rather shattering, to say the least). The world, on the whole, is very controlled and molded; if you don't fit said mold, you are rejected and sent away. When Kim receives her test results we see her entire life fall apart at the seams. She is taken away from her family and is never to see her boyfriend again. Her parents (best actor Luke Wawzonek and the exceptional Natasha

we know it is not meant to be. In the outside world we meet Jasmine (best supporting actress Alia Bhimji) who has been put here due to the same test results. She tried to visit her family after the fact but they couldn't even look at her. If anything, we are thankful by the end that one test doesn't determine our future.

Ms. Bunbury and Vanessa Shortis won the award for best costuming for "The Sequence" and it is clear why. Cleans lines, futuristic greens and complex

silhouettes bring out a modern sense in the play.

Ms. Bunbury deserves a standing ovation for her dedication to the theatre production in this school; with her final hurrah coming soon in her self-penned "The Name of The Game" (featuring the music of ABBA). We look forward to this in every way possible. Congratulations again to all the award winners in the North Shore high school drama festival and good luck at the provincial competition; due us proud!

This year's shoulder pads by Taryn Audet

My mom owns an oversized denim jacket with Betty Boop's face occupying the entire back. Admittedly, I will wear it the first chance I get. Although I find myself loving this one ridiculous material piece of my mother's past, I can't say the feeling resonates for all her generation's fashion – the big hair, neon colours, leg warmers and shoulder pads can all be burned and forgotten.

Despite the fact we Sabres are rocking the latest and most certainly greatest trends, let's face it – one day, it's our kids that will be going through the year book and laughing at our faux pas. While our fashion may not be as... *eccentric* as our parents' crowd, I guarantee there's at least one item in your closet you'll be throwing out as the years roll by. Unless you're a hoarder – in that case, contact TLC immediately.

FEATHER EXTENSIONS

I'm not denying that I own a nice little gray clip-in for those special occasions... but c'mon, what little girl isn't going to giggle at that neon-green rooster feather you had tied into your hair once upon a time?

LEGGINGS AS PANTS

Yes, they're comfortable. Yes, Rihanna and Lady Gaga have a penchant for substituting jeans for tights or leggings. Yes, it's okay to pair with a corset while

you're crooning onstage. While you're buying L'Oreal No-Tears shampoo for your kids fifteen years from now? No. Not okay.

MULLETS

Guys... I mean... *C'mon...*

TOMS

I love them as much as you do. They feel like freaking slippers sewn from clouds. But they look like freaking slippers sewn from scrap.

COLOURED OMBRE/DIP-DYED HAIR

I'm sorry, all you Tumblr-ers. Yeah, your faded pink hair is cool with your fisheye camera and pastel-tone editing. Have fun explaining to your 14-year old why your hair is tipped aqua blue.

NON-PRESCRIPTION GLASSES

I'm not hating on your individuality, and yes, some people look good with a nice pair of horn-rims. But... I mean... you don't *need* them. May as well steal some of the Imax 3D glasses and wear them around.

HAREM PANTS

I. Love. These. Pants. That being said, the last time these were in fashion – minus the whole MC Hammer period – was around the same time as Cleopatra's reign. And after a few seasons of use, it's going to take that long for them to cycle back into fashion.

ANYTHING ED HARDY



A timeless piece for any closet.

No explanation needed.

UGGS

We live in Vancouver. It's cold, rainy, and disgusting 95% of the time. And Uggs are warm, comforting and lovely 100% of the time. I get it. And I adore my tattered grey pair – but let's face it, the name "Uggs" is pretty suitable. The name is more or less the one word every cavewoman can grunt, and the shape and style is akin to something I'm sure our cave-dwelling ancestors wore.

While every generation has its own flaws – and exceptions – it's safe to say most of the above will be put in a garbage bag or dress-up box rather than in your closet. Regardless of how utterly stunning that pair of long feather earrings are, or how great a deal your barber gave you on that mullet, maybe avoiding the camera frame while exhibiting yourself in that look would be for the best. Oh, and if you have a denim jacket with Bugs Bunny on it, feel free to drop it off by my locker.

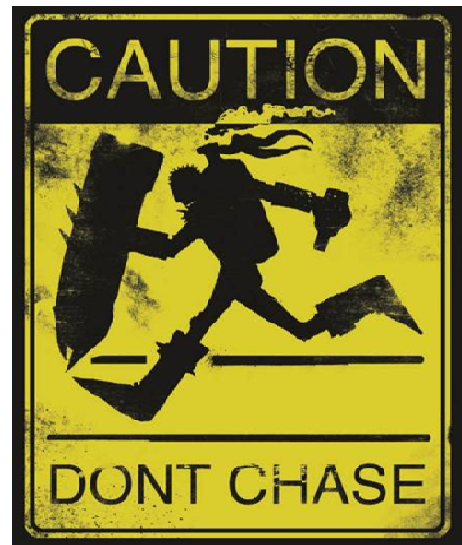
Expect the expected - Mother's Basement by Mohammad (Prophet) Khanali

Ladies and Gentlemen, (mostly gents) I am back. Yes that's right; this glorious paper you're holding up is a sequel to my Mother's Basement. I know it's been awhile and some other people have taken a role on writing up and publishing Mother's Basement since the last time I wrote, but fear not the Prophet is back and here to deliver even more. Though, to change it up a little since the last time I wrote I'm going to focus on one game this time, and one game only, but don't worry it's a good game and I recommend you to try it for yourself because it is FREE!! (Free is good people) Yes that's right it's a PC game. No I'm not telling you to go torrent it online, but more so download it. The game I'm talking about is League of Legends.

Now I already know, half of you are like "YES YOU'RE THE BEST PROPHET", and the other half is like lol no, but trust me 'other half' LoL is a good game and you should try it out and play it because I assure you it's one of the best PC games out there right now. Essentially, I know

I'm ignoring the other part of the crowd who has no idea what I'm talking about, so I'll break it down for you in simple steps.

League of Legends is a MOBA (Multiplayer Online Battle Arena) which utilises 10 players to face each other off in a map called Summoners' Rift and breaks down the 10 players in to two teams, one purple, one blue. Pretty basic right? But no it gets better; each player is allowed to play from over 94 different champions (characters) which have 4 abilities all different from each other. The goal of each team is to destroy the other teams 'Nexus' (base). Each champion may have a certain class which varies all together, I'll note the most basic ones, but I will not detail sub classes: Melee, Mage, Ranged, and Support. (Also please note that every two weeks Riot Games produces a new champion and therefore the champion number will increase) Okay so now you know the object of the game, let's break it down even



I'm telling you right now

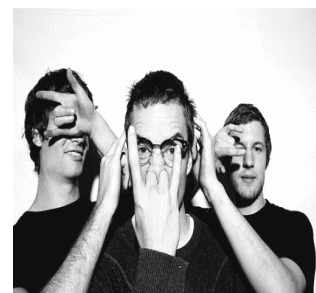
further. Each team also has multiple turrets (or towers) which shoot projectiles at enemy champions and minions. Minions play an important role in guiding your team to success. Enemy minions give you gold which you can later use to buy items. Each champion is allowed to buy 6 items to help

Cont'd on page 9

Sabre FM: Bromheads Jacket by Samir Bhimji



Let's face facts: England does some things better than North America. This includes moustaches, fancy hats, accents and rock 'n' roll. More so the latter than the others. One band that credits a long legacy of English alt. rock is Bromheads Jacket. A pleasant mix of The Streets and Arctic Monkeys, Bromheads Jacket thrashes on drums and strums chords to the tune of accented vocals and head-banger choruses. Occasionally, whistles, 'oo's, pan flutes, radio static and that weird noise you hear in retro TV shows at scary parts will get stirred into the soup. Throughout three albums, Bromheads Jacket transcends from heavy-accent vocals and garage rock to surfer/indie rock. *On the Brain*, the second album, is best to find a middle ground. For a fine dining experience in English alternative rock, look no further than Bromheads Jacket.



Recommended Tracks:

1. Fight Music for the Fight
2. Turn me on
3. You'll lose it
4. Fuzzy Feeling
5. Black Lions
6. Speaker Box

Those crazy conspiracy theorists by Justin Solyom cont'd

citizens, or at the very least had prior knowledge of the attacks and chose to do nothing. Many who believe in a variation of a 9/11 conspiracy theory justify their beliefs by stating that the United States was able to use this act of terrorism as an excuse to spend trillions of dollars on machines of war, that they would subsequently use during the war in Iraq. A close friend of mine, who chose to remain anonymous for obvious reasons, has in the past attempted to convince me of this so called "obvious truth". "It's obvious, everybody knows the U.S. did it, you're so stupid if you don't think so." I made it a priority of

mine to convince my friend otherwise, but to no avail.

Some people have even gone so far as to create documentaries which seemingly prove the existence of a 9/11 conspiracy. Although, if some sort of cover up had really taken place, wouldn't the United States government "dispose" of those who had denounced their official story? If the United States government is willing to kill thousands of their own citizens, wouldn't the U.S. government be willing to kill a few more to ensure the success of their conspiracy? Just a thought.

There are far more conspiracy theories floating about in cyber space than those that have been outlined in this amazing piece of writing, literally numbering in the thousands, which is a true testament to the level of paranoia the human race has developed. However, I encourage our loyal readers to research some of them on their own, you know, in case you ever need a good laugh. However, there is the possibility that this article could just be another extremely small piece of the "New World Order", written with the intention of brainwashing the fine students of our school. Or not.

Hearing the hits by Vish Kanga

Music is a vital part in the life of an average high school student. Whether you're walking to school, biking to work or even going for a late night jog, you can always count on music to help boost your day! Although music is lovely, it can be really frustrating if you do not have the proper set of headphones necessary for your lifestyle. Do not fear Sabres, as I have put together a list of headphones that will continue to keep your ears ringing.

Earphones :

Earphones are not considered to be the best way to get the most of your music. Most do not deliver the accurate sonic experience. If you're looking for something affordable that gets the job of delivering music to your ears done, earphones are great for that. Many tend to range from \$10- \$20 but don't expect too much from them. If you're a person that can't go an hour without blasting tunes and loves the snug fit of earphones, you're probably going to want to spend a little more. In the \$50-\$150 price range for earphones, expect to get well-fitting earphones that deliver a powerful bass and crisp tremble. Earphones seem to be the best type of headphones for activities as they tend to fit well, stay in place, and don't cost as much as other high quality head-

phones, so if you accidentally drop them they're less of a hassle to replace. Brands such as Panasonic, JVC, Koss, Sony and Skullcandy are affordable earphone brands.

Over the Ear Headphones :

Over The Ear headphones are perfect for the human being that likes to crank up the tunes and live in their own world. The benefits of wearing headphones that come over the ear are the more effective sound isolation, the frequency response is much better, and they also have the edge over earphones because they're usually a lot more comfortable. Not everyone feels comfortable with something sticking into their ears, but you can easily adapt to it. Unlike earphones, these headphones lack portability as they can be very fragile. If you're looking for a set of headphones that will last you a long time and deliver exceptional sound quality, these are for you! The best Over The Ear Headphone brands are Beats by Dr.Dre Studio Headphones and Bose Quiet Comfort® 15 Acoustic Noise Cancelling™ headphones. Dre beats offer extreme comfort and a scratch-resistant gloss finish. It's folding design and touring case makes it very portable. The Bose headphones on the other hand offer the same comfortable around-the-



**These are my personal fave.
Image courtesy of Google**

ear fit, with an average of 35 hours of battery life. The Bose headphones also come with their own portable case. If you're willing to spend quiet a hefty amount on headphones, these two should be the top contenders on your list and the best part is they cost about the same (around \$350) so why not try both of them out and see which ones you like best!

Cont'd on page 8

Top 10 worst villains by Nathan Mayes



Calendar Man: probably the lamest Batman villain ever.

Villains; they are what make our heroes that much more heroic. We love our villains, especially the great ones like The Joker, Lex Luthor and Darth Sidious (Emperor Palpatine to whoever is unfamiliar with their Star Wars trivia). A great villain can truly push a hero to their limits, manipulate people into followers and create such grand schemes that are so twisted and perilous that you just want to cheer. The supreme antago-

nists have just as many legions of fan boys as their shining heroic counterparts.

But this isn't a list about the greatest villains. Nay, this is a list of the worst villains. The lame, the boring, the annoying and the disappointing villains we just hate. Now before anyone wonders why the movie versions or Mr. Freeze and Venom don't make this list is because they are not bad villains, but the movies sure as heck make them seem that way.

#10 The Riddler (*Batman*): I like the Riddler, but when you stop and think for a minute, you realize the fact that he is always trying to show how much smarter he is than Batman is kind of a dumb motive. What's even dumber is that he leaves clues in the form of riddles behind that leads to his inevitable capture. What is also pretty annoying about the Riddler is that he'll cheat in his own death traps. Cheating is such a lame cop out. Otherwise he's not a bad villain.

#9 The Penguin (*Batman*): The Penguin overall is a pretty lame villain. He can be pretty evil sometimes, but really he is just a funny looking crime lord with a thing for birds and umbrellas. And he folds very easily under pressure from other villains. Definitely one of the lam-

er Batman villains.

#8 Maximillion J. Pegasus/ Pegasus J. Crawford (*Yu-Gi-Oh!*): The first villain in the anime series *Yu-Gi-Oh!* wasn't such a terrible guy really, he invented a beloved children's card game and tragically lost his wife. And because of his dead wife he decides to steal some souls and take over a big corporation just to bring her back. Pretty poor motive for me to consider him a good villain.



Creepy snake guy Kabuto.

Cont'd on page 10

Hearing the hits by Vish Kanga cont'd

Verdict:

When it comes to choosing headphones, you should always go with the ones that suit your lifestyle the best. Many students here at Sutherland tend to use the Over The Ear Headphones, preferably the Beats by Dr.Dre. In fact about 3/4 people I surveyed preferred the Over the Ear Headphones. A grade 11 student here at Sutherland, Renz Camarillo said, "Well... personally to me I don't mind either of them. If I'm out with friends and such it'd be in-ear. But if it's like traveling with the family and stuff it's over the ear I am lucky to have both, so I don't really

have to worry." Another student here at Sutherland, an anonymous grade 9, stated "I prefer the overhairs for sho' man, it's always good to pump dem beats". The last person I surveyed was Narek Bobloyan in Grade 11. He replied with "The over the ear ones by far!" Whether you're looking for a new spring pair of headphones or just looking to add some spice to your music life, don't be afraid to stop by your local electronic store and check these amazing headphones out!



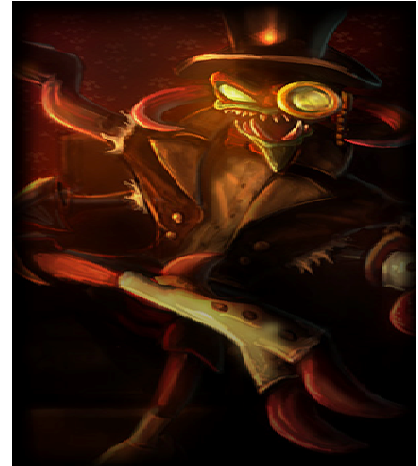
Headphone brands specialties and prices courtesy of : <http://beatsbydre.com/>, www.londondrugs.com/, http://www.bose.ca/controller?url=/shop_online/headphones/noise_cancelling_headphones/quietcomfort_15/index.jsp

Expect the expected - Mother's Basement by Mohammad (Prophet) Khanali Cont'd

fighters against enemies. To be able to destroy the enemy nexus one must first destroy the turrets in a lane, plus the inhibitor. An inhibitor is basically a barracks – for lack of a better word – which if destroyed the enemy can spawn super minions and well super minions are pretty self-explanatory. Important tip one should know a lane has 4 turrets and an inhibitor. After destroying an inhibitor then the team must push and destroy the nexus turrets and finally the nexus.

Overall in Summoners' Rift there are 3 lanes. Top Lane, Mid Lane, and Bot Lane; other than that your team can also have a jungler which is a lane in its own respect. The jungler can fight creeps that reside within the forest part of the map. These monsters are neutral and will not attack unless you attack them first. There 4 major jungle 'creeps' that the jungler can kill in which they give the jungler, or whoever killed those, buffs. Buffs vary from which the "Red Buff" will give a persistent slow effect which makes enemies who are attacked by the one who carries said buff slower than normal. The "Blue

Buff" gives the owner increased cool down reduction on abilities and faster mana regeneration. Then there is the Dragon; the dragon is a neutral monster which is a lot stronger than the previous ones. The Dragon gives the team who killed it a gold buff. Finally there is the all powerful Baron Nashor. Baron Nashor is the strongest and most deadly neutral monster in the game. It requires the whole team to come and help the jungler kill it, or the jungler will die. Once slain, Baron Nashor gives the whole team a huge buff for Damage, Ability Power, and other things I will not



Oh yes I did

After all of that, if you've gotten to this point, you should definitely check this game out at www.leagueoflegends.com. As much as I would like to type up my referral link, I won't because I'm a really nice guy. Alright young grasshoppers, the Prophet is signing off here. And btw, I know you guys are going to thank me for showing you this game, but seriously no more wrapped broccoli. I get enough vegetables, trust me.

Ready...Set....Traaaaaaack! By Chandler McCorkindale

Usain Bolt, Hillary "Freezies" Watt, Matt "the Messiah" Swanson, Rachel "the Uber-Athlete" Jones, Mollie "I can plank longer than Chandler" Townsend, Julia Kadi, Connor Dennehy, Curtis Gunn and Emily Marshall aka "the dynamic couple". What do all these people have in common you may ask? These people are all Track and Field All-Stars for your Sutherland Sabres and yes even Mr. Bolt will be on the team if he accepts our lucrative contract offer...

Track and Field is starting up again this spring and this year the team promises to be better than ever! Even though track has had one of its lowest turnouts since I've been at this school, this season has so much promise and potential because of the aforementioned people.

People keep coming out for track because they love Coach Watt's hard but effective methods, and they love getting in shape with a great group of people.

One of our athletes, Matt Swanson, will be looking to make a huge mark at provincials due to this being his last year of high school track eligibility, and with the all-star already posting career personal bests like 1:52.35 for the 800m. Expect this young man's season to be nothing short of remarkable, trust me kids you're going to remember this guy. Also expect the youngsters on the team (Connor, Rachel, Julia, Mollie etc.) to be out to show the province that they can run with the best of them.

Rachel Jones already has had memorable performances at provincials which



You may think I'm running a race but really I am late for journalism...

Cont'd on page 15

Top 10 Worst Villains by Nathan Mayes cont'd

#7 General Grievous (*Star Wars*): When I was ten years old waiting *Star Wars* Episode III to come out I enjoyed watching five minute cartoons that bridged the previous *Star Wars* installment to the new one. A really cool character introduced in that series was General Grievous. He was able to wield four lightsabers at once and fought and nearly killed three Jedi masters at the same. So you would think that he'd be wrecking his way through everyone in the new movie right? Wrong! This guy had to be one of the biggest letdowns ever. He spends most of his time running away, even in the new Clone Wars animated series, the general of the entire Separatist droid army runs away from almost every fight he's in. When he finally did fight in the movie ran away, again, and then died. What a great run he had.

#6 The Malfoys (*Harry Potter*): Mainly Draco and Lucius, these guys are all talk. Draco is wimpy school bully who doesn't do anything evil, at all. Lucius is an annoying class obsessed guy, who spends a good chunk of his time kissing up to Voldemort.

#5 Kabuto Yakushi (*Naruto*): Kabuto used to be a pretty cool lackey, but since he decided to make himself a weird snake thing, he just got worse and worse. He went from depressing taunts, to thinking he has total control of a situation after having his entire army destroyed. He really has some of the worst lines,

and when he executes a good plan, it usually fails pretty fast. Then he can't except that losing. He will always find a way to fail, no matter how much of an advantage he has.

#4 Sandman & Hydroman (*Spider-Man*): To me, these guys are pretty much the same guy but with a difference of sand and water. They're big dumb guys who just try to crush Spider-man with their fists. They are so lame and unimaginative with their powers. And I just plain don't like them, at all.

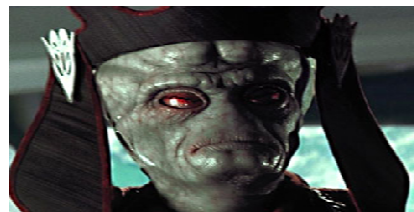
#3 Calendar Man (*Batman*): This guy is completely obsessed with the days of the week and plans his crimes around holidays. Now this guy might have had a chance to be a half decent villain if, you know, he didn't go up against freaking Batman! Seriously I don't know why a predictable villain like this would go up against the world's greatest detective.

#2 Dick Grayson (*The Dark Knight Strikes Again*): Now anyone who knows anything about Batman is wondering why his first sidekick, the original Robin is on this list. Well in a graphic novel written by Frank Miller, Dick Grayson is revealed to be a surprise villain. And I hate that!! When I read this I wanted to scream to the heavens with rage. His motive for being evil is to get revenge on Batman for abandoning him. I didn't get that, and I really can't express how angry it made me to read that. I'm usually a big Dick Grayson fan, by the way. Other

than my personal anger about him becoming a villain, Dick Grayson did kill a few people quite malevolently. So yeah, even with my personal vendetta against this Dick Grayson, he is still not the worst villain!

#1 Viceroy Nute Gunray (*Star Wars*): Anyone who watched the *Star Wars* prequel should automatically understand why this character is the worst villain. Gunray is nothing more than a glorified lackey, and is really truly lacking a motive. Seriously, this guy sacrifices his successful trade federation because a shady guy in a black cloak told him to. Then he continued to follow the shady guy even after he's been imprisoned because he's promised power and becomes one of the leaders of the separatists. This guy is the dumbest and the lamest villain I can think of.

There are many villains in fiction, and there are some really bad ones, these are my top ten worst. I'm sure there are many more out there, but for now, congratulations George Lucas, you have written the worst villain ever!



The winner of the award for the worst villain is Nute Gunray!

Catching up with the confidence coach by Marina Khem and Julia Gaunt

How confident do you think you are? The setting of high school isn't exactly where we find ourselves feeling confident all the time, with peer pressure and expectations, we as teenagers tend to feel like they aren't good enough and at times we can feel down on ourselves and our self images. We were given the opportunity to sit down and interview Suzanne Fetting, the confidence coach and founder of "Absolute Confidence" program. She explained to us why it is

extremely important to have confidence in yourself, and with the positive energy that she provided us, we were very lucky and thankful for the opportunity to have a chance to sit down and talk to her. Let's find out what the "Absolute Confidence" is all about!

ST: Why hello there. We are from the *Sabre Trooth*. Mind if we ask you a few questions and may you please introduce yourself?

Continued p. 12...



The one and only, Suzanne Fetting - Confidence Coach

Les Oscars by Derrick Gravenor

February 26th brought us the 84th Annual Academy Awards and I cleared my day to relish in what is usually one of the highlights of my year but, man, was I ever disappointed.

For starters, the red carpet was sooooo boring!! Normally you have a favourite right away, but I was honestly shocked in the lack of risk taking. There was black and white, some red, a bit of pattern and to finish it off, more black and white. None were particularly amazing but the absolute best came from Miss Jessica Chastain. The Best Supporting Actress nominee shone in a black and gold Alexander McQueen and was rightly voted #BESTDRESSED on Twitter. Best Actress nominees Glenn Close and Rooney Mara round out my top three. Close was clad in a forest green Zac Posen dress with matching blazer which sounds tacky but looked amazing on the six-time nominee. New-comer Mara had the best white dress of the night, wearing a delicate Givenchy

gown, a clear contrast from her *Girl with the Dragon Tattoo* character.

There are so many things I could say about the worst-dressed but I will attempt to keep it short and generalized. You have MILLIONS of dollars, people look to you for inspiration and THAT'S ALL YOU CAN COME UP WITH!? It's like having the choice of an Italian latté and Parisian croissant and taking tap water and stale wonder bread; yes, you were that disappointing. A special shout out to Gwyneth "Batman" Paltrow, who wore some sort of cape with her Tom Ford bridal wannabe dress, but no, she didn't save the day.

I'm sorry but I can't clear my conscious if I don't say something about Angelina Jolie. What the &*\$@^*&#^\$*&#^\$*#@!/? Like, I get it. You have legs, but last time I checked, I had legs, my neighbour had legs and Obama even had legs. I don't know guys, Angie used to have class but this might convert me back to calling her a "husband-stealer". I think I'm upset because she's better than that, she



You're now back to white trash.

doesn't need to pose to get attention; she's a household name and she still pulls something like that. I expect this from Lea Michele or even like Madonna but not Angie. The makers at Atelier Versace must have slipped with the scissors on the slit or Angie must have ripped it because it was just wrong on

Cont'd on page 13

Spring into good tizez by Brayden Newbery

As the dizzying prospect of the rapidly approaching spring break sinks in, high school students everywhere are slowly paying less and less attention to their studies and gradually letting more and more responsibilities slide. Sitting in our familiar wooden desks, it seems that no matter how hard we try, our teachers and the undoubtedly important notes that they write out on their whiteboards are losing their sharp edges. Our eyes sleepily haze over and our surroundings fall into a nebulous fog, our sluggish teenage brains surrendering to the lures of sleeping in, relaxing, camping, vacationing, and trying new things. So, the way I see it is, why not just admit to the fact that the two week-long break is far too present in our minds to properly keep up our school-work and start seriously planning out our blissful holidays in order to make sure that they are the absolute best they can be?

I asked a few students if they had anything planned in advance, and it turns out

that most of everybody I questioned at least had a vague idea in mind. Many said that they would be spending a lot of time at their friends' houses, going to bed early and drinking milk and juice. (Jealous! I wish I had friends who liked doing that!)

Brianne Marchinkow, of Grade 11, said that she's "so stoked to go to two concerts" but that she would also probably be "working 'cause [she's] saving up for Disneyland in April and Europe once [she] graduates." Quwilleran Lake, of Grade 10, replied that he'd be "going downtown a lot," while Cole Keffer, also in Grade 10, said that he is "going to MEXICO!!"

Personally, I've only ever gone away over spring break once (coincidentally, also to Mexico for a wonderful 13 days) but usually, I look forward to spending the summer at home where I can catch up on much-needed sleep, play Ultimate, search out new music, and go on sponta-

neous camping trips. When I feel really stressed out about school and work, it always helps to be able to look forward to a nice, long break. While some plan to do the ordinary but at a more relaxed pace, others plan to branch out on adventures and explore new avenues. This may include going out and finding a first job (or another job), spending an irresponsible amount of money on a risky purchase, or perhaps going to visit an unfamiliar country. When asked about his plans, Carson Pike of Grade 12 informed me that he has "decided to go skydiving." What a brave guy! He's probably really good-looking, too.

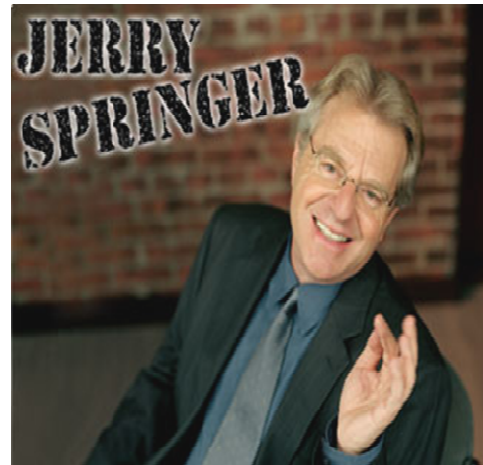
No matter what you plan to do, or what you end up doing, just remember not to waste this extremely precious time we're being given. It is all too easy to sleep the days away and lose out on chances to have some memorable experiences. Go swimming on a cold day, have a picnic, see a movie that you think looks terrible, explore downtown, make a new friend, or bake me a cake. There are endless possibilities!

Here he is now, Jerry Springer by Cassie Heavenor

Close your eyes, what do you hear? The roaring chant of a certain "Jerry". Keep them closed, now what do you smell? The sweat of a husband who cheated on his wife with his wife's sister and is about to declare it on national television. Open your eyes, what do you see? The golden smile of Jerry, or someone in the audience rewarding themselves with "Jerry beads". Have you ever had these senses met? If not, I would turn on channel 28 once you get home, sit on the couch and bask in the glory of

Jerry Springer. Yes, ladies and gentlemen, I am talking about the *Jerry Springer Show*.

My delicious addiction, *The Jerry Springer show*, is a talk show much like all the other talk shows on TV, though, it is not in the same realm as Ellen DeGeneres or Oprah Winfrey show. I was more referring to how similar it is to Maury or Steve Wilkos show's. This is a show about "true" problems being "talked" or fought



Jerry Springer himself!

Cont'd on page 14

Catching up with the confidence coach by Marina Khem and Julia Gaunt

Cont'd

Suzanne: (smiles widely) No, I do not mind at all. My name is Suzanne Fetting, and I will be teaching a program at Sutherland called "Absolute Confidence".

ST: Wow that is so cool! When did you start the program and what is the purpose of it?

Suzanne: The program started about five years ago. The main purpose of the program is to teach absolute confidence to people.

ST: What are the ages of the people that join the program? Is the program mostly for teenagers?

Suzanne: The ages of my clients varies. The ages range from as high as sixty down to eleven years of age. Anyone can join the program.

ST: How do you join the program anyway?

Suzanne: You can join at your school or go to your counselor and look into the program.

ST: What is your favourite part of your career being a confidence coach?

Suzanne: I love seeing the transformations in the individuals that participate in the program!

ST: Awe, what in your life or whom encouraged you to begin this program and made this as a career?

Suzanne: My friends helped me along the way. Also my high school past has influenced my decision to become a confidence coach as well.

St: Was it really hard in high school for you as a teenager?

Suzanne: My high school years we indeed challenging. I was bullied a lot when I was younger mostly because of my height. I wished that back then, there was someone to talk/come in to and discuss my problems.

St: Well thank you so much! Mind if we ask a few personal questions about you or just generally speaking?

Suzanne: (giggles) Yes! Go right ahead!
St: So, what do you enjoy doing in your spare time?

Suzanne: I DJ at parties and clubs! I love riding my pink motorcycle! I do super active activities, and I also Fire dance!

ST: That is super-duper amazing! That is so cool that you have so much confidence in yourself! We are so proud!!

Suzanne: (super wide smile) Why thank you so much!

ST: You are welcome. So, on that note, what does the word confidence mean to you?

Suzanne: The term means to be sure of yourself, respect yourself, and love yourself unconditionally.

St: Last and most important question... Why is it important to be confident and to behold it?

Suzanne: Confidence is a foundation on life. You feel good about yourself and become a creator not a victim. Appreciate who you are as a person, as it is perfect for holding and having relationships with others.

ST: What wise words! Thank you so much for your time to sit down and talk to us. We really appreciate it!

Suzanne: You're welcome! My pleasure of doing this interview and remember to stay confident!

After talking to Suzanne, we hope that you will feel more relief about the pressure of being "perfect" and have more self confidence in yourself. Make sure to check out the next workshop, hope to see everyone there! If you are interested in finding more information about the program, visit Suzanne's website www.AbsoluteConfidence.com

Les Oscars by Derrick Gravenor cont'd

If you're a fan of all this you can follow Angie's leg on Twitter (yes, the world must be ending when specific legs get Twitter) @AngiesRightLeg. Side-note: Are the words "blue" or "pattern" in Angie's vocab? Apparently not. (This will now end my red carpet commentary).

ACTOR/ACTRESS IN A LEADING ROLE

George Clooney is kind of like coca-cola. If you like coke, you're over the moon about everything he does but if you like pepsi, he's overrated and boring and you want a freakin' pepsi. I happen to side on the "pepsi" side of things and found his performance in *The Descendants* lukewarm at best. That, or my allergy to Hawaiian shirts is more severe than initially thought. Thankfully **Jean Dujardin** pulled a win for *The Artist*. It was a little surprising but it was oh, so deserved; Jean is the first French male to win an Oscar! Bravo Jean, Tu es mieux que George Clooney! Side note: Michael Fassbender was a revelation in *Shame*, the fact that he wasn't nominated was a sin.

Best Actress really was a toss up. Viola or Meryl? Meryl or Viola? **Meryl Streep** ended up taking the prize for her work in *The Iron Lady*. I would act like this is outrageous and crazy but, it's not. This lady has 17 nominations and (now) 3 wins; she has a record number of nominations and I really don't have anything against her or this win, considering it's her first Oscar in 30 years. With all that said, I'm still a little

outraged Viola Davis didn't win and heartbroken that Charlize Theron wasn't even nominated for her shattering performance in *Young Adult*.

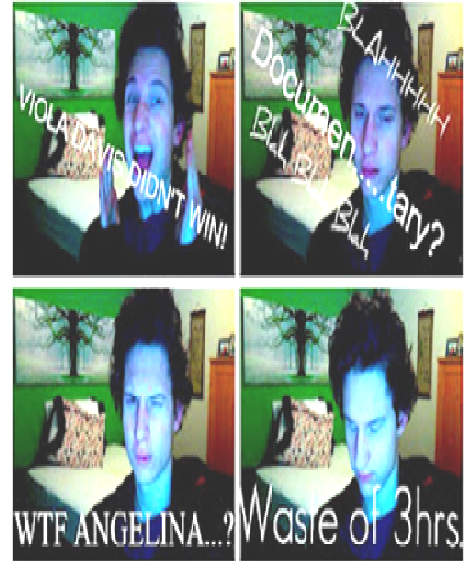
ACTOR/ACTRESS IN A SUPPORTING ROLE

Octavia Spencer won for her brilliance in *The Help* and Christopher Plummer for his whimsy in *Beginners*. Done. I have nothing against the winners so I'll leave them alone because their speeches were just so damn cute and everyone expected them to win. I would, however, like to say how thrilled I was with Melissa McCarthy's nomination for *Bridesmaids* and how confused I was by Jonah Hill's for *Moneyball*. He didn't really do anything special, Academy, but perhaps he maybe earned a free month of Jenny Craig?

BEST PICTURE

The Artist took the big gun this year. I wasn't thrilled or crushed or anything so I have no ground here; I wasn't particularly drawn to any of the nominees here. I was disappointed in the lack of independent films spotlighted by the Academy this year and, in being so, kind of lost interest in this category altogether.

If you remotely cared about any other awards here you would've watched the Oscars by now so I won't continue re-



capping. I will instead briefly say that Billy Crystal was cool and his monologue at the beginning was sort of funny but he was pretty generic, generally speaking. Anne Hathaway was cooler and funnier, just saying.

To close, I will keep my disappointment to a minimum and instead just state how boring they were on the whole. It was kind of like watching paint dry on growing grass, it was interesting for a bit but then it was clear how pointless it was. It kind of made 2011 look like a bad year for film and that, it was not. What's disheartening is that they had their highest ratings since 2004. Maybe the viewers all napped for the three-hour run?

All in all, I can't believe I skipped my homework for three hours of meaningless talk.

Mr. and Mrs. Love

Mr. and Mrs. Love

Dear Mr. and Mrs. Love,
I'm so deep in the friend zone it physically hurts me. She says she's in love with this complete tool, and she doesn't even acknowledge me as a guy. Please get me outta here! From,

"In the Friend Zone"

Dear ITFZ,
I have heard many grand tales of the friend zone; some say it is filled with sadness, bad romance movies and shopping. If she were a ship I would suggest you man the life boats for your hopes of ever getting something more than a hug is sinking fast. However, in your case the lifeboats are a tad slow, so jump overboard and say good bye to this friendship (pun). But before you do anything stupid, figure out what has gone so horribly wrong here, because you sure as heck didn't get to this point by sheer accident. Maybe after you became her friend you

got a hard crush, but if not this is your entire fault. Becoming friends with the girl you have romantic feelings for will never work, because those feelings don't go away and being her shoulder to cry on and hand to hold her bags does nothing for your cause. Be aloof, be cool, be a funny awesome guy. I unfortunately can't give you every single pointer for making a romance work, so if you have some other questions please ask me at lovesutherlandlove@gmail.com
-Mr. Love

Cont'd on page 14

Here he is now, Jerry Springer by Cassie Heavenor cont'd

about on stage--basically VERY dirty laundry being aired for the viewers' delight. Now, the people who come on this show usually are ones who are having issues with their boyfriends, parents, or most commonly their parents-in-law. The only thing that makes it different from any normal TV show is that the people are allowed to actually fight on stage. By fight, I'm not talking about some casual verbal abuse, I mean a real bruise causing, screaming, and throwing a punch fight.

When I asked around what other people thought of this show, Hayley Morris, a grade 9 student said, "I think it is disgusting, degrading and should not be on TV". Now she has a very strong opinion about the show. Frances, a grade 11 student claimed the very opposite, "I think it's the world's greatest show. They should stop calling it 'trash-TV' and start calling it 'smash-hit TV!' ". Does this change your mind about the show? As I got mixed reviews from students due to this TV show, I wondered what the older generation thought about it. I went and asked my own mother, her response was very predicted, "No, they should call it 'trash-TV', why would you want to waste

your time with that show? People just scream and jiggle and it's hard to follow". If you are interested in the show I suggest watching it--but with people like Frances and not your mother. If you like Dr.Phil and UFC wrestling, then this show could be for you! One of the best things about this show is that you will never see a normal person on the stage (other than Jerry and his body guards, of course) Everyone either has something wrong with their facial structure or a horrible wig on which later gets ripped off in a fight. So why watch this you ask? Well I'll reply with why do you watch Jersey Shore? The same sick fascination of others' stupidity applies to Springer's slogging.

Also, at the very ending of the show, everyone who "resolved" their problems on stage sits in a chair and the audience really just gets to beak on them. Now this may seem horrible and mean but their insults are actually quite bad and quite funny. They usually make a crack about their hair or how they are a hill-billy...

This is also the chance for an audience member, if they are brave enough, to receive their "Jerry Beads"



Classic rednecks on your new fav show

Why shouldn't you watch Jerry Springer? Well as Hayley promptly stated earlier "It is disgusting and degrading," but I guess that's up to you to decide. Now, I leave it to you Sabres, watch the show if it interests you, if not, that's okay, the ratings for this show aren't very good anyways. Oh and PS, ask your mom how she received her Jerry Beads.

Mr. and Mrs. Love cont'd

You've been friend zoned, it's okay-- it happens. Now you've been made to face the question of what to do next, do you either a) suppress your feelings and hope you can get over said person and pursue a legitimate friendship, b) disconnect your friendship and move on without that specific person, or c) beg them to date you and accept your "undying love" for them (sadly, I wouldn't recommend this one).

Do you merely have a crush on her? Or does this love run so deep that you could never imagine a millisecond without her? If it is a crush, be friends and get over her. It won't kill you in the long run and that way you won't lose a good person in your life. If you're in love with her; good luck, you can try to sway her affection, but it may not work; and if it doesn't you may

be left with an even more swollen heart plus a bruised ego, and not to mention a new awkwardness added to your relationship. The best advice I can put forth is follow your heart, and try not to hurt yourself more than you have to.

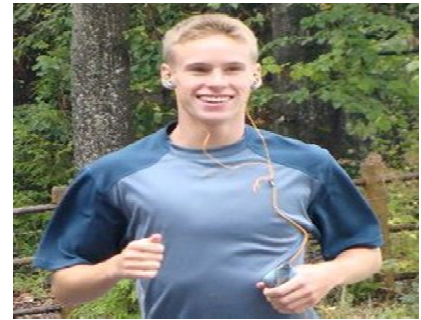
-Mrs. Love



Ready...Set....Traaaaaaack! By Chandler McCorkindale cont'd

have ranked her among the province's best and she has done this all while in grade eight! Expect her to continue to climb up the provincial list. Westin Topnik and Curtis Gunn also want to prove that they are more than pretty faces with girlfriends and are looking to lead our team relay to the top of the province and seek their own personal bests in their respective races; I can promise you that these two will leave everything on the track. Now I would like to quickly pass the baton to myself and talk about my season (keep your groans to yourself). I am looking to climb back up in the rankings and try to place myself among the provinces top grade 11 athletes. I am looking for redemption this season, due to a season lost to injuries last year (hold back your tears, I pulled through). I and the rest of this years track athletes want the province to look at a rankings list filled with some of Sutherland's finest and fastest.

I know track is not as sexy and glamorous as watching girls in tight shorts play volleyball or watching Mitchell Merilees drain three-pointers all day in basketball, but track is a great program that produces leaders in this school, promotes healthy competitiveness, and leads to nice fit high school students. That last one is especially true ...I mean...just look at me! I digress though, we love our group and we are excited for the season we are about to have. I really hope some of you consider joining the track team after reading this article because we are always looking for new members. You don't have to be a speed demon or an endurance champion, you just have to be yourself which is what our motto is. Actually it's "fueled by freezies" but you get the point. As Coach Watt always says, "There are fantastic runners in this school, maybe the best in the province but some of them are too lazy or too



Matt Swanson is overjoyed to be part of the Sabres Track team

afraid to join the team...we need that to change." I agree and hopefully this article will help lead to that change.

**Come support our Sabres at:
Hadnsworth Secondary, April 12th & 19th
West Vancouver Secondary Track:
April 26th**

The rise of Linsanity by Mitchell Merilees

Everybody loves an underdog story. Jeremy Lin, also known as "Lin-sanity", is an Asian American basketball player who is sweeping the world with his "Lin-derella" story, that doesn't seem to have an ending anytime soon. He is a 2010 Harvard graduate, and is wowing the world with this extraordinary talent under the bright lights of New York city, but unlike most successful Harvard grads making it big in The Big Apple, he isn't on Wall street.



Jeremy Lin of the future.

He went undrafted to the NBA, having a stint with the Houston Rockets and Golden State Warriors, but being looked over and cut by both teams. After over a year of disappointment and humiliation as a professional athlete, Lin was given an opportunity in New York, where he signed a two year contract worth the minimal amount money. He was thought to stay at the end of the bench, a guy that would get his chance but in the meantime, was there to fill a roster spot. Lin got his chance quicker than expected, and ran with the opportunity. It happened at Madison Square Garden, the mecca of all sporting arenas. It is where the finest athletes in the world perform at their best. Due to a plethora of key injuries, Lin was needed to come in as a reserve in the middle of the game, playing an unusual amount of minutes for him, while scoring a career high 25 points, while adding 7 assists and grabbing 5 rebounds. His teammates crowded around and congratulated him, after he single handedly propelled his squad to

victory. The words of his coach after the impressive performance were simple, "it's one game, don't get excited" little did he know what he was saying was very wrong. Lin set the record for the most points scored in the first 5 starts of a career, with an astonishing 136, and an average of 27.2 points per game. He was able to make his dream to become an NBA point guard a reality, and relished at the opportunity he was given.

The story of Linsanity has swept the basketball world, and has brought about a new group of fans for the game. As the first NBA player of Taiwanese and Chinese descent, the

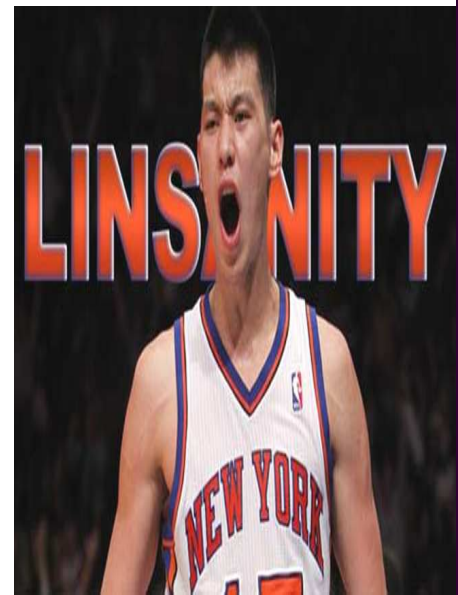
Cont'd on page 16

The Rise of Linsanity cont'd

Asian fan base has skyrocketed, with everyone having pride in his success. Since his sudden jump to superstardom, "Lin-vincible's" jersey is the top seller across North America and the rest of the world. Lin is getting attention he has never received before, as well as minutes on the floor. In his first 11 starts, Jeremy Lin has played more minutes than he has in his entire career, averaging 23.9 points and 9.2 assists per game, pretty remarkable numbers from a guy cut from 2 teams in the last year. The New York Knicks are 9-3 since the "Lin-vasion", and are sitting in a playoff spot. It seems like, right now, that all they do is "Lin" in the city of New York. The ongoing story of the phenomenon that is Jeremy Lin is both heartwarming and motivating for many. After failing at what he loved to do so many times, he kept with it and never gave up, finding a glimmer of hope at the end of the tunnel. Up until last week, Lin was sleeping in his brother's living room on his couch. He is now the most popular man in the United States of America, on every Newspaper and Magazine across the nation, with his head making an appearance on thousands of shirts and bobblehead dolls in the city of bright lights, funny how fast

things can change, ain't it? Lin will continue with his transition to becoming a full time NBA starter, and though he has experienced glory on his own, he keeps his poise and humility off the court and on camera, constantly talking down his achievements and focusing on the team's success. Ben Nesbit and Jake Rivard, both fantastic players down the stretch of the season for your Sutherland Sabres, weighed in with their opinions of Lin. Ben explained that "it's a true example of someone never giving up." Short and sweet, and well said, Jake weighed in by saying that "he is talented and athletic enough to stay in the league long term, but he will not be able to keep his torrid pace, and will drop off into a good point guard in the NBA, but nothing great. Linsanity has been a great story for the NBA and for professional sports in general." Both of these are opinions are very accurate, and I share the same opinions. Lin is a fantastic player, but with defenses zoning in on him and with him experiencing fatigue from a dramatically new role, his numbers will drop considerably.

Lin still has the potential for a long and successful career, and Lin will surely not be complaining when his out-of-this-



"Mr. Lin-credible!!"

world experience to start his career levels off. When asked about the how he dreamed his NBA career would go, Lin simply stated, "this is, this is, this is it right here." That it is "Mr. Lin-credible", that it is.

Sources used in this article for various statistics were courtesy of www.NBA.com

Word on the street by Chandler McCorkindale



Pavel Datsyuk of the Detroit Red Wings is an expert at "Chucking Sauce"

Sabres pay very close attention as I and the rest of the Journalism team are about to drop a bomb on you, and that bomb is the nuclear bomb of a new vocabulary! Now, now don't all of you cheer at once...

We at the Sabre Truth believe it is time we beef up your vocabulary and teach you some of the fresh new slang that we journalists like to toss around with Mrs. Bermly-Berm in class. We decided as a class that the best way to teach you new words and sayings was to ask Sutherland's brightest what these words meant and how to correctly use them. We also decided as a class that if they defined these sayings and words improperly that I would get to ridicule them for the rest of their lives and properly educate them in the proper meanings of the "Word on the Street".

This issue's Word on the Street is

"Chucking Sauce"

Sutherland's Brightest think that:

"*Chucking sauce* is almost like verbal diarrhea."

"The other day one of the teachers talked so much, I swear he was going to *chuck sauce*."- Mr. Moncado (please note there was intense chuckling on Mr. Moncado's part.)

"*Chucking sauce* really sounds like throwing up."

"Oh god...I drank a lot of water and *chucked sauce!*"- Mrs. Alexis

Cont'd on page 17

Word on the street by Chandler McCorkindale cont'd

"*Chucking sauce*? I think it means throwing up."

"The boy was *chucking sauce* after he drank too many beers."-Mrs. Boucher (please note that Mrs. Boucher's knowledge of what happens when one drinks too much beer sent her class into hysterics)

The Definition:

Well those are some good educated guesses from some very educated people, but sadly they are all wrong! (It really isn't that sad though, it is actually exactly what I wanted...) *Chucking Sauce* is when

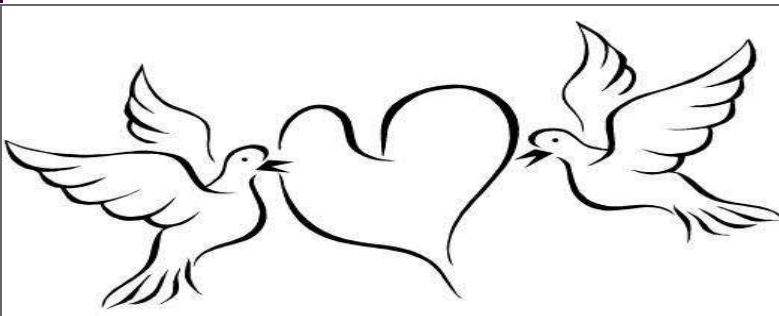
one delivers a "saucer pass" while playing hockey. Hockey fanatics refer to it as *Chucking sauce* because the puck looks like a flying saucer sailing from stick to stick. Clearly these people may want to pick up a copy of NHL 12 and get some online sessions in. If you want to see the best of *Chuck Sauce*, you will definitely want to check out the great Pavel Datsyuk or Henrik Sedin. Those guys *Chuck Sauce* like Mrs. Alexis chucks insults at yours truly.

Hopefully this article inspires you to brush up on your slang and vocabulary, and if you have some words you would like to be featured in this article feel free

to stuff our suggestion boxes and or email us at sabretrooth@hotmail.com



Those permanent marks by Brittany Mrsic



I would like to think I know the reason as to why so many kids our age are getting tattoos. Perchance it is because at this pivotal point in all of our lives people want to document their bodies with memories of such, or even perhaps it would be to remind themselves of something that is important to them, or even to just be "cool" or "pretty". Nonetheless it is happening. Walking around the halls of Sutherland Secondary one catches a glimpse of the occasional marking. A flower, a symbol, your family's name; almost anything can be found on the bodices of the average teenager it seems. To adults this seems to be too early in one's life to get something so permanent, I can agree in some cases. Seeing something decorative, like a heart or a pretty flower can be for purposes to look intriguing and to impress your

friends. I can't really say that is a meaningful message you want to be reminded of when you're old and gray; as the individualistic heart will begin to look like an individualistic prune. Yet that isn't always the case. A tribute to people who used to be in your life, dead relatives and friends, even a childhood pet can become designs for the body. No matter what it is as long as it matters, it can be worth it. A tattoo can be "a permanent statement of your individuality that no one can compromise or take away from you," says Katy Ney, a grade twelve, and no matter what your friends say, "it is your body, your temple, you can treat it however you want to." Hayley Muir in grade twelve sums it up when she says, "Tattoos are only stupid if you make them so."



Is it worth it??



By Samir Bhimji

Career Spotlights!

If you are interested in any of the following career paths, or if you simply want more knowledge about what career you could work towards in the future, you will want to attend the career spotlights set up at our school. Representatives from different career fields will be visiting and speaking about what it's like to work in their job fields. These presentations are extremely valuable and interesting and every student at Sutherland is urged to attend! Take a look at the list of dates for the career spotlights which take place on Tuesdays at lunch in the Drama Room.

Career Spotlights

Tuesdays at lunch in the Drama Room

Apr 3 Judge T.B.A

April 17 AIR TRAFFIC CONTROLLER NAV Canada

May 1 LAND SURVEYOR Natural Resources CDA

May 8 KATIMAVIK Travel plus work experience

May 15 RCMP

May 22 Engineering

May 29 T.B.A

Upcoming Events (A bus will be provided to take students to the following events—see Mrs. Giraud to sign up!)

April 13 BCIT Open House

April 17 Law Day

Apr 18 BC Skills Competition

Valentine's Day basketball special by Soroush Sharafzadeh



"Very competitive right to the end!"

Students from all grades poured into the large gym as Sutherland hosted a Valentine's Day Basketball match against North Vancouver firemen. On the good guy's side were grad student players, from the girls and guys Sutherland senior teams. Players included Gregg Eschelmuller, Ben Nesbit, Jessica Johnson, and Erika Bernoe. The Sabres opened strong, jumping to an early lead. However, as the match went on, the firemen were wearing our Sabres down. The atmosphere was wild- MVP chants roared across the gymnasium each time Gregg Eschelmuller drained a basket. The crowd almost burst when Gregg attempted to dunk, but he just failed as the ball bounced off the rim. Ben Nesbit had a very strong game, playing with great energy and with sportsmanship. After knocking a fireman down, Ben helped him to his feet. Late in the game, Ben charged his way through for a spectacular layup, giving your Sabres a 27-30 advantage late. The momentum Sabres had built up was cut down when the fireman drained a clutch 3 pointer, pulling the game 30-30 with under a minute left. Neither team was able to pull ahead, so the game had to be settled in a "golden goal" version of overtime. Sabres were not able to capitalize on countless opportunities, and the firemen were able to score the

first basket in extra frame, winning the game. The Sabres fell just short in a thriller, 32-30.

Grad Student Andrej Tomasevic said "Those MVP chants were hurt." It was a fun game to watch, and a great way to spend lunch.



Player of the Game for Sutherland: Ben Nesbit



"Swish!"

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Check us out online at <http://www.nvsd44.bc.ca/schoolsites.sutherland/>

“Don’t let this happen to you, join the Sabre Trooth!”

-DaSan Jung

