Senior boys basketball enter provincials ranked second



SHOOT FOR THE STARS: *Grade 12 senior boys basketball player, dodges the opposing team of Walnut Grove to make a basket. The senior boys' team persevered and fought their way to a well deserved spot as second in the province.*

Eric Liu Staff reporter

Gleneagle senior boys' basketball team entered the BC championships ranked second in the province after a 65-40

victory of against Walnut Grove on February 28.

Gleneagle is also ranked second in the Fraser Valleys following an overtime 79-86 loss to Tamanawis on March 2. Tamanawis scored a three-pointer at the end of the fourth quarter to take the game into overtime. **Cordell Parker** and **Brendan Bailey**, both grade 12 were selected for Fraser Valley's all-star team.

"We played well for two and half quarters then we just seem to fade during the later part of the game [against Tamanawis]," said **Tony Scott**, coach. "We competed well but we stopped attacking on offense and Tamanawis physically started to take over the game."

The boys played against Prince George yesterday as the provincial championships began. Results were unavailable at press time.

The boys will play against either Kelowna or Sardis depending on the outcome of the Prince George game.

The boys must win all four games in order to win the championships as the tournament is bracketed. If they only win their first three games then the team will take home a silver.

"I think we are performing well," said Scott. "We are on the right track to give us a good opportunity to get to the finals, but it will be a difficult path to take. We cannot say that we will win the championships, as all 16 teams in the tournament are very strong," Scott added.

The boys' confidence is high going into the provincial championships according to **Denver Sparks-Guest**, grade 12. "We feel like we know what we want coming into provincials, which is to win. We felt the feeling of losing in the Fraser Valley finals and we don't want to feel that again," Sparks-Guest added.

The loss to Tamanawis in the Fraser Valley final game is providing motivation for the team.

"We can use our loss in the Fraser Valley championships as motivation in provincials," said **Jason Tade**, grade 9. "We can't keep our head down, we got to worry about the future more than the past," Tade added.

Boys rugby tackle California during spring break stateside tour

NATALIE KRAEMER Staff reporter

Members of Gleneagle's boys rugby team will be teaming up with players from Charles Best and Port Moody Secondary travel to California, and play this spring break. According to **Joel Sims**, the trip has "been in the planning stages for about two years now."

24 players from both junior and senior rugby teams will tour... Mitch Howey, grade 12, said that he's "convinced that the teams we are matched up against will be very surprised with our playing ability. From my own past experience playing for the provincial rugby club we had

difficulties handling the size and intensity of the American teams. Now, playing on a mixed squad with the best players from around the district, I feel we have an equal opportunity to not only win, but dominate the playing field."

"The team is more than ready, on game days the team will spend the entire day together," said Howey. "Connecting with each other before the game, in my opinion, is a key component in understanding [your team] and pulling off a win. It can be hard for the team since they come from different schools but so far, we've tried to spend as much time together as a team, though it has been difficult, we've made the best of it," said Howey.

"All the players, junior and senior, are really passionate

towards the sport," added Sims.

The coaches, **Chris Turpin** and **Clayton Richardson** along with three community coaches have "shown nothing but support over the past four years leading up to this point. If it wasn't for [their] organizational skills, constant support and determination there would be no tour" according to Howey. He adds that fundraisers such as "pub nights, bottle drives and bake sales" have all helped to make this trip possible.

Students, teachers and parents will be able to keep up to date with tour details and news via Twitter. "They can also ask questions by tweeting the hashtag #FindPhil2k14 for the duration of the tour," Howey shared.

Me to We reaches target goal, Ecuador water well to be built

ALISHA LEE Staff reporter

Following two years of fundraising, the Me to We team have now raised enough money to help build a water well in Ecuador.

"We had previously built a school in Ecuador, and we wanted to keep supporting the same community, but in a different area," said **Kim Venn,** one of the co-chairs of the Me to We team. "We are going to

continue fundraising for the same community, by setting another goal of \$5000 to help them continue their large water project."

The total amount of money raised towards the cause was approximately \$6300.

"We reached the goal of the water well with a combined amount from our most recent projects, which were the Gleneagle swap meet and the coffeehouse night," said **Jess Stewart-Lee**, grade 11. "There were some other projects that went towards the

goal, which were put on by various groups in the TALONS program, and we're very grateful to them."

The water well is particularly needed for this Ecuador community. "They are an isolated community fairly high up in the mountains, so piping up the water is a big problem," Venn added. "They are trying to bring up more clean water, so that requires a lot of piping . . . It is a really expensive project too, so many other schools are probably

also helping sponsor this project."

Me to We is looking to work in other communities in Ecuador. "Our next plan is to expand the water well network to more areas in San Miguel, so more people can benefit from it," said Stewart-Lee.

Even if students are not on the Me to We team, there are many ways to help with the cause. Donations can be made to the Me to We team, or by stopping by the Wednesday meetings at lunch in room 204.

INSIDE

STRUGGLES OF THE PRESS:
Get the insider's scoop on the ups and downs of working for The Edge newspaper, from writing the stories, to building the paper.

5

ESCAPE FROM WAR: Cindy Quach shares her life-changing experience with escaping the war-torn Vietnam, to Canada, and the story through her eyes.

WRESTLING GOLD: Malique Giordano, grade 12, won both a trophy and gold medal at the BC provincials.



---ONtheCALENDAI

MARCH 15 TO 30 Spring break

APRIL 8 PAC meeting

APRIL 11 District Pro-D day

APRIL 14 TO 17 Multiculturalism Week

APRIL 18 TO 21 Good Friday/Easter Monday,

no school

APRIL 24 Report cards sent home

APRIL 25 Graduation forms due



Ukraine, Russia crisis costs economy, echoes WWII

The Ukraine crisis has been occupying newspaper headlines since late November and it shows no signs of leaving the international stage anytime soon.

Ukrainians have thirsted for economic reforms that would boost the country's economy in line with the prosperous Western European economy.

More than 100,000 Ukrainian protesters took to the streets of Kiev when Ukrainian president Viktor Fedorovych Yanukovych abandoned the proposed Ukraine-Union Europe Association Agreement on November 21, 2013. Yanukovych instead took \$15 billion in aid and other economic benefits from Russia. Ukrainian government responded to the protest with riot police and military personnel.

On February 21, the protesters took over the capital, Kiev, and the presidential residence, forcing Yanukovych to seek protection in Russia. The Ukrainian parliament dismissed Yanukovych from the presidency however, the Russian government backed his claim that he is "the legitimate head of the Ukrainian state elected in a free vote by Ukrainian citizens."

Russian Vladmir Putin, president, received parliamentary approval on March 1 to send troops into Ukraine, and quickly moved their military Ukrainian state Crimea.

History likes to repeat itself. Nazi Germany held the Summer Olympics in 1936 that discriminated against Jews and LGBTQ community. Three years later, World War II erupted when the Nazis began the the systematic invasion of European coutries and then proceeded with the systemic slaughter of gypsies and Jews.

Now, Russia has held the Winter Olympics and also brought in a law that discriminated against the LGBTQ community. They have followed this up with invading Ukraine, and are taking over the Ukrainian state Crimea. What a coincidence. All Russia and Putin have to do now is massacre the LGBTQ community to complete their transformation to Nazi Germany and Adolf Hitler.

Like usual, the United States of America, the world police, stepped in. President Barack Obama condemned Russia for its occupation of Crimea as a "clear violation of Ukrainian sovereignty and territorial integrity, which is a breach of international law, including Russia's obligations under the UN Charter, and of its 1997 military basing agreement with Ukraine."

Ultimately, if World War III does break out, it will be similar to World War II. United States and NATO will unite just like WWII, but this time Russia, China, and other communists will role play as the axis power.

The possibility of this happening is infinitesimal, but it is likely that a new cold war could erupt if the situation continues to escalate.

The world has felt the shockwaves originating from Crimea. Russia is the biggest supplier of Europe's oil and natural gas supply; the oil and natural gas just happens to conveniently travel through Ukraine. With the situation escalating and Russia threatening to cut-off supply, oil and natural



gas price are rising rapidly. This chain of events means the price of goods will rise as transportation will cost more, which can bring the world into an economic recession. The Russian stock market already tumbling, 12 percent and with investors withdrawing from Russia this rate will only increase.

But clearly Russia does not care. They spent \$500 billion on the Olympics without batting an eye. So if the world goes into economic recession, and \$80 billion evaporates from the stock market. Russia is so big and bulky, the

economic recession and tumbling of the stock market is barely enough to tickle the Kremlin.

Russia will have the upper hand if a World War III does break out, with the U.S. debt mounting at 73% of annual GDP or \$12.312 trillion, they cannot afford a new cold war. China, Russia's neighbour both politically and geologically, holds \$1.1 trillion of the U.S. national debt. If China undersells this debt, the U.S. economy will crash harder than any other economic recession.

The U.S. government is facing both

economical pressure, and domestic political pressure. The people of the U.S. are opposed to foreign military intervention, even the ones they are battling terrorists. So most likely, extreme outcomes such as World War III or a new cold war will not occur, unless Putin becomes so prentious and over confident that he wishes to restore the Soviet Union under his name.

This situation could end up in Ukraine splitting in half, with the southern part of the nation joining Russia, and the northern part stays Ukraine.

Humans "one and only" despite shared genes with trees, chimpanzees

Edge columnist

Over two million species have walked the earth since life first began. With so much variety, what makes humans so different from the others?

Some say it's our intelligence level, allowing us to have a broad range imagination. Others say it's the way we express our emotions. But I would like to ask the question: are we so different or is every organism the 'one and only'

Often, the process of combing through similar genetic codes can result in the discovery of a new species. Cryptic species with a high degree of biodiversity may look outwardly the same but be categorized into separate groups. Pill bugs and pill millipedes look identical even though they are very different creatures.

On the other hand, species with extraordinarily similar genes may appear unrelated.

What looks the same may not be the same species and what looks different may in fact be the same species. But no creature is the exact replica of another.

As humans, we share sizable portions of our DNA with banana trees, rats, gorillas, apes, and countless other species that you would never consider even related.

Sharing DNA obviously does not make us look or behave any similar with others. The 55 percent we share with banana trees do not make us rigid or bark-like.

Even chimpanzees, our closest living relatives in the same great ape family, share 98 percent of their genomes yet often look as if they hardly want anything to do with

But I would like to ask the question: are we so different or is every organism the 'one and only' on our planet?"

Edge columnist



us. Shared DNA did not make our behaviours, appearances and personalities mirror theirs.

Various factors other than genes may alter a living thing's way of life? For instance, growing up in diverse

environments can generate divergent characteristics. Adapting to dissimilar surroundings is what we do in order to survive. Nevertheless, genes do affect us, but to what extent is really unknown.

Even though we share more than 99 percent of our DNA with other homo sapiens, we are all unique. Your mom split half of her genetic material with you and your dad the other which creates the unique you. If a 1 percent variation can signify so much individuality, then a 2 percent difference between chimpanzees and us seems quite substantial.

It is not that chimpanzees are incapable of doing the things we do; they just do it in other forms. For instance, chimpanzees spend a great deal of time socializing by grooming each other while we find it irresistible to converse. Our way of grooming is verbal instead of physical with one another. On the contrary, akin to humans, chimpanzees display affection by hugging and kissing. We may not desire words like romantic or sophisticated to describe their display, but we are comparable to them. Same goes for other species.

So tell me now, do you suppose that humans are the remnant of other species or do you believe that everything has a distinct character? For me, I'd like to envision all existing life forms on earth as the one and only.

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The Edge conforms and adheres to the standards and style of the Canadian Press and is produced by the Journalism 11/12 class.

Additional articles, opinion pieces, and features, and letters to the editor will be printed as space allows.

Letters to the editor must be signed and free of libel. Alternately, letters may be submitted electronically from any SD43 account to the Edge @SD43.bc.ca. The Edge reserves the right to edit any submitted material for accuracy, spelling, and grammar, brevity and style.

TALONSTalk As we finally set some free time with spring break, The Edge asked: "When and where would you go on a time machine?"

I'll go back in time to kill Hitler."

—grade 12



I would want to go back into the past and see my parents as teenagers."

—grade 10



I would go back and watch a Queen concert."

—grade 12





I want to go back to last year April becaues I had four COAST trips in a row that month."

—grade 11



I would go forward in time to the time when I'm dying, then stop me from dying."

—grade 12



To the future where time machines are more easily accessable."

—grade 9

Your inside scoop on the journalism journey behind the paper

Edge columnist

You may not give The Edge paper much thought. It comes out every month, you attempt to avoid the people handing them out, or you end up skimming through it briefly to see if any of your friends made it into the print. Then you toss it away. Done and simple.

Maybe to you, but definitely not to the journalism class. Hours and hours of dedication are put into building this eight-paged monthly masterpiece, although the end product doesn't seem like much to those not in the course.

"I was always interested in the field of journalism," said **Stephanie Lui**, a grade 12 who had taken the course previously. "To be able to discover new truths, uncover stories and convey my thoughts on controversial issues to the public."

"The schedule was a deterrent because sometimes I felt like I wouldn't have time to go and it looked like such a big commitment the first time I took it, but you get used to the schedule after a while," said **Jennifer Kou**, grade 12, current journalism student.

Every three weeks, we spend two early morning classes figuring and assigning stories to reporters. Though it may seem simple to write about all the different events that is going on in the school, the work week is often stressful and filled with interviews.

"What I like most about the class is the opportunity to meet new people and learn more about a topic from different perspectives," Lui said. "The columns are what make my 'career' meaningful as I could bring a new thought to the table."

"With the positives also comes the negatives, I wouldn't say I that I didn't like it but there were definitely obstacles when writing your story," added Lui. "People wouldn't reply

to your interview requests or even refuse to speak about it even though they are the story-makers."

"Tracking people down was the hardest. I remember I couldn't find people, so I'd go on Facebook and then send messages, and I'd maybe get two replies for every ten messages I sent," Kou said. "But after a while I discovered if you ask the teachers, they're really helpful for finding people."

"If you do get an interview it can be quite challenging. At first it's really daunting like 'oh my gosh I don't know this

Hours and hours of dedication are put into building this eight-paged monthly masterpiece. "

Edge columnist



person, but I have to interview them about something that they did and I don't know anything about it.' But if you ask the right questions, there's a lot of information there and people are really willing to tell you," added Kou.

After our working week, the class reassembles and spends two nights building the paper. A lot of work goes into the layout of the paper, revising the stories to fit the page, and minor details like spelling, photo credits, and bolding the proper names.

"During production nights, I think it's pretty fun because I got to know the journalism team so much better, and I met some pretty nice people," said **Yilin Zhang**, grade 10.

"And that's the part I really liked about journalism, that

you have this community of people working towards the same goal, to make this great paper" said Kou.

Once the paper is submitted digitally and printeed, distribution mornings always result in groggy, half-awake reporters, struggling to paste on a welcoming smile as both students and teachers alike attempt to avoid us.

"Distribution mornings are one of the funniest aspects in journalism," Lui mentions. "When a traffic jam forms at the entrances, there were always people trying to slip by us so they didn't have to get a paper. It's also the most physically demanding part of journalism as you are continuously handing out papers at the speed of 10 per second."

"I feel a bit awkward during distribution mornings, because there are these people who go the long way just so they don't get a copy." Zhang added. "I feel a bit hurt, because I spent time writing it. But I also understand because I doubt that I'll read all of it if I was the person on the opposite end."

"I hate when people don't take a paper. But it actually does feel good when people take one," said **Brian Cheong**, grade 10.

Though we put hours and hours of our time towards building the best paper possible, we appreciate any feedback we get back through letters to the editor, both the good and the bad. We know that there are always a few people, who are upset that we didn't run a certain story, however, we try our very best to cover every story.

"The best part is definitely seeing the final product from our sweat and blood," said Lui. "It's a very touching for me to know that the class is a team, working towards a goal. Flipping through each page carries unseen difficulties and hard work, but our efforts have not gone to waste."

"I hope students come to recognize the effort placed into making our school newspaper a success and see the rewards of taking journalism," concluded Liu.

LETTERStothe**EDITOR**

Re: Western media disregards humanitar ian crisis in Ukraine

I completely agree that this international event is being pushed aside to make room for superficial "feel good" news encompassing no real meaning.

It is unacceptable that we as a society turn a blind eye on people courageously challenging a corrupt leader in an attempt to gain the very freedom we take for granted in out lives.

It remains our responsibility to demand more substantial news coverage to issues of this nature because without this, we remain inept to the brutal events that take place in the world around us.

The most effective way to stop the spread of evil is to disclose it to the world and show the perpetrators that their actions will not be tolerated.

- Luke Doig

Re: Russian LGBTQ discrimination draws criticism at Sochi

I really enjoyed your piece on the issue of human rights that is taking center-stage at the Olympics in Sochi. Broadcast to over a billion people worldwide, these Olympics not only display sportsmanship and respect, but unites us globally through the use of sport in spite of our differences.

In the case of Sochi, where people are prosecuted for their homosexuality, the Russian government have chosen to show-case this intense issue to the entire world, and sooner rather than later, Putin will be morally obligated totake action.

The '68 Olympics of the Black Power salute inspired a whole new human rights movement. I believe that this situation is no different, and Russia will soon be compelled under immense global media attention to relax their laws on the LGBTQ community.

- Galen Wang

Re: violent video games keep parents struggling to keep tabs

"Video games lead to violence and behavioral problems." I have a problem with this statement; the article is about how violent video games lead to problems however this statement is generalizing that "all" video games lead to problems. So this means if a child plays a game like "Tetris", it will lead to violent behavior or behavioral problems in general. Isn't that a little too hard to believe? There are video games made for preschoolers that focus on intellectual development and I don't think a game that helps a child learn to read will lead to violence or behavioral problems.

The article starts off with video games in general being the problem then ending with violent/mature video games being the problem; which is it?

I know the basis of the article is about parents struggling to keep tabs on what kinds

of games their children play but I think the background information needs to be more clear.

I am not disagreeing with the overall argument because I believe parents should pay more attention to the kinds of games their children play.

It's sickening to know that elementary kids are able to get their hands on games like "Call of Duty"; and how are they able to get a hold of these games, well their parents.

I think parents need to be more vigilant on the games younger children are playing especially if the rating is mature. Video games are given ratings for good reasons and I think they should be respected especially for younger children.

- Natasha Lumagbas

The Edge accepts letters to the editor. Email it from your student account to the Edge@sd43.bc.ca or give it to your English teacher.

NEWSinBrief

Tessa's Tournament fundraising for cancer

Gleneagle's senior girls shot hoops not only to win, but to honour a late community basketball star throughout the month of February.

Tessa Beauchamp, former Holy Cross Regional High School student and basketball player, died in 2012 after years of fighting a rare form of brain cancer. Since then, "Tessa's Tournament" has been held annually in her memory.

"It's basically a charity tournament in commemoration of Tessa. We sold bracelets that say 'strength' on them, and half of our entrance fee went to the [Tessa Beauchamp] Foundation," said Chiara Bordignon, grade 12.

- Karen Lau

Toastmaster restarts, renamed club

The Gleneagle Toastmaster's Gavel Club has been rebranded as Speak Up! Gleneagle's Public Speaking Club.

Four executive roles were also filled, each serving a crucial part for the operation of the club: Sarah Lee, president, Shakiba Zahab, vice president of education, Kainnart Borwornsenee, sergeant at arms, all grade 11, and Amy Li, grade 10, the vice president of public relations.

- Amy Li

COAST students stuck in snow at Manning Park

COAST students rewrote the history of their annual winter trip to Manning Park from February 18-20 when they encountered record snow levels.

The snow also resulted in the bus being stuck. "The kids worked hard and they didn't quit on us," said Krista Bogen. "So it was really comforting to know that the kids were willing to work hard."

- Anne Rhee

Debaters move on to BC qualifiers

Two students will be going to BC qualifiers after meeting the cut off at the debate provincials. Jordan Flatman, AJ Lahouaoula and Reza Zarebidaky, all grade 10, represented Gleneagle at provincials from February 28 to March 2 after coming top ten at regionals.

Lahouaoula and Flatman will be advancing to BC qualifiers, coming in 17 and 21 place respectively. Zarebidaky missed the cutoff coming in 35 place.

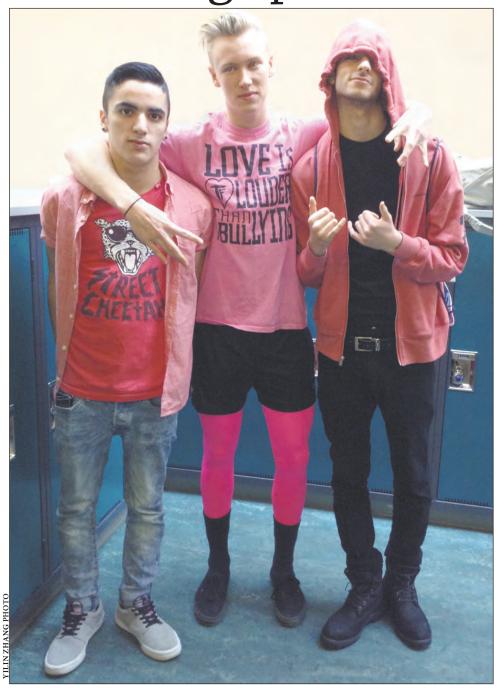
- Anika Lee

Pencils - providing children in Guatamala with needed supplies

The business club sold over 700 colour changing pencils also known as chameleon pencils, from February 17 to 28. For each pencil sold, another one was sent to Guatemala. The club members were given opportunities to handle certain responsibilities and to provide experience in entrepreneurship and marketing.

- Olivia Sun

Students go pink to stop bullying



ON WEDNESDAYS WE WEAR PINK: Students don various shades of pink in support of anti-bullying efforts and showing a sense of community within the school.

YILIN ZHANG Staff reporter

Gleneagle student showed their support for bullied students by wearing pink shirts on February 26.

Anti-bullying day is a nationwide event that allows bullied students to feel supported by their peers as students wear pink shirts for the entire day.

"I think its intentions are important," said

Adam Hayes, leadership teacher. "[Antibullying day] is offering opportunities to show some support and join the cause" added Hayes.

Anti-bullying day raises awareness for a cause that has been around for a long time. "It's good for the school," said Michael Kim, grade 10, "because it's important that the people are communicating in the school to show support."

This day inspires and shows those who

are bullied that there are people willing to help them. "I think this day shows that not everyone is against [the bullied students]" said Alexandra Cooper, grade 11, "and we are here for them if they ask."I feel encouraged that so many students at the school care about bullying," said Amy Leem, grade 12.

Gleneagle raised funds for anti-bullying day by selling pink t-shirts and bracelets in the morning, shared Hayes.

Although many students may not think bullying occurs at Gleneagle, some have seen it happen.

"I've seen [bullying] in the school," said Hayes, "I think what we should be focusing on is what we should be doing not what we could be doing" added Hayes.

"I don't really watch for [bullying]" said Cooper, "and that's something I should probably be better at."

There are many promotions to stop bullying, but to actually stop this from happening, it needs to implement the actions. "I think inclusion, and understanding, and acceptance are important," said Hayes. "Patience with others is important too, because we're not all the same in those ways. We have different exteriors, feelings, and so forth" Hayes added.

"I think it's hard to think of a way to solve it since there are some people who don't feel sensitive to other people's feelings," said Cooper. "But I think the only way to solve it is to have everyone else stand up for the people who are getting bullied and not standing back to watch it happen," Cooper added.

"I think this day really benefits those who are bullied," said Leem. "It shows how there are people in the school who you can rely on and who can support you. It shows that there are people who you can talk to and will help you if you're bullied,"Leem added.

This year's anti-bully day had more participants than last year, even though there weren't any concerts or assemblies.

"I think it's more successful this year, because last year no one really wore their pink shirts since no one knew about it," said Leem. "It wasn't as big last year compared to this year."

Students also sat in the front foyer during lunch time to bring together students of all grades, genders, and nationality, to have a picnic as a supportive community.

Competition too tough at physics Olympics

DELARAM HOORFAR

Staff reporter

Gleneagle science students failed to make the finals at the BC Physics Olympics on March 8. The 16 member team competed against 60 schools from around the province at the UBC event.

"There were six events in which we had to compete with others," said Darrell Bryce, physics teacher. "For the first two events we had to build two machines; in order to build these machines, the students stayed at school until 6 or 7 and on the last days we were working on them until 9 pm," added Bryce.

"We had set our expectations and standards a bit high; therefore unfortunately we did not achieve a significant success," said Parisa Safavi, grade 12. "Failures would just set us for a greater success; next year, with the experience that we had, our team will show off Gleneagle's exceptional talent and knowledge," she added.

"Overall the competition was an entertaining and challenging event. However things didn't go as we expected," said Mehran Mirahmadi, grade 12. "We all tried to the best of our abilities in all six events. I hope next year, Gleneagle students will do well in physics Olympics."

Despite the lack of awards, students still valued this opportunity for the skills and experiences gained.

"Through this experience, I learned how to better communicate and collaborate with a lot of people in an efficient way," said Max Pang, grade 11.



MAKING IT ROLL: Grade 12 science student works hard on building a machine for the UBC competition.

Mar. 13, 2014 the Edge Features 5

Teacher tells of escape from communist Vietnam

JENNIFER KOU Staff reporter

"I remember the night the tanks marched in. I remember hearing the gunfire and feeling the rumbling in the streets. We had to have all the lights off and doors closed in the house," said **Cindy Quach**, recalling her first memories of the Vietnam War.

Born in a country ravaged by civil war and living the first years of her life under a brutal communist regime, Quach remembers her family's hardships and their escape. To her, this experience is "a good story. Even though its emotional, it's not bad emotional. At every turn the best thing happened and I didn't have to carry the burden of the move."

When the Northern Vietnamese army took over Saigon, now renamed Ho Chi Minh City, Quach was barely five years old. "I was scared and I wondered why we were hiding in the dark and why was there so much noise; but when you're a kid you think, 'as long as I'm with my parents, I'll be ok," she said.

Prior to the war, "we were relatively well off," said Quach. She mentions that her grandfather was a street peddler who hauled glass on his back, but worked his way up as an entrepreneur. However, after the reunification of Vietnam, their wealth made them a target of suspicion.

"I think because we had all this money, we were on a watch list," said Quach. She recalls a Northern Vietnamese soldier who, after the north had taken over the south, was sent to live with her family. "I was young and I remember sometimes singing songs for him. I remember turning to my mom telling her I thought he was nice, but my mom replying, no he isn't," said Quach.

But years later, she realizes that "My family was presenting an act of being okay with his presence, but underneath [they] were aware that he wasn't a friend; he was there to watch us: our property, our money, and our goods."

After Saigon was captured, "Most people left immediately if they could afford it; my uncles and aunts who were young and single were gone immediately," said Quach. "My family realized it would be difficult to take three kids to the open ocean with no end destination. We just thought we would tough it out and see how it goes. But it got progressively more and more uncomfortable, particularly because we were Chinese

caught with all that currency."

"It really broke him," she added. "He thought, "I don't have any money. I don't have any power. I'm a Chinese living in a country where [we] were not welcomed. I'm an entrepreneur who cannot do business anymore." Finally he said, "we have to get



LIFE ALTERING CHANGES: Cindy Quach and family flees to Canada in hope of escaping the instability after fall of Saigon, and in pursuit of personal safety.

Vietnamese."

Quach recalls how the tensions between China and Vietnam made life difficult, contributing to her family's desire to leave. "The Vietnamese government was feeling some pressure from the Chinese government for the way the Chinese citizens of Vietnam were being treated," added Quach. "I think China was prepping for some sort of intervention."

The rampant inflation in Vietnam caused many financial worries. "I remember my grandfather burning Vietnamese currency," added Quach. "All the cash he had was completely worthless and after the communists had marched in he knew he couldn't be

out of here, there's no life; there's no future for us."

"We were very lucky," Quach said. Her family was able to plan an escape because her "mom's father happened to be in the shipping business. He had connections to people who were hiring cargo ships to leave Vietnam," said Quach. "My paternal grandfather had gold and at the time, the only way to get passage out of Vietnam was to pay in gold, because money was worth nothing."

Quach mentions how lucky she felt because "we were different from our aunts and uncles who had left earlier. They had left on wooden fishing vessels that were forty feet;

we left on a steel cargo ship that flew under the Panama flag."

Since the government of Vietnam had declared it illegal to leave the country, Quach and her family strived to remain hidden while running for the docks. "I remember leaving my house in the dark. There was a place we had to wait at overnight," said Quach. "Once the boat pulled in, there was a big rush onto the boat and everybody was just running."

Once Quach boarded the boat, "all the space my dad could find was the outside passageway of the boat," added Quach. "We were lucky because it . . . happened to be the only part of the passage way that was covered. We had access to fresh air and because we were in South Asia, it wasn't cold. We even saw sharks in the ocean."

The ship, Tung An, was moving and looking for a country that would take the refugees. Quach describes stops in Malaysia, Hong Kong and Thailand, but being refused entrance.

Then, on Christmas eve, after sailing for close to three months, the ship docked in Manila, but the Philippines would not allow the refugees to set foot on Filipino soil. "They said we had to stay in the ship. [We could] anchor and they supplied us with food and water but [we couldn't] leave the boat until [we] actually apply to be sponsored as a refugee by a country," said Quach. "Once we applied and were accepted by Canada, we were allowed to land in the Philippines. We stayed in a refugee camp on the outskirts of Manila for six months." Eventually, they made their way to Canada.

"I loved it. I didn't speak any English but when you are a kid you are fearless," said Quach.

The experience has made her "feel really grounded. I realized what parents are willing to do for their kids. Although I didn't have a hard time adjusting, I think my parents did," said Quach. "My opportunities in Vietnam were very limited. As a woman, I wouldn't have had a chance to be as educated as I am and have the options and choices I had. I feel very blessed"

Music provides world with miracles, improves health

ALISHA LEE Staff reporter

It's a form of entertainment, one that's been around from prehistoric times to present day, uniting billions of people with nothing more than rhythm and sounds.

But what is it about music that keeps us constantly plugged in, or humming as we finish our chores, or for some, even pursuing a career in the field?

Although many people think of music as entertainment, it has also been proven to improve physical and mental health, as stated by Medical News Today. Music was shown to lower stress and anxiety more successfully than prescription medication.

"I like to sit down at a piano and just play; I find it relaxing," said **Heidi Upton**, guitar teacher. "Or if I just feel creative and I'll write my own music. So I like that I have that to go to if I want to relax or just have some me time."

Not only are having those flows of notes and melodies beneficial to health, but they improve our creativity and provide inspiration.

The Chicago Journals states that some noise or music in our environment helps keep the creative juices flowing without being overwhelming or distracting.

"I think it allows students, in general, to be creative and to tap into that creative energy they have, even if they didn't realize they had it," Upton said. "Guitar is a course students will take usually if they think they're not musical at all and they think they can't play it, and then they have that moment when they realize they can play the music that they like."

"It has really given me an opportunity to meet a lot of great friends and help provide a creative outlet for me," said **Kim Venn,** grade 11 and guitar student. "It takes up a lot of time, and at times can be hard to manage with school work, but the outcome is worth the effort."

"I chose music to be my career because I enjoy it and it doesn't feel like work," said **Paolo Luongo**, student teacher in the band program. "Whether it be teaching or playing it, it's something I have a passion for . . . At the moment, [music] is my entire life . . . It's not only my career but also my hobby . . . something that fills up most of my schedule. So whether I'm playing, making music, jamming, or teaching, it's something I tend to do in all different angles and aspects of my life," Luongo added.

"[Music] actually helped me get a job in teaching," said Upton. "For teaching, I did my history and social studies to get into teaching, and then when I was applying for jobs, I had a music background; I had Royal Conservatory piano up to grade 10 and I'd been involved with music and I taught music. So it really affected my career; if I didn't have music, I probably wouldn't have gotten a job [as quickly]."

"A really positive experience [for me] was last December when I had my first concert with my students," said Venn, about her job as a junior piano teacher. "I don't know if it was a really valuable life lesson, but it was really exciting seeing piano from a new perspective as a teacher, instead of just [as] a student."

In addition to music's physical and mental benefits, somehow those tunes emerging from instruments or voices seem to touch us on an emotional level. This ability is the reason the entire world can be united through such a simple thing — being able to take the certain emotions we feel and experience and compress them into a beautiful blend of melodies and harmonies that can be shared with others. That mutual feeling of understanding is what truly makes music such an important part of many lives.

"If it's a passion of someone's and they want to take it as a career. It's the love of it that drives it and I think that goes for anything," added Luongo. "But in this case, it's certainly a gift to be able to perform, and also a gift to share."

SPOTLIGHT

coastie to the Rescue: A grade 10 student came to the aid of an elderly woman in distress on his way home from school on March 5. Meyer performed first aid on the woman who had a branch stuck in her leg and was bleeding. He successfully stopped the bleeding and was a Good Samaritan.



Grade 10

Fierce competition for slots on badminton teams



MAKE THOSE BIRDIES PAY! Grade 12 badminton team members returns service during a two-on-one match.

BRIAN CHEONGStaff reporter

The badminton team's talent has now been put into action as the season has started. The teams played their first games at Centennial on March 11. Results were unavailable at press time.

"I think this season will be extremely successful this time because of the talent on the team, said **Derek Wong**, grade 12 and senior boys' team member.

This talent is due to the number of players that tried out for the team. 20 students tried out for the eight spots open for seniors.

"We had so many players try out. The section that was under the most pressure to make cuts was definitely the seniors boys because we had double the amount of people than spaces at try outs," said Wong.

"While it's never a good feeling to cut people, it's nice to know how popular badminton is and that we have a sizeable pool to choose from," said **Daniel Luo**, grade 12 and senior boys' team member.

The junior team also experienced a high volume of try outs. "Plenty of players on [the junior girls' team] were cut as there were simply too much people trying out," said **Kris Lau**, grade 10.

A lot of the players in this year's team were members from last year and many senior players have been a part of a badminton team throughout their school years.

"I was on the team last year and I have to say this year the team seems to be stronger," said **Josh Lin**, grade 10 and junior boys' team member.

"At this point, badminton has become somewhat of a sentimental thing as well as a competitive one. I started in grade 6 and clearly it hasn't gotten boring since then," said Luo.

"I'm quite passionate about badminton and want to have the opportunity to play for the school," said **Bosco Lam**, grade 12 and member of the senior boys' team. "I think that playing something you have a passion for will help you play better and I know that all of these players here have passion for badminton," he added.

Senior boys rugby seek strong season following exhibition wins

MARIE TURCOTT

Staff reporter

The senior boys rugby team looks forward to a strong season after dominating their two exhibition games.

The boys were the only ones to score as they dominated Abbotsford 48-0 on March 5.

The team then double up 26-12 over Clayton Heights on March 10.

This year the boys have upgraded into the tier one conference and aim to focus on team spirit to carry them towards the provincials. "This year, it's all about team. For me, the big thing is that I see us as family," said **Mitch Howey**, grade 12. "I'm feeling very confident with the team. We have a very good connection with each other, and we can read off each other very well."

"All of us have worked together for years. We all play club together, we all play rep together, we all work out in the gym together, we all do everything together," said **Aarman Bondar**, grade 12. "As a team, we want to make provincials, because we haven't made it in six years. In grade 10 we were

one of the top teams in the province, grade 11, a little bit back. But this year, we're really looking for success."

"We're expecting to be so much better, because we have a lot of talent on the field, and to work hard as always," said **Andrew De Los Reyes**, grade 12. "I really want our team to succeed, but I also just want to enjoy my time on the field with these people because it is our senior year and it's going to be fun playing with these guys."

With the change in tiers, means the team will be facing new opponents then they have previously tackled including teams in Surrey. "Those really good teams, like Semiahmoo and Elgin Park, are the top teams in the province," said Bondar. "Going against them will be good, but we're just going to take it one thing at a time."

"We're not the biggest team out there which is also a struggle for us, so we're trying our best to keep our fitness up, keep our skills up," said Howey.

One challenge the team faces is their lack of players. "I would say our only weakness at this point is our numbers. Rugby requires a lot of guys on the sideline and the support," said **Clayton Richardson**, coach. "Injuries

happen, players have to miss for other commitments, and it would be nice if some guys who have played previous years that during grade 11 and 12 come back out and fill out our roster."

"The boys we've got have a lot of talent, a lot of potential. It's just a little bit of shame that in a school of 1200 kids, we can't find more than 20 that have the courage to come out and play a contact sport," said **Chris Turpin**, coach. "Rugby's awesome. It's the best sport in the world for comradery, for guys getting together, for going outside in the rain and the mud and looking at the opposition and seeing what they've put out and challenging it."

"I think that if we put strong games together against Centennial and Terry Fox, it puts us in a good position to qualify for provincials," said Richardson. "I think it's important to note that no individual is going to help us succeed. It's the teamwork we're going to build and gather that's going to make us successful on the field."

Some teams members will be embarking on a rugby tour in California from March 22-29. See the full story on page 1.

Junior boys snag victory after hard tries

Yasaman Hoorfar

Staff reporter

The junior boys' rugby team had their first victory this season against Clayton Heights Secondary School on March 10 with a score of 39-17.

The boys played Terry Fox Secondary yesterday in their second exhibition game. Results were unavailable at press time. The team has played four games so far.

The team faced Charles Best secondary in February. The

Talons then played Abbotsford secondary on March 5 losing the game with the score 35-5.

This year the team is led by community coaches **James Rathbun** and **Andrew Flood**, former Talons from 2009.

"I expect the team to start and finish the season as a team because realistically this season is all about teamwork," said **Clayton Richardson** assistant coach. "We want to bond together and support one another on and off the field," he added.

"I expect my team to come out to practice and put in the hard work, be responsible but at the same time have fun," said **Brandon Langton**, grade 10. "This is a game, we practice to get better and play to have fun," he noted.

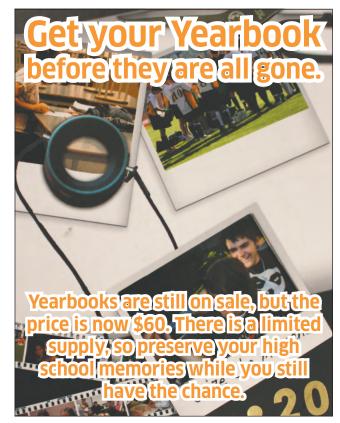
"The major problem that we have is that we have more grade 9s than 10s on the team," said, **Chris Turpin**, assistant coach.

"I think as a team, we have a lot of potential and we're improving everytime we step onto the pitch," said captain **Landen Roberts,** grade 10. "We just need to work on getting the ball out of the back line and finish every tackle," Roberts added

"I have a good feeling for our team this year," said Langton. "Last year we did not get to the provincials but this year is different, I think we can make it this year. I think we have to work on our tackles more. We are not scared when it comes to tackles but we have to work on getting lower when we tackle," he added.

The team finished sixth in Fraser Valleys two years ago. "We are hoping to do like two years ago," said Richardson. "We have many trips to the interior," said Turpin. "Any achievements in senior team is based on the foundation built at the junior level," he added.

The team is doing the exhibition games currently and the regular seasons will start after spring break.



Undefeated wrestler grabs medal, trophy at provincials

Amanda Huang Staff reporter

Gleneagle wrestlers finished the season with a gold medal and a trophy at the Provincial championship in Prince George from February 27 to March 1. This is the second provincial champion in Gleneagle's wrestling history.

Malique Giordano, grade 12, and captain, won all of his matches and claimed the gold medal in 63kg weight class. His match against Parsa Habibi from Sentinel secondary was agreed by all the coaches from the tournament to be "the most exciting and impressive match."

Giordano was awarded a trophy for the most outstanding match of the tournament held at Prince George secondary.

The boys had no problems weighing-in, but, Aarman Bondar, grade 12, "was disqualified because of the skin infection that developed just before the tournament," said Mark Tustin, wrestling coach.

"I was very upset at first," said Bondar. "But instead of being upset all the time, I

thought I might have fun volunteering. I coached a little bit. I got to be [Giordano's] wrestling partner and watched his final right up in front.

Leo Chen, grade 10, was the youngest member on the team. He played two matches in the tournament.

"He wrestled well, but he lost both matches," commented Tustin.

Overall, Tustin was happy with the performance of the team. "For those who have never wrestled before, they don't know how hard this sport is," said Tustin. "We're happy with their performances."

This year the size of the team was unusually small. However, this does not only happen at Gleneagle.

"This is not uncommon to many schools across the district," said Tustin.

"Last year we had 25 members . . . other schools had similar numbers," he added. "This year is an odd year. We had only ten, and some others had ten or eight. I am not

"Join wrestling. It's a good sport," said Bondar. "It makes you fit."

Picture removed in keeping with SD43 policy that student pictures and names may not appear together

NO ONE'S TAKING HIM DOWN: Malique Giordano, grade 12, and his father shining bright like a diamond with his gold medal around his neck.

Talons tackle best in today's girls rugby season opener

JENNY YANG Staff reporter

The girls rugby team take on Charles Best today in their first official game of the season.

The team previously defeated Charles Best in an exhibition play on March 4.

"It was a learning experience for all of us and an opportunity for everyone to see what a game was like," said Gabby **Orea**, grade 11.

The team is ranked fifth in the province last based on year's result. Currently they are setting up their skills to improve their ranking to the top three and win the Fraser Valleys.

In the pre-season, the girls started with several weeks of fitness training sessions and game prep. "We've been going over the basics of the game out on the field and building a strong core for our team to build on throughout the season," said Alexandra Copper, grade 11.

"We are continuing to progress at practice and getting as much experience for the new players," said Amy Leem, grade 12.

"We looked at what we wanted to work on from last year and set technical goals and then, looked at our commitment from the team this year and set outcome goals," said Stevie Schonoor, community coach.

After the first game against Charles Best, the team will practice during spring break. Afterwards they are going to play in the BC high school sevens tournament.

"It is first time we are entering sevens, so it will be new concept for us. And we have to qualify first," said Leem. Gleneagle's rugby program in general has been very

successful over the years. Some teams may have a good run for a few years but then completely disappear off the rugby grid," said Schonoor. "Gleneagle has not only managed to stay on the grid but stay in the top seven teams in the province for over 10 years, which is impressive itself," Schonoor added.

"I hope to contribute to the team this season as a leader for our rookies as well as putting my experience and knowledge of the game to good use," said Copper. "A goal for our team this season is to maintain the level of skill and success our team has had in the past and hopefully keep Gleneagle as one of the best high school girl's rugby teams in the province."

"My goals is to improve my knowledge of the game and play a smarter game," said Leem. The members also work hard individually to achieve the team's goal.

Olympic gold medalist inspires Talons to reach their goals



ENTHUSIASM OVERLOAD: Nick Ugoalah, Olympic wrestling gold medalist, wrestling on the stage to inpsire Gleneagle students.

NATALIE KRAEMER Staff reporter

Canadian Olympic gold medalist Nick Ugoalah inspired and encouraged Gleneagle students to reach their goals when he shared his story on March 4.

"During the finals, it was just another wrestling match for me and it was only afterwards that I realized it meant so much more," said Ugoalah who spoke in block two in the multipurpose room. Ugoalah is a both professional athlete and motivational speaker, but says being a speaker or athlete, "are so connected, [you] can't have one without the other. Being an athlete motivates you to share that passion with others, to speak."

Ugoalah started wrestling, at the age of 18, but he worked hard and went to try outs for the Brock Unversity wrestling team the next year. It was his "dream to

become a National Champion," he added. One of Ugoalah's mentors taught him the "keys to success in anything. It's called

PPP. I stands for persistence, patience and practice." He has learned "the things you do are not just about you sometimes, it can be so much more."

Ugoalah began motivational speaking when he was still attending Brock University. A teacher and friend asked him to speak to their class about goal setting. Ugoalah also credits his speaking to high school students to another athlete speaker who spoke at his own high school. "I feel like my continuing to speak at high schools now is a way for me to give back. I owe it to give back as it was given to me."

Ugoalah states that "change can make you want to quit, it can lead to frustration. But it's not always what happens to you, it's the positive action you take to make the best out of what you have. You need to decide to win in order to overcome the challenges that you face."

Ugoalah is an expert on change. Ugoalah told students that he was born in Nigeria and that his father left when he was three years old.

When he was nine, his father returned and announced that they were leaving to Canada. It was only when Ugoalah's "father, brother and sister were in the taxi that [he] realized [his] mother would not be coming with [them]." His mother said to him, "Go to Canada and take care of your brother and sister, do you understand me?'

Ugoalah remembers landing at the Calgary airport and seeing "cold white stuff" on the ground for the first time. After getting settled into his new home Ugoalah reveals that he "felt silly all of the time for at least the next year. I remember coming home one day to a magic box in the den, it had people and voices inside. I ran to my father to tell him, he said 'It's a TV', so yes I felt very silly.

He also revealed that things like having a house, garage, and car were all new to him as he was used to living in family compounds.

He reveals that "change needs an open heart, and an open heart and an open mind." Starting school in Canada was "also a huge change because I did not speak any English." Ugoalah and his siblings were abused by their father until eventually "I had enough of it and I told a teacher, we were then all put into foster homes."

At the end of his speech Ugoalah emphasized that "we let things stop us, that don't need to stop us. Everybody is battling with 'am I enough? Am I good enough? Does anybody care?'. . . But it's simple, just believe in yourself, begin doing the things that you want to do . . . Go out there and be yourself, share your energy."

Colourful student art displayed at Port Moody library



PLANES, SOLDIERS, AND TALONS, OH MY!: Boris Kim, grade 9, created a photomontage that depicts the global issue of war. His work along with those of other art students is on display at the Port Moody library throughout March.

JENNIFER KOU Staff reporter

Artworks by Gleneagle students are on display at the Port Moody Public Library throughout March.

"We pick colorful things that will be interesting for the general public to look at," said Melanie Stokes, art teacher. "We always

put in two pieces from the Emerging Talent Show . . . as the two main focus pieces." Gleneagle has been showcasing student art-

pieces featured in the art show, a traditional oil painting containing four birds and a 3D chameleon, inspired by animated Walt Disney movie Tangled. "It's my second oil

work at the library for 12 years. Joyce Chang, grade 12, has two of her

online competition

OLIVIA SUN Staff reporters

Eight Gleneagle students competed in the inaugural Poetry In Voice competition on March 11. The eight finalists were selected by Cindy Quach, English teacher and the initiator of the schoolbased competition.

painting and I wanted to see how well I

According to Chang, the art show is a

great opportunity to showcase student

work to the public. "I'm really excited," she

said. "Other people will be able to look at

the work and not just people who went to

Among the work displayed are examples

of surrealism. "They show well and are in-

teresting," said Stokes. "It's bordering on fantasy which works really well with the li-

Sun Young Kim, grade 12, uses inspira-

tion from the Rocky Mountains for her sur-

realistic painting that depicts a mountain at

morning, afternoon, and evening. "It shows

that different people have different perspec-

Many ceramic sculptures, selected from

major projects done during the previous

semester are also on display. "They are bril-

liant, lovely pieces," said Mike McElgunn,

tives when seeing things," she said.

could do realism," said Chang.

Emerging Talent."

brary in terms of fiction."

Olivia Zeng, Yasaman Hoorfar, Ashley Smith, Jessica Fan, Yilin Zhang, Erica Jang, Nick Chew, Maggie Ma, all grade 10, each performed two poems in front of six judges and an audience.

Zeng and Hoorfar, the two school finalists, were chosen to represent Gleneagle in the semifinals. The finalists will be competing against other high school students across Canada online.

If the two fulfill the judges' criteria in the semi-finals, they will move onto the nationals in Vancouver later this year. The national winner earns \$1000.

Students in Quach's English 10 classes started to prepare for the competition at the end of February. Poems were selected

Creepy creatures designed to attract as well as repel, graffito boxes created with legs and lids, pairs of mugs featuring similar ideas, and surrealism tiles are among the works displayed.

Julio He, grade 12, has two ceramic works featured. One piece is a surrealist tile depicting black balloons tied to golden trees, "represents fake happiness as well as the materialistic ideology of people," said He.

"It's pretty cool to know that my art pieces are displayed in the library," he added. "Everyone should be proud because it's quite an honour."

"For every picture that we chose to put in the show there are about ten others that are here at school that could have gone in but they weren't quite the right size," added Aryn Gunn, photography and graphic arts teacher.

"We've been doing the show every year and every year we keep getting asked; the public is really happy with what they see," concluded Gunn.

from the official Poetry In Voice website.

Each student had to choose two poems that

were 25 lines or less and published before

the twentieth century to meet the required

This competition is open to both French

and English competitors. Hoorfar was auto-

matically entered into the online bilingual

school semi-finals and Zeng was selected by

According to Quach, the English depart-

ment will likely continue this competition

judges to enter the English semi-finals.

Spring concert second to none, second last for grade 12 grads

NATALIE KRAEMER

Staff reporter

The spring music concert may not mean a lot to everyone, but to Gleneagles' grade 12 music students it is the second to last concert they will ever perform together.

Last night the entire music department, including all bands as well as the vocal jazz and choirs, showcased a variety of pieces before students head off for spring break.

"This concert is what we have been practicing every day for," reveals Simon Chi, grade 12. "I am in both senior band and working," he adds.

Musician Joyce Chang, grade 12 is in senior band, vocal jazz and choir. Chang discloses that the "Jazz groups [were] more than ready, as they all just performed at the Gala. Senior band [performed] Storm Chasers which came unexpectedly as we started it at the beginning of the year."

Sakura Asano, grade 12, adds that "it's a really fun concert, and there wasn't a lot of stress. We, [senior band], just had to make sure we all knew our parts."

The music department's next big gig is the year end concert taking place on

Passionate poets in national

AMY LI &

ceramics teacher.

and extend it into the curriculum. Quach wants to engage students from both semesters so all students will have a chance of participating in Poetry In Voice. This idea was evoked by Quach's colleague who said it was a rich and enriching experience.

> "I have to be honest that at the beginning I was dubious of the idea. Is there any creativity?" Quach added. "It seems kind of dry. But I really trusted this colleague. So I did it with my two grade 10 classes. I love how much risk-taking it is. I just think it's a pretty intense experience. There is a lot that

has to come together," said Quach.

choir, so I know how hard people have been Wednesday June 11.



PLAY THAT FUNKY MUSIC: Gleneagle's very own jazz band, jazz combo and vocal jazz performed at the Annual Jazz Gala Dinner on February 28. An evening of music was provide under the direction of Ed Travato, music teacher, along-side professional musicians Alan Matheson, David Branter and Rob McKenzie. A multicourse meal was provided by culinary arts students under the direction of Chefs Frank Abbinante and Roberto Arciaga.



THERE'S A KILLING TO BE MADE FUNDRAISING: Students performed at the Gleneagle's Got Talent on February 20 to raise over \$700 for the muscial theatre program. Also, on March 7, teachers showed their spirit in a "Murder at the Hoedown" murder mystery and dinner and raised over \$2000 earning significantly more than last year's event that raised \$1300.