

FORMATTER:
JULIE
VANLEEUVEN

CHIEF EDITORS:
MRS. ALEXIS
MRS. BERMUDEZ

Inside this issue:

Page 2, God Bless the Internet; One Hit and it's all Gone

Page 6, What's Your Beef?

Page 7, Dictation, Animosity, and One Smoking Tirade; Your Lane to Make This

Page 10, Very, Very Valentine; What's on the Menu?

Page 11, Respected Season Comes to an End

Page 12, Her Love for the Game

Page 14, "Fashionistas" & "Something in the Air" - Full Of Future Oscar Winners

Page 16, Defense of the Ancients

The Sabre ^{Media} _{Magazine} TM Strength

Volume 2, Issue 10

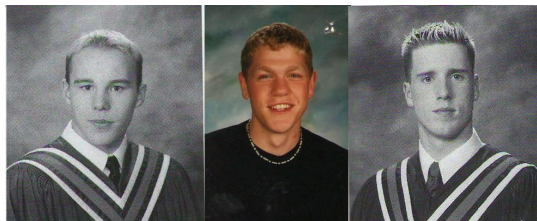
February 18th, 2009

Together On The Court, Once Again

This year's senior boys' basketball team has been paired with an interesting and exciting set of coaches. Three out of the four coaches are Sutherland graduates who happened to play together on their senior basketball team and have all come back to Sutherland to contribute to our school community even further.



Alumni coaches after practice



Three "Straight Ballas", during high school

The four coaches consist of Scott Lawson (Grad '00), Tristan Crowther (Grad '99 and current staff member), Ashley Russell-Taylor (Grad '99), and Brad Thornhill (staff member and head coach). The three alumni coaches all came back this year in order to help out with their passion and to give back to the community.
Continued on page 4

Hoops for Hearts

Last Friday was our Annual Hoops for Heart basketball game with the senior boys and girls playing against our local North Vancouver fire fighters. Bergin Zebi, Alli Mulock, Nikki Meyers, Dushan Pjeovic, Evan Eschelmuller, Anna La Lau, and Rumteen Mokhtarzadeh, played an entertaining game against a team of fire fighters. It was a cheerful game even with a final score of 24 to 36. Usually the game is intended as a fundraiser for the Heart and Stroke Foundation, but this year there was no donation box, so keep in mind that you can still make contributions. Good job, senior Sabres for your great effort, and thanks to the North Vancouver fire fighters for helping us raise awareness for the Heart and Stroke foundation.

- Katie Sweeney



God Bless The Internet

It's the video sharing site where everyone watches videos of some hilarious, wild, educational (yes, Ms. Clarke, it's educational!), and sometimes too dirty to watch, videos. It all started in the year 2005, when three people who worked for another popular website created YouTube (God bless the internet). This website started small and has become a colossal hit. These days you can find almost anything, from the History of the Atom to "I got J*** in my pants" (it's about the body, don't ask which parts!) You can upload anything you want the world to see, and even make your own YouTube account and become part of the YouTube community. By becoming a member, you can even post comments about any video. Some of these comments can make you laugh, cry, or even say,

what the - ?!

I'll admit that I am a YouTube junkie, and you might be wondering what are some good, funny or really weird videos to watch. Even though I know some of them, I asked students around Sutherland to tell me what they enjoy. So I decided to include some of these special videos that you might enjoy. Here's some of the good videos: "Fred Goes Swimming," which I personally enjoyed because of Fred's whiney chipmunk voice, but that's nothing compared to how cute he looks. Or you can watch a voluptuous woman who has a great voice fall over a table in "Scarlett Takes A Tumble." A cute, adorable video like "Little Girl and Monsters" shows a child boasting about how she's going to kick someone's derriere. There's also a series of videos that are pretty funny by Stevie

Ryans, who I think is a very good actress. You can also find television shows like *Little Britain* and *Gossip Girl*, as well as music videos in high definition.

However, the most popular videos are the parodies: a comical imitation of the original song or video. There have been parodies of almost everything on YouTube. You may have heard of hit songs such as, "Nobody's Perfect" and "Hey There Delilah," but wait 'til you see what people have created- just type in any song name in the search engine, and I guarantee that you'll find them.

Continued on page 3



"Some of these comments can make you laugh, cry, or even say, what the -?!"

One Hit And It's All Gone

Ah yes, one hit wonders, when an artist or a group pulls out all the stops for one song then fails to figure out how to make the next one just as good. If you think about it, the music of the 80's and 90's were the sounds of progression, but some have lacked follow-up. Blind Melon's "No Rain" was produced in the 90's, yet the style and sound was definitely stuck in the 70's. Not only did their song boost up their popularity, but also, the "bee girl" in the video became a well-known icon to all, even Madonna.



The monkey almost makes up for the hair

Now some new artists come into the industry with a cover song because they're too scared to make their own beats. Not many of them measure up to the original, though. Alien Ant Farm's "Smooth Criminal" is a perfect example; no one can beat Michael Jackson's crotch

grab, especially with the worst hair cut ever. These songs bring back memories of my early childhood; I remember driving with my sister in our mom's car with the windows down, the sun blazing on our faces, and the speakers blasting so loud our ears popped. Mystikal's "Shake Ya A**" was one of them, and even though he was born to do larger things, his criminal records got the best of him. Fishing out \$250 000 in taxes off the federal government with other unmentionable accounts can certainly pre-occupy your time behind bars.

Continued on page 3

God Bless The Internet Continued

I watched a few "Nobody's Perfect" parodies and loved the video of two boys and a girl dressed in glitzy skirts dancing to the hit song and shaking what their momma gave them. If you've ever heard the song "Hollaback Girl," "Candy Shop," "Burning Up" by the Jonas Brothers or "What You Know About That," then wait til you hear "Curry Rice Girl," "Indian Candy Shop," "Burning Up by the Tampon Brothers" and, "What You Know About Math," (our math teachers might like to see this video). Then, of course, there's all the Weird Al Yankovic parodies like, "Girl's Just wanna Have Lunch," "Pretty Fly for a Jedi," "I Ran Over the Taco Bell Dog," and the very famous "White and Nerdy."



Fred from *Fred Goes Swimming* and Jennette McCurdy from *iCarly*.

Thanks to these parodies, some people have become very popular, like, lonelygirl15- and doglover. On a grander scale, President Barack Obama's campaign gained momentum courtesy of YouTube. There are some awesome parodies of him, such as "Obama- Whatever I Like" (a parody of T.I.'s hit song, "Whatever You Like"), which I liked very much because the man acting as Obama looked very much like him, and "Single Ladies Spoof Barack Obama." There is even a video created by some of our own *Sabre Trooth* writers, called "Ultimate Canucks - We are all Canucks" on YouTube. Speaking of *Sabre Troothers*, anyone would enjoy a young Charlie Macaulay and gang in the epic series, *Action Stan*. Watch all of these videos because I gurantee you will laugh your socks off. By the way, if you are into horror movies, watch "One Man, One Cup"; there are even videos about viewers reaction on it. YouTube has it all, with just a click away, check out <http://www.youtube.com>.

- Shanika Small

One Hit And It's All Gone Continued

Fat Man Scoop's "Put Your Hands Up" is definitely a song to remember, but now, this well known "hype man" of the hip hop industry is temporarily calling it quits. He is now broadcast on MTV with his wife Shanda on their "Man and Wife" show. Another artist that has gone from the music industry to reality TV is R&B artist Sisqo with the "Thong Song." After dropping his label, this artist started acting in teen flicks and was recently on the TV series, "Gone Country," aired on CMT.

OMC found it confusing why they ended with just a one hit song- and the singer's one hit facial expression. "How Bizarre" indeed. But "bizarre" doesn't go far enough with the next group, Wild Orchid. Personally, I hated their song, "Talk to Me," but a certain someone who sung that song went from being an underdog to become one of the most infamous members of the Black Eyed Peas. Fergie moved on even further to become a well-known solo artist.

Norman Greenbaum's "Spirit in the Sky," Men

Without Hats' "The Safety Dance," Haddaway's "What is Love," and No Mercy's "Where Do You Go" are all memorable songs, and it's memorable too, when your dad is singing along to UB 40's, "Red Red Wine" every day on his cassette player. Speaking of memorable songs, "I'm Too Sexy" by Right Man Fred is a classic: they cat-walked their way into a typical one hit wonder.

In the 90's -and long before the Jonas Brothers- Hanson was where it was all at. Apart from me still being in denial that the youngest member of Hanson is a boy, "MmmBop" was a massive hit. Two bands that are rumoured to be trying to make a comeback somewhere in the near future are The Calling with their most known single, "Wherever You Will Go" and Blur with their one hit wonder, "Song 2." It seemed that some members of The Calling thought money meant more than the art of music, but now the problem has been dealt with and former lead singer Alex Band is ready to debut as a solo artist.

Though these artists have made wonderful music, some have accepted the fact that maybe there was too much pressure, or maybe will find a different way to make it back into the music industry.

- Alicia Prasad

Together On The Court, Once Again Continued

Senior player, Kavan Singh, stated, "They are all really dedicated coaches and are happy to be there. They are truly passionate about the sport and take their coaching very seriously." I was able to sit down with these coaches in order to discuss their history, perspectives on coaching, and how they feel to be back.

Q: Did you continue playing basketball after high school?

SL: Yes, I took a year off and then went down to Capilano and played a few years there.

TC: Yes, I went straight into college basketball and played at Douglas College.

ART: Yeah, I had an opportunity to play college basketball at Capilano for two years and then I moved away to Ontario.

Q: Do you think that it is coincidental that you are all back here again and coaching?

SL: I think it is, actually, we all sort of came from different places. Tristan got a job here, and I always planned out on helping Brad Thornhill, but I was out at UBC, so it was hard to commute here. Once I moved back to the Shore I was able to coach here which was something I always wanted to do.

TC: It was kind of a coincidence because Scott came from a trip where he was traveling around the world and Ashley moved back from Ontario. By fluke this year I transferred to Sutherland. It



'99 Senior boys basketball team

was nice that we could all be together, but it was kind of a weird alignment.

ART: I'm going to say no. It's not like I would go out and seek a position at another school. I played here and I would prefer to give back to where I played, so that's why I'm coaching here.

Q: Has the nostalgia factor come into play at all since you've been back here?

SL: It is when we're playing, I think back about when we all played together, but I wouldn't say that it is the reason why we came back to coach.

TC: No, definitely not.

ART: Haha, kind of. Tristan and I are terrible for it because we lived it, basketball was our lives. Coming back here I started remembering different times and moments. Our big comment that we always have is imagine if we had our graduating team play against this team. The funny thing is I still play basketball in a men's league with our starting five from high school. Nostalgia wise it's like we've been living it all along but coming back here it makes me think that, damn I'm old.

Q: How does this year's team you're coaching compare to your high school team that you played on?

SL: Talent wise there are some kids on the team that could definitely play with us, but I think our team was more successful.

TC: I think high school basketball in grade twelve is nice for everybody to get to play. We were lucky enough to play after high school, that's where we got our

competitive basketball. It's hard to compare year to year because so many things change, but I think most of our competitive basketball and winning mentality came from the things we did outside of school.

ART: I was very lucky to have a good team and a great group of guys. We have a great group of guys here, but we played a lot of extracurricular basketball. These guys its more school oriented.

Q: Is your favorite teacher still here?

SL: No, Mr. Cunningham.

TC: There are two left that I did like a lot which are Kevin Benoy and Tara Alexis, but my favorite by far would also be Mr. Cunningham.

ART: My favorite teacher retired the last year I was here who was Ken Hegler.

Q: How has the school culture changed since you were here?

SL: I haven't seen too much of that so I think Tristan would be better to answer that.

TC: I think this movement to the new school has helped with that. There is a lot more focus on helping out with drama, art, music, or the LAN association. When we were here, even though it sounds negative I felt like I was just a basketball player. I didn't get involved in too many things and now the administration really wants kids to get involved in multiple things and be well rounded.

ART: I don't spend a whole lot of time here, but I noticed right away we got a lot more people out to our basketball games back when we played. It's lacking in school spirit if you want to call it that. Sports were the core of the school.

Q: *How do four people coach one team? Are you guys ever stepping on each other's toes?*

SL: Yeah we totally are. I'd love to have a more politically correct answer, but it's something we are really working on. We're four guys that are heavily opinionated, and we haven't coached together. Everybody has their own style and there are tons of ways of doing it. It doesn't mean that one way is the right way and we all have different philosophies. So what we are trying to do is learn the way Brad does things because he is the head coach. It's been a bit of a learning curve. Knowing when to talk and when not to. Brad is doing an awesome job and we're just trying to help out.

TC: It makes it pretty easy with Brad being here because he has been coaching for so long, and he has a lot of experience coaching.

ART: The hardest thing that we have to deal with is when we all see something differently. We all played different positions so we all see things slightly differently and we have so much to give. So we sometimes have to come to a general consensus as to what is important. It can sometimes lead to conflict, but we usually come to an agreement, or just let Brad choose.

Q: *What is the biggest difference between playing and coaching?*

SL: Motivation in my opinion. It is one thing to get yourself motivated. It's another thing to motivate other people. When a person doesn't have a high level of effort, it's frustrating and it's a challenge.

TC: As players, I think all three of us were successful due to our effort. We definitely aren't the most athletic guys

you will ever meet, but we all worked our butts off as much as we could. I really wish that we could see the same effort from students; it's the main thing I struggle with as a coach. It's not a negative thing on a student or a player it's just how I play.

Q: *Who are your influences and idols?*

SL: I know this sounds really corny, but it's not just in terms of basketball but someone like Steve Nash. I would be proud of the guy even if he weren't Canadian. I idolize how he carries himself, his beliefs and how articulate he is. It's funny because I don't look at him as a basketball idol, but more of a personal one.

TC: My idols are two guys that grew up on the North Shore, Todd and Paul Langley. They were kind of the basketball guys on the North Shore. They weren't just great basketball players; they ended up going to university. One is a lawyer and the other is a doctor. I really look up to them.

ART: Oooh, that's a funny one. To be honest, the people I'm coaching with. Growing up and seeing how people go in certain directions and how they like to go about doing things. I've taken Tristan's demeanor in being a coach, and a very up-front and talkative guy and try to learn like that. I don't really have any specific idols just people, the people that I work with and that I like.

Q: *Do you feel the team is improving?*

SL: Yeah definitely. I think every day we come out here and the kids put out an effort and we get a little better. Everybody is improving.

ART: The last two weeks have been a big turn around. They are a completely different team than they were before in my opinion, I started up homework assignments for them to do. They all had to watch these videos that I collected about teamwork and brotherhood. We're trying to bring them together as a team and make them friends not just on the court but outside too.

Q: *Who was the best player between you*

three in high school?

SL: Definitely Tristan.

TC: Scott is definitely the best player that has come out of Sutherland basketball in terms of a post secondary career. In high school he didn't play much because he was a younger guy on the senior team, but post secondary, Scott.

ART: I'm going to say in high school, Tristan.

Q: *What about now?*

ART: By far, Scotty!

Q: *Any final thoughts to add?*

TC: Thanks for doing this! I feel like I'm in the NBA all of a sudden.

SL: It is our school and I'm very proud to be here, but the main reason I'm here is because of Brad. Even though I love Sutherland, if Brad were at another school I'd be at that other school. He is the one you should be interviewing.

TC: I think we're lucky growing up in North Vancouver having a lot of people putting time into North Shore basketball and helping us. We are happy to be giving a little bit back.

ART: If we didn't do stuff like this we wouldn't be the people we are today. During high school, we were fortunate to have people help motivate us and coach. So I'm hoping that by coaching, we can provide the same experience for our players in helping shape who they are.

- Domenico "Dragon Claw" De Santis

What's Your Beef?

The urban dictionary defines "beef" as "to have a grievance/problem with someone or something." Personally, I am not in support of this use of the word, but the evolution of language cannot be stopped. I would even say that one of my "beefs" is when people use the word beef in this context. Last Monday *The Sabre Truth's* team of field reporters set out on a quest to discover what Sutherland's "beef" is.

"Interestingly, one person was appalled by what he believed to be an excess of staff members and felt it was a threat to his privacy."



There is the beef!

The vast majority of the student body's "beefs" centered around the negative aspects of the school, the building, staff members and various demographics of students. One person thought school should be "more fun" and gave a suggestion on how the staff could accomplish this (note the genius of this student, he not only gives an incredible, well thought out suggestion, he alters the laws of grammar and introduces a new word into the English language.) "School should be more fun. By teachers adding more interactiveness to their assignments I want prizes for school work, maybe candy."

The most shared frustration among students was people's lack of knowledge and practice concerning proper hallway etiquette and procedure. I, too, share this grievance. I believe things would significantly improve in the hallways if those students would figure out that standing in large groups in the middle of the hallways causes considerable congestion, but it also has a lot to do with the fact that for some bizarre reason, the people who designed this building decided to build narrow hallways and install half lockers so twice as many people are in that space. Many of people's "beefs" had to do with the building itself, one student felt the change rooms are too small. Another student suggested the admin should consider putting doors on the bathrooms. A couple of people were annoyed with the half lockers.

And, of course, many students took this opportunity to vent the frustrations they have with the younger students on various issues such as their facial hygiene, style of dress, and the way they carry themselves.

Interestingly, one person was appalled by what he believed to be an excess of staff members and felt it was a threat to his privacy.

A lot of answers were unsurprisingly predictable. Many, less creative and inarticulate students replied with "dunno" and the always enlightening "nothin." An alarming number of people replied with hostile, unflattering comments regarding the *Sabre Truth*. Clearly, they do not understand that the purpose of this article and the purpose of asking them specifically is to allow their voice to be heard.

Other answers focused on more trivial, slightly comical things such as "people drinking cold drinks out of mugs." "Having rice every day." "Crooked paintings." I found it quite strange that a handful of students had serious problems with people who had bad spelling, grammar, and small vocabularies.

After painstakingly analyzing the results of our field question, I have come to the conclusion that the majority of teenagers are either ignorant about important issues affecting them and others, or they are quite self-centered and narcissistic. But all hope is not lost, some people's "beefs" were concerning these types of people and how they are frustrated by them.

The results varied, some were boring and predictable, others were interesting and enlightening. However, none of this changes the fact that using the word "beef" in this manner is insanely illogical.

- Spencer Moreau

Dictation, Animosity and One Smoking Tirade

As the tirade against personal freedom continues, we see the full effects of irrational laws put in place without thinking about the ramifications. What I'm talking about is the law. The law that is now pushing students and staff alike out into the streets of the close community to smoke on the property of our neighbours.

I wanted to find out why our administration would do this, as we are trying to re-establish a respected presence within the neighbourhood. The first thing that came to my mind was, "Why don't we have a designated area for those who choose to smoke?" Our new principal, Mr. McGowan, was quick to point out that it wasn't up to the administration, but it was the law put in place by the B.C. government.



A student enjoying a cigarette break

Bill 10 was passed in 2007 stating under section 2.2 that, "A person must not smoke or use tobacco, or hold lighted tobacco, in or on school property," school property, that is, unrestricted land, also known as public land. The government has made this law over all public land, not considering all of the public. They are condemning those who choose to smoke those, "devil sticks." The government's enmity towards smokers has pushed them into the unfriendly civic perception.

It is a known truth, that people do judge those who feel the need to step out of the stressful environment of work and have a moment of relaxation. They do the opposite of what most of them preach and judge a book by the cover, regarding them as bad people killing them selves and the people around them.

Continued on page 8

"Smoking is a personal choice, a choice that the person who decides to do it, makes"

Your Lame To Make This (Grade Nine and Ten Personality Poll)

We see them wandering our halls and filling up space in the cafeteria line. They are there when we wash our hands in the bathroom, and they are there pushing along with everyone when the stairs become as clogged as a gorilla's shower drain; but what do we really know about this mysterious species? What makes up the delicate intricacies of these unsung students' thoughts and behav-

iors? In other words: Who are the grade nines and tens? This reporter, in the name of science, has set out to find out by using the most sophisticated and infallible tool of modern day investigation: The poll.

My first discovery about the silent Sutherland students is that they are neither a romantic, nor articulate species. When asked about their upcoming Valentine's Day plans most students replied with an en-

thralling and thrilling "don't know," "nothing" or, most fascinating of all, "stuff." However, those who actually contributed more than one syllable were ranging in answers from "Volunteering for charity" to "tracking down cupid and telling him to wear some pants." Some popular Valentine's activities included hanging out with friends, having dinner with a boyfriend or girlfriend, and mowing down on some chocolate.

Continued on page 8

Dictation, Animosity and One Smoking Tirade Continued

The thing that I believe which should be judged is when these people who are part of the school are forced off the school property like lepers just to have a cigarette. How bad does it look when a group of three or four adolescents are on a neighbour's lawn lighting up and are not disposing of their dessicated butt into an appropriate bin? The prejudice of teenagers is only further propagated and putting a black spot on Sutherland. We already have a bad enough reputation for erroneous reasons. Why do we need to make it worse? We have a new school; we're building up some school pride; the sooner we start to get the support of the surrounding inhabitants, we'll be back on track to the golden ages of Sutherland.

There is further frustration with the "smokers" as they are pushed off the school property, they are asked to not discard their exhausted smokes on the perimeter and encircling area. Where are they supposed to put their debris if they are being forced to stand on a street corner? They can't courier their remnants back on to the school property because as Bill 10 says if this, "contraband" is seized, then the person who is caught with it is not only liable, but "the board, superintendent and principal each are deemed to have contravened" the law. So they are asked to do one thing and told to do another which could end up putting the staff in a sticky a situation.

Do you see where I'm going with this? A designated area that could be equipped with the proper accessories would not only solve the problem of littering, but it would also stop those who choose to exercise

their right of personal freedom from disturbing the local neighbourhood.

Maybe this law is another way of extending that long arm: the government exerting control over society to take away personal decisions to make us, in their minds, perfect.

This no different from the "nightmare of an idea," planning course; the government is trying to wield power over society by taking control of those with the most malleable minds.

Smoking is a personal choice, a choice that the person who decides to do it, makes. All those who stand against it, should only try to sway the person the other way; they should not be allowed to run their own personal vendetta against something they don't like. The only thing that the government is accomplishing by driving smokers off public lands is thrusting them into the increasingly critical public eye. This does not help a school like ours, trying to reinvent ourselves in the eyes of the community. We should be setting aside a personal designated area hidden from the public where there are the proper facilities to expose of the waste and not impose on neighbours' property. Once again, I believe that the government has issued a law without seeing the whole ramifications of how it affects communities. I believe that this is a blind act in the quest to rid all evil from the world, starting with the most inoffensive of actions. Smoking is not crime, it is personal choice. If these freedoms, yet small and unimportant, are not fought, now who knows what the government will take from us next.

- Charlie Macaulay

Your Lane To Make This (Grade Nine and Ten Personality Poll) Continued

A particularly sweet student vowed to "give my mom and grandma some flowers." One fortunate student is even going on his or her first date on Valentine's Day, and I wish him or her all the best. Another optimistic young man replied, "I don't think I'll have any plans unless I find a girlfriend before then." I wish him, as well, a very lucky next few days.

Finally, a few, presumably male, Casanovas claimed to be "stealing hearts," and "getting chocolate from all the ladies who love me." To them, I wish the most luck of all.

So when they aren't busy beating off ladies with sticks, or impressing people with their scintillating monosyllabic answers, what are the grade nine and tens doing with their spare time? Where do they spend their money? What music do they listen to? This reporter got all the details.

"I think this guy in grade eleven is super, super hot"

When it comes to showing off their developing fashion sense most students are picking up their signature pieces at American Eagle, Aritzia, West 49, and Urban Planet. Whatever money they have left over from their shopping sprees the grade nines and tens spend on food, video games, books, and movies. Surprisingly, a large number of those who filled out the poll claimed they put their money into savings. I have to say congratulations to these clever students; you're two to three years younger than me, and already much more responsible. Last, but not least, these fashionable and full, but most likely poor, students are rocking out to Coldplay, Lil Wayne, Hedley, and Paramore. An unexpected number of students professed themselves to be fans of more classic music such as ACDC, The Rolling Stones, and Pink Floyd. Many of the young students had very original taste in music, and I ended up with a long list of artists, ranging from Backstreet Boys to Bob Marley.

Now, for the juicy stuff. I'll admit, it may have been a tad nosy to inquire after these poor kids' biggest secrets, but hey, we all know that's what we want to hear about! While most students refused to dish the dirt, a few did let



Don't these grade ten boys just steal your heart?

“Finally, a few, presumably male, Casanovas claimed to be ‘stealing hearts,’ and ‘getting chocolate from all the ladies who love me.’”

anonymity go to their heads. Most students confessions were of love: “I had a crush on my neighbour for two years,” “I think this guy in grade eleven is super, super hot,” “I have a crush on my close friend,” and, my personal favorite, “I don't really like my girlfriend.” Other juicy tidbits were such declarations as “I destroyed a computer and hid it in a shed,” “I sing in the shower,” and “I still play with my Barbies.” Most charming of all, a young man who simply wrote “your mom.” Well, I'm not sure what my mother has to do with this, but let me tell you, I sure am impressed with your obvious originality.

What I most wanted to learn from these young students, though, is what they have learned since grade eight. Many replied simply with “science, french, math etc..” but some delivered impressive insight into their teenage lives. Many talked about school, describing the important pieces of information they had picked up in their short high school career. “Keep on top of your homework, hand things in on time, and get help when you need it” was a commonly shared, and incredibly wise sentiment. Others learned “to never be late for Ms. P's class,” and “If you skip class they call around six thirty.” But, as one student pointed out, “Life is something more than getting good grades.” A couple of ideas that really stood out were “popularity is just a word,” “friends are the most important thing in your life,” and “respect others and always be polite and kind.” When asked what they had learned, one exceptionally bright student observed “your [sic] lame to make this.” I am glad he spent his high school years learning how lame I am, instead of wasting his time on something as trivial as spelling.

Hopefully readers have found my discoveries as enlightening as I did. My intensive research indicated that grades nine and ten are years full of transition and self discovery. Often, these grades go unnoticed under the microscope, not unlike middle children, as we focus on the soon to be graduates, and fresh faced grade eights. So instead of ignoring the enigma that is grades nine and ten, embrace them as a significant part of our Sutherland Culture. In summation, despite a few biting comments I may, or may not, have made, I wish a future of success, fun, and happiness for all of these ever-changing, ever-growing teens. Regardless of the pimples, awkward moments, and inevitable learn-the-hard-way mistakes, these truly are the best years of your life, and you are smack dab in the middle of them.

- Erin Willetts

Very, Very Valentine

For high school students, one of the best anniversaries is Valentine's Day: the sweetest day! All the pink and chocolate-coloured things are decorating all the stores. The girls actually ask to hang out with the beloved boys by giving them chocolates.

There are lots of things given as presents on Valentine's Day, such as men's perfume (especially Hugo Boss), fancy T-Shirts; but the most likable present is the iPod. No lies. All boys essentially like iPods. However, girls often make their own presents in order to impress the boys. The best example of this would be making chocolates. They usually melt chocolate with pink decorations and make other shapes, especially hearts, to express their feelings toward the guys. Also, the girls love to buy fortune-cookies and see messages in them with the boys, just for fun.

Not only do girls give boys presents on Valentine's Day, boys also prepare presents for girls. For instance, boys know that girls love fragrances a lot. As recommen-

dations, girls recently are interested in "Secret Wish" by Anna Sui. Also, there is another type of perfume, Harajuku Girls. This one is definitely a favourite. Harajuku Girls have seven different types, but one of them, "G," which smells like sweet coconut, is an outrageous one for the girls.



Because love is not fairly complicated enough as it is on Valentine's Day.

Meanwhile, Sutherland's Student Council hosted the "Dating Game" for Valentine's Day. Students could register for it in front of the drama room (some guys were pretty interested in this). For the "Dating Game," you had to give \$1 to get in. For another dollar, you could buy a rose and write your name and the desired recipient's name, on it. (Deliverers were Student

"The most likeable present is the iPod. No lies."

Council members.) Hopefully, you gave it a try, Sutherland boys and girls!

Although Valentine's Day should be one of the happiest days, some students had to go to Delta Secondary School to take Mandarin 11 or Korean 11/12 exams, 9a.m. – 4p.m. That meant they had to spend most of the whole Valentine's Day taking exams. Hope you did your best!

Whatever you did, we at *The Sabre Truth* hope you had a very happy Valentine's Day!
- Kelly Lee

What's On The Menu?

With Valentine's Day over, everyone's mind has shifted to the next big thing in their lives. Yes, ladies and gentlemen, I am referring to the age-old question: what's for lunch?

I took to the halls to ask the students directly, and what better place to start than the school cafeteria? Most students

had the usual burger or chicken wrap, with a few of the more adventurous ones going for the perogies, or even pizza. No matter what the choice in meals was, the result is always the same: a packed cafeteria filled with people who would rather buy a lunch than make their own. One student even went as far as to claim that "if you actually add up the cost, it costs more to buy all these products in

your lunch every day." Of course, not everyone buys their own lunch. A few people get their lunches made for them by their parents, including one student with 80% of his lunches containing bacon, and another whose dad makes her "tuna and green onions" five days a week. Another student even alluded to purchasing her lunch from a friend. Other students manage to find time in their hectic lives to make their own

Continued on page 11

What's On The Menu? Continued

lunches. Aside from the usual lunches comprising of a sandwich and fruit, these tend to range from the spectacularities of Lemon Meringue pie to the simplicity of "an orange." One student claimed to have a "Chocolate sandwich" (the nutritional value of which I couldn't help but question) while another stated "I don't eat lunch. It's a sin." But whatever the answers, everyone had something to say about their lunch, and what they said, said a lot about them.

- Jonathan Newton



Some people prefer plain.

Respected Season Comes To An End

This year all the Sutherland Sabre basketball teams were very hard working. However, arguably the most dedicated of these teams would be the Senior Girls. This girl squad previously and currently had many obstacles in the season, along with many difficult opposing teams such as the Argyle Pipers, Carson Graham Eagles, and the Handsworth Royals (previously ranked #2 in AAA top ten). On paper, this team does not appear to be a major threat of the North Shore Premier league, however, they might just surprise an opposing team. In their first game against the Carson Graham Eagles, the girls kept it close, right until the end with a final score of 57-55, in favour of the Eagles. Also, against the Eagles, this girl squad managed to take Carson Graham to overtime; Sutherland was defeated with a final score a 63-60. Arguably, the Senior Girls' biggest accomplishment of the season was a second place finish in the M.E.I. Eagles' Invitational tournament, with victories over the Vernon Panthers and the M.E.I. Eagles. The tournament gave Allison Mulock the First All-Star award; according to Mu-



The Senior girls are anticipating a very important game

lock's teammates, she is one of the most dominant players on the Senior Girls' team. Mulock has received a scholarship to the University of Victoria for her talented play. Congrats to Allison Mulock from *The Sabre Truth*! Also,

the M.E.I. tournament gave grade 11 student, Hailey "Speedy" Hebron, the Second All-Star Team award. Hebron is happy with her team's accomplishments. "It's good," Hebron states referring to her team's season, "We are developing."

Continued on page 13

Her Love For The Game

Inspired by Canadian athlete Steve Nash, Allison Mulock is recognized for her impressive athleticism. Allison has the distinguished ability to play a variety of positions in basketball. She is a two year member of the Centre of Performance and has played on the BC Provincial team roster. Whether she's on the court, or on the field (she's also a star soccer player), her drive to win and exceptional work ethic is what makes her stand out.

Even at an early age Alli was indomitable, "I started in



Allison Drives To The Hoop

grade 4 and grade 5 and I haven't stopped playing ever since." Over the years, Alli has become increasingly close with her teammates. "I enjoy playing with friends the most. I love the atmosphere and how the sport works."

Who would ever imagine that such an adept athlete would have a flair for baking? "In my spare time I actually really like to bake." She revealed her love of delectable cookies, cranberry bliss bars, apple turnovers, and chocolate brownies. "Alli sure loves her sweets," a comrade revealed.

Alli exhibits passionate dedication as she devotes much of her time practicing. Her work ethic is inspiring as she is able to balance school, her social life, and sports each week. "In season during the school year, we practice two hours a day. We've had four tournaments this year and we have games during the week." In addition, Allison participates in Center for Performance during weekends. "Weekend nights are when I hang out with friends." Alli showed her perseverance when she played on the BC Provincial team roster this summer. "The team practices for four hours a day, with only one day breaks during the week. We have tournaments in Prince Edward Island, San Diego and Seattle as well."

Playing for the provincial team had its differences in comparison to playing for Sutherland, Alli disclosed. "For the provincial team the atmosphere was completely different, everyone was really committed. Each person wanted to play basketball at the next level, which would be university and beyond. Whereas Sutherland's atmosphere is different, it's about having fun. It's about playing with friends."

The future looks friendly for Allison both athletically and academically. "I'm going to UVIC to get my bachelor's degree in physical education. I plan to play at UVIC on a scholarship and I have to maintain work ethic to play for five years."

Continued on page 13

"Sutherland's atmosphere is different, it's about having fun. It's about playing with friends."

Respected Season Comes To An End Continued

It is very plain to see that these girls are focused on improving their game. "For the future we need a much more intense defense," adds Hebron. Another important player on the team is grade 10 student, Sabrina Petersen, who played for the Senior team, despite her young age. "She is very dedicated, and tries very hard." Hebron

says. Finally, when asked about team goals, Hebron responded confidently with 3 words, "To Make Provincials!" Good luck in the rest of the season, girls.

The Senior girls begin their official playoff games on Tuesday, February 10th
- Kavan Singh

"It is very plain to see that these girls are focused on improving their game"



Her Love For The Game Continued

Alli's experiences on the provincial team will assist her next year when she plays for UVIC. "I've learned a lot of new skills both on the court and off as a person, I learned that I really enjoy basketball and that I would give up my whole summer to play it."

Alli already envisions her role on UVIC team, "I think it'll be similar to the provincial team, but I think it'll be different because UVIC is more like a family, and everyone's committed and people get to know each other for five years. People all want to be there and play."

Allison will never forget playing with the seniors when she was in grade ten. "During those years we were the first senior team make it to the Provincials for basketball in the history of Sutherland. It felt pretty good because we are now apart of Sutherland's history. The team made a mark on Sutherland."

Allison aspires to make a name for herself next year. "I plan to main-

tain good grades while playing. I don't necessarily want to start for the team, but I want to make something happen when I go on and contribute as best as I can. I want to shoot for the top!"

Allison's sister, Jessica Mulock helped Alli achieve success on the court. "She helped me with my shot when I needed help with it. She was always there to talk to me. When I played with her she was more experienced and she helped me deal with being the youngest player. She made it a lot easier on me. She taught me a lot about being a leader, stepping out of my shell, and trying my best."

Alli's distinct combination of size, force, and swiftness help her post up and move her defenders away from the net. "I've always enjoyed ball and have done it in and out of school and it's what I do and I love to do it, it sounds cheesy but it's true." This gifted competitor will have the opportunity to show her tremendous skill on the UVIC Vikes basketball team. We wish Alli the best of luck next year, although she I'm sure she won't need it.

- Mikayla Mylett



Allison Mulock taking charge

"I want to shoot for the top!"

“Fashionistas” & “Something in the Air” - Full Of Future Oscar Winners

Each year Sutherland drama puts on two productions and this year we were lucky enough to have Janet Allard’s “Fashionistas” and Stephen Gregg’s “Something in the Air.” Both plays were directed by Sabre Trooth’s own Mikayla Mylett (“Fashionistas”) and James Elliot (“Something in the Air”). Each play had great success in the festivals: Elliot Squire won runner up for best supporting actor for his role as Raphael in “Fashionistas” and “Something in the Air” scored big with best costumes.

The night began with “Fashionistas,” which gave us a unique, behind-the-scenes look at the demanding life of the fashion world. It was based around an ancient Greek myth, but changed to fit modern times. Narcissus is the troubled son of two fashion designers, Valentino and Donatella, who ends up falling in love with his own reflection. Sydney Hake did an exceptional job in her performance and added to the overall effect and



Fabulous... Just fabulous

mood of the whole production. The play had a wide range of actors including Hannah VanVarseveld, Sarah Laubach, Mack McCorkindale and many others. There was a wide range of variety in viewpoints from the different characters. One audience member agreed that “Not one of the young actors was miscast.”

After a short intermission, the lights were dimmed and the next production began. “Something in the Air” lived up to its name. We got to see a comedic take on falling head over heels in love. In the play, when people are in love they literally begin to fly, as they are lifted off the stage by a group of mysterious “men in black.” Jennifer Foy (Kayla Bennett) falls for Rudolph (Jonathan Newton) and Mrs. Foy (Kaitly Colby) finally gets her shot at true love, in a hilarious love quadrilateral. With a shorter list of cast members we really were able to focus on the actors’ roles and they did not disappoint. Kayla Bennett was one of the crowd’s favourites; she, along with many others, should look at a future in acting.

The students who worked on lighting and sound deserve a lot of credit. While the audience got to sit comfortably in their seats, a lot of work was going on backstage and the directors kept everything running smoothly. From hair to makeup, costumes to props, nothing went unnoticed. Shanika Small said, “Being part of the play is a lot of hard work, with a lot of time spent after school. It’s tiring, but in the end it’s all worth it.”

For those of you who didn’t get a chance to see these productions, we guarantee next year will live up to the standards that have been set. Our school is loaded with talented students and we should all do our best to support them. Almost all the comments from the audience included remarks such as: “brilliant” or “exceptional.” I even got to witness a family moment, with crying grandmothers and proud, bragging parents. In conclusion, you were all “Fabulous...just fabulous.”
- Renessa Busby

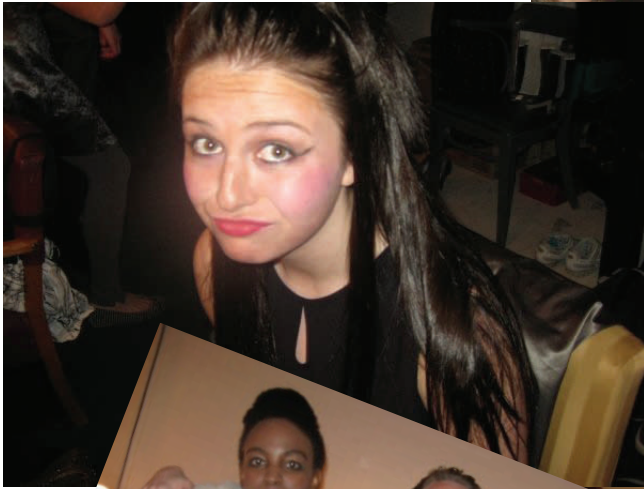
“I even got to witness a family moment, with crying grandmothers and proud, bragging parents.”

**Questions?
Comments?
Suggestions?
Ideas?
Complaints?**

Send them to:
sabretrooth@hotmail.com

**We won’t bite,
We promise.**

Fashionistas



CONTRIBUTING WRITERS:

Domenico DeSantis

Danny Park

Spencer Moreau

Charlie Macaulay

Erin Willetts

Kelly Lee

Kavan Singh

Mikayla Mylett

Alicia Prasad

Renessa Busby

Shanika Small

Jonathan Newton

Katie Sweeney

Defense of the Ancients

Defense of the Ancients. Created and designed by ICEFROG, the battle to settle their differences started when two sides of the region, The Sentinels and The Scourage, both wished to conquer the region of Azeroth. Many heroes gathered in support of their rightful lords to demolish their enemies' throne. From human beings to un-deads, orcs to elves, all kinds and races gathered to create a massive alliance.

The main objective of DOTA is to destroy each other's main throne. The objective of The Sentinels is to guard their throne, The World Tree and Destroy The Frozen Throne of The Scourage, and vice versa. Each round of DOTA consists of 10 players, 5 on each side. Both teams' throne lies diagonally across from each other on the map when looked as bird's eye view. In this full out battle between two teams, a player is to choose a hero from ninety three unique selections. Each of these heroes has their own unique type of skills and combos in order to bring about swift death to their opponents.

The map of DOTA is set in a forest map. Consisting of

top, mid and bottom lanes to start from, there are many short cuts and hidden roads to avoid trouble or sneak up on your opponents. Each stronghold has nine stores and shops to purchase a variety of items. Each item has different skills and status bonuses, and some can be combined to earn a huge power-up bonus. The better the item is, the higher its cost and power.



One of the main parts of DOTA is to earn gold and turn your hero into a beast. Players can earn gold by killing neutral computer units called Creeps. Creeps are spawned on all three lanes of each stronghold every minute, which then walks along its lane in order to fight each other. Killing a creep gives that player about thirty-to-fifty gold in range and small experience bonus. Killing an opponent hero gives a huge gold award of two hundred and fifty gold and a large experience boost. Another script of Dota is the killing sprees. If a player succeeds to kill

number of heroes in a row without dying, that player is then put on a bounty. The higher the spree, the higher the bounty earned when killed. Also each hero gradually levels up and learns skills as they kill creeps and other heroes.

Started as a mini game in famous series Warcraft 3, DOTA quickly became very popular world wide. Now over 10 million players world wide, compete and varies competitions and tournaments for prize and fame. People can enter many of the small time leagues to compete with their friends, and earn small cash prizes. Some people become pro gamers and create their own teams to compete in world wide series with foreign players. Since Icefrog first released the DOTA international tournament, many game sponsors took interest in this movement and supported to create other competitions. With unlimited playtime after first purchase of Warcraft 3, new add-ons of heroes, items and upgrades are patched every month for no extra charge. If you're looking for some competition and finger twisting action, join in on The Defense of the Ancients and test your potentials.

- Danny Park

