

Gleneagle's Student Voice  
Vol. XIV/ Number 9  
April 29, 2010

# theEdge

## TALONS get down with Mother Nature to mark Earth Day

**CLARE CHIU**  
staff reporter

Gleneagle students did their part to care for the planet last Thursday on Earth Day.

The TALONS class spent the sunny afternoon weeding out invasive plants, planting trees and spreading straw on a nearby Scott Creek site. They were also joined by students hailing from Ontario, who are here through the Stratford exchange.

"We started picking up garbage on the trails to just outside Eagle Ridge field," said **Ariana Vaisey**, grade 10. "Once we were there, we planted trees and laid out straw to prevent weed growth or more invasive species."

"The straw was [also] to keep moisture in the ground," said **Steven Zhou**, grade 10.

"There were two other school groups that left as we arrived, and more volunteers from Bad Seed," said **Saskia Vaisey**, grade 9. "The mayor was there, taking pictures," she added. "There was something like 250 volunteers," confirmed **Sarah Rose**, a student from the Stratford exchange. "I was surprised by the amount of people [helping]." Even Tim Hortons was there, offering support by handing out hot chocolate and timbits to volunteers.

"It was a very nice experience," said Zhou. "It was a sunny afternoon and we had a good time hanging out."

"It was fun and dirty, just people and trees," agreed Rose.

The class got involved when the city sent out an email and **Donya Pourtaghi**, grade 9, volunteered to take on the leadership role in organizing the excursion, according to **Quirien Mulder ten Kate**, TALONS teacher. Pourtaghi and two other students: **Justin Yan**, grade 10, and **Andrew Chang**, grade 9, who were taking on the pitch-in week project, decided to collaborate on the green effort as well.

"[This event] allowed us to contribute to



**Tree huggers:** Grade 10 students enjoy the challenge of working to make the world a greener place. The TALONS program was part of a tree-planting initiative planned by the city of Coquitlam in support of Earth Day.

the spirit of Earth Day by planting trees," said Saskia Vaisey. "[And] we're contributing to building a concept of our impact on Earth by the amount of garbage we picked up."

Invasive species are a huge problem in Coquitlam. According to **Dana Slocum**, the environmental stewardship coordinator in

charge, they push out native plants, including endangered species, and completely destroy the native habitat. The site alongside the creek is especially important for the returning salmon.

Events like this are hosted by the city of Coquitlam to expand the zone which helps

moderate the creek's temperature and lessen the erosion.

"We're working to combat the abuse and vandalism caused by people getting into the creek," said Mulder ten Kate. "Each individual can make a small difference and all differences add up to a significant amount."

## Gleneagle raises voices, funds to help those less fortunate

**JAYME PEDERSON**  
staff reporter

Today, Gleneagle will make a difference and extend a hand towards other countries in need through two events.

The 30-Hour Famine will start at 9:00 am and later tonight, starting at 6:30pm, VOICES 2010 benefit concert will commence.

For 30 hours, many Gleneagle students will not eat and will experience what being hungry is really about. For a few hours, students will listen to singers and bands perform, raising money to go toward Free the Children's *Brick by Brick* campaign.

For 30 hours, students will be able to feel their stomachs growling and understand a little of what some people experience daily, weekly and even monthly.

Gleneagle students have the privilege of being in a safe environment, having a good education and having a healthy diet. It's easy to take something like food for

granted, but now students will acknowledge this when they are not allowed to have any.

"I had a chance to travel, to study, to experience new places and cultures, and it is unfortunate that many children don't have that kind of advantage," said **Claudia Lee**, grade 12, organizer of both the 30-Hour Famine and VOICES 2010 concert.

To encourage the hungry students to stay to their goal of fasting, there is support involved.

These participants will stay together and have a sleepover at the school tonight.

"My thoughts on the famine are that it's my third time doing it and it's so much fun," said **Chantel Foden**, famine participant. "You get to bond with people and sometimes you can get cranky and tired, but you still find a way to have fun. I worry that I'll be so hungry, but I can't wait."

The famine participants collected money from friends and family, to come up with a sum of \$50 or more in order to sleepover.

From 5:00 to 6:30pm, the hungry students will go to the library for an orientation from a youth ambassador from World Vision.

"He was one of the six youth across Canada who was chosen to travel to Tanzania this past summer with World Vision. The speaker will share his experience in Tanzania, and will show a PowerPoint presentation," said Lee.

The fasting students, other students, as well as teachers and family, are all invited to come to the benefit concert, VOICES 2010.

The doors will open at 6:30pm for the 7:00pm show, and tickets cost \$7.00 per individual. Student singers, student bands, like The Dead Melissa's and The Knots will perform in order to contribute.

"Every cent we used to organize this event was donated from various businesses in our community and every penny raised from this concert will go straight to the Free the Children's *Brick by Brick* foundation," said Lee.

The VOICES concert is one of a series of fundraisers.

### UPCOMING EVENTS

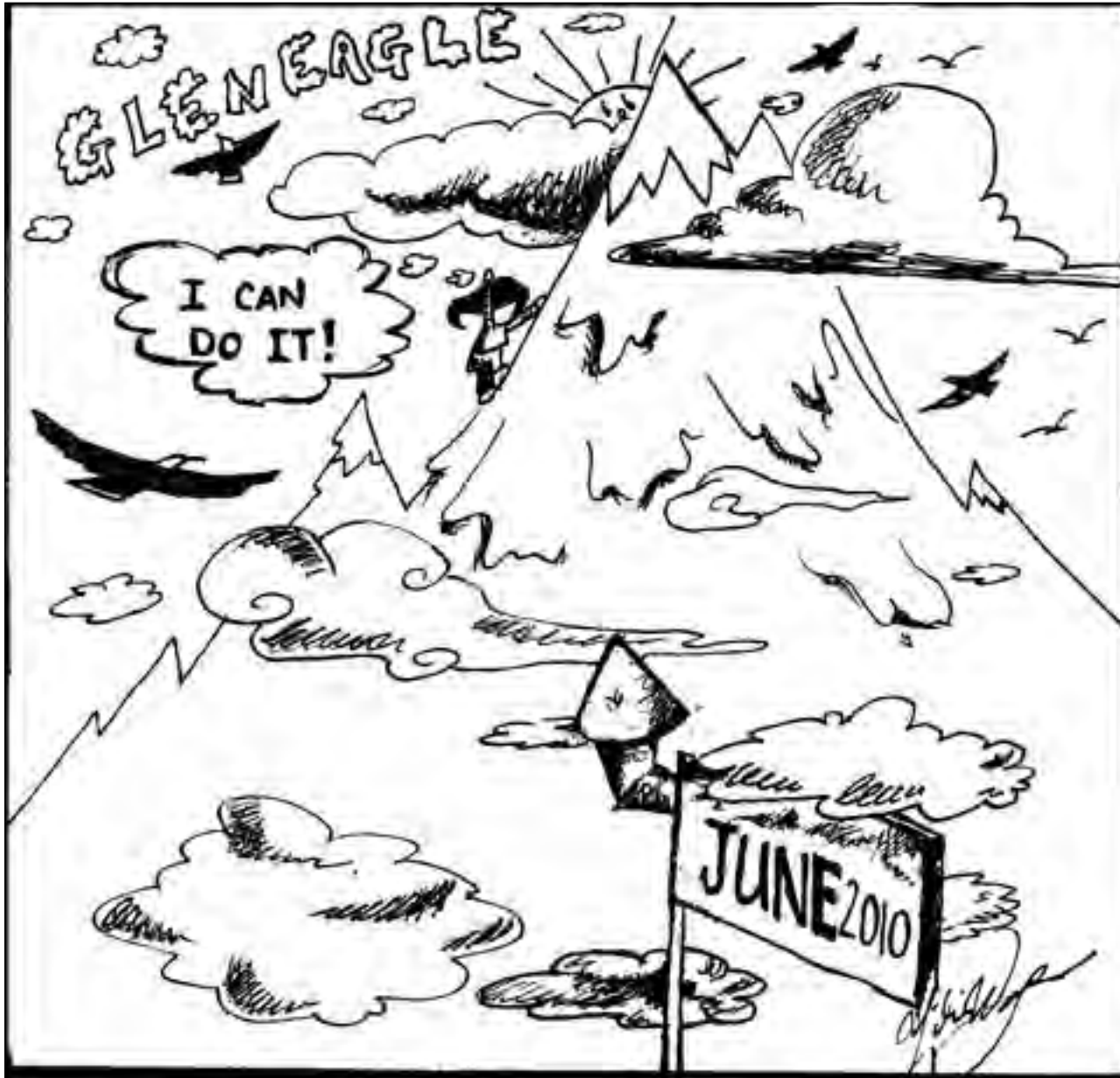
**Thursday, April 29**  
**VOICES Benefit Concert**

**April 29-30**  
**30 Hour Famine**

**Sunday, May 9**  
**Mother's Day**

# Gleneagle Stratford exchange creates bonds, connections

**EDITOR'S NOTE:** THIS MONTH *THE EDGE* IS FEATURING GUEST COLUMNS FROM THE RECENT GLENEAGLE STRATFORD CULTURAL EXCHANGE.



**LAURA DARBY &  
HANNAH SCHWARTZENTRUBER**  
guest columnists

Some people say that you have a twin somewhere around the world - someone who is strangely similar to yourself, someone with the same interests, the same outlooks on life, someone with strikingly similar qualities.

We made an instant connection with our twin s from the Gleneagle-Stratford Central Exchange, Danielle Sayer. We are the loudest and most energetic pair on the trip.

We get along all too well and we can't imagine what it's going to be like when this exchange is over.

We weren't expecting these connections. Sure we knew that we would meet these people, but to have such a significant connection with them leaves us dumbfounded.

If someone had told us last year around this time, that we would be travelling this year as much as we have, there is no way that we would have believed them.

However, we tend to jump on any chance to travel that we come across. The opportunity to travel tends to be out of reach for so many students, and it's a shame that more don't jump on the chance when they can. It's not every day that someone asks you, "Would you like to go somewhere else in the world?"

More importantly, the memories that you make while travelling are memories that you don't forget easily. We know for a fact that we will be looking back on our travels for many years to come.

The entire world consists of random connections that we make throughout life, whether it is to a person or to a place.

We believe that everyone should make as many friends as they can or take advantage of every opportunity that they may come across.

## Communicating face to face, real way of social networking

**KATHRYN WASSTROM**  
guest columnist

Facebook, Twitter, Myspace, MSN, BlackBerry Messenger, Skype, cell phones, texting, ... in the world of 2010, we must realize how many different ways there are to communicate and make connections with the billions of people who share our planet.

However, as the up and coming generation, we need to remember that the best way to connect with other people is still face-to-face, because of that moment when a simple handshake or hug expands your social network.

It can be as easy as bumping into a friend of a friend at a party or as crazy as having a deep, stomach-flipping, heart-racing connection with a total stranger.

Either way, meeting new people is usually unexpected and never happens the same way twice.

For 14 other lucky Gleneagle students and me, this last week was filled with those types of moments.

We most likely encountered our first connection when we met our assigned "twins" (Stratford Central High School

students) that first day in the library, but I can honestly say that we all had many more similar moments within the rest of the group as the week went on.

I was so excited about how well Britini, my "twin", and I got along that I was extremely surprised when I made connections with a lot of other Stratford Central students.

And lo-and-behold, the number of friends on my Facebook profile increased by about 15 people.

Anybody who has ever been thrown into a new situation such as a new school, class, job, or sports team knows what it feels like to see so many unknown faces, but hopefully the same people know how rewarding and special it feels when you can look around and recognize each person as more than a stranger in the crowd; to reconize them as a friend.

As humans, we crave attention and company, a trait that is actually an instinct throughout nature.

That's why when we get that attention and we're not lonely anymore, it is such a big deal!

Imagine a life with no friends or connec-

tions, just other people around you; nobody cares about your dreams or hopes or fears. Not too pleasant, is it?

During the exchange, I really learned about how enthralling it is to learn a new or different opinion about a movie or a book or even a celebrity.

I met somebody whose family is different from mine, who can do amazing

things with a video camera, somebody who I wouldn't have met if not for the exchange program.

So the next time you see somebody sitting alone at the back of the class, or you bump into someone at a Coldplay concert, just remember: it's up to you to decide if that person is going to be just a face, or if he/she will be your next best friend.

## Stratford student remembers

**JORDAN WORSHELL-COLLINS**  
guest columnist

Right now I am sitting on a plane returning to Ontario. I'm settling in, my headphones in, Vampire Weekend playing on my iPod.

The drink cart is heading my way, but my mind is on other things. I'm thinking about the amazing week I just had. A week ago, I started one of the most amazing experiences of my life. I set off to Coquitlam, British Columbia with 14 of my classmates to participate in an arts-focused exchange with

Gleneagle Secondary.

I saw amazing sights, toured great schools, had many laughs and ate great food, but most of all I made connections with people that will last a lifetime.

This is what I'm thinking of as I speed home 30 000 feet above Saskatchewan.

Before last Saturday I had no idea who my host family were; I didn't know any of the 15 Gleneagle students who were part of the exchange either.

The week has left me with knowledge of another province, many memories, but most importantly, friends and connections that will be with me forever.

**theEdge**

Gleneagle Secondary  
1195 Lansdowne Drive  
Coquitlam, BC, Canada  
V3B 7Y8  
604 464-5793  
fax 604 464-5796  
theedge@sd43.bc.ca

The Edge is the independent voice of the students of Gleneagle Secondary produced by the Journalism 11/12 class. It conforms and adheres to the standards and style of the Canadian Press. Letters to the editor are welcome and will be printed as space allows; letters must be signed and

free of libel. The Edge reserves the right to edit for accuracy, spelling, and grammar. Additional articles, opinion pieces, and features may also be submitted and will be printed as space allows. The Edge reserves the right to edit any submitted material for brevity and style.

Member of the Quill and Scroll Society  
International First Place  
Award Winner: 2009, 2003, 1999  
George H. Gallup Award  
Winner: 2006, 2005, 2004, 2002, 2001, 2000  
Advisors  
Lois Axford  
Kelly Cooper

Aryn Gunn  
Kelsey Clayton  
Joey Lam  
Staff  
Cassie Baratelli  
Kevin Cawthra  
Clare Chiu  
Kasey Im  
Christy Kwok  
Claudia Lee  
Crystal Ma

Pauline Macapagal  
Jaime McLaughlin  
Darren Mulder  
Jayme Pedersen  
Kayla Phillips  
Emma Roberts  
Additional staff  
Yilin Wang

*What was your favourite memory of the exchange?*

**YOU SAID IT!**



grade 9  
“Seeing my partner eat Asian food for the first time, and helping him learn to use chopsticks.”



grade 10  
“Getting to meet a group of people from across the country. My partner is quite different from me... so it was totally cool to get to know her!”



grade 11  
“Just being with everyone, talking and getting to know people who live on the other side of the country.”



grade 12  
“Getting to know more about art and where I live. Also, connecting with other people and finding out how we are related.”

*Peevish behaviours: annoying, irrational, inevitable, amusing*



edge columnist

Pet peeves - everyone has them, and everyone hates them. How many of us have these little things that just plain tick us off?

No matter what they are, they tend to be odd and out of the ordi-

nary, and yet they seem to be the things that just won't let us live our daily lives without having annoyances that no one else notices!

I have some crazy pet peeves, like when I'm washing dishes in the sink, I can only have one dish in the hot water at a time or I refuse to do them. Weird? I think so. I don't even know why it annoys me; it just does. Always has, and maybe always will.

The thing is though, when people set off my pet peeves, I get annoyed at the pet peeves other people have. Like when someone yells at me for doing something I didn't notice I was doing, it annoys me to an unexplainable extent. But maybe that's just another one of my pet peeves. I don't know. It's possible, although I've never thought of it like that.

I also blame school for some of my pet peeves! Thanks to my graphics classes I can no longer look at a

picture or a movie and not notice that it's pixelated. I can't even look at a picture without commenting on how they could've adjusted the black and white levels or the contrast! Education has ruined me!

Although I do have a variety of pet peeves, I usually tend to notice them when I'm around people I'm closer with than people I don't really know. Maybe it's because I know them so well, that I've managed to pick out what I like about

*Pet peeves are odd and unusual and are usually things that nobody else notices*

them and what I don't. And although you're supposed to only look for 'the good' in people, after being around someone for a long time, you can't help but notice the little things about them that tick you off, can you?

But the worst thing about noticing one of your pet peeves in your best friend, is that you're such good friends with them that you don't want to bring up the pet peeve in case you offend them.

Not to mention you care about them way too much to risk bringing it up! Well, that's my opinion anyway.

Another thing that really ticks me off is when people have a pet peeve - let's say they hate when

others looking over their shoulder when they're reading or texting or doing something, but they find absolutely no problem whatsoever in doing it to other people. Seriously, what's up with that?

And why is it that people always seem to find it funny to tick you off when they learn your pet peeves? How would you like it if I found out what your pet peeve was and constantly did it just to tick you off?

I hate it, and yet people seem to find it extremely funny. Although I will admit, I do that to people as well on occasion.

Pet peeves seem to be the thing that nobody can stand, and everybody has.

Pet peeves are odd and unusual and are usually things that nobody else notices. But hey - it's not like we can get rid of the fact that pet peeves, by definition, are and always will be annoying.

*Theory, reality two different things in student driving experiences*



edge columnist

It's a vital part of our society; it also opens up new doors, gives freedom and independence, and is an important part of our teen years. Driving is something that can't, for the most part, be avoided in today's society, and is one of the

main landmarks for teens.

From about the age of ten, I always fantasized about the day when I would be able to operate a car on my own. I would have dreams of speeding around the city with the pedal to the metal, outside the grasp of parental control. I could go wherever I wanted in my imagined cool car.

However, outside those dreams, a different reality waits. Not only is actual driving freedom and independence at least three years away from when you first get your Learner's licence, I couldn't even do a lot of the things that crop up in my dreams anyway. That perfect world is thwarted by a company called ICBC, who regulates driver licensing.

Firstly, they make the minimum age 16, a year older to drive than is required in provinces such as Alberta. Then, they implement the driver licensing program. This is the program that involves your "L"

and your "N".

You have to first pass the written test to receive your L (which all my friends and family call the "loser" sign), which can not really be called a licence. You have to drive at all times with a supervisor (a.k.a. parent), you can't drive at night, and if you make the smallest mistake, you lose your licence. The worst part of this stage is that it lasts a full year before you are eligible to move on to your N.

After you take a road test, you can now drive on your own. This stage of the GLP is less painful than the L, and you still have a few restrictions, but your independence is growing.

After a long two years, you can take your final road test for your full class five driver's licence. This test is harder than the one for your N, but if you pass it, the world is within your grasp. This long drawn out process seemed tedious and a bit overboard to me at first,

but after being behind the wheel for a few months, I can start to understand why it has to be so strict. When I took my test, I passed it on the first try, and I had no problems with it. I thought that because I had passed the test and I knew the theoretical part. I should have no trouble applying it in real life.

What I found out was far different. Even if you know all of the rules of the road, there are still a million things going on around you, and if you are not used to it, it can be intimidating at first. First, you have to learn all of the controls, which can be confusing. For example, in my car, the controls for the windshield wipers and the controls for the signal lights are on the same stick, and so, on a few different occasions, I have turned on the wipers instead of signalling.

Then there is the pressure of having your parent in the next seat yelling at you if you make any

mistakes. Oh and by the way, if you do happen to make any little mistake, and happen to get caught in your L or N stage, you will have to redo the entire time frame of the stage, plus there is a chance you could lose your licence.

You also have to understand that people do unexpected things on the road, and if you don't plan for it, accidents do happen. Teen drivers are the demographic that make up the most accidents, because we are inexperienced, and sometimes make unwise choices. It's a lot to take in at once.

However, we need to just get through this rocky first stage, because the things we learn while driving make us quicker, better critical thinkers, and the reward at the end of the learning stages is the much wanted freedom and independence. Learning to drive is an exciting part of life, and one of things that we can anticipate, enjoy and value.

# Central, Gleneagle students invigorated by cultural exchange

**KASEY IM**  
staff reporter

East met West as students from Stratford Central Secondary School, in Ontario arrived at Gleneagle for a chance to experience the west coast, on Saturday April 17.

**Glen Crumbeck**, Stratford Central teacher, was amazed with BC's climate and geography. "It's beautiful. I've never been on the west coast before, and flying in, it was absolutely just stunning here," said Crumbeck.

**Leah Keely**, grade 12 from Stratford Central, liked the fact that "all the people are nice and so welcoming. She also pointed out that Ontario has a European feel where BC almost feels like San Francisco.

**Cindy Quach**, Gleneagle teacher, said the exchange was "a chance to not only study arts and culture and Canadian identity, but to experience it through real world experiences. Students are given an opportunity to explore the diverse arts and cultures of Canada, as well as open their eyes to worlds beyond their own, to take risks and to connect with ideas and people they may not have had a chance to otherwise."

She added that "This is an 'arts and culture' exchange but it's essentially a 'what does it mean to be a human?' exchange. How do we learn, how do we connect, how do we adapt, how do we take risks, how do we embrace experience with vigor?"

On Sunday, April 18, the students enjoyed Studio 58's performance of *Charley's Aunt* at Langara College.

The next day, the Stratford Central students "shadowed" their twins to their classes in the morning.

Monday after school, all the students went to Barnet Marine Park for dragon boating.

On Tuesday, they visited downtown Vancouver: Stanley Park, Totem Park, Point Atkinson, and Prospect Point, as well as the Vancouver Film School and the Art Institute.

On Wednesday, the twins were separated as Gleneagle students stayed for their classes and Stratford Central students had tours of UBC's Museum of Anthropology, and Electronic Arts at Discovery Park in Burnaby.

The Stratford students helped plant tree to celebrate Earth Day with the City of Coquitlam, on Thursday, April 22.



PHOTO PROVIDED BY MIKE MCELGUNN

**Is it a bird? Is it a plane? :** Gleneagle and Stratford Central students enjoy the view from the front steps of the Vancouver Art Gallery. Exchange students enjoyed a variety of Arts and Culture activities while fostering their new friendships.

On their last day together, the students went to the Vancouver Art Gallery for a workshop and tour. They visited downtown Vancouver, Robson Street, Robson Square, Chinatown, and saw the city from the sea bus.

Beyond gaining new friends, the students broadened their views on what might become their future careers.

"Students [are exploring] a broader spectrum of post secondary and career possibilities in their area of passion and interest. More importantly, they are learning to embrace the challenge of meeting new people and finding points of connection with

someone they may not have thought they shared anything with," explained Quach.

Personally for Quach, "It was wonderful to see young people from very different parts of Canada come together and share a rich and exhilarating experience."

She's looking forward to "[experiencing] the energy of a different community, for our students to embrace the opportunity with an open mind and a desire to ponder, ask questions and discover new aspects of themselves. When we travel, views outward are expanded but more importantly, our views of ourselves are also exposed," Quach said.

The students really loved the whole exchange, as even Gleneagle students "[got] to know places in Vancouver [they've] never been to before," said **Serena Ng**, grade 12.

**Kathryn Wasstrom**, grade 12, said the exchange was "a great way to connect with people across Canada."

Gleneagle student **Kathleen Loski**, grade 12, also said she's "looking forward to going to Ontario to experience a more traditional part of Canada."

The students from Gleneagle will travel to Stratford Central from May 8 to 15 for the final part of the exchange.

## Reinvented garbage: fashion twist on recycling, reusing



PHOTO PROVIDED BY KATHLEEN LOSKI

**Birds of a feather:** Rachel McCreesh, Gleneagle alumna, models a creation of designers, with grade 12 and grade 11 students at district Garbage Fashion Show.

**CLAUDIA LEE**  
staff reporter

**Kathleen Loski**, grade 12, and **Shaelyn Zhu's**, grade 11, won second place at the annual district Garbage Fashion Show on April 21.

Loski's and Zhu's collaboration was "focused on nature and the bird," said Loski. The materials used by the dress included "feathers. The collar was made out of wires and cardboard. Everything on the dress was used," said Loski.

"Our model was **Rachel McCreesh**, who was also the winner of last year's fashion show," she said.

**Erin Bodin**, grade 11, modelled a dress of two Gleneagle designers, **Julia Siedlanowski**, and **Laura Gunderson**, both grade 12.

"I thought it was a really cool experience. [Gleneagle hair dressers] did all the hair and makeup for the model [and the whole event] was very professional," she said.

Organized by Kodiaks With a Purpose (KWAP) and held at Heritage Woods Secondary for the second time, the fashion show was open to "students from high school throughout SD43 to compete for the best outfit," said **Ella Socol**, organizer.

This fashion show promotes sustainability through creative uses of garbage. The show featured a silent auction, cool door prizes, a live DJ, and food and beverages.

"I don't intend on pursuing fashion, [but] it was a good opportunity," said Loski. "It was awesome to work with Shaelyn, and bounce ideas off each other," she added.

Zhu, on the other hand, "[hopes] to study fashion in New York" and this opportunity "gave [her] experience."

According to Socol, "The challenge for the students is to create outfits made of 100% recyclable materials, and model them down the runway."

This year's motto was "teens helping teens locally and globally," according to Socol. The proceeds from the show were donated to various charities to support youth.

"It was a really good experience," said Loski. "It was really nice to be involved in something with the whole district," she added.

"You're behind the scene and you see how everybody's reacting to your work," Loski said.

"That's really the best part—seeing everybody's face and appreciating your work," she said.

Bodin, who was inspired by this year's event, "will probably make a dress for next year's fashion show."

# Sports injuries: surprisingly common issue often dismissed



JAMIE MCLAUGHLIN PHOTO

**Thumbs up:** Tony Scott, physical education department head, displays his enjoyment of safety practices in sports with his bicycle helmet.

**JAIME MCLAUGHLIN**  
staff reporter

“You are signing this form with the knowledge that there is a risk in this activity. Serious injury, and death, are possible.”

If you have recently joined a sports team here at Gleneagle, then you’ll be familiar with this line – and for those who don’t know, I’m referring to the mandatory, fill-in-the-blanks form that needs to be completed before participating in a school sport. Now, at a recent team meeting, I, along with about thirty other students, received this form, to fill out. Upon utterance of

this line, I took in mixed reactions – a few blank faces throughout the crowd, some who actually took the message seriously, and, of course, the majority, who just giggled at the statement.

But the thing is, it’s not funny: sports come with serious risks. Athletes get injured everyday. In fact, according to the website run by Lucile Packard Children’s Hospital at Stanford, there are more than 3.5 million injuries each year to children aged 14 and younger as a result of sports – and this is in the United States alone.

According to the site, the most common injuries are strains and

sprains, by far. However, did you know that in the U.S., about one in five of all traumatic brain injuries among children are as a result of sports or recreational activities? I don’t know about you, but ‘sprain’ is an awful long way from ‘traumatic brain injury’ to be grouped under the same cause.

Most athletes experience injuries to muscles, ligaments or tendons. These injuries are classified in three levels, or grades, based on severity, according to physiotherapist, **Amanda Beers**.

Grade One injuries, despite still being painful, have the least damage to the fibres, with no tearing at all.

“They usually take a few days, up to two weeks to heal,” said Beers.

Grade Two injuries are painful as well; however there are some torn fibres. “These injuries usually take around six weeks to heal,” Beers said.

A Grade Three injury involves a “complete rupture” of all of the fibres. “This is uncommon for muscles because they are so big, but can happen for ligaments and tendons,” Beers explained. “Sometimes complete ruptures of ligaments and tendons are fixed with surgery. For instance, ACL injures of the knee or Achilles tendon ruptures. Rehab after these surgeries usually takes 6 to 12 months.”

Six months to a year? Seems like an awfully long time, you might think, just to recover from an injury.

But, hey – at least you still get to play your sport, right? It’s not like the injury is, oh, I don’t know, *life-threatening* or anything. I mean,

really, how could anyone ever die from a sports injury?

The fact is, people have died in sports – the recent passing of Georgian luger Nodar Kumartashvili during the Vancouver 2010 Olympics should serve as an unfortunate reminder. Yes, I know what you’re thinking: but, come on now! It’s luge! Of course you could die going that fast!

But you are wrong. Deaths have occurred in almost every sport. Take ice hockey, for instance – Bill Masterson, who played with the Minnesota North Stars during the 1967-68 NHL season, suffered an on-ice head injury that proved to be fatal. Paul Fendley was, more or less, the same story. But there is one difference – a top NHL prospect, never having actually played in the NHL, he passed away at the age of nineteen.

Nineteen years old, and no longer with us because he was enjoying the only thing that truly brings together the country of Canada.

And how many enjoy baseball? Well, ‘America’s Pastime’ is directly guilty; Ray Chapman of the Cleveland Indians died after being hit by a pitch in a game.

It’s not just injuries that prove fatal, either. There have been several football players who have died because of heat stroke – one NFL player, Korey Stringer, and four other college football players, are no longer living because they didn’t listen when their bodies told them to take a break and drink some water.

Not drinking enough water. Hmm, toughing it out? Maybe to some – but being careless

and ignorant? BINGO! Well, for me, anyways.

Honestly, though: how many serious injuries are caused in part by carelessness or ignorance, and are completely preventable? Stretching, icing, cooldowns, proper hydration and nutrition, sleep and proper rest/recovery time are all things many athletes neglect to take seriously.

‘Oh, I’ll stretch later...Oh, I can do one more workout today.’ Yes, maybe it won’t affect you right now, but it will hurt you in the long run.

“We can...get overuse injuries of muscle and tendons, like tendonitis,” said Beers. “These overuse injuries are common, but it’s hard to say how long recovery will take because everyone is different and everyone responds to treatment differently.”

Well, I don’t know about you, but I’d be pretty mad if I pulled a muscle the night before a big game all because I neglected to stretch.

Let’s be honest, though: all athletes complain about injuries, whether they were preventable or not.

No one really enjoys rehab, and it’s tough to have to literally watch your team as you are sidelined with an injury.

But, let’s face it: we are all aware of the risks that come with playing a sport!

Whether you choose to acknowledge them or not, well, that’s your choice.

One thing’s for sure, though: sports are dangerous.

The risk-taking human race wouldn’t have it any other way.

## Gleneagle hip hop producer, Special Kay is rising to scene

**KEVIN CAWTHRA**  
staff reporter

TJ “Special Kay” McLean is one specially talented young man.

TJ McLean, grade 11, from Gleneagle Secondary is an up and coming underground hip hop producer. He explained that he started producing beats early last year and has been experimenting with many new machines and gadgets.

“I first started making beats around January 2008 when I got my first mixer. I was able to play around with samples and the waveforms of any song I wanted,” he said. “I then started mixing old funk, soul, r&b, hip hop, and world music,” he said.

McLean also explained his inspiration on the production side of things was the late great producer James “J Dilla” Yancey.

“When I found out about sampling and chopping up old soul or funk records, I was amazed at the different ways to make things sound so cool. And J Dilla was the best at it,” he said.

McLean has been involved in music for a long time in a variety of forms. “I first started out with playing piano when I was in grade four, and moved up to guitar around grade seven. When I got into production, as I said, I had a little mixer and a couple [of] recording programs,” he said.

McLean is pleased with his progress to date. “So I’d say that I’ve come very far, especially for my age too. I don’t know a lot of people at 16 who can know this much about the production and having taught themselves how to do it,” he said. “I learned

things from Jay Nasty. He is a lot of my inspiration too and he has shown me how to mix and master tracks properly, but I learned everything else myself,” he said.

McLean is willing to work in many styles and genres. “Mainly, my style is hip hop and Motown Soul,” he said.

“But there are a lot of things I have experimented with. I was recently messing around with some old Indian Bollywood recordings from the 70’s, and some Turkish Psychedelic Rock music too,” said McLean.

“But I haven’t really released it because I don’t think it would appeal to a lot of people,” he added.

McLean noted that if it wasn’t for J Dilla he wouldn’t be where he is right now. “I owe everything to Dilla. If it weren’t for James (J Dilla) Yancey, I probably wouldn’t be making hip hop music, or producing beats. He just impacted me so much when I found out about him, and from then on it was eat, sleep, drink, and think J Dilla,” he said.

“I think if J Dilla wasn’t around, I may have discovered some other artists that have similar styles, and possibly could have been influenced by them,” said McLean.

The bright young producer is ‘in the process of getting a manager. I am also going to be sending some things to Jay-Z’s record label “Roc-A-Fella Records” and Kanye West’s record label “G.O.O.D. Music” and probably ‘Tres Records’ he said.

“I am also going to be producing some future songs for rappers in California but its not official yet,” McLean added. “I plan to work on different styles and branch out a little more,” said McLean.

You can catch McLean and his group “West Coast Funk” performing at the charity concert VOICES tonight at Gleneagle Secondary at 6:30 PM.

Funds raised will support building a school in Equcuador.



PHOTO PROVIDED BY AARON CAMPBELL

**Setting the groove:** grade 11 student enjoys hip hop and Motown Soul. He’s currently charting a course as an underground hip hop producer.

# Boys rugby team battles injury, rival teams for try supremacy



EMMA ROBERTS PHOTO

**Battle of the sexes:** grade 11 student and grade 10 student fight for the ball, piggy in the middle style, at a recent co-ed practice. Both teams have faced tough competition this season.

**EMMA ROBERTS**  
staff reporter

The Gleneagle boys' rugby team is gearing up for Tuesday's game against Cloverdale High School.

The team's last game against Rick Hansen Secondary was a 5 to 5 tie. "We kept it in the forward pack really well," said **Tanner Elgar**, one of the assistant coaches.

"We had a little lapse at the start of the second half, with defense and tackling, but we came back hard and kept our lead. It was one silly try that they got that doesn't really justify a draw," he added. "We played better, and we were a better team." Coming into the game, Rick Hansen was 4 to 0 while Gleneagle was 0 to 3.

"We could have easily had a win, but we were still very impressed with what they showed," said **Eiman Torabi**, assistant coach. "[We] played as good as we did all year. We dominated the game, but unfortunately we couldn't find a way to capitalize on all the opportunities we had," said **Chris Turpin**, coach. Recently, the team has been plagued by injuries to some of their main players. "We can't afford to have any more people injured," said Turpin.

"We don't have a lot of numbers, and if your key guys get hurt, then you're in trouble. That's really what's killing us," he added. The injured players include **Stephen Taki**, grade 12, **Joseph Paredes**, grade 11, and **Lane Wiederik**, grade 12. Attendance has also been low, according to **Moreno Burak**, grade 11. "We need to have more people show up," he said.

"Our numbers are very low at practice," said Turpin. For Tuesday's game, the team is working on communication. "They need to pay more attention to the field and what they have, and how they can utilise what they have," said Torabi. "Just keep up a consistent effort," said Elgar.

## Gleneagle junior golf team crushes opposition with finesse

**KEVIN CAWTHRA AND JAMIE MCLAUGHLIN**  
staff reporters

Michael Jordan, and Muhammed Ali. What do these two men both have in common? They are known for their dominance in athletics. And like Gleneagle's junior golf team, they find a way to crush their opponents.

The Talons junior golf squad captured the district title on Monday. The team had a whopping thirty-five stroke edge over the runner up, with a combined top-4-score total of 317. Grade 10, **Kevin Ko**, golfed tremendously for the team, posting a tournament-low score of 72.

"The display of power, finesse and skill by these grade 9's and 10's was amazing," gushed a proud Chung. "It was definitely a team effort and all the members who participated were able to grind out good scores to win their own four-some groupings."

While, grade 10's, **Ko, Duncan Priestly**, and **Aaron Wong**, and grade 9, **Olivia Babichuk**, celebrated their District dominance at the junior level, Gleneagle's senior golfers also looked to take the districts by storm Tuesday at Carnoustie. Results were not available at press time.

"I am really looking forward to this week's district championship and I hope I can place high on the leaderboard," grade 11, **Brian Jung**, said before the tournament. He ex-

uded confidence on behalf of the Gleneagle senior golfers. "I hope [the] Gleneagle team will light [it] up and win this championship two years in a row," he said.

Confidence doesn't just usually come on its own – it takes preparation, hard work and situational exposure to gain it. For instance, **Andy Yang**, grade 12, and Jung both took part in the CN Future Links Pacific Championship this past weekend in Tsawassen. The juniors are now looking to make last minute preparations to ready themselves for the Fraser Valleys on Monday at Hazelmere. The seniors, meanwhile, are also looking to prepare for the Fraser Valleys and, of course, the 'triple A' tournament, May 31 to June 2.

## Talons badminton season ends with new club to improve skill

**CRYSTAL MA**  
staff reporter

Although Gleneagle's badminton season has ended as the 16 member team played their last game in the district tournament on April 16 and 17, it's not quite time to put their rackets away just yet as the nets are still up for the new badminton club that runs every Tuesday after school.

In league competition, the team finished with a 0 to 6 record. Schools they faced included Port Moody, Heritage Woods, Pinetree, Riverside, and Charles Best.

The Coquitlam Districts was the final game for the team. An individual top six standing in each category is required to advance to the next tournament, the Lower Frasers and then the Fraser Valleys.

"Everyone there was really competitive. We all tried our best but didn't make it," said **Michaela Kim**, grade 10. "Compared to the other teams we probably could have used more practice," said Kim.

The tournament was two days long beginning at Port Moody, with the doubles and mixed matches.

It continued on Saturday morning at Charles Best where the singles matches were played. Gleneagle's team consisted of three male doubles, three female doubles, two mixed pairs and four singles (two male, two female).

Partners were mostly chosen by personal preference but in some cases "I switched up pairs to find a pair with the best chemistry," said **Nicola Cridge**, Gleneagle badminton coach. One of the boys' pair, **Razvan Iroga**, grade 12 and **Jermey Choy**, grade 11, were a result of that.

"They played really well together although they didn't know each other prior to this," Cridge said.

"The tournament actually went better than we thought,"

said Kim. "We were really close to winning but then lost that last few points," she said.

"This tournament was our team's best performance," agreed **Donna Kim**, grade 10, Michaela Kim's doubles partner. "I also got a bit faster and my reaction became sharper," she added.

Both girls plan to try out for the team again next year and plan to continue practicing. Cridge felt that confidence, an important factor in game play, was missing in the team.

"A lack of confidence in one's own ability results in losing a game before it starts," said Cridge.

"Their mistakes were points they gave to the other team; they didn't lose because the opponent outplayed them." Nerves also proved to be a difficulty. "Small errors were made due to nerves. You have to come into a game ready to win," she added.

She encourages kids to practice and come join the team next year. "I'd like to see them play in clubs or recreational drop in. They need to challenge themselves by finding more demanding opponents. Tougher competition improves your game play and you can learn different skills from others," she said.

The team had a dinner gathering Friday, April 23 to celebrate the season's end.

However it's not time to put away your rackets just yet. Cridge has set up a badminton club to follow up the season. It takes place every Tuesday after school until five pm.

The club will run until the end of May or potentially to the beginning of June, depending on the feedback.

Cridge set up the club due to the large response at try outs. "There were around 50 people who tried out for a 16 spot team, so I wanted to give people an opportunity to come out and play as there obviously is a distinct interest of peo-



**Eye on the birdie:** grade 11 student lunges for the birdie at a recent practice.

ple wanting to play," she said.

"Almost everyone from the team is in the club and it's a great way for them to continue practicing," she said.

Anyone is welcome to drop by the new badminton club, as long as they have a racket, gym strip and are ready to play, Cridge added.

CRYSTAL MA PHOTO

## Goals set as girls rugby aims to improve, fight through injuries



JAIME MCLAUGHLIN PHOTO

**Hands off:** Grade 12 student looks to break free of a Port Moody opponent, while teammates look on.

**KAYLA PHILLIPS**  
staff reporter

Gleneagle Secondary is known for its great rugby teams, and the girls rugby team wants to further that reputation.

Early in the season, the girls rug-

by team worked hard and faced their share of challenges.

The team triumphed in exhibition games against McRoberts and Robert Bateman, but in league play have suffered some bitter losses to Port Moody and Cowichan.

At their big game against Carson Graham last week, the girls lost but played a good game.

With Fraser Valleys coming up, the girls know they need to work extra hard if they're going to continue a legacy of rugby domi-

nance. If they're going to reach their goal of "making it to the top three in provincials," said **Kaitlyn Geffen**, grade 10, they'll need to up the ante.

"We need to work on intensity and running with authority," said **Shannon Craig**, grade 12.

"[I would say] the team needs to work on their intensity, and not getting injured," said **Jacqui Stewart**, coach. The team has certainly had their fair share of sidelined players, with multiple girls out with injuries. "We have had a couple of injuries lately and have to work through and find ways to keep playing strong," said Geffen.

The team definitely has its strengths. "We are good at securing the ball at rucks," said **Miranda Suzara**, grade 12.

"The team is very skilled, even the newbies. They just need to stay focused and keep their intensity level up and play hard to make it to provincials," Stewart said.

One of the so called newbies, **Sharon Tan**, grade 10, said, "Come game time, everyone's focused on offloading the ball, on making big hits, and not letting the opponent get through. I think that as a team, it's something we can, for sure,

improve on."

The team had similar opinions about their toughest competition. "Our toughest game yet is the one we played against Cowichan two weeks ago. It was very evenly matched," said Geffen.

Stewart agrees. "The toughest team we have played would be Cowichan. They were ranked third in the province last year, but are making a run for number one this year," she noted.

There have definitely been some high moments for the team. "[The] best moment would be the California tour. The girls had a lot of fun at Disneyland and playing rugby," said Stewart.

With Fraser Valleys fast approaching, the girls are looking ahead. "We have Fraser Valleys coming up within the next few weeks. Last year we placed second against Port Moody Secondary; this year we plan to place first," said Geffen.

When it comes to provincials, Geffen spoke for the team when she said, "we are hoping to make it in the top three at provincials this year. Last year we made it to fourth place. This year we plan on doing even better."

## Tough times for Talons tennis as rain delays slow down season

**PAULINE MACAPAGAL**  
staff reporter

Gleneagle's tennis team has had a rough start with games delayed because of constant rainy days.

"Just a little bit of rain - matches get cancelled," **Art Abram**, tennis coach said.

"The courts become slippery, and the ball gets wet," he added.

"We didn't have a game last Tuesday; [April 21] against Terry Fox, it rained out; [we were] supposed to have a game [April 22] - it rained out," Abram said. "We have a number of games that we [have] to reschedule," he said.

So far Gleneagle's tennis players "had one [game] against Pinetree," said **Allison Seow**, grade 11. "[We] lost, but it was pretty close," she said.

"It was like 5 [to] 5 matches and then we did a tiebreaker. We lost 7 [to] 9," she added.

Although they lost against Pinetree last

week, "we definitely have fun when we play and we improve a lot," said Seow.

"All of our guys are really good," she said.

Seow said they "have practices everyday [when] it's not raining."

"We have games every Tuesday and Thursday," she added.

## Numbers no factor, good results ahead for Talons track &amp; field

**JAIME MCLAUGHLIN**  
staff reporter

Talons track and field team is building towards a stronger new season.

At their first two mini-meets, in Maple Ridge and at Town Centre, the team experienced considerable success.

definitely room for improvement. "Our school shows strength in most aspects of track and field - sprints, jumps, throws and distance running," she said. "We would like to see more throwers, though. Relay races always need quite a bit of work to get the perfect hand off and transition in the passing zone; imperfection can

ing at least a couple [of] athletes every year," she added.

So, who should we watch out for this season? According to Morin, we should expect stellar results from: sprinters **Hodson Harding**, grade 10, and **Nick Ayin**, grade 11, **Brad Deans**, grade 11, and Leung in long jump, and **Kyle Smith**, grade nine, in the 1500 and 3000 meters, and the junior boys 4x100 relay team

"I think we'll do well," said Harding. "Even though we have less people in track than we did last year, we have a lot of depth and variety, so I think we're going to do well as a team."

And as for himself, Harding is expecting good results for his individual events. "I think I'll do well," he said. "I'll probably get to provincials and hopefully achieve great things."

You can catch the team in action when they compete in the last of their four mini-meets after school today at Percy Perry Stadium.

*"Although I don't think we have as many competitors as last year, we should do well at districts"*

As well, the Talons had several top finishes at the most recent meet last Thursday, where **Alex Luo**, grade 10, and **Hilda Leung**, grade 11, both nabbed second place in long jump, while the junior boys 4x100m relay team also placed second.

Coach, **Michele Morin**, has been impressed with her athletes' performances so far. "Gleneagle always seems to have a strong position in track and field," she remarked.

"We usually have quite a few competitors and amongst these competitors, there is usually a strong group within that are consistent in placing at the top of the standings," she said.

Despite how strong the team may be overall, Morin believes there is

make or break a race."

According to Morin, numbers are down this year.

However, it shouldn't have any major effect on the overall success of the team. "Although I don't think we have as many competitors as last year, we should do well at districts as we are one of the schools in district 43 with the greatest number of athletes. I

*"We have a lot of depth and variety, so I think we're going to do well as a team"*

can also predict that we will send several athletes to Frasers. Even though it is very competitive to make it to the BC Championships, we have been successful in send-

From there, they will look to prepare for the district championship meet, which takes place next Wednesday and Thursday at the same location.



**Leap for your life:** Grade 10 student competes in the junior boys' long jump at a recent mini-meet at Percy Perry Stadium.

PHOTO PROVIDED BY MICHELE MORIN

## Textiles, hairdressing students hosting fashion show for Haiti

**DARREN MULDER**  
staff reporter

Next Monday a fashion show to benefit Haiti will be presented by Hot Rollers Salon (Gleneagle's hairdressing program) and **Kathryn Jung's** textiles class.

This event will unveil the sundresses made by Jung's textiles class which will be going directly down to Haiti after the show.

The dresses will be modeled by daughters and granddaughters of the Gleneagle staff.

Some textiles students will also be modeling the skirts that they made. Hairdressing students from the Hot Rollers Salon will be doing the hair for the models.

"We each have three models, for three categories. All of us have to style and colour the hair," said **Jessica Preston**, grade 12. Each hair style will reflect styles from a past era, the 40's, 50's or 60's.

The night will involve the fashion show as well as other entertainment. "We have a dance group and a singer, and possibly a band (The Knots) who might be performing" said **Kimiko Tanaka**, hairdressing teacher.

"This event was inspired by all that is happening [in Haiti] with the earthquake right now," Tanaka said. "I was watching T.V. and it was talking about all of the bureaucracy, and how a lot of the money is not being channelled back to the people who need it."

"There is a camp down there with sixty thousand people, and right now it is full of mud and bugs, and it's a mess, and there is nowhere for people to go. The money that we collect on May 3 is going directly.... to the people who need it," said Tanaka.

"I was reading the local tri-cities newspaper, and I read an article about a woman

who was working in Haiti with students and children down there. I read her blog, ... and e-mailed her," said Jung. "I asked her if I were to have my students sew some sundresses, would they be able to use them and how could I get them down there," said Jung. "My students made about thirty dresses and the staff have become involved as well."

**Rose Malet-Veale**, Gleneagle secretary, made several dresses, and we've raised some money, and we would like to buy some underwear for the children in Haiti, and t-shirts to go with the dresses," she added.

"Sundresses take about two weeks to make, and skirts take about three," according to **Paolo Lopez**, grade 11. Everyone at the hairdressing salon agrees that "It takes a lot of work," he added.

This project has become a community effort. "The biggest thing for me that has been a pleasant surprise is the support from the community. A lot of the dresses that have been made have come from fabrics that have been donated by the community," Jung said.

"I think that the greatest thing for me is to watch my students learn some skills and use them to give back to the community," said Jung.

"You're not only learning something, you are also donating something to the world," said Lopez.

"It's great that we are supporting such a great cause as Haiti," said **Lisa Lundeen**, grade 12 hairdressing student.

"It'll be a fun evening, and we just want everyone to come down and have fun and support us so we can raise the money for Haiti," said Tanaka.

A large turnout is anticipated. The event has been promoted for weeks at school.



**First time down the runway:** Family members of Gleneagle staff and students prepare to model the sundresses made by textile students.

CLAUDIA LEE PHOTO

## English department's first annual Literary Evening: a triumph

**CASSIE BARATELLI**  
staff reporter

Gleneagle students presented their literary and creative skills to an audience of peers, parents and teachers in Gleneagle's first annual Literary Night, hosted by grade 12, **Adam O'Neill**, on April 15.

Presenters ranged from grades 9 to 12 and each student presented his or her original work. Some shared suggested a way of looking at the world in a different way, some

**Ho, Thea Ong, and Kathryn Wasstrom**, all grade 12.

**Ana Gorjão**, grade 12, who helped set up for the evening, and a member of the audience, said, "I thought it was really good; all of the performers were good, they were all really different."

Although most performers were nervous in the beginning of the night, by the end of the night, they were confident and mostly pleased with their presentation.

"I was really nervous, but I think I did pretty good," said Manning, "especially

*"We are thrilled that the students presented their pieces so passionately"*

were about medieval times, and others were just meant to get a laugh out of the audience. Presenters were chosen by their English teachers and the work presented was work that had been done in class.

Some speakers had previously won awards in the recent District Public Speaking Festival before presenting at Literary Night.

All in all, there were 14 performers that were seen and heard.

Slam poems were presented by **Ronald Sz**, grade 10, **Evangeline Shih**, grade 10 and **Paolo Mercado**, grade 10, and **Steven Taki**, grade 12.

**Michael Wong**, grade 12, **Lorraine Ho**, grade 12, **Neha Chhatre**, grade 12, presented satirical essays.

Poetry was presented by **Chelsea Noble**, grade 9, **Kristie Fletcher**, grade 9, **Cheyenne Manning**, grade 9, **Dylan Blake**, grade 11.

**Lisa Gerstendorfer**, grade 12, and **Donya Delsouz**, grade 12, read their own medieval tales. A dramatic interpretation of a medieval tale was performed by **Lorraine**

with the bands in my mouth. Anyone with braces understands how annoying it is," she added with a smile.

Gorjão and many others hope there will be another Literary Night next year. "Even though I'm not here [next year], my sister [will be] and I will definitely come," said Gorjão.

The first annual Literary Evening was inspired "because we realized as English teachers that students were creating great pieces of work that no one else saw except us," said **Kelly Cooper**, English department head. "We wanted a larger audience to see the quality and variety of creative talent that English students possess," she added. "We are thrilled that the students presented their pieces so passionately and the audience responded so powerfully," Cooper said.

The department plans to hold a second Literary Evening next spring and hopes to make it a Gleneagle tradition. The speakers were on stage for of 35 minutes; next year the event may be longer.



**Waxing poetic:** Grade 9 student presented an original poem. She was one of the 15 student speakers at Gleneagle's first annual Literary Evening.

CASSIE BARATELLI PHOTO