

Gleneagle get its Edge back

ALIROD AMERI & BREADEN MANDUSIAK
Staff reporters

For the first time in over a year, students get a chance to hold and read their own copy of their international award-winning student newspaper.

The journalism program, which produces The Edge, was cancelled last year because of a \$10.2 million district deficit. Elective courses with fewer than 28 students were closed, including many AP classes.

Staff and students felt the absence of The Edge last year and are excited about the paper's return. The Edge "contributes to a sense of Gleneagle as a community," said **Andy Albright**, English teacher.

Nima Tehrani, grade 11, missed "the general update that it provided me and, all in all, the whole school."

Albright added that it is important to "look in The Edge and see the events taking place, get student opinions, learn about our sports teams, and important events happening in the school."

Tehrani as a senior student saw previous editions of The Edge yet grade 9 and 10 students had never seen The Edge in full publication.

Shayan Tanbakooei, grade 10, said that he thinks a student newspaper is "a great way to bring people in the school together." Tanbakooei added that it also can "help people learn what's new at Gleneagle."

English teacher, **Krista Bogen**, believes that The Edge is a crucial part of Gleneagle's identity. "The paper is a good investment because it builds community and develops needed skills," said Bogen.

Nine issues of The Edge will be published this year, including the Guide to Gleneagle printed in September.

The first issue of The Edge was produced in 1997 by founding teacher **Paul Odermatt** when Gleneagle first opened.

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ALIROD AMERI PHOTO

TALONS FILLED WITH SPIRIT AND PIE : Students show off their spirit this week for various themed days. Grade 11, and grade 12, got a helping hand as they munch down on the pumpkin pies as the crowd cheers them on. Students sport their favourite PJ's and shows off her stylin' pose on pajama day. The week continues with twin day and concludes with the Halloween fashion show tomorrow.

Spirits raised with weeklong Halloween hijinks

AUDREY HAR
Staff reporter

Students will be seeing double as spirit week continues with twin day. Tomorrow will be trick or treating and the annual Halloween fashion show at lunch in the gym.

"Spirit week is an opportunity for students at school to really display school spirit," said **AJ Lahouaoula**, grade 12 and student council president. "The big thing for us is actually connecting the student body and basically through our initiatives making it easier for students actually

connect with the school."

The weeklong events also included pajama day, a black and orange day and pumpkin pie eating contest, and a classy day.

Tomorrow's fashion show allows students to compete in four categories: creative, funny, scary, and group. Category winners will receive prizes like mugs, bubble tea, and free movie tickets.

The winners of Tuesday's pumpkin pie eating contest were teammates **Axel Figueroa Sanchez**, and **Ben Gard**, both grade 10.

For his gastronomical abilities-Figueroa Sanchez took home two white chocolate Oreo Hershey

bars and cupcakes.

"It was a bit of a hassle and it was quite a pain for my throat to take but nevertheless I managed to get through it," said Figueroa Sanchez.

In addition to the themed daily events, "ghosts" have been running around the school taking selfies with students, providing more opportunities to win prizes.

"People can get really creative during Spirit Week," said **Dan Cho**, grade 11.

"Spirit week gives students chance to enjoy a heightened amount of energy, especially in the time where in October, we're

in the midst of all the heavy work and everything," stated **Andy Albright**, English teacher.

"I really like Spirit weeks because I feel like it's a good chance for all the students to engage with each other," said **Vivian Szeto**, grade 12 and student council director of internal communications. "I really hope for all the events that we are going to have during the year that everyone would try to participate as much as possible."

"To just have some fun and celebrate the fact that we're community and do something a little bit goofy together in healthy ways is why I really like spirit week," concluded Albright.

INSIDE

SEXY SIDE OF HALLOWEEN:

Has Halloween really now become the time for "sexy fill in the blank" costumes?



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TAKING THE FIELD BY STORM : The field hockey team holds the name of the undefeated league and district champions.

TALONS SLAMMING DOORS ON POETRY:

Student leaders share their passion for spoken word with the student body through the slam poetry club.



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ONtheCALENDAR

- NOVEMBER 4 Take Your Kids To Work Day - Grade 9s
- NOVEMBER 11 Remembrance Day - School Closed
- NOVEMBER 13 Poetry Slam in MPR
- NOVEMBER 20 School Closure Day
- NOVEMBER 23 Term 1 Report Cards Go Home
- NOVEMBER 19 - 26 Grad Photos
- NOVEMBER 27 Me to We Coffee house



Talon tempers soar as classroom temperatures rise

Students and staff have been running hot and cold with ongoing temperature shifts in many classrooms. Teachers cannot manually adjust thermostats since the controls are locked and centrally controlled by the district.

The result of this lockout of control is that during all four seasons, many parts of the school experience major temperature shifts from 17 to 30 degrees. This creates an uncomfortable learning environment for staff and students.

Since September, there has been an ongoing issue in the business education wing. “The hot temperatures make it difficult for teachers, and especially the students to focus on learning,” said **Jason Bingley**, business teacher.

School buildings have a heating, ventilation, and air conditioning system, known as HVAC. This system at Gleneagle has several issues and is in need of maintenance. However the main problem is that it’s not properly managed.

The temperature of classrooms is controlled by the district but the centralized system fails to adjust the temperature for the building occupants.

Several classes in the school have no windows, and that adds to the issues. **Mark Liao**, chemistry teacher, said “it gets very warm for students, they get sluggish, and it’s hard to work.”

Different parts of the school each have different amounts of exposure to outdoor temperatures, sunlight, and occupancy levels. If each room had access to

their individual thermostat, a reasonable temperature could be set for each class based on real time conditions.

Business teacher, **Paul Sather**, said “it would be nice if the air conditioning worked when I pushed the buttons [on the thermostat].”

Last year in June, a petition was circulated requesting that the school district address these issues. The petition got 400 student signatures in just three days.

Along with the petition, a letter was also sent to the school board expressing the general concerns of the school population.

Several days later, a meeting with a facilities manager from SD43 met with administration. At that meeting, the school was told that optimizations would be made over the summer.

However, coming back in September many noticed that little had changed.

Rooms 220 to 225 were air-conditioned in May and June. Most classrooms in this area as cold as 17 degrees. Yet starting in September the opposite happened. Instead, the same classrooms are now too hot. For example, the temperature in Room 225 was around 18 degrees in June, however in October it is sometimes as high as 28 degrees.

Again, the district had outright failed to respond to massive to complaints and concerns.

Another problem is during the summer months. Many classrooms become intolerably hot,



again reaching 28 degrees.

This temperature is mostly due to a lack of ventilation in the classrooms, however it’s also due to heat coming through the windows.

Many blinds in the second-floor classrooms are broken, and cannot be closed. Several teachers in the science department have resorted to covering their windows with sheets of brown paper.

Unfortunately, these issues are out of the reach of the principal and administration. The control of the system lies with the district.

Last week, school administrators met with district officials, and they remain hopeful that the problem can be addressed soon. However, teachers and students still question whether the issues will really be fixed, or if the district will again ignore the problem.

It is appalling that this, modern and heavily-utilized facility cannot maintain a comfortable environment for its occupants. Many teachers have been raising concerns for years, yet the issues remain unresolved.

The school district needs to do more than listening to the complaints of Gleneagle’s staff, administration, and students and fix the problem once and for all.

Time will tell if Trudeau’s real change is best for Canadians

BRAEDEN MANDRUSIAK
Edge columnist

Justin Trudeau and the Liberal party have supposedly brought “real change” for Canadians, but the real question is will they really bring that change?

As the son of former prime minister **Pierre Elliott Trudeau**, Justin Trudeau’s last name may have helped him get elected. Yet Canadians decided that he was ready for the job despite the Conservative’s campaign that had people saying of Trudeau, “I’m not saying no forever, but not now.”

Every party makes promises and Trudeau’s platform may come at a great expense to Canadians.

He has promised to legalize marijuana, make post-secondary education more affordable, provide opportunities for younger Canadians, and end the bombing

campaign in Iraq.

A lot of Trudeau’s policies are not unique and have been put forward by other politicians. But with a majority government, Trudeau can put them into action but it will be extremely costly.

Trudeau aims to legalize marijuana. Something, Canadians have been asking for, yet as the younger generation, we should be very worried.

Marijuana, will be considered a controlled substance, but cigarettes are widely used by the younger population.

If marijuana were to become more widely available, one could only imagine its detrimental

effects, and those effects will become a reality very soon.

Trudeau plans to make post secondary education more affordable, but it can only be achieved by raising taxes and driving middle

“Trudeau seems to think that if you keep throwing money at a problem, it will eventually disappear.”

—**Braeden Mandrusiak**
Edge columnist

stronger Canada, but 25,000 refugees, mostly Syrian, are expected to arrive in the coming months and they’ll need jobs too.

Trudeau needs to balance out the number of jobs and people, but we put our trust in a man who said, “The budget will balance itself,” so, of course, our future job prospects must be in good hands.

The ending of the combat mission in Iraq could drive Canada into ruin.

We, as a country, have championed democracy since our country’s founding, yet Trudeau wants that to be seen on a smaller scale. This will provide insecurity for Canadians because of the threat ISIS poses to Canada.

Stephen Harper said, “It has never been the Canadian way to do only the most easy and praiseworthy of actions and to leave the tough things for others,” which Trudeau has gone against by ending the Iraqi bombing mission.

Canadians are at risk, but Trudeau seems to think that if you keep throwing money at a problem, it will eventually disappear.

Trudeau and the Liberal party aren’t going away anytime soon. Canadians will have to soldier through four years of the Liberal party and their policies.

Trudeau supposedly has brought real change for Canadians, but that real change may not be any better than four years of Harper or **Thomas Mulcair**.

Actions speak louder than words, so let’s hope Trudeau stays true to himself, and to the Canadians who voted him in.

TALONSTalk

With Halloween creeping around the corner, *The Edge* asked: "What is the craziest Halloween costume you've ever seen?"

“ I saw people wrapping toilet paper around themselves to pass as mummies, but honestly I thought they were maggots.”

—grade 11



“ I once saw someone dressing up as a werewolf man wearing a suit, with like paws and tails to pass as werewolf.”

—grade 10



“ Someone dressed up as one of those inflatable advertising balloons.”

—grade 9



“ Last year, there was a group of friends who dressed up as Pacman and the ghosts, and they couldn't fit into classrooms and stuff.”

—grade 12



“ Someone was a mouse trap for Halloween.”

—David Salisbury
science & math



“ There was this guy who wore a shower head costume, with handles and curtains like an actual shower.”

—Veronica Gil
Spanish & planning

Halloween horror in sexed up costume trend

ANIKA LEE
Edge columnist

Halloween is supposed to be a time for crazy costumes, haunted houses, fright nights, and Paranormal Activity marathons. Yet it has become the time for “sexy fill in the blank” costumes.

With the costume industry annually earning over seven billion dollars, it's troubling to see how much is due to sales of sexy or even inappropriate, offensive costumes.

Costume companies are attempting to get women to pay \$80 or more for as little material as possible. Yet for some reason, with the similar price and costume, men are able to get much more fabric. It is difficult for girls to stay modest on Halloween. Tight lace up corsets, short dresses, high heels, and V-shaped necklines are especially common.

Halloween is when it is even more apparent how sexualized women are in the media. Sexy nurse, mermaid, jail bird, firefighter.

There's even a sexy Nemo costume in stores. It's absurd that manufacturers find it so important to alter women's costumes that they sexualize a clown fish.

The issue is not just about the cut and design of the majority of Halloween costumes for women. After all, our clothing choices shouldn't come with any value judgments and people aren't more or less worthy of

respect because of how much skin their costume shows.

It becomes an issue when sexualized costumes are more available than less sexual versions, even when it comes to children. Wearing a sexy costume on Halloween is certainly a personal choice. A Halloween costume isn't an impediment to decades of feminist movements. However, when wom-

“ There's even a sexy Nemo costume in stores. It's absurd that manufacturers find it so important to alter women's costumes that they sexualize a clown fish.”

—Anika Lee
Edge columnist

Removed as per SD43 online policy

en and girls are given few options other than sexy nurse or sexy Cat Woman, they are given little choice in regards to what they can wear on Halloween.

Furthermore, women are finding it increasingly difficult to find a costume true to thier character. While men on the other hand, are given a plentitude of ridiculous and funny costumes, women are stuck with sexy Cookie Monster or even more ridiculous, sexy Chucky. More troubling than this gender discrepancy is how even young girls are being fed sexualized identities. Even Disney costumes geared towards kindergarteners have increasingly shorter hems and lower

necklines. When society comes to the point where pure Disney characters and fish are sexualized, there is a blatant problem. The need to sexualize everything is disturbing.

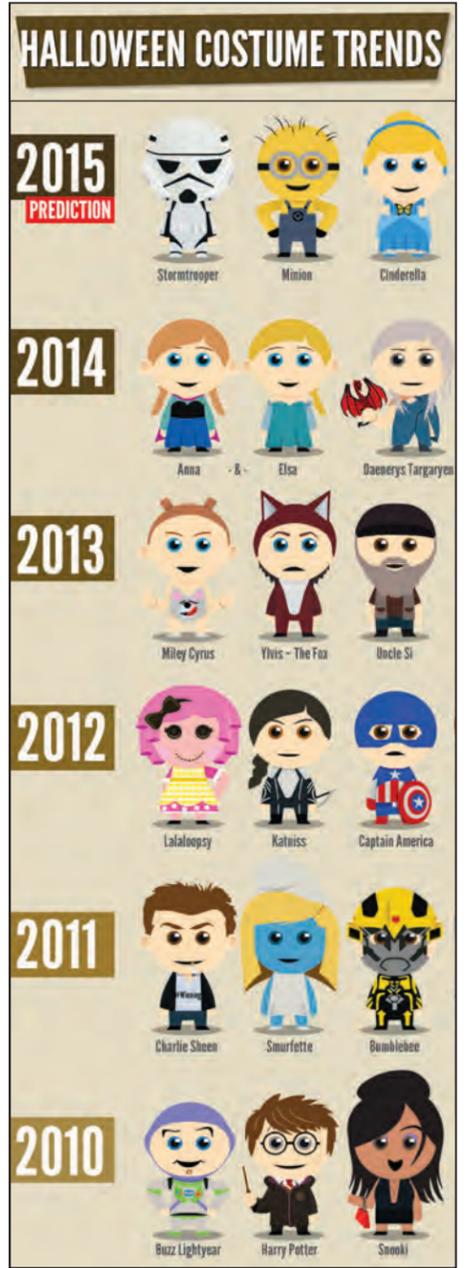
This continued trend is alarming in the light of recent studies conducted by social scientists. They found that the exposure to sexualized messages is associated with body dissatisfaction, disordered eating, low self-esteem, and depression among adult women.

While the act of wearing a sexy costume for one day may not impact a young girl's development, the general underlying idea that being sexually alluring is important becomes harmful.

Although DIY costumes are an option, there is no denying how nice it would be to be able to step into a Halloween store and not have to scour the racks to find a costume that isn't provocative.

When looking at this issue solely in regards to Halloween, it may not seem important. It is only one day of the year. Why make a fuss out of costumes? Yet it becomes a problem when Halloween is a representation of a society where women are valued for their physical and sexual attraction above anything else.

The annual flood of skimpy costumes is a portrayal of our general attitude towards women. So this Halloween, pull out our funky Elvis and Buffy costumes and fight against the sexualized norm. If sexy Halloween is going to die, consumers themselves will have to kill it.



SOURCE: [HTTP://WWW.COSTUMESUPERCENTER.COM/BLOG/POPULAR-HALLOWEEN-COSTUMES/](http://www.costumesupercenter.com/blog/popular-halloween-costumes/)

GOT something to SAY?

SPEAK OUT!

Don't just think it...

LETTERS to the EDITOR are welcome

Just type it, be free of libel, sign it, and submit it to an English teacher

OR email it from your student account to theEdge@sd43.bc.ca

NEWSinBrief

Halloween fashion show set for spooky

Expect to see strange people parading around in costumes tomorrow, due to the Halloween Fashion Show organized by Leadership 11 students

Registration for the show runs until tomorrow morning in four categories: creative, funny, scary, and group. Contestants can also earn prizes.

— Pourochista Rahmati

Students pick Liberals in mock election

Talons participated in a province wide mock student election on October 16 resulting in a win for the Liberal party. Grade 12 students planned and organized the election itself, and the grade 10 honours class was tasked to campaign for each party in groups. Of the 441 votes, the Liberal party has 121 votes, the Conservatives with 115; NDP with 109; Green Party with 62 votes, and the Libertarian with 22 votes.

— Charles Lee

Green team grows winter garden

The Green Team has planted spinach, brussel sprouts, kale, and arugula in the Scott Creek Community Garden. Member's plant and weed from the garden on Wednesdays, with the harvest being donated.

The team has also adopted a section of the Scott Creek Trail. "The team picks up garbage, we watch for needles, graffiti, vandalism, dumping activity, and trail hazards, we clean it," said Michelle Woo, grade 11.

— Porsha Schaffer

LGBT+ club seeks to educate ignorant

The newly named LGBT+ club is working to spread awareness and educate students.

Sam Robinson, grade 12 and co-leader of the club says, "Teaching them the basics of what LGBT+ means/is can really help them with supporting their friends, finding themselves."

— Kiuko Notoya

Japan trip first for Gleneagle students

Students have an opportunity to go on Gleneagle's first ever trip to Japan during spring break, 2016. Students will visit Tokyo, Kyoto, Osaka as well as Gleneagle's sister school, Yahata High school, which is located in Fukuoka.

— Audrey Har

Math club adds up for competitions

The Math Club has been working on the Canadian Open Math Competition that is open to all grades. Captain James Chai, prepared materials for Wednesday meetings.

Last year, the club came seventh place in the grade 9

— Braeden Mandrusiak

NEWfaces @GLENEAGLE

ALIROD AMERI & ANIKA LEE
Staff reporters

New teachers are the norm in September, yet this year sees administrative changes with Ken Cober as principal and Janine Close joining existing vice principal Mike Parkins. Cober has returned to Gleneagle after teaching here more than 15 years ago.

Cober initially joined Gleneagle in 1996 while the school was being built. He taught science students from 1997-99, including student and current teacher Bryan Jackson.

Jackson said, "[he] always thought highly of Mr. Cober and thought he was a really engaging teacher." Jackson added that Cober created a positive and fun environment, and that he "shared it with the students."

Cober is enthusiastic about Gleneagle and said that, "Gleneagle is incredibly inclusive. Everyone is kind and caring, this school overall is so welcoming, and that has really helped with my transition here. Although I haven't been at the school for long, I'm enthusiastic about my time at Gleneagle. I look forward to creating growth and representing the school in ways that strengthen what we want to do here."

Close served as Centennial's Vice Principal for six years. "The district decided that it would be good for me to experience

Many new teachers and staff members join the Eagle's nest this year including our former Talon and reformed Kodiak principal



ALIROD AMERI / PHOTO

NEW ADMIN ON THE BLOCK: New principal Ken Cober and new vice principal Janine Close are just two of many new staff members at Gleneagle this year.

a new community and decided to move me to a different school. When I heard that it would be Gleneagle, I was very excited because I heard a lot of good things about this school," said Close.

"The students are so kind and polite and

the teachers clearly love this place. People have held open doors for me or have come up to me for a chat. Teachers have come by to touch base with me and get to know me more and it just shows that inclusiveness is part of the culture here."

TALONSTalk

The Edge asked new staff members:

"What is something you want to know about you?"



I'm excited to teach foods next semester. I eat a lot and I took foods 9 36 years ago."

—Paul Sather
Business teacher



ALIROD AMERI / PHOTO



I feel like the nerd culture is the dominant culture, so it's okay to be a theatre geek, it's okay to be in journalism; it's not seen as the weird kids. Weird is normal here."

—David Gilbar
Art & English teacher



ALIROD AMERI / PHOTO



I would say the most interesting fact about me is that my first ever scene on TV was on the CBC series, "The Odyssey" opposite Ryan Reynolds."

—Amy Clausen
Drama teacher



I'm a support teacher, coach rugby, and have a 1 1/2 year old daughter."

—April Quinto
Student services



I worked in all sorts of libraries in my entire life and am here to help you with whatever you need. I went back to school year and learned lots about databases and better ways to search the Web. I would love to show you sometime—just ask!"

—Valerie Eaton
Library assistant



I would like everyone to know that I am filling in as teacher-librarian for Jo-anne Leblond until the end of the semester. I love working in the library and look forward to seeing you there."

—Karen Leonard
Teacher librarian

Long history to journalism publishing at Gleneagle

•Continued from page 1

Since starting with Odermatt in 1997, there have been three other advisors for the course: Diane Silzer, who took over upon Odermatt's retirement, Lois Axford who took over when Silzer moved to Heritage Woods, and Scott Findley who took over when Axford retired in 2014.

Funding for The Edge is handled by the school. Findley is considering adding

advertisements to the paper to offset some of the costs. He stated that he hopes that "we can return to self-advertising so we can attain more added funds."

In the district, Centennial and Riverside also publish papers in addition to Gleneagle. Centennial's paper, The Catalyst, was also canceled last year and had been publishing for 47 years. The Edge had been publishing

for 17 years when it was cancelled.

The Journalism course is taken in addition to core English classes. The Edge can be beneficial to students since it "focuses on three areas: learning to produce content for a particular area, writing in an informational format, rather than academic or fictional, and that [writers] have to consider their audience," said Albright.



ALIROD AMERI PHOTO

Gleneagle grads of 2019

BRAVE NEW WORLD AHEAD OF THEM: Grade 9 students posed for this early group grad photo during their first week of high school following with an activity day and BBQ on the field, all organized by CON-X and COAST students. Many students enjoyed this experience, as they got to meet their new peers and bond with older students.

Talons learn to work through challenges on We day

ASHLEE AHN
Staff reporter

Students from all over BC united for an inspirational and uplifting event that brought together world-renowned speakers and performers for We Day at Rogers Arena on October 21.

The event consisted of speakers and performers such as **Chris Hadfield**, the first Canadian to walk in space and commander of the international space station, and **Spencer West**, Free the Children ambassador and author.

"My favorite motivational speaker at We day was Spencer West" said **Theresa Lee**, grade 12.

"At a young age, he had both his legs removed from the pelvis down due to a genetic

disease in his leg muscles. Having the ability to walk is something we often take for granted, but this is a challenge Spencer has to face everyday. When he climbed the tallest mountain in the world, he proved that the impossible is possible" added Lee.

"He uses his story to invoke change in others, to teach us to redefine what is possible and knowing his accomplishments I am inspired to focus on what I can do, not what I cannot" expressed Lee.

Other speakers and performers included **Hedley**, several award-winning recording artists and **Spencer O'Brien**, a Canadian Olympian and World Champion Snowboarder.

We Day wouldn't have been possible without the thousands of volunteers, called crowd pumpers, who devoted their time

and effort into the event's success.

"Being a crowd pumper was very exhausting as you have to channel all your energy to the crowd and keep them hyped throughout the day" said **Jenny Bi**, grade 11 and crowd pumper.

"I feel that the crowd feeds off from the crowd pumper's enthusiasm because honestly, they are more likely to participate if they see others shouting out their spirit". Added Bi.

Speakers such as **Hamza Ahmad**, the founder of "How to be a Bully" expressed his past experiences of bullying and his passion towards putting an end to it in schools.

The Her Brothers, the Canadian Alternative Rock Band, spoke on the serious issue of human-trafficking and mistreatment of women in South-east Asia.

"Marlee Matlin was simply inspiring. She did her entire speech in ASL [American Sign Language], which I thought was a beautiful and great way to raise awareness of the deaf community," said **Vanessa Giannopoulos**, grade 11.

"She also spoke about not letting anything hold you back, and finding ways to work around challenges, which I think will be really useful to remember later in the year when we get stuck in figuring out the logistics of an event," added Giannopoulos.

The Me to We club is currently planning a fundraiser for the water pipe project in Ecuador, as well as a coffee house. They also have the annual "We Are Silent" day to raise awareness of those who don't have freedom of speech.

Back2Nature Two different groups of Talons take in nature trips for bonding and creating connection experiences in BC back country

Grade 9 retreat sparks connections for new Talons

ERIKA LEE
Staff reporter

Camp Capilano was the centre for 25 grade 9 TALONS students from October 16-18. They did a two night, three day retreat opening a gateway to "outdoor experience and leadership," said **Quirien Mulder ten Kate**, TALONS teacher.

"The main purpose of this retreat was to build relationships," added Mulder ten Kate. Only been a few months into the school year and students like **Hira Lalani**, grade 9 "could not have asked for a better way to do that than through a retreat."

Above all the connections and relationships, there was time for the students to learn about themselves. "We would go one at a time into the forest and walk the trail alone," said **Sydney Ko**, grade 9. "We also once went into the forest when it was dark and found a nice place to sit and observe."

Students learned how to budget costs with \$40 a person and were taught leadership lessons by teachers **Bryan Jackson**, **Andy Albright** and Mulder ten Kate.

Many activities "from all the teacher lead and student lead group activities, to the free time, to the campfires at night, all made each other feel like we were part of the group and welcome here," Lalani added.

The retreat was a time dedicated to allowing students to adapt through changes and routines that follow the outdoors. "Some [adapted] well, others [found] it scarier so it [was] interesting seeing different personalities and individuals work in a different environment," said Mulder ten Kate.

Grade 9 TALONS students ventured out, being tested by challenges that they came across, however, "it's having the support of everyone else in the group that makes it work," Mulder ten Kate added.

The goal of the retreat was to get outside of the Gleneagle, to gain connections and work at the leadership required for the outdoors. For Lalani, the purpose was not only a success but "exceeded [her] expectations" while "still learning lots of practical leadership skills that will last [her] a lifetime."

"At the end we do a big closing circle where we all hold hands to talk about the impact the retreat all had on us and each other. What gets said in that circle remains in there, but by listening to the comments you can see that they truly got a chance to know each other better," said Mulder ten Kate. The purpose of this retreat came true to its word for many students. For Lalani, "it [was] all about taking risks, and even though [one] may be a bit apprehensive about that, [she] cannot begin to describe how amazing the rewards [were]."



RACHEL HUTTON PHOTO

HIKING THE MOUNTAIN: Students participating in the outdoor club trip make a trek up the mountainside at Garibaldi Lake.

Lake trip inspires outdoor club

POUROCHISTA RAHMATI
Staff Reporter

Garibaldi Lake was the site for this past-weekend's outdoor club trip. With mild weather and cloudy skies, the group enjoyed a 22 km hiking trip and overnight camping.

Highlights of the trip was the natural scenery as well as the wildlife, "The water was so blue, it looked like someone had dumped a bunch of food colouring in it," said **Rachel Hutton**, grade 11.

"Aside from the fantastic view, feeding the birds was one of the best parts. We'd put peanuts or almonds on our hands or heads

and they'd come swooping in to grab a bite," stated **Alison Chung**, grade 11.

Following a one year absence, the outdoor club has already gone on two trips with the Garibaldi trip and surfing in Tofino on DATE HERE PLEASE.

The club's activities include hiking, rock climbing, surfing, snowshoeing, paddling, and other outdoors activities. Experience isn't a requirement, and all are welcome. The club is sponsored by teachers **Shawna Smith**, **Doug Mancell**, **David Salisbury**, **Krista Bogen**, and **Andy Albright**.

Talons on mark for cross country championships



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SUNS OUT, RUNNERS SET: Cross country runners are poised and ready to run. From left to right, grade 9, both grade 12, grade 10s.

VICTOR XU
Staff reporter

Grade 12 girls from Gleneagle dominated at the district cross country meet

on October 22 taking first place in the team category with a total of 17 points.

Talons were also successful in the individual categories. **Nicole Huang**, grade 10, finished the 4.7 km race with a time of

19:32 for second place. **Sam Yeung**, grade 9 placed third in the senior boys' competition with a total time of an hour and 45 minutes.

The grade 12 boys also won a second

prize for Gleneagle.

According to coaches **Lori Gregory** and **Katherine Chung**, all the cross country runners participated well and made good contributions to the wins in the team categories.

Huang and teammate Christina Johnson, grade 10, also took first and second place at the Cross Country invitational meet on October 15.

"The students in the team were super hard-working, have natural talent, and are fun to coach and watch," said Gregory. "They were just really cooperative and showed great team spirit."

The athletes have various ways of training. Some trained by running themselves. Others used trainers and weights to build up their muscles.

Some runners used other sports to cross-train like soccer, which can motivate their capability of running for a long distance.

The diet of the athletes is also an important of their practice including eating enormous amounts of fruit and vegetables. The fibers contained in those foods can keep them healthy and fit.

Also some high-protein food before the actual race provides energy during the race.

The season started on September 23 and is now almost at its end.

Runners competed at the Fraser Valley championships in yesterday. Results were not available at press time.

The last competition is the BC cross country championship on November 7 at the Jericho beach park in Vancouver.

This race will decide the final champions of the season.

SPOTLIGHT

Motivating mountain biker's inspiring tire tricks

ASHLEE AHN
Staff reporter

Staff safety only appeared to be at risk when **Ryan Leech**, a professional mountain biker, demonstrated his skills to the entire student body at a school-wide assembly on October 14.

Even though Leech is a professional biker, he became a motivational speaker 10 years ago because he found his niche to visit people, motivate them and to persevere his dreams to be active in his community.

Leech came to Gleneagle five years ago, and delivered a similar topic of speech at that time. Yet the Leadership students who organized the assembly felt that his message should be shared a whole new group of Talons.

"Although he had admitted that he had many different topics this time, he was happy that his approach was more authentic which showed honesty and sincerity" said **Adam Hayes**, Leadership teacher. "I was happy that he came, a person who wasn't all glitz and glamour."

"Although it was stressful sometimes when putting the assembly together, it was

really rewarding in the end," said **Richard Lee**, grade 12. "I enjoyed the process of preparing for the event plus meeting Ryan Leech was really memorable".

"He was relatable and the students were able to connect with him since he's very casual and have an easy way about himself, as well as a very nice approach to life" added Hayes.

I think it was really cool that he was able to connect to at least a few of the students, because it's a given that they will cherish it forever" said **Julie Won**, grade 11. "I almost didn't want the assembly to be over because it was really interesting".

"It was really memorable when he talked about the potential and the line" expressed Hayes.

"When he tripped, knowing that it was intentional he talked about two things: how others see you can affect you to put a cap on your potential and stop your process, as well as putting a cap on yourself", said Hayes. "To break off from that is being based upon others as well as your own identity that you're creating yourself."

"Ryan Leech left the assembly telling the Talons that everyone is fully capable of doing things.



ALIROD AMERI / PHOTO

A CLOSE CALL: Ryan Leech, mountain biker and motivational speaker, showed his skills and tricks while teachers **Jason Bingley**, **Darrell Bryce**, **Ashley Freeborn**, and **David Salisbury** had the best seats in the house while students watched from the bleachers at the school assembly on October 14.

Field hockey undefeated entering valley championships

BEATRIZ ROQUE
Staff reporter

The field hockey team holds the title of the undefeated league and district champions following a win against Charles Best in the district finals at Town Center on October 22. A rematch of last year's finals, the girls redeemed themselves winning the close match with the score of 2-1.

"It was a real nail biter but we held it together til the very end, despite having a short bench we really stayed together," said **Zahra Bharucha**, grade 12 and co-captain.

Thanksgiving weekend the girls came fifth out of the 16 top teams in the province at the Bridgman Classic held at UVIC. In 3 days they played six games and were only defeated in one.

"We were right where we want to be at this point in time," said **Patty Anderson**, coach and teacher.

October 16-18 the team played six games at the UBC tournament and came fourth. "From the beginning to where we are right now, I think we've improved so much," said Bharucha. "We are just working our way to the top I believe," added Bharucha.

The fifteen member team of girls from grades 9-12 have been having an enjoyable season. "The overall team dynamic and fun atmosphere has led our team to success as well as the drive all of our girls have to want to win," said **Laura Touhey**, grade 11.

"The little amount of time that we've spent together, we've been able to form such a close connection and that was really brought out on the field," said Bharucha.

"The whole team is very skilled, but I think our seven seniors are really showing leadership, and that's what you need to get



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REACHING FOR THE BALL: Grade 11, attacks the ball to keep it out of reach of the opposing Charles Best player. The girls defeated their rivals in a rematch of last year's final to remain undefeated entering the Fraser valley championships on October 28-29 with hopes of going to the provincials again this year.

you onto that next phase," said Anderson. "We have seven seniors this year showing a lot of experience, skill, hunger, leadership and true talon grit" She added.

The girls compete in Fraser valleys October 28-29 in hopes to make it to provincials November 11-14.

"Provincials we really have a good shot, we

came fifth last year and we have the whole team back, this should be our year but all the little pieces have to fall into place," said Anderson.

Win over Carney moves junior girls volleyball into fourth

CATHY LIU
Staff reporter

With a 3-0 win to Archbishop Carney Monday go onto districts. The junior girls' volleyball team move into a 4-3 record in league play and are ranked fourth in the district.

The junior volleyball team started the season strong with wins against Charles Best and Port Moody in league play.

The girls fought hard at an away game on October 19 against Terry Fox. "For us to improve, communication on the court [is vital]," said **Alyssa Turcott**, grade 10.

Mackenzie Katz, and **Christine McCulloch**, both grade 10, led the team captains against the Terry Fox Ravens. Turcott stood out as a member because "she was hitting the floor a lot and diving, she got some good digs," stated coach **Billy Demonte**.

The girls fought and played hard in

the Great Cake Tournament at Burnaby Mountain, on October 6, to place seventh out of ten teams in the tournament.

"Well we've improved since the beginning of the year, especially since we've gotten to know how each of our teammates play," said Turcott. "Since we understand each other better, we're able to play stronger than we used to."

"I think we have a strong defence, players that play well, [but a] lack of communication in the court is sometimes an issue," states **Danielle Pablo**, grade 10.

The girls' effort has left them with some strong results with wins of 3-0 against both Centennial and Archbishop Carney. They lost 3-1 to Terry Fox.

The girls have been practicing diligently, and their, "goal is to make it to the Fraser Valleys," said Demonte. "The girls are doing awesome and have come a long way so far," added Demonte.



CATHY LIU / PHOTO

SHOOT FOR THE STARS: Grade 10, gets ready to make her point against her opponent while teammate and grade 10, looks on.

Swimmers prep for provincials following valleys

SARAH DOYLE
Staff reporter

Six swim team members qualified for the provincial championships at the Frasier valley championship on October 22.

"It feels great to qualify for the provincial championship with my amazing relay team," said **Theresa Lee**, grade 12. "Preparing for provincials is definitely more intense, because there is more pressure to perform well against the tougher competition. I'm excited for this meet, and I am determined to end the year with a bang! It's also my last

year on a high school swim team, and my last time to swim with my awesome team mates, so I want to make sure I swim the best I can for them, and for myself."

Students attend practices at the Coquitlam aquatic centre from 6:30-7:30 AM on Mondays and Wednesdays.

"This is a program where kids can come and they can develop," said coach **Mark Tustin**.

The team practices their diving technique, their strokes, their speed, and their flip turns at each end of the pool to decrease their times.

The swim team is a no cuts program, so the goal of the team is to learn and improve while having fun.

"It's always about trying to achieve your personal best. Not everyone is going to win, but everyone has a personal best."

Meeting new people outside of Gleneagle and bonding with the other swimmers is a big part of being on the team.

"Waiting for events in a competition provides a chance to get to know the people on your team, to create memories, laugh, to encourage, to be a good sport, and to work hard together," said Lee

Boys soccer break losing streak

Senior boys soccer broke a five game losing streak after a tie against district rival Pinetree Secondary School on October 20. **Patrick Serrano**, grade 12, scored a penalty shot to tie the game 1-1. On Tuesday, the team lost 2-0 against Maple Ridge.

– Brian Cheong

Girls basketball set for season

Coach **Patty Anderson** is ready to whip the girls into shape for this year's season which starts on November 27.

Once the season starts, they will have five practices and one game per week.

– Ava Smith

Slam poets smash poetry barriers to build spoken word club



NAZLIE NAJAFI / PHOTO

POETS HARD AT WORK: Grade 9 right, looks on while grade 12 and one of three Slam Poetry Club founders offers feedback to other members of the group.

NAZLIE NAJAFI
Staff reporter

Three grade 11 poets are positive their passion for the spoken

word will inspire other students to follow in their footsteps in the Slam Poetry club.

In September 2014, **Jamie Fajber**, **Emma Field**, and **Lyle**

Hendriks were in grade 10 when they started the club to provide an outlet for the aspiring slam poets of Gleneagle.

“A big purpose of the slam

poetry club is to break down the stigma of poetry in school,” said Fajber. “Even I snooze reading a classically written poem, but spoken word is a very powerful art form.”

Every Monday at lunch in room 110, the leaders run meetings attended by 20-30 students to build the rich culture and intimate nature of spoken word.

Emma Macdonald, grade 10 and a slam poet feels the club is “a way for people to express what they’re going through in a safe environment where there’s no judgment. It’s a place for you to be brave and to be weird.”

Fajber, Field, and Hendriks like to start the meetings by performing their own poetry for the group. “The best way to learn about poetry is to watch it and immerse yourself in it,” said Fajber.

Team-building exercises and games follow to assure everyone in the room feels as comfortable as they can. This then leads to workshopping to provide writing experience for the newcomers of

the club.

For the past two years, Gleneagle has competed at Hullabaloo, the provincial spoken word competition, placing at third last year and second the year before.

“I have a really strong feeling that Gleneagle will bring home the provincial championship this year,” stated Fajber.

The club leaders are very passionate about forming a powerful spoken word team that can win at provincials and reign at nationals.

Although a goal is to be successful in competition, the leaders agree that a main focus is to create a space where any student can participate, being as brave, as weird, and as ‘themselves’ as possible.

On November 13, Gleneagle will have their very own poetry slam event with various speakers and all-star youth poets including nationally celebrated **Andrew Warner**.

The presentation will be held in the MPR for any students. It is free of charge.

Fall concert creates harmony for complete Gleneagle music program

KIUKO NOTOYA
Staff Reporter

All five branches of Gleneagle’s international award-winning music program came together last night for the first music concert of the year.

The junior and senior concert bands, concert choir, jazz band and vocal jazz all have been practicing since September, and it was finally time to show the product of their hard work.

“The preparation for this concert was pretty stressful actually,” said **Benedict Mendes**, grade 11. “The pieces we’re doing aren’t easy and they had to be prepared in a tiny bit over a month, which is not a long time. It’s enough to learn your own part, sure, but in that time you need to learn everyone else’s part, in a sense, because you are a part of one whole unit that has to work together in band.”

All of the performance groups

had just over a month to practice these pieces, including quite advanced pieces.

The performance groups all performed a wide variety of songs, “this year the jazz band did some swing standards; we kept it simple, but this is the first time we’ve done two swing-jazz songs for the Fall Concert,” commented **Nick Chew**, grade 12.

Mendes added “The hardest piece to learn, but also the most fun to play, is ‘Choreography’. It’s a really fun, upbeat song but there are a ton of syncopated rhythms and complicated entrances for the whole band.”

“Vocal Jazz and Concert Choir both performed songs quite similar to our repertoire from previous years,” said Chew.

The fall concert was also the very first concert for some students. “It’s my first year in choir and I was truly amazed by the talented individuals in the program during



KIUKO NOTOYA / PHOTO

PUTTING IT ALL TOGETHER BEFORE THE BIG SHOW: Joined by guest musician **Ken Sturgess**, the Gleneagle concert bands finish the fine tuning of their pieces for the fall music concert

my first few rehearsals,” said **Ashlee Ahn**, grade 11. “It’s really interesting to see all the students so attached to the program, and

I think it’s a blessing that I get to hear them harmonize during the rehearsals; it’s something I look forward to.”

Everyone can now look forward to the Winter Music Concert which will be held on December 16th.

SPOTLIGHT



I’LL HAVE TO SAY GOODBYE IN A SONG: Gleneagle Musical Theatre students were one of several groups that sang their goodbyes to departing drama teacher **Ashley Freeborn**.

Freeborn is leaving the teaching profession for health reasons and a position that allows her to work from home.

A part of the school since 2009, Freeborn transformed the drama program from the black box style to one of large sets and huge production performances.

Her productions included *Seussical the Musical*, *The Wizard of Oz*, *Footloose*, and *Shrek: the Musical*.

The current production of Disney’s *Beauty and the Beast* will continue under the new teacher **Amy Clausen** who starts in early November.



Ashley Freeborn
Drama teacher

Freeborn had worked in the school spreading “style, and good humor,” said **Lily Joy**, grade 11. “I think a lot of students like her because of how well she communicated with us. She was really nice and outgoing.”

On the second last day before leaving, the period two drama class put on a presentation for Freeborn by singing “Thank You For Being a Friend.”