

Gleneagle's Student Voice
Vol. XVI/ Number 8
April 13, 2012

the Edge



KELLY COOPER PHOTO

Get out of my way: Grade 10, charges through the opposing crowd of Port Moody Blues during Tuesday's league game at Scott Creek. The girls rugby team has won all three of their regular season games. See page 7 for the story.

Gleneagle teams up with Amnesty International

MARIANNE ALCALA
staff reporter

Gleneagle's Global Issues Club is taking an active hand in freeing political prisoners around the world under the guidance of Amnesty International.

Every year, innocent civilians are arrested for fighting for their rights. Amnesty International sponsors a practical and hands-on way to defend human rights and save political prisoners worldwide: writing letters.

On Thursday, March 29, **Phoenix Braun**, a representative of the Amnesty organization, introduced the Global Issues Club to

Amnesty International's movement consisting of 2.2 million people from more than 150 countries, who together, support and encourage human rights.

The organization does not receive any government or corporate funding and is completely funded by its own members. Amnesty strives to help people all over the world whose rights have been violated.

Every year, many people are arrested, intimidated and degraded by governments and other groups, and such cases are hidden from the public eye.

Amnesty members and other human right groups search around the world to give aid to people who

are oppressed through intimidating groups by exposing their actions for the world to see.

One way to do so is participating in Amnesty's letter writing campaign.

"[Many people have been arrested for protecting their human rights and] that wasn't right. They should be able to express their political views and [have] freedom of expression," Braun said. "So we started the letter writing campaign which we send to the government urging them to release them to their freedom."

"We hope to put pressure on governments to stop human rights violations and urge them to be more aware of the human rights viola-

tion," Braun added.

"I think that it's a great thing to do together," **Katie Fajber**, grade 12, commented. "To know about an issue and do something about it; it is accessible to students. And it really is accessible to anybody around the world."

"The letter writing campaign is a very smart way to get the public involved in solving human rights abuses," said **Jennifer Allot**, grade 10. "Such problems seem so hard to tackle as an individual, but Amnesty allows you to take action with proven results."

Over 30 thousand people have signed up to participate in the Amnesty "Write for Rights" campaign and over 35 thousand letters

have been sent.

"We don't take any actions ourselves, we're just putting on international pressure. Also making the [foreign] government aware of what is going on in their country," Braun said.

The Global Issues Club plans to send out their own letters to support and encourage human rights within other countries. Letters can be sent by handwritten format, email or fax.

We will pick one cause," Fajber said, "and all write handwritten letters for it together. Everyone is welcomed to join us and learn about different humanitarian issues in the world today."

National spotlight brings student new opportunities

JADE NGUYEN
staff reporter

Despite being eliminated in the second round, *Canada's Got Talent* opened up an array of opportunities for Gleneagle's **Jessica Zraly**, grade 11.

Zraly auditioned for the national television show in March in hopes of showing the world her passion for singing, a passion that she dreams to turn into a career.

Zraly had previously been on *The Next Star*, but felt as though

Canada's Got Talent was a much greater opportunity.

"I was nervous before I stepped onto the stage, but as soon as I started singing and I got into the moment, all those nerves went away," said Zraly. She performed the song *At Last* by Etta James.

"It was such a great experience; I met a lot of producers and executive producers and directors of *Canada's Got Talent* and they really enjoyed me," Zraly said. "As soon as they told me that I wasn't going to the next round, they said

I should join next year because I'll have more of a chance to make it to the next round next year."

Since Zraly's fifth grade teacher recommended that she start singing, Zraly has worked to pursue her dream.

While the elimination brought disappointment to Zraly, it has proven to be nothing but good news, as it has led to incredible opportunities for her.

"Since *Canada's Got Talent* was shown on TV, I've gotten a lot of emails from people asking me

to sing at their televised events," Zraly explained. "I'll be performing at Miss World Canada on May 13 which will be televised."

Zraly will also be auditioning for *Canada's Got Talent* next season.

Ally Mandley, grade 11 and Zraly's best friend, sat in the crowd and watched as she proudly cheered her friend on.

"I thought it was really good," Mandley said. "I thought she was the best singer, and I'm not just saying that because I'm her friend. I'm saying that because she actually was."

UPCOMING EVENTS

April 18
Report Cards

April 18
Voices Concert

April 20
Pro-D Day

Student body stressed over return of report cards

You enter the class, still in a daze from the action-packed video game you played the night before.

You sit down in your seat, as instructed by your teacher.

As the teacher starts talking, your mind wanders back to the dragons you slayed the night before.

Suddenly, reality returns with the one sentence you hear.

“You will be getting formal report cards soon.”

You're reminded that every test, quiz, and assignment you've completed thus far has affected your grade—the grade that you haven't been paying much attention to lately.

Report cards are back!

It's time for you to welcome the familiar sensation of stress and anticipation.

Finally, the section containing your letter grade will no longer be empty.

Many of us are scrambling to hand in the work we've been putting off throughout the semester.

While we are pulling all-nighters and staying in the library at lunch, our anxiety levels are rising by the minute.

Not too long ago, before job action, we were accustomed to these feelings of frustration.

But this year, even after half the year had flown by, getting formal marks still seemed way off in the distance.

The teachers' strike, along with the empty report card pages we received in the first semester, assured us that our marks wouldn't be needed right away.

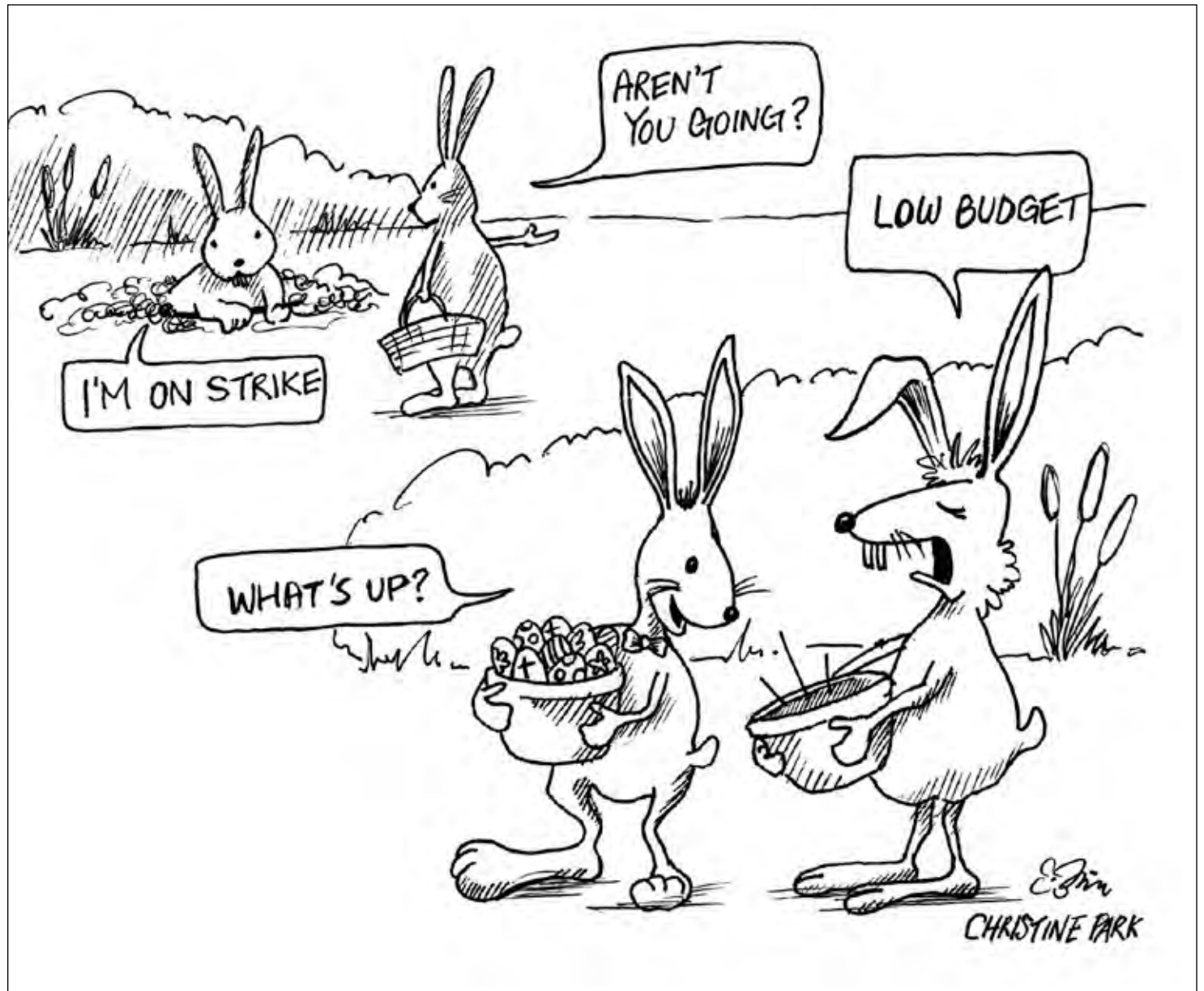
We went to school aware that our marks would matter eventually.

Yet, we continued to procrastinate.

In the aftermath, our only choice is to pick up the pieces and hope for the best.

For now, let's put away the video game. It can wait until summer.

It's time to get back into the groove, and try



our best for the remainder of the semester.

Though only a quarter of the school year is left, our marks can be rescued with the right amount of determination.

As we strive to save our marks, we can also save ourselves from disappointment.

Now that we can depend on a report

card for motivation, the rest of the year will be a breeze.

In an ideal world, we would be driven by success and completion instead of a percentage.

After all, just a number shouldn't dictate our satisfaction. It's a rough indicator of our abilities, but don't be discouraged if things don't

turn out according to plan.

The teacher job action wasn't a part of the plan, either.

In the future, maybe we'll remember the consequences... or not.

Class is just another dragon, waiting to be slayed.

Blind eye to irresponsibility or blind eye to troubled society?



edge columnist

Charity. Just the mention of the word sparks images of an orphaned two year old boy from Kenya, living on a meager bowl of rice a day, if he's lucky. Or maybe you see the streets of Vietnam, filled with women and their children with pleading eyes, begging for a dollar.

It's not often we turn to think of the Downtown Eastside of Vancouver, where over 2600 homeless people make it the poorest neighbourhood in Canada. And it's not very often we focus on their situations and how they ended up there.

It's safe to say that the majority of people who go downtown for a fun day out are less than concerned about the thirty-five year old man sitting at the end of the sidewalk with his dog who probably hasn't eaten all day. In fact, your first thought is probably that any amount of change you offer the man will go straight into a drug

dealer's hands.

We're all guilty of these preconceived notions, and yes, in a lot of cases, these assumptions are quite true, but so many people pass by these homeless people without even blinking an eye.

We've become programmed to completely ignore their pleas and avoid all possible

their heads, a moment of human interaction can be just the thing to brighten their day. Whether it's a greeting or just a smile, or even just eye contact, it lets them know that people do know that they exist.

While donating to countries in Africa is a wonderful and charitable thing to do, sometimes it's important to remember

“No one stops to wonder how and why people have ended up in Canada's worst slum”

eye contact.

No one hears the pleas of the twenty year old girl whose mother is a drug addict and can no longer afford rent, or sees the thirty year old man who was kicked out of his house as a teenager with nowhere to go.

For these people who have no roof over

what is happening locally. It doesn't mean that you have to donate hundreds of dollars; it could just mean a sandwich from Starbucks or even a simple 'hello.'

Next time you're downtown, try offering a smile or maybe something to eat. Change starts locally.

theEdge

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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.

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Recipe to spending less, living healthier, cooking more

MEGAN LAO
staff reporter

As the year comes to a wrap, many students are heading off to pursue post secondary education away from their parents. Some think of it as freedom, but others will not be able to handle the independence to cook meals on their own.

"I think that it is a sorry fact that [some teenagers] don't know how to cook because when I was a student I was the same way. I always depended on my parents cooking for me, but once I was out of high school and I was in college, I had to learn how to cook," said **Roberto Arciaga**, Assistant Chef.

Hilda Leung, first year UBC student and former Gleneagle student, recognizes the importance of this skill. "Cooking in high school gives you the preparation needed for university. You don't know if you're going to be [living in a] dorm or living off by yourself. Your parents might not be there to cook for you every day," said Leung. "I was so used to going home every day where food is on the table already. Now I have to manage my time so I can prepare the food and cook and not just wait for my mom to call me for dinner," she added.

"I think that [cooking] is the most important thing because you need food to survive," said **Jamie Ryder**, grade 12, cooking apprentice student.

Preparing food yourself can help you save more money and eat healthier foods.

"It will be cheaper for students if they know how to cook instead of eating from McDonalds," said Arciaga. "For a fraction of the cost, they can make something healthy and fresh for themselves."

"I also find cooking as a way to relax myself after a long stressful day," said Leung.

Ryder says there is "a thousand dollar dif-



Frying like a boss: Grade 11, applies the essentials of cooking into making delicious meals for Gleneagle students. Learning to cook for oneself opens up a variety of possibilities to prepare healthy meals, and become independent.

ference" between learning how to cook now rather than in culinary school.

"It is easier now than later on because we are all learning now; if [students] can't cook, they can always learn," said Ryder.

With electives such as foods and cook training here in Gleneagle, cooking can be learned easily with the right attitude.

"I actually never really cooked before moving out and I guess the environment

just pushes you to change; if you start [cooking] early, the change will be easier," said Leung.

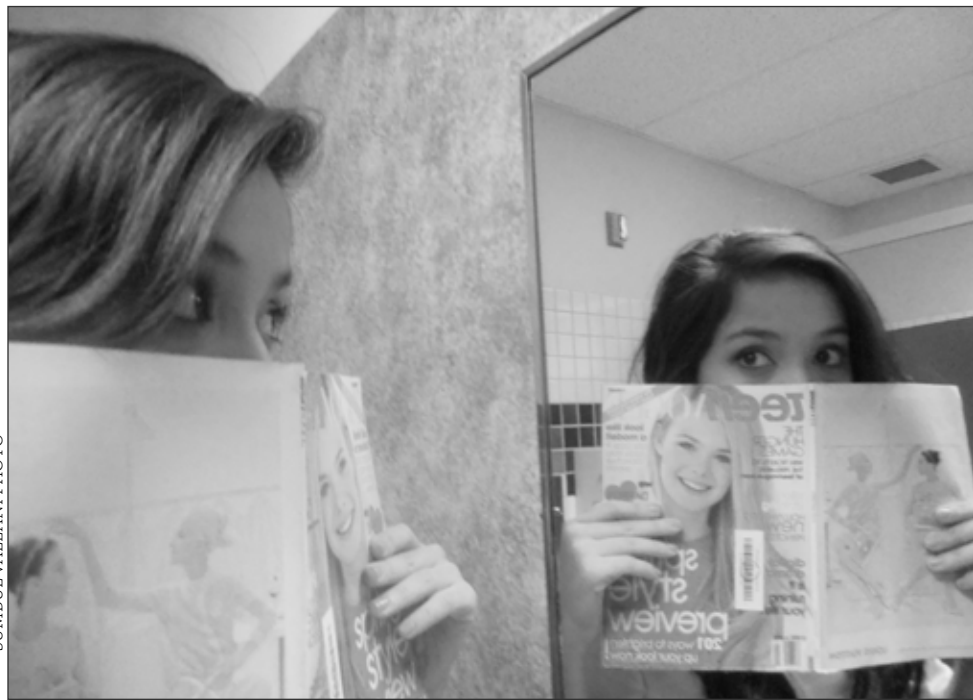
"I think they [people who can't cook] will just get left behind; they will get more prone to diseases. With this generation, we are a generation of fast food and it's not good," said Arciaga.

"In the 50's, food was all fresh; families sat down for a meal. Nowadays, it is all about

fast food and because we are all so busy, we grab anything that is easy," he added. "In the long run it is affecting our life span by the way we eat."

"Learn how to cook, learn the ingredients, learn what you are eating. Because especially with the food and the chemicals they put in the food nowadays, you have to be knowledgeable about what you are eating," said Arciaga.

Media deceives women, feeding insecurity about looks



Could I be you? Media breeds self criticism and false hope. Teenagers' self-images are adversely affected by unrealistic representations of beauty in fashion magazines.

SUMBUL VALLANI
staff reporter

Take a look in the mirror; what do you see? No cellulite, no stretch marks, no curves whatsoever? Do you tell yourself, "I'm so fat, I wish I was skinny. I'd be happy if I were taller, had a smaller nose, and longer legs."

The idea of, "we all come in different shapes and sizes and are all beautiful" does not exist in fashion magazines. It's all about a constantly emphasized certain 'look'. Nearly 80% of women are dissatisfied with their appearance according to statistics. The ideal body shape is what they want to

possess. In other words, their role models are skinny Minnies in exclusive size four rags on the covers of fashion publications.

The effortlessly 'perfect' images in magazines with models airbrushed to have flawless skin, edited to have bigger eyes or smaller noses, and manipulated to have thinner bodies are not realistic for young people to look up to. But, they often don't realize that looks can be deceiving and that media images of female beauty are highly unachievable.

For example, researchers generating a computer model of a woman with Barbie-doll proportions found that her back would be too weak to support the weight of her

upper body, and her body would be too narrow to contain more than half a liver. A real woman built that way would suffer from chronic diarrhea and eventually die from malnutrition.

Technology allows these images to be transformed as well as enhanced, and the portrayal of beauty becomes even more unrealistic.

A grade 12 student at Dr. Charles Best Secondary School, **Zoya Jiwa**, gave a speech at a TEDx event on body image and said, "A few years ago, I struggled with my self-image because I would compare myself to these highly unattainable images and wonder why I could not look like them. Over time, I educated myself on body image and learned that what I saw in magazines is not real, but that *I am*. I realized that inner beauty is so incredibly important."

The media is usually targeting one thing, which is perfecting our flaws. This influences us to see what we aren't satisfied with about ourselves rather than seeing what we do like and accepting it. There is always a newer and better product that can "fix" some aspect of our appearance and advertisements for products, such as lip-gloss will tell us we *need* to have bigger lips or mascara to give us bigger eyelashes. It's a cycle that just goes on and on.

One's self-esteem and confidence can be brought down completely because of these influences. The American research group, Anorexia Nervosa & Related Eating Disorders Inc., says, "One out of every four college-aged women uses unhealthy methods of weight control. Some include fasting, skipping meals, excessive exercise, laxative abuse, and self-induced vomiting." Not only that, but there are even reality televi-

sion shows such as *Toddlers in Tiaras* that encourage young children to start worrying about their physical appearance at a very young age. It's shocking to know that more than 50% of 10-year-old girls wish they were thinner.

The idea of true beauty is something every human possesses within themselves. "True beauty cannot be measured with a ruler or determined by the number of 'likes' a photo gets on Facebook," said Jiwa. "It's amazing when people recognize and embrace the positive qualities that make them who they are. Thinking about values, and being grateful for little things is wonderful too! I love it when people smile. Discovering passions, being surrounded by positive people, and persevering to achieve goals are great ways to feel beautiful."



SUMBUL VALLANI PHOTO

SIMON CHI PHOTO

Living in an earthquake zone — are you prepared?

JANICE WU
staff reporter

Do you have what it takes to be a survivor or are you going to be the first one gone? With hectic schedules, it's easy for citizens in Vancouver to ignore the fact that the earth is shifting underneath us every day.

Vancouver is developed on top of the thick North American Plate (Continental), which converges with the thinner Juan de Fuca plate (Oceanic). When a continental and oceanic plate collide, the oceanic plate is subducted by the thicker continental plate.

This means, the Juan de Fuca plate is slowly pushing itself under the North American plate. As Juan de Fuca pushes in further, the North American plate is being wrenched upwards, building stress as well.

The image is like bending a steel ruler. It's not meant to be bent, so when it reaches its limit, it snaps back into its original straight form, which, in this case, is when a huge earthquake happens. It's just a matter of time when the North American plate can't take in any more stress.

Referring back to Vancouver's seismic history, it has been 300 years now since we had a fairly huge earthquake. Based on a News-InReview article by CBC news, *Standards of Earthquake Preparedness*, the most significant earthquake we had in BC was on January 26, 1700 with a magnitude of 9.0 on the Richter scale.

Earthquakes are not something we can control, but with man-made construction blooming over cities, humans are really the ones who hold the power to prevent killing themselves in disasters.

"It's cheaper to take a chance on the fact that the earthquake's return period is 500 years," **Ron DeVall**, Senior Consultant-Structural Engineering of Read, Jones, Christofferson, Ltd., said. He explained that



The question is, when? Maureen Cassia, HEROS program assistant, demonstrates earthquake essentials to educate and provide information to citizens. All of the Lower Mainland lies within an earthquake zone.

the probability of an earthquake happening in that time period is very small.

So, "...the theory and the accepted design practice is, you design them to accommodate some damage because it's more economical to design the building that way," DeVall said.

DeVall further explained that, "Earthquakes could be really savage on a building and to try and design a building to prevent damage is difficult. You could do it, but you would end up with a really heavy looking building and they're very expensive. [Since an] earthquake is considered to be a rare 'load', the code writer and the standard practice is that we'll take our chances [and] accept the damage because it won't

happen very often."

So, is our city, Coquitlam, ready for it?

"We have set up with the emergency social services under our leisure and park reception centers. At the reception center, there would be food, lodging, clothing, things like that," **Maureen Cassia**, Program Assistant of Coquitlam Community Emergency Programs (HEROS), explained. "You would listen to your emergency broadcast and the city would advertise . . . where the reception centres are going to be open," Cassia added.

"The students in this generation are much more educated, but I don't think the parents are as educated because it wasn't something that was enforced when I went

to school," **Grace Jensen**, Gleneagle's Earth Science teacher, comments. "I think unless the child goes home and educates the parents to a certain degree, I don't think we're prepared," she added.

The lucky part is that Coquitlam has a HEROS program, which teaches citizens what to do in emergency and disasters. For example, they give people tips on how to prepare ahead of time and what to do during an earthquake.

"We do public sessions that we advertise. I do a lot of teaching to ESL, so that new citizens know what to expect as well . . . because they come from a different situation," Cassia said. HEROS is located in the same building as the Coquitlam RCMP.

Drooping eyes, staggered strides: epidemic of sleep deprivation

ALICE ZHANG
staff reporter

480 minutes. Eight hours. One third of a lifetime. Three phrases, a lot of time, and one more to connect it all: sleep.

We feel fresh and beautiful when we get enough of it, but when we rub our eyes, stifle a yawn behind a textbook, or drag ourselves from home to workplace donning the oh-so-fashionable 'zombie face' complete with dark, lifeless eye bags, we show common signs of sleep deprivation.

So, what happens when a good night's sleep stays out of our reach for too long?

Just as some people will have to declare bankruptcy when they cannot pay their debt to the bank, some will run into major long-term health problems if they cannot catch up on their sleep, or repay their 'sleep debt.'

Sleep deprivation can be linked to serious conditions such as impaired moral judgement, sexual dysfunctions, hallucinations, growth stunting, and even risk of heart disease.

Some sleep deprivation related diseases include narcolepsy, where the victim falls asleep too easily during daytime, and sleep-walking, which roots from anxiety and stress.

"I used to have no problem at maintaining about eight hours of sleep a night. However, lately I've

been getting around six and a half to seven per night," said **Dorothy Yan**, grade 11, Terry Fox Secondary student.

Like our other daily activities, sleep is linked with our biological clock, a system containing the order that all biological events and rhythms follow.

Every human body abides by the order of the human circadian clock. According to the biological clock, the deepest sleep should be at 2am.

At times, biological clocks suffer breakdowns due to medical, emotional, or lifestyle reasons.

When breakdowns occur, one is

likely to get a circadian rhythm sleep disorder.

The quality of sleep is still normal, but the person cannot sleep or wake up at the times required for school, work, and social needs.

In other words, the person's sleep pattern is messed up.

To balance the human circadian biological clock, one should find the sleep cycle that works for oneself.

Dr. Lisa Nynan, Vice President of Clinical Operations at Dr. Halstrom Snoring and Sleep Apnea Clinic says that "Some people need a good eight hours of sleep while others can get by with five.

[Each person] just needs to know what their proper time is."

While Yan "frequently finds [her]self fighting sleep during class," **Liam St. Louis**, grade 11 Gleneagle student, feels that his "eyes are heavy" and he "can't keep them open" on some days.

Fatigue during daytime and heavy eyelids can be seen as sleep deprivation symptoms at the primary stage. If left untreated, they can evolve into worse stages.

To maintain good health, sleep hygiene should be practiced regularly.

This includes habits and practices that lead to a good quality sleep

such as not smoking, avoiding alcohol, eating properly, not eating too late at night, and not exercising right before sleep.

Most adolescents should get eight to ten hours of sleep per night, but in a survey conducted at Gleneagle secondary, 35 students answered that they get anywhere from under four hours to seven hours of sleep and the most common reason was large amounts of work and personal pressure.

The use of electronics and demands of social life come together on social networking websites and texting, keeping a student up deep into the night.

The light from electronic screens stimulates the brain, making it harder to fall asleep.

Age is also a great contributing factor to sleep deprivation because as we mature, we must concern ourselves with the outer world and judge our own ability to cope with society and any other pressure or worries our lives bestow upon us.

Balancing the necessity of sleep with other more important tasks in life is a battle that many people fight, lose, win again, and continue to fight. With life moving at its rapid pace and agitated rhythms, a good night's sleep is a luxury that few people get on a daily basis.

If people manage their lives properly and make time, they will definitely get the beauty sleep they deserve and their bodies will thank them for it.



Sleeping in class: The urge to fold your arms and rest your head is common. Many students struggle with the effects of sleep deprivation.

Blue cry for help sends green message in Port Moody

MARIANNE ALCALA
staff reporter

When you want to send a message, how would you do it? Would you send it through a handwritten letter, a smart phone, on Facebook or in a bottle?

Or, would you think outside the box and with a hint of creativity let your message stand out, sending a silent but loud message. That is how an Australian artist created and conceived a bold but captivating art project called the *Blue Trees Project*.

Konstantin Dimopoulos, sculptor and artist, presented *Blue Trees Project* to Vancouver Citizens, a social art action by using trees and colour to deliver a subtle but powerful message.

If you pass by Port Moody City Hall, Port Moody Art Centre, Garden City Park in Richmond, or Grosvenor Ambleside in West Vancouver, you will know what I am writing about. Certainly many people have noticed, wondered, and talked about the message.

Dimopoulos posted on his blog: "*Blue Trees* takes an urban landscape with which you are familiar and changes it for a brief period of time so that it becomes something unfamiliar, even uncomfortable."

Based on news reports, Dimopoulos' message draws attention to global deforestation and promotes environmental responsiveness.

In March to April 2012, Dimopoulos, along with volunteers, coloured tree trunks using biologically-safe blue pigments in water. The art exhibit was brought and presented as part of the Vancouver Biennale Open Air Museum this year.

"We had contacted the Biennale to see if there was any way we could partner with them in any one of their cultural exhibits," **Kristen Tracey**, Public Art Coordinator of the Port Moody Cultural Services, said. "So when the *Blue Trees Project* came up, they came to us as well as to Richmond and West Vancouver."

"We wanted it to be in a highly visible and easily accessible area," Tracey said. "It's there in a visible area . . . to get people to notice and start asking questions."

Dimopoulos explained in an interview with **Fanny Kiefer** from Shaw, "*Blue Trees* is really about ideas and how ideas can change people's perception of their environment and how they see it. . . There is the urban forest people care about, and yet there is the old forest, which the Blue Project is about."

"They are out of sight and are dying out slowly," Dimopoulos added.

Every year over 32 million acres of old growth forests, fondly called the "lungs of the planet," are cut down, therefore impacting not only forest ecosystems but humans as well.

Dimopoulos stated, "Through my work I am striving to address global issues and provide a visual platform to effect change. So many universal concerns seem larger than an individual's power of influence and I want to evoke in people the idea that we can all contribute to change in a positive way."

In his project, Dimopoulos uses color on the trees to stimulate and catch the attention of people who pass by.

With such a provocative display, it also brought mixed views and reactions from



MARIANNE ALCALA PHOTO

Trees as social action: Located in Port Moody City Hall, the stark contrast of pink blossoms with painted blue trunks captures the attention of passerbys. Artist, **Konstantin Dimopoulos**, painted the trees to raise awareness of global deforestation.

many different people.

Feedback such as anger, confusion and wonder is the type of response Dimopoulos hoped to see as he colored the trees.

In a short video made by a young Vancouver filmmaker, Miranda Andersen, Dimopoulos said "A lot of people don't understand. . . and actually think you're doing something bad for the trees, and that's good to me [because I have their interest and with their attention, they are more aware

of deforestation.] It's the people that don't come and ask that worried me."

The artist was born in Egypt and currently lives in Melbourne, Australia.

Graduating from university in New Zealand with a degree in sociology and psychology, Dimopoulos later studied art in London.

He describes himself as a humanist, using his art practice - from studio works to site specific installations - to address social and environmental issues.

Photography: art of seeing world in new perspective



NOLAN SPELLER PHOTO

Breathtaking views: Student photographer **Nolan Speller**, grade 10, created this panoramic view of the Grand Canyon by compiling 25 pictures using high dynamic range and panoramic stitching software. The image and colours have not been "doctored" in any way.

YOU MY HAN
staff reporter

"A photograph is not an accident - it is a concept. It exists at, or before, the moment of exposure of the negative," famous photographer **Ansel Adams** once said.

Since the birth of the first camera in the 1660s, to the first permanent photograph image created in 1926, it has been hard to define photography as an art or a technique. You can never ignore the scientific elements in the creation of photos, but there is also the component where the art of photography serves as an outlet of self expression for many.

"Photography starts with a technological knowledge... [leading to the skill of] recording light and how light reacts with things. The more you understand how you're recording what your visioning, the better quality image you're going to get," said art teacher **Mike McElgunn**.

McElgunn teaches photography courses in Gleneagle, and says that "a good photograph [would] make me feel a certain way, or see something I normally would not have noticed."

"I really like trying to get across the feeling I had when I saw the subject in the first place," said McElgunn. Since a

photograph is only a 2-D replica of something in real life, McElgunn explains that seeing a photo does not always give you the same feeling as what you see and feel with the all the colours and atmosphere present at the event. He believes it should be up to the photographer to try to convey those feelings through his or her work.

Nolan Speller, grade 10 student, who is extremely interested in photography and presently involved in taking photos for *The Edge*, agrees.

"It's more about the creativity and the mind and choosing things. It's to see what makes an interesting picture, not just take the picture," said Speller.

For those who are just getting interested in photography, both McElgunn and Speller advise not to worry about equipment at first.

"Use whatever you've got and just focus on the images first. If you make a mistake, it's just a picture. Take another one. Try again and try something else, and change it until you get the results you want," said McElgunn.

For the sake of just taking pictures, a high quality of point and shoot cameras is usually enough. But if you want to dig deeper and start learning about the technical side of

photography, this is where the single lens reflex cameras, or DSLRs, jump into the picture. Speller explains that with these cameras, it is the lenses that are more important than the camera itself.

"There are professional photographers that shoot with \$500 cameras and \$10,000 lens," said Speller. "You don't need to worry about the camera you have; it's the glass and who's behind the camera," he added.

Digital processing may also be an asset if you are shooting with digital cameras. Where film cameras can capture almost 100% of what the naked eye sees, digital cameras can only capture 40% of that. To get the best quality photos you want, some later amendments on the computer are always needed.

For those who are interested, Speller also suggested Cameralabs.com, a user-friendly website where you can find camera reviews, lens reviews, and many photography tips.

A picture says a thousand words. A photograph not only allows people to have a chance to see the world through another's eyes, it can also serve as a memento to oneself, a reminder of a specific moment frozen in a thin slice of paper. So start snapping Gleneagle!

Facebook: high-tech communication hurting human interaction



MARIANNE ALCALA PHOTO

Sucked towards the screen: The internet can be addictive, especially social networking sites like Facebook, and you can get so caught up with the screen you lose your social life.

STEPHANIE LUI
staff reporter

With technology rapidly advancing each day, adults and children are seen carrying their phones and other sorts of electronic devices everywhere they go. Whether they are waiting for the bus, walking around the mall, eating in a restaurant, or even doing their business in the bathroom, humans can't seem to stay apart from electronics.

Now this century's hottest interactive website, Facebook, is on the hearts and minds of almost every teenager. Connecting with family and friends and staying updated with their life is just a click away. But the problem is that it spells the death of the spoken language.

In our daily lives, we will always find people, mainly youths, who are on their phones and iPods, Facebook messaging others who may very well be just a few feet away from them.

"Though my friends and I are hanging out, we're usually facebooking on our iPods," explained **Tali Radke**, grade 9. "It's not like we don't talk; we just show each other interesting feeds we find on [the website]."

"As a parent, I feel that Facebook is more of a gossip forum," said **Jacqueline Lee**. "Children spend too much time surfing through friends' friends' profiles instead of taking time to meet with friends."

Those who frequently use this website have different opinions. "It's a great source of communication and easy way to stay updated with people," said **Stephanie Ma**, grade 11. "I use it for homework such as checking answers and asking for help."

"When I meet new friends or see an old friend again, [Facebook] is an awesome way to keep in touch," explained **Eddy Chiang**, grade 10.

However, it's frequent use has changed communication.

"[Facebook] is supposed to help you stay in contact with friends and family," said **Danielle White**, grade 10. "I Facebook chat with them but when I see them in person, there's this awkwardness... [Facebook has] definitely changed face-to-face conversations."

"I think I can fake a lot of stuff when I'm talking through Facebook chat," stated **Chiang**. "People can't read your emotions so it makes talking easier."

Teachers also suffer in the increase of Facebook usage during class, "It's like nobody listens except for the few," said **Anna Armstrong**, teacher. "There's no doubt a communication barrier with students Facebook chatting in class."

Even though people may not be using Facebook, it is "constantly logged in," said **Ma**.

"During spare time, I can check if anyone offline messaged me and I can reply right away instead of waiting for a time to see them again," said **Herrick Leung**, grade 12.

"It's difficult to talk quietly in class," said **Radke**, "so I could just secretly send a message under the table."

Surveys show that students spend a disproportionate amount of time conversing on Facebook "a lot more than talking," said **Ma**. "I can just get my message through on Facebook rather than waiting till the next time I see them to give them the message."

"You can talk to someone even longer when you both go home and you're both online," explained **Josh Mann**, grade 12. "Our generation finds it easier to talk to someone through technology."

Nearly every teenager today claims that the benefits of Facebook override the cons, but what about the rise in miscommunication between people?

"There can be a chance where we may be saying things at the same time and may miss what the other person typed," said **White**. "And on chats you don't see what the other person is doing, so they can lie and hide things."

"You can misinterpret the message sometimes because you may read the words in a different tone," stated **Leung**. "Then people may assume things that aren't true."

"Most of the time, fights occur over Facebook," said **Marie Turcott**, grade 9. "Misunderstandings occur and there's miscommunication when people can't read the other's emotions."

Facebook may be turning into a way for humans to escape the reality and avoid speech altogether.

"Sometimes when there are conversations where things don't go the way you want it to," said **Olivia Kam**, grade 9, "I just wish I could talk to them via Facebook chat so I can just pretend to be busy with something and log off or appear offline."

"There will always be a couple people you just want to avoid," said a student who chose to remain anonymous. "It's easier through chat because I can block them or appear offline."

While the symptoms of Facebook overload are still treatable, we should enjoy spending more time hanging out with friends and family. If you're just sitting in front of a computer and chatting with others, why not take the time to do other things?

You may not need to quit Facebook altogether, but have self-control and embrace the beauty of verbal communication. Relying so much on monitors for conversation leads humans to disregard the most important way to build relationships and have clear communication.

When basic necessities of life show their lethal side

THEO ANG
staff reporter

Headache, vomiting, nausea; these are common symptoms of food poisoning, a common, generally mild, but occasionally deadly illness.

The most common problems caused by food poisoning are dehydration, when your body loses too much electrolytes and water.

A person affected may experience abdominal cramps, diarrhea, as well as headache and fever. The symptoms can start within hours to days after eating contaminated food and may last a day to a week depending on the cause. Infants, children, people suffering with chronic and prolonged illness, and seniors may be worst affected when experiencing food poisoning. In other cases, there is less need to consult a doctor unless the contaminated food causes serious side effects.

Many non-infectious food poisonings have an effect on the central nervous system causing symptoms typical of nerve poisons. Mushroom poisoning, also known as muscarine poisoning, attacks the nervous system causing shrunken eye pupils, tears, frothing at the mouth, sweating, confusion, coma, and sometimes seizures appear within two hours of eating a poisonous mushroom. However, the primary cause of

food poisoning in most cases is due to improper handling of food during preparation.

"[The main causes of food poisoning are] usually food that has been left out too long or not kept at a proper temperature," said **Katherine Rossiter**, a teacher in the science department. But not all causes of food poisoning can be prevented because they are not always visible to the human eye.

Some ways to treat food poisoning are staying hydrated by drinking clear fluids, and staying away from solid foods during diarrhea and vomiting. Once you are able to take fluids, gradually start eating plain foods like bananas. After that, try other bland foods, such as mashed potatoes. If the symptoms are more severe, see the doctor immediately.

Strict rules controlling food processing and the use of additives makes deliberate adulterations of food uncommon. Most cases of food poisoning occur when people eat food or drink water contaminated with bacteria, bacterial toxins, parasites, and viruses.

Many bacterial causes of food poisoning can be contracted when eating uncooked meat, poultry, eggs, dairy, processed meats, fish, custards, cream pies, and contaminated water.

"Food prepared too far in advance, then kept at room temperature can allow spores to

germinate and produce harmful bacteria" said **Frank Abbinante**, the school's culinary arts teacher.

Many bacteria can cause food poisoning, either directly or through toxins they produce. Some of the most common include salmonella, E. coli, shigella, staphylococcus, and clostridium perfringens.

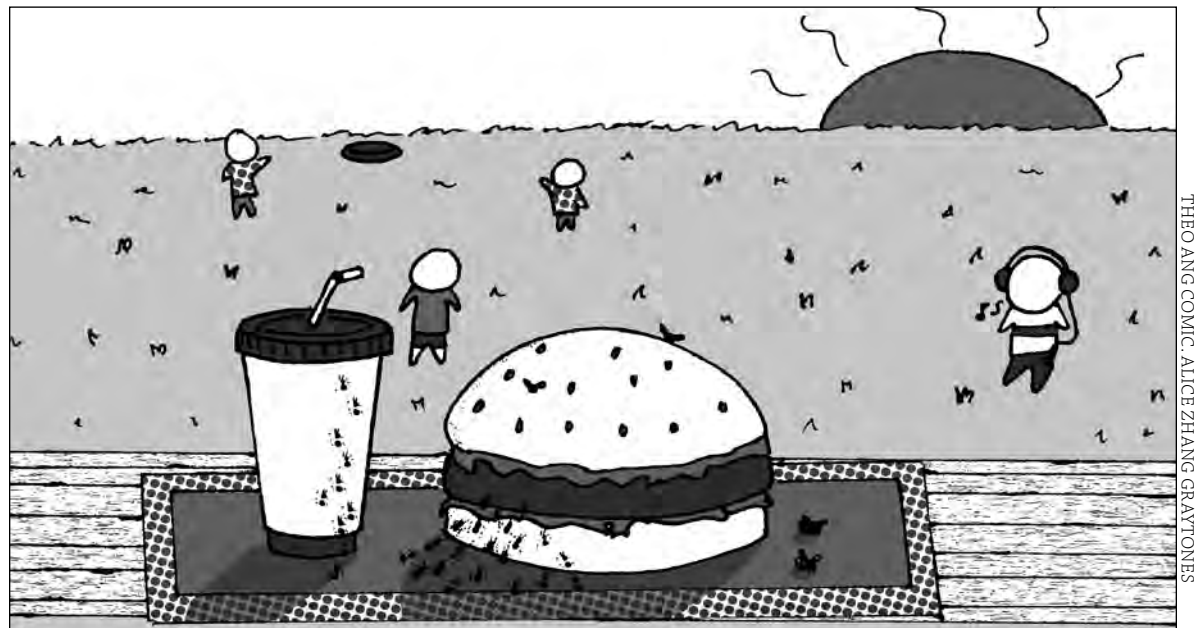
Salmonella is contracted when eating raw or undercooked poultry, meat and eggs. Similarly, E. coli is caused by eating raw or undercooked meats. Staphylococcus is another common type of food poisoning that can be transmitted through sneezing and coughing.

It's clear that food poisoning is a result of bacterial and viral contamination in the handling and processing stages of food. Simple things that you can do to safeguard yourself from contracting this common disease is eating fresh food at all times, storing immediately in refrigerators, ensuring that processing, storage, and preparation of food are done hygienically, and paying close attention to expiration dates.

Wash your hands before and after handling food or touching dirty objects. When reheating food make sure the core reaches at least 75 degrees Celsius. "Keep

your fridge temperature below 5 degrees Celsius [and] wash work tops before and after preparing foods, especially raw meat and poultry [to prevent cross contamination]," said **Abbinante**.

This may not remove all poisons or kill all bacteria but it helps get rid of some common kinds. Thaw foods in the refrigerator instead of thawing food at room temperature. Make sure to keep hot foods hot and cold foods cold. "[When handling food] proper hygiene [is very important]," said **Abbinante**, "Keep your kitchen clean. Your work space is your temple."



THEO ANG-COMIC, ALICE ZHANG-GRATONNES

Leave your treats out in the heat, where critters creep and seek to eat: A drawing warns about the risks of leaving food out for too long. A hamburger is attacked by a colony of ants while people play in the background

Senior boys chalk up first league victory, despite inexperience

MEGAN LAO
staff reporter

With 18 new players out of 25, the senior boys rugby team tackled Centennial and won their first league game on Thursday, March 29. Though job action still has the potential to affect this team, the boys have been working hard, practicing every Monday to Thursday after school and have competed in a total of five exhibition games and scrimmages.

"We at Gleneagle have taken a stance that we are not going to stop anything that we have started," said coach, **Clayton Richardson**. "Because of the impending job action, some schools pulled out," he added.

"We began as early as October with a lot of these kids, so we are going to see the season through and hopefully most of the other schools in the district will do the same," said Richardson.

The 10-6 victory over Centennial came after the boys were down earlier in the game.

"It was a great feeling. We didn't play our best game, but we pulled out the win," said **Matt Carter**, grade 12.

"After the two conversions, I thought that we were going to lose. There was only 15 minutes of the game left, but after an amazing miracle, we came back," said **Joseph Ko**, grade 12.

Despite their victory against Centennial, the team knew that they could've played better.

"We were very unorganized, but we faced that pretty well and got back into it. So I think from all those practices, we deserved that win," said team captain **Brian Song**, grade 12. "We still have to work on [teamwork] in the games, but as we practice, we start to build in comradeship and we are getting there," added Song who has been playing rugby for five years.

"It's not about winning; it's always about improving, having fun and coming together as a team," said Richardson.

Because they have only eight returning players, developing teamwork doesn't happen overnight.

"There are a lot of new guys right now, so we are still learning to play as a team," said Ko.

"I think the game [against] Centennial, how we won, it brought us together as a team and it felt good to win. So, I think that's going to help us as a team— to develop that teamwork that is necessary," said Song.

"I think that we are going to be pretty well off now that we are practicing hard and we got a bunch of new people on the team," said Carter.

"Because we have been practicing and working hard, I expect to be way more organized. It's impressive because some of the strong players are really new and it's only their first year playing. It's surprising how their efforts are just incredible; it's like they have been playing for years," said Song.

Yesterday, the boys hosted a league game against Riverside, but the results were not available at press time.

Junior boys start strong in uncertain season

SCOTT LEE
staff reporter

While the league games have been scrambled due to job action, the junior boys rugby team have kicked off the league with three wins and two losses, recently rucking to their favour on Thursday with a 17-5 win over Port Moody.

As the forwards showed rigid rucks and scrums securing the ball from their foe, the defence showed improvement compared to their exhibition against Port Moody on Wednesday, losing 17-15.

Despite being coined a 'gentleman's sport', rugby often harnesses the fiercest contact. Because of the physical demands of the sport, having trust with teammates is always important, according to **Aarman Bondar**, grade 10.

"We are like family; we do everything together including winning and losing. Our teammates are always looking out for each other on and off the field," agreed **Ayraj Wali**, grade 10.

Due to the continuing job action, several districts in the league have already dropped their teams and the lack of teams is proving to be an obstacle for the coaches as they constantly face schedule changes.

"Most of the Maple Ridge schools all dropped their rugby teams. We have had to reschedule those games," said **Chris Turpin**, coach.

"When it comes down to practices, Mr. Turpin and Mr.



Rip and tear at the opposition: Grade 12's take down an opponent in a league game earlier this season. The senior boys team has been working together since October.

Surging Talons soar after Hawaiian tour

KAREN LAU
staff reporter

Following up their successful Hawaiian tour with wins in their first three league games, the girls' rugby team is building on what looks to be a successful season.

According to community coach **Stevie Schnoor**, there was slight difficulty readjusting to playing in the league after the tour, as it "took focus off of the end goal." This didn't show, however, as the team defeated Semiahmoo 25-5 in their first game of the season, and Walnut Grove 17-5 in the following game. On Tuesday, they played their top rival in the district, Port Moody, and won with a score of 17 to 0.

"Our team looked really good, especially for it being a lot of girls' first games. We want to work on defense," said **Veronica Robbins**, grade 11. "Even though our tackling is quite strong, we need to work on that flat line and coming up hard and smashing someone. It's really about piecing everything together," she said.

Lisa Snyder, grade 12, believes that "playing for each other, instead of ourselves, is the only way we can reach success."

[Peter] Poka have done their very best to support us in every way. We wouldn't be playing if it wasn't for them," said Bondar.

Despite Bondar's praise for the coaches, Turpin humbly lists his responsibilities as "doing their dirty laundry, getting them water and telling the players [that] they are great."

The junior boys also have several volunteer coaches to help with the practices including ex-Gleneagle students such as **Eiman Torabi**, class of 2009.

Areas for improvement for the team include, "knowing where to go on defense, where to use certain plays, how to properly assess the field of play and the other team," said Bondar. Turpin further added that positioning and rugby knowledge needs to be developed.

The junior boys rugby team started practices with weight training three times a week, four months ago. The team has now reduced the weight training and begun focusing on honing their athleticism with three to four demanding practices per week.

"Even though we [have] some club players and the majority of us have already played together in middle school, we [get] an even better understanding of each other," said Bondar.

Their first ever game was an exhibition match against Charles Best where junior and senior boys substituted for each other and played as a single team.

At press time, the next game has not been announced.

The team's chemistry also goes hand in hand with their toughness, which Gleneagle "has always had a reputation for."

"We are all very mentally and physically tough. We hit hard and when we get hit hard we get right back up," said Robbins. "We are all very close, and protective. That's so important in rugby. You always need to know if someone is there to ruck over you, or go with you on a run," she said.

Amy Leem, grade 10, notes that one purpose of the Hawaiian tour was to get the Talons' numerous inexperienced players acquainted with playing against a variety of teams.

"The trip was an amazing experience. Not only did we get to bond with our own team, but we also joined up with the Charles Best girls," said Robbins. "We all got along really well, and they played in our games with us... it was incredible," she added.

"The competition wasn't what I expected," said rookie **Halley Shea**, grade 9. "Hawaiian girls were really big and tough, and it wasn't so great when one of them dislocated **Jessica Nguyen's** [grade 9] shoulder. So it was a bit of a bad start."

According to Schnoor, following this initial shock, the girls went on to end the tournament with an even record.

"We also played a Canada versus USA [game]. A couple of us... played in this with Edmonton and Charles Best," said Robbins. "This ended up being one of my favourite experiences of the trip."

With the number of new players who have joined the team this year, an emphasis was placed on team building and bonding.

"We have a lot of new players, so we weren't really sure what to expect," said Leem. "We learned a lot about each other, after eight days... so our greatest strength now would be our closeness. We know how to communicate with each other."

"A lot of the newer girls are really interested and are willing to listen and learn and... that really gives us the upper hand, compared to other teams where the level of commitment isn't there," said **Zoha Rashidi**, grade 12. "I think that will definitely benefit us in the long run," she added.

Apart from Nguyen, "there's been a couple of injuries in the older girls, which hurt us a little bit," according to community coach **Christina Bordignon**. The team hopes that their increased numbers this year will ensure an easier path to provincials, as they have more than double the number of players they had last year. They are aiming to be in the top four in the province.

"There's a lot of talent on this team, so I want them to do really well," said Bordignon. "We're shooting for the stars here."

The Talons played their fourth league game against Carson Graham on Thursday April 19 at Scott Creek. Results were not available for press time.

Raise your voices: vocal jazz shines



SIMON CHI PHOTO

Sing your heart out: Gleneagle's vocal jazz group performing at the 17th Annual Westcoast Vocal Jazz Summit in Powell River.

EMILY KIM
staff reporter

Despite the grimy weather, lengthy bus rides, and nearly show-stopping complications, Gleneagle's choral and vocal jazz groups made a smashing impression on directors and adjudicators alike during a three-day trip, which began last Friday at

the 17th Annual Westcoast Jazz Vocal Summit held in Powell River.

"The founding director, who started the Vocal Summit, is one of my former teachers. His name is Peter Taylor, and he is responsible for vocal jazz even being in this province," said **Eddie Trovato**, choral and vocal jazz director.

The two-day event consisted of four

concerts in which two adjudicator-choice groups were chosen to perform at evening showcases.

For the first time in Gleneagle history, the choir was selected to be one of these two groups after a clinic session with an adjudicator.

Although Gleneagle was not picked a second time, according to **Elizabeth Berwick**, student teacher and co-director, it was only in fairness to other participants that one school could not be selected twice.

"There's always stuff to learn, no matter where you go or what you do, and that's why we go to festivals, so we can take everything to the next level," said Berwick.

From elementary to university, local to out-of-province, and amateurs to students, all had the treat of listening to an array of different styles and skills.

One of many professional ensembles included *Groove for Thought*, finalists on NBC's *The Sing-Off*. The award-winning group raised the energy of the audience through the theatre roof, meriting a fruitful demand for an encore performance.

As *GFT* is such a highly respectable group, their alleged post-concert praise surprised many Gleneagle members at the news.

Several directors and adjudicators shared the same approval not only of Gleneagle's on-stage presentations but their off-stage behaviour as well.

"A couple of adjudicators and a couple of choral directors pulled me aside in the hallway, and they were just really blown away by the positive vibe that the Gleneagle students were exuding at the festival by just chatting up the other students, helping to foster a healthy, happy atmosphere at the festival," said Trovato.

Julie Han, grade 9, adds, "I thought [the other groups] were good, and some of them, like the little children's groups,

were adorable."

Along with newly-formed acquaintances between students of different districts, existing relationships were being renewed in the midst of the hustle and bustle of downtime.

"The students really bond and have a great time, and that helps build a team," said Trovato.

Chaperones and teachers **Krista Bogen**, **Bryan Jackson**, **Jerry Arshenko**, Berwick, and Trovato did not go unappreciated as **Katie Fajber**, grade 12, presented each of them with personalized thank-you cards painted by **Gloria Han**, grade 12.

The cards were presented on the fourth and final ferry trip in which Berwick shed tears, evoking a symphony of sympathetic "aw's". Fellow passengers joined in on the abundant cheering.

Unfortunately, the road became rocky when **Scott Lee**, grade 12 and original soloist for the song *Baba Yetu*, had an allergic reaction during a lunch break and was unable to sing on the first night of performances. His understudy, **Nick Van der Velden**, grade 12, took his place.

"The most challenging part was, I'd say, the 5 or 10 minutes directly before we went on stage when it hit me," said Van der Velden. "That was the only time when nerves really got the better of me."

"I was nervous," admits **Andra Mahusen**, grade 10, "but I just looked at Mr. Trovato, and kept singing."

In the end, Gleneagle still glowed with the confidence worthy of cacophonous clapping, encouraging shouts, and smile-provoking whistles.

"I'm really, really proud of how [Gleneagle students] performed, from the minute [they] took off to the minute [they] got home, and everything in between. I'm so pleased. I couldn't be prouder," Trovato said.

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