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**Volume II Issue XIV**

**April 20th, 2009**

## **Mr. Aw-Young – You Complete Us**

Some of you have seen a very familiar face here around Sutherland as of late. For those who had him as a social studies substitute teacher last year, you would remember him for his brilliant teaching style of relating any type of lecture to teenage life. Or, do you remember him for his extraordinary personality and mirthful sense of humour? Perhaps it's just how he is such a snazzy dresser. Whatever it may be, we all remember him as the one and only Mr. Aw-Yong. Mr. Aw-Yong has returned to Sutherland once again, this time for Mr. Wiens. Everyone who remembers him is very pleased to see him back. "He makes the usually boring topics of socials very interesting and his personality and creative

lessons had me looking forward to his socials studies class every day," said former student of Aw-Yong's, Brendon Pope. For those who haven't encountered Aw-Yong, a one-on-one interview will only have you even more envious of those who have him as a teacher.

**K: What brings you back to Sutherland?**



*Mr. Aw-Yong keeps the class focused.*

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## **The Bests of Boat Cruise**

On April 7th, all the Sutherland grads put on their cutest dresses, snazziest suits, and biggest smiles for our annual Boat Cruise. The night was a huge success filled with food, dancing and, most importantly, stunning fashion! The boat was sprinkled with girls in voluminous knee length

bubble and empire waist dresses, and boys looking surprisingly suave in their slim cut suits. Wavy, natural hair, sparkly accessories, and smoky make-up lit up the glowing faces of the girls, while sky-high shoes added swing to their steps. Dress colours were bright, ranging

from pink to blue to bright red, while boys sported classic shades of red, charcoal, and stark white. While everyone looked fabulous, there were

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## The Bests of Boat Cruise .... Continued

a few sparkling sabres who stood out.

Whether they spend hours doing their own, or shell out ridiculous amounts of money at a salon, every girl wants their hair to look perfect for Boat Cruise. When else will you get the opportunity to try that new up do, or use up an entire bottle of hairspray (hopefully non aerosol guys, think of the environment) to lock your hair perfectly into place? At this year's Boat Cruise, stiff overdone coifs were replaced with a more understated, simple look (thank GOD). Therefore, always a fan of a loose up do, my personal award for best hair goes to Sandeep Mehat, for perfecting the natural-yet-gorgeous look with her loose curly tendrils and subtle volume.

As I'm sure the boys noticed, the girls at Boat Cruise not only grew a couple inches overnight, but miraculously sported slimmer legs, cuter butts, and a slight limp. That would be the wonders of heels and, as every girl knows, the shoes make the outfit. Therefore, while there were tons of gorgeous stilettos, shoes are best used to compliment and complete a dress. So my award of best shoes, or more so best use of shoes, goes to Amber Pattison. Pairing a simple, yet adorable, navy dress with red pumps was ingenious.

Unlike the masquerade before it, Sutherland students were allowed to bring guests to the Boat Cruise, which added a whole new element to deciding what to wear. Many couples looked adorable in matching ties and dresses; my award for best dressed couple goes to Megan Frisk and Matt Hutchinson, who looked super classy in their matching all black.

It wasn't just the girls who put in an extra effort for Boat Cruise. Many boys were nearly unrecognizable stripped of their baggy pants and messy hair. While all of you boys looked great in your simple black suits, a few stood out as exceptionally bold. So my award for best dressed male goes to the boy who broke the mould of the typical black suit and tie: Daniel Dvorak, for his bow tie and top hat ensemble. As for best tie, Majid Talebian's bright multi-coloured tie really stood out.

Now for the important part, the dresses! Every girl at Boat Cruise looked exceptional and each dress was beautiful in its own way. Most glamorous goes to Rosa Zepedeo for her gorgeous blue dress with a sparkling neckline that blended perfectly with the glamour of the event. Sydney Hake's retro dress, which she amazingly enough bought at the Salvation Army, wins for most original. The night's most adorable dresses were worn by Rebecca Staynor, who sparkled in a sweet blue and black polka dotted number, and Katie Minion who dropped jaws in a lovely floral dress. To be the best dressed of Boat Cruise requires the whole package: shoes, hair, accessories, and, of course, the perfect dress. Therefore, best dressed goes to, drum roll please, Hailey Mathiesen who looked right off the red carpet with her classic hair, and striking red dress, with a stunning neckline and ultra flattering cut.

So congrats on your fashion forward ensembles guys, you all looked great! In fact, I would say, the whole night was a complete and total fashion success. I hope everyone had a fabulous time, and I can't wait to see what you guys have planned for banquet!

- Erin Willetts

***“As I’m sure the boys noticed, the girls at Boat Cruise not only grew a couple inches overnight, but miraculously sported slimmer legs, cuter butts, and a slight limp.”***



*Grads strutting their stuff before the Boat Cruise.*

## Mr. Aw-Young – You Complete Us ...Continued

**AY:** "There was a job opportunity here at Sutherland, and based on my past experience here last year, I enjoyed the students and staff here. This is a very special school."

**K:** *What made you become a teacher?*

**AY:** "I really enjoy working with students because they challenge me."

**K:** *In what ways do students challenge you?*

**AY:** "They bring a different perspective to the table."

**K:** *Do you think you will get a permanent job at Sutherland?*

**AY:** "I don't know, that's still up in the air, but I would like to. Although, I'm here until the end of the school year."

**K:** *By now you must have seen the Facebook groups that were made for you: Mr. Aw Yong - You Complete Us, Aw-Yong Add US!, and Aw-Yong for Prime Minister. What do you think of these?*

**AY:** "Embarrassingly funny."

**K:** *Are you considering running for Prime Minister?*

**AY:** "I would love to be involved in politics someday, but I don't know about Prime Minister."

**K:** *How do you compare your teaching styles to other styles?*

**AY:** "I would say my teaching style is a mix of tradition (lecturing), and new creative activities. It's important to make history relevant to students."

**K:** *Do you shop for your Lululemon clothing with Mr. Crowther?*

**AY:** "Haha, No, I have a friend who works there that gives me deals, I can't afford it otherwise, teachers are poor."

**K:** *As a socials teacher, which part of history would you want to go back to if you could?*

**AY:** "The Renaissance for artistic and development of nations, and I could use my knowledge to become wealthy."

**K:** *What do you like the most about Sutherland?*

**AY:** "The community. The students are a pleasure to teach, and the staff are truly passionate, and know what they're doing."

**K:** *Who is your inspiration, and why?*

**AY:** "I don't think any specific individual inspires me, However, I am inspired by people who are pursuing their dreams, and achieving their goals."

**K:** *What is your favourite food?*

**AY:** "Pizza and spaghetti. Italian in general"

**K:** *Finally, is there a special someone in your life right now?*

**AY:** "Yes!"

With that said, Mr. Aw-Yong's presence at Sutherland has been enjoyed by everyone who already knows him. Messages like, "such a good guy," and "he is actually the best socials teacher," come from the Facebook group: *Aw-Yong - You Complete Us* along with several others, and while the students give Mr. Aw-Yong their messages, he would like to say to all students, "get involved with school, the community, and government, and if you decide not to, don't complain."

- Kavan Singh

**Questions?  
Comments?  
Concerns?  
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***"I would say my teaching style is a mix of tradition (lecturing), and new creative activities. It's important to make history relevant to students."  
- Aw-Young***

## Hey Babe, What's your sign?

**TAURUS** (19 April – 20 May)  
Pay close attention to your fifth chakra energy intake in the coming weeks, your loyalty will be put to the test. It is not time for you to seek the passionate romance you so deeply desire, for the focus of your desire is not yet ready to take the great leap into passion and love.

**GEMINI** (20 May – 21 June)  
You are going to face a struggle to find a balance within yourself this month. Stop allowing yourself to be pulled in different directions by many impulsive thoughts. Let your entire creative energy squirt out of you and onto life, which is your canvas. You are going to be eager to focus on learning to a degree which could affect your social life. Take time to enjoy yourself and breathe in the fresh air.

**CANCER** (21 June – 22 July)  
It is time for you to stop holding back your emotions in compensation for others. It is time to follow your animal spirit guide into the great wilderness that is emotional peace and mental stability, your guide knows the right direction to take on your life path. Look to the moon for a source of abundant positive energy.  
Your lucky numbers are: 12 48 32 7

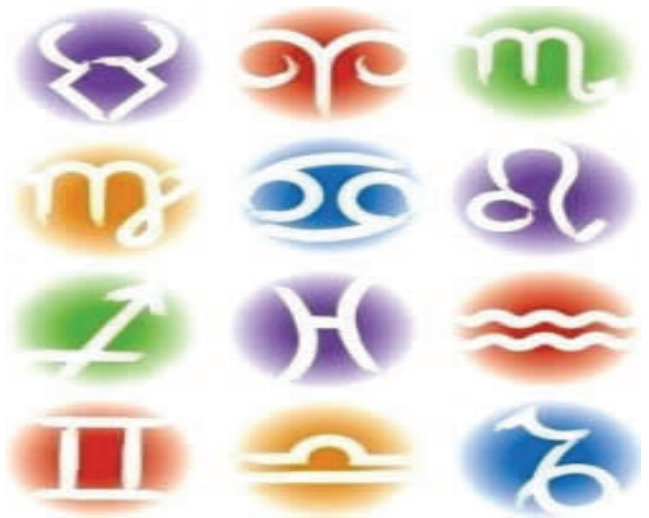
**LEO** (22 July – 23 August)  
In a time of chaos and confusion all over the world, now is the time to use your leadership abilities to influence change in the direction our civilization is heading. Focus your powers of persuasion toward important issues to benefit the greater good, instead of using them for

selfish means. You easily influence others with the energy you emit onto the world, begin now to attempt to absorb others energy, better understanding of others helps you better understand yourself and the world around you.

**VIRGO** (23 August – 22 September)  
Alright Virgo, it's time to relax. You're sending out negative vibes with your constant obsession with organization. You need to be more down to earth and embrace your faults. Do not let your excessive desire for perfection blind you from finding yourself, be opening and willing to everything. This month could go either way for you, decide your own destiny.

**LIBRA** (22 September – 23 October)  
You are going to have trouble finding balance in this month. Your love life is evidently going to be conflicted. Due to your charm and good looks you are going to have a large number of disputes with significant others. Limit yourself to one special person you have a connection with.

**SCORPIO** (23 October – 22 November)  
Lately your jealous nature has been getting the best of you. Instead of attempting to suppress this aspect of your personality, embrace it by accepting it and dealing with it head-on. Instead of denying and ignoring the issue, try to look at the core root of your jealousy. I can assure you it is not caused by preconceived personality traits that you have as a result of what "sign" you are, it is due to an immense build up of negative thoughts and feelings that transform into negative energy which you then emit in the form



of negative emotions. Do not influence the people around you with negative vibes; you have the ability to change.

**SAGITTARIUS** (22 November – 21 December)  
Your brutal honesty has been holding you back lately, do not judge others by their faults, accept and embrace them because you will find, in life, that nothing or no one is perfect. You are causing yourself unnecessary stress with the ridiculously unachievable goals you set for yourself, be positive and ambitious but try to be more realistic in the challenges you face. Be more open-minded and embrace others for their differences.

**CAPRICORN** (21 December – 20 January)  
This next month has potential to be a very glorious one. Use strong intuition and good business sense, it can result in great fortune. Try to be less cautious with your actions. Make decisions based on your gut feelings and this could be very advantageous. Allowing yourself to over think things could be bad. The next prime opportunity that you see, pounce on it!

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## It Definitely was a “Circus”

Walking through the crowds surrounding GM Place you could feel the anticipation and excitement building while waiting for the princess of pop to take the stage. Fans flocked in all shapes and sizes, from young kids, to teenage girls and boys, to even a few elderly people there to cheer on Britney.

As the lights went down and the opening act appeared, the crowd went crazy. The Pussycat Dolls opened the show with an amazing performance. They sang everything from songs on their newest album like “I Hate This Part” to some of their older music, “Buttons” and “Beep”. They were so energetic and enthusiastic, constantly talking to the fans, and not lip syncing any of their songs. They are truly incredible performers. Following the Pussycat Dolls, came a variety of strange circus performers. These were very bizarre acts, but still entertaining. Some of

them juggled, a few were very flexible, and a couple even rode on unicycles.

Finally, it came time for Miss Spears to start the main act. She began the show with a bang, performing one of her hit songs “Circus”. This seemed like it was going to be a great show, little did the fans know that Britney, after three songs, was going to leave the stage. At the end of one of her songs, about 20 minutes into the show, Britney and her dancers vanished from the stage. The crowd was assuming she’d be right back, but after about 15 minutes of nothing, the confused fans started to become rowdy and were chanting for her to return. An announcer came on and said that, “It’s become uncomfortable and unsafe for the performers, including Ms. Spears. The show will resume as soon as



*The concert was not what we were expecting.*

the air around the stage is clear.” This was said to be due to all of the “marijuana” and “cigarette smoke.” This brought more confusion and anger to the packed GM place. I personally felt that the stage was not smoky, and any smoke there would have been caused by the smoke machines that had been used in her last song. It was also slightly ironic that this would be her reason to pause the show; with her being a smoker herself you’d think she wouldn’t mind. There have also been rumours going around that it wasn’t even due to smoke or bad

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## Back to the Future!

Brace yourself; we are in the home stretch of the school year and that means the temperature on the thermostat is going to be going up as the stress levels start to rise. For students in the higher grades in particular, the pressure for next year has already hit. As the Stretch narrows, teachers will be scaring us witless about how we need to know how to do “this and that” if we are going to make it in the dog-eat-dog world of post-secondary education. Well I hit the pavement and went looking for some ex-grads

of Sutherland (with the help of Mrs. Alexis) to find out what they thought about Sutherland and how well it prepared them for life beyond the Sabre Dome.

The first question that I asked the ex-Sutherlanders was: “Did Sutherland prepare you well for university/college? And if so, how well?” They all gave me a resounding “yes.” In grade eleven and twelve, they said that it is about “being smart with [your] class choices.” The classes that you take in high school have a major impact on what you want to do

in the future and all the material that you studied in the past will surface again. Also, just for those out there who might be reading this paper that think that public schools can’t provide a good education, one Queen’s University student said that, “[he is] surrounded by students who came

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## It Definitely was a “Circus” ...Continued

smoker herself you'd think she wouldn't mind. There have also been rumours going around that it wasn't even due to smoke or bad ventilation at all, but that she wouldn't return to the stage because her pantyhose ripped and she threw a royal fit back stage saying that she wouldn't go back on.

So after what seemed to be forever, actually being around 30 minutes, the stage was clear enough for “Miss Spears” to return. She then sang a few more of her newer songs and also brought back some of her older work like, “Toxic.” But it was too little too late as the vibe and excitement just didn't seem to come back after the smoke incident. Britney did not sing live for over half her songs, she had very little enthusiasm while dancing and, I believe, only spoke twice to the crowd during her whole performance, saying a brief, “What's up Vancouver!?”. I personally was not impressed with her lack of passion. If she had not had so many dancers and performers along with her in every song, it would not have been a show. She needed them there to take some of the attention away from her non-energetic self. The concert eventually came to an end after her last song “Womanizer”.

What came next though left the crowd in shock.

While exiting the stage, she graced us with some intelligent and profound words. “Thanks Vancouver. You were wonderful. Drive safe. Don't smoke weed!” and then something so unsuitable and too inappropriate to be written in this paper. I found a few Sabres that attended the concert and asked what their thoughts on it were.

“I wish she could have actually sang, instead of lip synching. It would have made it way better.”

-Anonymous

“I loved it! But, it definitely could have been better.”

- Zoe Atkinson

“I feel bad for people who had to pay \$200 for a ticket, it was not worth it.”

-Emma Unruh

The overall feeling from the fans leaving GM place was complete dissatisfaction and disappointment, some people were so furious that they had spent so much money on their tickets to watch such an awful show.

-Julie Van Leeuwen

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## Sonic and the Black Knight

To say that I wasn't expecting much out of *Sonic and the Black Knight* is an understatement. From the minute I saw the first preview I was almost sure that I would hate it. It says something then, that despite my incredibly low expectations the game still managed to disappoint me.

The only real compliment I can come up with for *Black Knight* is that it presents itself nicely. The opening cutscene in particular is really nice looking, but then again, what do you expect from a pre-rendered cinematic? Even without that, however, the game looks very good, especially for a Wii title. The environments and character models are pretty, and all of the textures

are sharp and well defined. The game also has some really cool looking woodblock-style cutscenes that give the storytelling some unique flair. The game looks so good, in fact, that I get the impression that most of the design time and budget was spent exclusively on graphics, with most of what was left over going into sound design.

*Black Knight* also has some pretty decent sound design. The Rockin' soundtrack, while decidedly out of place in the Arthurian setting, is about as good as the music in any other Sonic game. The sound effects are also very well done, with lots of clashing metal, galloping horses, and other things you would expect from this kind of setting. They all

sound very real and it's as cool as ever to hear the sounds coming from the Wii remote as well as the TV.

While the music and effects sound great, the same cannot be said for the voice acting. Listening to the terrible dialogue compares less than favourably to puncturing your own eardrums with rusty nails and, to put it bluntly, the translation is so abysmal that it makes the NES *Metal Gear* look like a literary masterpiece. Unintentionally hilarious bits abound, like the way that Blaze the Cat's medieval persona is frequently referred to as Sir Percival, despite the fact that she is very clearly still a girl in this instalment.

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## We Lived Together, We'll die Together

Ever wished those annoying bees would all just disappear? Perhaps it's your so called "lucky" day. In North America, late 2006, a large number of honey bees and bumble bees mysteriously died or went missing in action from their colonies. They named this phenomenon Colony Collapse Disorder (CCD). Not only did this happen in other countries, it quickly spread throughout the world, where the honey gathering bees (Workers to be exact) never came back to their colony after going out for a

honey run. This quickly became a big concern for scientists because the bee colonies were not being supplied, collapsing one after another until the complete extinction of bees. So what does all of this mean? About 1/3 of the food and plants in our world are pollinated and spread by bees. According to Einstein's theory of bee extinction, the human world will soon fail to provide enough food for the existing and upcoming population. So why is it, that all these bees

have mysteriously died or gone missing from their colony? Scientists from all around the world came up with many possibilities and narrowed it down to these 3 critical theories. The most sensible theory of the CCD was brought up by a scientist named Herman Stiber of Germany.

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## Back to the Future!...Continued

from private schools," but he feels he is better prepared. Sutherland, being a public school doesn't coddle its students like many private schools do. Sutherland "taught [him] critical, real-life reasoning skills." Now who can argue that people don't need that in the real world?

After I asked the graduates: "What could have Sutherland done better in preparing you for life after high school?" The answers that I received I think administration would find most intriguing. All of the post secondary interviewees agreed that they would have loved to have been introduced to more subjects like, "philosophy, anthropology, and psychology," courses that are all offered at college and university. Many also said that they would have enjoyed having a Sutherland grad come in and talk to them or have field trips to different universities to see how classes are run. All of these things would help the transition into university a great deal easier and a whole lot less stressful. As it may, those who are graduating this year won't get to see any change; a solution to that problem is to "take lots of different classes in university!" If

you don't know what you want to do yet there is no problem with that, take whatever you might be interested in and "when you find something you're passionate about, run with it."

The last question that I asked was: "What did you wish you did better in high school?" However, it left me with answers all over the place, as everyone has different experiences going through life; so here are some answers:

"What I could have done better was focus on taking classes in first year that I thought were interesting, not that I thought were useful, or were ones that my parents wanted me to take."

-Kailey Willets (UVIC)

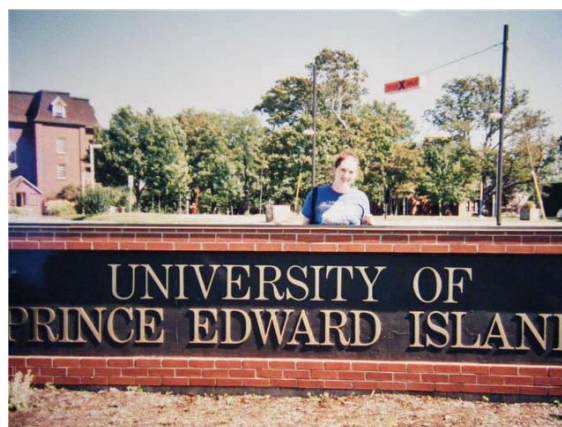
"What I wished I had done better was take more varied classes."

-Ben Hartley (Queen's)

"I could have gotten better grades and more scholarships."

-Brittany Millman (CapU/BCIT)

"I wish I had enjoyed the moment rather than wishing so desperately to get out of high school. Marks aren't



*Erica Van Driel in front of U.P.E.I*

everything; it's the process that counts."

-Erica Van Driel (UPEI)

Other Ex-Sutherlanders who participated in our survey include students at SFU, UBC, U of Alberta, McGill and even as far away as Iceland and England.

Those are the very educated answers that I got from these bright young students; I hope that it helps. For those like me, whose anxiety for next year is growing steadily with every passing day. Make the most of what is left of high school and remember to "take lots of different classes" next year; "You're only in first year once."

- Charlie Macaulay

## Sonic and the Black Knight...Continued

That's not to say that a good translation could have saved the script from its biggest failing: a mind-blowingly bad plot.

I realize that the Sonic series has never had great storylines, but *The Black Knight* marks a new low. The plot involves Sonic being sucked into the world of Arthurian legend by the wizard Merlin in order to do battle with King Arthur himself, who has been turned evil by the sheath of Excalibur. This sheath has also made Arthur immortal, and so Sonic must obtain a Sacred Sword in order to harm him. This sacred blade is Caliburn, a talking sword that is as annoying as it is chatty. After finding Caliburn, he must then acquire three more sacred swords because, you know, that plot device hasn't been used enough already. The entire story is as clichéd and predictable as they come, so I suppose I should be glad that it is also rather short. I found myself wishing that the cutscenes were a bit longer, however, because they felt like a respite from the terrible gameplay.

The controls in *Black Knight* are exactly what you would expect: you attack by waving the remote, and you move using the nun chuck control stick. Of course, there is no actual strategy in the combat, and all you really need to do is press up on the control stick and wave the remote around randomly to get through the entire game, and I do mean the ENTIRE game. There is absolutely nothing to it beyond random waggling. You don't even need to steer, as each level places you on rails with approximately 2 feet of wiggle room on either side of you. To say that this gets old rather quickly is an understatement, and the fact that the levels are all virtually identical doesn't help matters.

Even the boss fights follow the "waggle until everything is dead" formula, with little actual strategy required. In order to make up for the lack of strategy the boss battles all incorporate incredibly unforgiving quick time events. These quick time events are unforgiving not because they require instantaneous reflexes, but instead because they insist on using the Wii motion sensor instead of traditional button presses. The problem with waggling the remote is that it simply is not responsive enough to accommodate that kind of gameplay. Many developers have made note of this and either make the timing of their quick time events more forgiving or scrap waggle altogether in favour of more responsive controls. *Sonic and the Black Knight* chooses to defy common sense, however, and the result is that a game that is otherwise ridiculously easy occasionally becomes maddeningly difficult.

Back on the easy end of the difficulty spectrum. The game asks you to perform stupid little "acts of chivalry," which amount to running up to the hobbit-like townspeople, pressing z to initiate a button based quick time event, and then giving them 20 rings.

Yes, you read that correctly, the townspeople who you are busting your ass to save are demanding money from you, and not only that, but they also make you jump through hoops to give it to them. If you fail the stupid rhythm minigame, they will refuse to take your money, like the fact that you can't dance somehow makes your money worthless to the ungrateful villagers. Thankfully the timing is a lot more forgiving than some of the boss quick time events, but it doesn't make the mechanic any more fun. To make matters worse, some levels REQUIRE that you give away between 80 and 100 rings in order to advance. Whoever came up with the acts of chivalry is certainly no genius, but the prize for idiot of the year goes to the man who decided to implement them as a level goal.

**Bottom Line:** Good graphics and music can't disguise how terrible this game is. From the awful controls to the horrifically bad story, this is probably the single worst game I've ever had the displeasure of playing.

**Recommendation:** I have a hard time imagining how anybody could possibly enjoy this game. Even the most obsessive Sonic fans will probably be put off by the terrible design and awful story. I strongly suggest that you avoid it like the plague.

-Geoff Thew





## We Lived Together, We'll die Together ...Continued

The reason for the bees to lose their track or die all of sudden is caused by electronic waves. The increase in cell phones and other electronic devices causes our atmosphere to be filled with different wave signals. These electronic waves cause malfunction of bees' tracking systems of their colonies, causing them to lose their way back. Herman Stiber and his team came up with a interesting experiment of having 2 bees find their way back home, but one of them was to be exposed to electronic waves. For the normal bee, it took about 1-2 minutes to come back home while the electronic wave exposed bee made it back in 9-10 minutes. It was only a slight exposure of waves yet it caused the bee to have a severe malfunction in tracking. Also when 2 cell phones are placed just a bit apart from each other, and a bee is placed between the 2 cell phones, the bee was completely paralyzed by the waves and soon died.

Another possible theory for the CCD is the widely known Global Warming. In 2006, which was the year of the most recorded bee deaths, the weather condition was one of the most off the chart known to human

history. The winter weather was much warmer than it should have been, thus causing bees to think that it was spring time. These confused bees would then go out in search of flowers and their honey, only to fail to retrieve any. Repeated failures mean that they have no food to eat, while they are tired and starving from going back and forth during the winter.

One other major possibility for CCD is virus infection. Some scientists found unknown viruses and moths growing inside of the bees that were found after gone missing. Not only 1 or 2 viruses exist, but they say there may be over 18 different types of viruses that attack only bees and cause them to die or behave irregularly.

Many other theories exist why CCD is happening such as use of pesticides, genetic mutation, and use of agricultural machines that radiate

harmful signals to bees. There still hasn't been a 100% accurate cause of the CCD but one thing's for sure; if we can't keep our environment safe for bees, how will we make it safe for ourselves?

- Danny Park



*Is your cell phone killing bees?*

## Time for the Reports!

Last week, this sneaky *Sabre Trooth* writer decided to go undercover to see if Sutherland students were anxiously awaiting the results of their report cards or if they stuck in their own world of education. Detective S (that's me) has some nail chewing down- to -the -cuticle news for you, and I'm on the case!

### **Tuesday, April 7th:**

As I looked around the class, eavesdropping on any conversation that has to do with report card distribution day, there was no such gossip. The students in math class were more boisterous about the Grad Boat Cruise; the dancing, the food, and the after party. Two students in particular were busy gluing on their fake nails, and boy did that look painful, which was ob-

vious by the appearance she had on her pretty face. Most of the other girls in class were busy picking out nail polish colours to make their nails look "real." All in all, there was still not a single mention about report cards. It was all about the party, which I found out the next day wasn't so hot.

### **Tuesday, April 14th:**

Today I noticed that some students, the ones who were very studious, were asking around for their marks and standing on the tippy-toes to get a peek at their final grade for Term 3.

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## Hey Babe, What's your sign?...Continued

**CAPRICORN** (21 December – 20 January)

This next month has potential to be a very glorious one. Use strong intuition and good business sense, it can result in great fortune. Try to be less cautious with your actions. Make decisions based on your gut feelings and this could be very advantageous. Allowing yourself to over think things could be bad. The next prime opportunity that you see, pounce on it!

**AQUARIUS** (20 January – 19 February)

Try becoming part of a larger group. You are a strong individual and it is important that you maintain this individualism, but try not to ostracize yourself from others. It may be difficult connecting

with others, go out on a limb and have discussions with people you do not normally talk to.

**PISCES** (19 February – 20 March)

Pisces, it is extremely important that you focus on yourself. Generosity is a virtue, but you're allowing this generosity to get in the way of yourself. It is important that you do not become pressured by others and allow them to take advantage of your kind nature.

Next time someone asks for your charity, keep the money yourself and buy a grande frapuccino, you deserve it!

**ARIES** (20 March – 19 April)

Lately your ego has been significantly blocking your ability to connect with others. It is now time to embrace the influence

of your higher self and you will subsequently raise your energy frequency level and find significantly less stress involved in overcoming challenges in all aspects of your life. Connecting with others will allow you to release some of your negative energy through letting others know how you feel.

- Astrology Jones

## Smack Down

When we think of tennis, we think of the hard-hitting tennis superstars that we see on TV dominating their sport. What we don't always think about is that tennis has been around for hundreds of years and even dates back to the middle ages. Over that time tennis has evolved from using hands to hit a tennis ball, to the invention of the leather glove, and finally to the handle that completed the racket as we know it today. And just like the evolution of the tennis racket, the Sutherland Sabres Tennis Team is about to make history and their progression so far has been captivating. The lovely coach Ms. Martin and a few of the players in grade 11 and 12 have graciously allowed me to ask them a few questions. But before we get to that, you should know some facts about our talented coach.

Ms. Martin, math teacher and tennis coach extraordinaire, used to live in Ontario. After moving to North Vancouver to teach, Mr. Thornhill, coach of several teams and Easy Bake Oven magician, recruited Ms. Martin to sponsor the team. Not only does this woman have the brains, but she has been playing a bit of tennis for approximately...the past fifteen years! She is a member of the North Shore Winter Club Tennis and, for ten years, has been productive in the BC Spring League.

It is her third year coaching the Sutherland Sabres Tennis Team and she is very passionate about her love for the game: "Math is my job, I enjoy what I do, and love teaching, but tennis is my balance. I get to exercise, have fresh air, and having the summer off to get a bit of some play is a bonus, so it all works out well." While spending sometime with Ms. Martin, I was privileged enough to speak to a few members of our very own tennis team.

Usually there is a division of a junior and senior group, but this year they only have a senior group including grade 11s



*Ryan Fong showing off his supposedly Rafael Nadal like biceps.*

## Time for the Reports!...Continued

Some were shocked and ashamed and then proceeded to blame their teachers for their sad results. Others were very cocky and blabbing about their ninety-two percent (no names!) I was surprised to see my own marks, which made me very pleased. Elsewhere, students that were currently failing decided to beg teachers to improve their grades. However, the only reply they got was "the due date was last week, sorry but you can still improve next term." As if they wanted to hear that!

### Wednesday, April 15th:

Teachers were going on and on reminding students about report cards tomorrow, but the students seemed relaxed about the big event, as if it was not a big deal. For me, it was nothing to worry about. The students were focused on their school work and other unimportant things, while the main office was busy preparing for tomorrow.

### Wednesday night, still April 15th:

While I was busy chatting on the phone about my business, I heard an alarming beep signaling an incoming call. I decided to end the conversation and answer the other line, thinking it was really urgent. The first words that came from the speaker were, "Sutherland Secondary School calling." It was the school's machine calling me to remind my parents about report card distribution for tomorrow. This made me very ticked off because I just hanged up on good conversation to hear this electronic robot voice, "Sutherland Secondary School is calling please hold." I listened to this but I still forgot to tell my parents about it anyway.

### Thursday, April 16th:

Today everybody was a bit uneasy about their report cards; teachers were running around hiding the reports in their hands as if it were top secret, and students were busy doing their school work and waiting nervously for the announcement. One student pretended to forget that it was even report card day, but it seems that they weren't the only one as home-room teachers called out students' names, some either lost in the sea of

students in the hallways or just not being around. When students finally did receive their reports in their paper-grabbing hands, some were stunned at the thickness of at least five papers stapled together. But Detective S went around and asked if students were happy about their grades, in one word: "No!" Students of the younger grades were reading out their marks to their friends and all I heard was "B, A, D, D"...sounds pretty bad to me! Others bragged about their eighties and nineties to their block four teachers, reading the comments from teachers as everyone laughed about some funny and repetitive remarks, "Good job, positive attitude, or "is disruptive in class." Now I wonder what their parents will say when they get a look at their children's report cards..hmm.

This is Detective S reporting, see you at Parent-Teacher interviews tonight, if you uncover the other side of me - living two secret lives.

- Shanika Small

## The Grads Sail Away!



From left to right, Dan D, Tess M, Nikki M, Mikayla M, Hailey M, Megan S

## Ten Tips to Tackle Tier Twelve: A Survival Guide

Grade twelve is the final tier of high school education, but is anyone truly prepared before they face it? Every year a new group of (relatively) bright eyed and bushy tailed grade elevens step into the world of grade twelve and arrive face to face with the waiting jaws of the curriculum - eager to clamp down on their nuts. Squirrel jokes aside, it's true that often grade elevens arrive unprepared for the year at hand and as someone with four academics and an X-block this semester I thought "Who better to write a guide to surviving grade twelve than yours truly?"

### Tip 1: Have a sense of humour

This is true in all aspects of life. A bright outlook and the ability to see humour in things will help ease the stress and make everything go (or seem to go) faster. With the piles of homework you get, you can't simply coast through the year without opening your book and as much as it may sting to acknowledge it; the homework is there for a reason and without it you won't get very far in your classes. The best way I've found to deal with this is to have a set time every day to sit down and grind through it (to the best of your abilities).

### Tip 2: Have a routine

By having a routine, your homework will get done every day and if done properly should become a force of habit that'll help you out in the long run. Naturally there are people who feel that having a routine will make their day to day lives monotonous and boring, but if planned properly you can still get your homework done on schedule and have plenty of

time for unstructured activity in between. Of course, with four course-loads of work I don't suggest trying to chug through it all at once, which brings us to our third tip.

### Tip 3: Take breaks

Instead of trying to do all your homework at once, break it up into parts. Setting a short-term goal can break a daunting task into something you can accomplish and allows you to make visual progress as you work through. That way you can focus less on how much is left to do, and focus more on what you've already accomplished.

### Tip 4: Eat breakfast

This one seems kind of obvious, but there are still people out there who skip breakfast each morning. The food is going to help you stay awake during those long classes, and give you the energy you need to make it through the day. Be it cereal or spaghetti, breakfast is still definitely the most important meal of the day. Have some food with your morning coffee - five minutes to eat in the morning can translate into a day's worth of productivity.

### Tip 5: Caffeine?

I suppose by now you're wondering just when I was going to get around to the "C" word, and you're probably expecting me to recommend bucketloads of the stuff, but I regret to inform you that this is not the case. I have personally survived my entire high school career without a single cup of coffee or energy drink and can testify that while coffee may help, it's not necessary for success. I'm not saying you should abstain from caffeine altogether (even

I'm guilty of eating an entire bowl of chocolate now and then) but too much of anything can be unhealthy - caffeine included. Try finding other sources of energy or, dare I say it, get more sleep.

### Tip 6: Get a hobby

Surviving grade twelve isn't an entirely educational endeavor, and when you need a break from academia it helps to have a hobby. Sports, video games, knitting, skydiving, even just hanging out with friends - something to take your mind off school for a little while is a great way to spend the weekend and escape "the daily grind".

### Tip 7: Know what you want to do

This one is more of a pre-meditative thing. Know what you want to do in the future and choose your courses based on that. If you plan on being a photojournalist you probably don't need physics 12, and for people intending to become a doctor Writing shouldn't be at the top of the list. By choosing the proper courses you should be able to avoid any unnecessary work giving you more time to do the things you need to do.

### Tip 8: Get a tutor

If you're feeling particularly overwhelmed, get help! There is nothing wrong with getting a tutor, and you're teachers will be more than happy to help you during tutorial time. That's why they're there! Take advantage of these opportunities while you still can. Once you're off to university you're nothing more than a number on a grade sheet.

### Tip 9: It doesn't need to be perfect

*Continued on Pg.14*

## Smack Down...Continued

Divina Ratton and Amanda Buckley; grade 12s Amuni Alexiev, Majid Talebian, Heein Lee, Taehoon Kim and Nick Kim and a grade 8 student, Jessica Caleta. Unfortunately, I could only get the remaining five players to be interviewed, grade 11 students Jason Mok and Salemah Shidian with grade 12 students Sheliza Thobani, Ryan Fong, and Ryan Chomat.

When asked if the players had encountered any psychotic opponents, their replies were the usual. "There have been people who insist on cheating, and call every ball whether it's in or out, and fight you on it," says Sheliza Thobani. But there were others like Ryan Chomat, who had a different view, "you should be asking this question to the other teams, Ryan Fong is a crazy opponent, he yells randomly, throws his racket down, and grunts."

While spending some quality time with these cool cats, I got to figure out the secret but-not-so-secret way to becoming a good tennis player. It is by natural talent, exercise, athletic ability, and the love of the sport that will lead you to become the best that you can be in tennis, says Sheliza Thobani and Ms. Martin. But Ryan Fong had another theory, and put forth that sunglasses that look as good as his can be a beneficial factor towards the righteous path towards tennis success.

Given their knowledge of a good tennis player, I wondered who their idols would be and I had various responses:  
Ms. Martin: Justin Henin, I want her backhand; she has a beautiful one hand backhand. Patrick

Rafter, too- I'm waiting for the next hot player.

Jason Mok: Novak Djokovic and Rafael Nadal because they have enthusiasm and are funny, Novak likes to imitate his opponents.

Salemah Shidian: Rafael Nadal, Maria Sharapova. [Maria] is really pretty and really good, and is the youngest to win a Wimbledon.

Ryan Chomat: [Roger] Federer, 'cause he is the best tennis player, he's always consistent. When he's in his prime he can beat anyone, but he is older and there are a lot of strong young players.

Ryan Fong: [Rafael] Nadal, I like his biceps, they are like mine.

Idols can be very inspirational, but it doesn't always have to be a famous athlete that inspires you to do what you love. Sheliza Thobani had been influenced by her grandmother who signed her up at the age of 6 for tennis lessons and practiced with her, "tennis runs in my family since my great uncle owns a tennis club in Seattle, and my uncle was almost a professional player, who still plays in tournaments." Jason Mok had used perseverance to reach his goal, "I used to play for fun, played with my dad at the park, I didn't get on the team for the last two years, so I decided to try this year and I got in." Now when it comes to games, inspiration also comes from wonderful cheering fans.

But when watching one of their games, I noticed an alarming lack of fans! I asked how enthusiastic it was during game time and the reply of "can't futele up with cheers, just too into the game" does not cut it. There is no better feeling than knowing that you have the support from your peers. But do not fret my fellow Sabres, there is light at the end of the tunnel, and Jason Mok is a prime example. "I may put up a fist pump," he says. A small gesture it is indeed, but it is something nonetheless. Hopefully, a solution can be

made.

Back in the days when our old school reined supreme, we had our very own tennis court, now there are none in sight. It made me wonder why there is not a single court near our own school in this present day. Yes, the constructors had to build over the court to make room for our dearly beloved new school, and the fact of the spacing area and budgeting may have affected this decision -but it would be nice to have one in the future- "it's funny how we have to walk to our home games for half an hour, then to our away games which takes ten minutes by cab", says Sheliza Thobani. With no courts in our school area, the majority of these players must walk in the beating sun towards their home game area at Cloverly. With a new tennis court at the school, think of the possibilities of how many lives can be saved by fatal heat strokes, and one fist pump Jason Mok may not be pumping his fists alone no more, fans would actually form if the games were closer to the school.

The tennis team hasn't had the best of luck so far. With the season being so short, there are a total of nine games in the month of April, "tennis is the most nerve racking sport, if you make one mistake it's so crucial, every point counts," says Salemah Shidian. On Monday, April 5th the Sabres had lost 2-5 against Seycove, but the girls rocked, Salemah Shidian and Divina Ratton played a marvelous doubles game, winning both their matches. Amanda Buckley and the group B who killed it. Wednesday April 8th, Taehoon Kim slaughtered his opponent 6-nothing. As for yesterday's game against Mulgrave, we unfortunately had a 1-6 loss, but because a few players could not make it to this game, this resulted to the default of two games. The B girls, Sheliza Thobani and Jessica Caleta had done a marvelous job

*Continued on Pg. 14*

## Ten Tips to Tackle Tier Twelve...Continued

wrong with getting a tutor, and your teachers will be more than happy to help you during tutorial time. That's why they're there! Take advantage of these opportunities while you still can. Once you're off to university you're nothing more than a number on a grade sheet.

Tip 9: It doesn't need to be perfect

Don't keep racking your brain over what's missing or what could be better. Stressing out over the little things doesn't help with the big picture and hinders more than it helps. Make sure you get what's important done first and focus on the intricate details later. Of course, this would mean nothing if you didn't have our next tip.

Tip 10: Hand it in on time!

Part marks are better than no marks! Do as much as you can and make sure you get everything in on time. Be aware of deadlines as they tend to sneak up on you. In the event that you can't finish something on time, more often than not it's a better idea to hand in something and get a few marks for it than handing nothing in and getting a zero. Your teachers will see that you at least attempted the work and (in some rare cases) may even grant you a deadline extension to allow for finishing touches.

Using this guide, I can only hope that future grade twelves will learn from my mistakes and be pre-



*This may seem like an exaggeration, but just you weight and see.  
Note: The use of weight instead of wait is a pun, not a typo.*

pared for what's ahead of them. In the end though, it's all a matter of whether or not you're willing to work for it. Now if you'll please excuse me, I'm going to go take a nap.

-Jonathan Newton

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## Smack down...Continued

marvelous job against them, "private schools tend to kick our butts, but we stride to do better than last year," says Ms. Martin.

With the down wind spiral of these underdogs, clearly the weather has not been so kind to them. Rain has caused some of their games to be cancelled and practicing under that kind of weather can be depressing. But all is not lost, for there are about six more matches to help them win a game, and with their undeniable determined attitude, they might have the chance to bring in the hurt, and give a good smack down.

By: Alicia Prasad

## New Bands Worth Listening To

People often find themselves saying: “Music is my life,” or “music is a form of self expression.” However, it never ceases to amaze me to find those same people listening to some of the millions of whiny emo-punk bands out there. People used to turn to masters of music such as Jimi Hendrix, Eric Clapton, Jimmy Page and Eddie Van Halen. Today, we turn on *Much Music* to find pop princesses singing about the paparazzi and how they just can’t get a break. We at *The Sabre Trooth* believe it’s about time some of you updated your playlists. We were even so kind as to prepare a list of some new bands worth checking out.

### #5 Razorlight

**Razorlight** is a Anglo-Swedish band formed in London. This four-piece band has reached number three in the UK Charts so far and have recently been having success in North America. Fans embrace their songs for their simple melodies and multi-layered compositions. Their third album *Slipway Fires* will be a nice follow up to their last one.

Best Tracks: “America” and “In The Morning”



### #4 The Blackbox Revelation

**The Blackbox Revelation** combines ingredients from idols such as **Led Zeppelin**, **The Rolling Stones**, and **Black Rebel Motorcycle Club**. With Jan Paternoster on vocals and guitar and Dries Van Djck on drums, this dynamic duo as achieved a distinctive sound with their debut album *Set Your Head on Fire*.

Best Tracks: “I think I like you” and “Never Alone/Always Together”



### #3 Phoenix

These Frenchmen started off as a backing band for **Air** and guitarist Laurent Brancowitz who was once in a band with the members of **Daft Punk**. You could say these boys are well-connected. They carry a mix of rock, soul, funk and electronic music. With already four self-titled albums out their new album *Wolfgang Amadeus Phoenix* out May 25, 2009 will not disappoint.

Best Tracks: “1901” and “Lisztomania”



### #2 The Dead Weather

Jack White is at it again with his new band **The Dead Weather**, he has already had much success with his previous bands (**White Stripes**, **The Raconteurs**) but the hits just keep on coming. This time he is joined by **The Kills'** Allison Mosshart on vocals, **The Raconteurs'** Jack Lawrence and **Queen of the Stone Age's** Dean Fertita on guitar. With a list of band members from such accomplished bands, it's evident **The Dead Weather** is bound for success with their debut album *Horebound* out on June 9, 2009.

Best Tracks; “Hang you from the heavens” and “Are Friends Electric”



### #1 Mother Mother

Vancouver's own **Mother Mother** has recently torn up Canada's Indie-Rock Scene and three years ago got signed with Last Gang Records (**Metric**, **Death From Above 1979**). This Five-Piece band is addictive and is melodic, harmonious and catchy. Their second album *Oh my Heart* contains tracks packed with male/female vocals, guitar hooks, and catchy choruses. It certainly has earned some well-deserved attention for its fresh and fun sound.

Best Tracks: “Wrecking Ball”, “Oh my Heart” and “Arms Tonight”

I want to hear you singing these songs in the hallways.

*Continued on Pg. 16*

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**Happy 'after' Easter**

The happiest four-day weekend is gone for now; however, it was superb to go outside and rest after all of the tiresome activities such as planning of post-secondary and worrying about provincials in the last week of June. Sutherlanders had a well-deserved four-day vacation; we had a marvelous Easter Holiday.

One symbolic Easter creature is, as you guys already know, the Golden Bunny. It originated in pre-Christian fertility lore with the Hare and the Rabbit as the symbols of the newly life for the season of spring. This cute Easter bunny, who is not Bugs Bunny, was introduced in Germany in the 1500's - 1800's. Later on, American folktales written by the German settlers had used the bunny to be the main basis of the story and it became quite successful and popular even on Christmas Eve. Moreover, the infinitesimal amounts of coloured eggs are laid by 'Oschter Haws', which is defined as children's most pleasant idol; it placidly symbolizes that the children will build their nest by themselves in a halcyon atmosphere, such as in the barn or the garden.



*Don't even think about stealing  
Mr. McGowan's Easter Eggs!*

Generally, the post-Easter ceremonies include a week of separate celebration: events of egg rolling competition, dousing in blessing with holy water. The Easter Sunday Mass brings us the entire bless for our homes and food. Sharing civic cultural elements, the Easter Bunny and the Easter egg, has brought the aspects of celebration of not only Christians, but also non-Christians along.

Easter is a tradition which does not only have to be celebrated among the religious, but can be viewed as another common ritual in Canadian lives where we participate in Easter egg hunts, Easter egg painting and more. It is part of our culture to use this day as another valuable opportunity to get together as a family.

Even though I'm not Christian (where this holiday, of course, derives), it is entertaining to take part in the activities of Easter. Also, I hoped you, Sutherland, had a brilliant break! Pretty late to say this again, but happy 'after' Easter!

- Kelly Lee

**New Bands Worth Listening To...Continued**

There you have it friends, so run home, jump on the computer, and update these playlists. I want to hear you singing these songs in the hallways. Branch out, learn to have a more diverse taste in music, and don't forget the masters of music that brought us to where we are now.

- Renessa Busby



*Mother Mother - Vancouver's own pride and glory.*