



Opinion/Editorial



Friday, June 5th, 2009 - Vol. 13, No. 9

An over played media calamity

Marissa Vaillant - staff reporter

H1N1 (Swine Influenza), is an international pandemic that has recently arose. Apparently, we were due for a pandemic, but my question is: is all the hype in line with the actual level of severity? I think not.

The media has an uncanny ability to cast a sense of calamity on events that often create more panic than necessary. The media is, and has always been, a substantial provider in how we formulate our opinions, and view of the world, however even the media does not know exactly what the real facts behind an issue is, and try as they may, the media has a way of presenting events in such a way that the truth becomes a variation and starts to influence people's personal conclusions, and H1N1 is no exception.

H1N1, which started in Mexico has been infecting many world-wide, but not as many as it has in Mexico. Mexico's death toll and infected population has far exceeded other countries due to the fact that the people of Mexico are extremely susceptible to getting infected because of the extremely poor air quality; many of them already have respiratory problems.

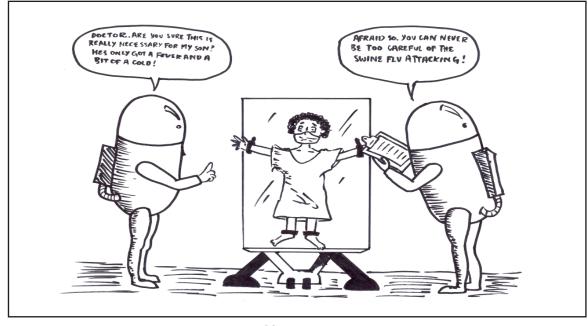
I have heard my peers comparing H1N1 to the Spanish Influenza, and the Bubonic plague, but seriously? People have to understand, that we live in an era that has the resources and know how to prevent and cure H1N1and other harmful viruses. In fact other than the traditional vulnerable person (immune compromised, the old and young) most recover from the H1N1.

When the Bubonic plague hit, the doctors of that era tried to cure the disease with odd, medical practices (many doctors of that era used contaminated surgical tools when treating patients) that actually ended up making the problem worse. The Spanish influenza in 1918, wiped out over 50 million people. Science today is so far ahead than it was 90 years ago. Doctors have found ways not only to cure, but prevent future influenza break-outs. It is true that scientists need to stay vigilant and on top of the latest research, but for the media to create panic only aggravates the situation.

People in general seem to be practicing personal hygiene as a top priority since the outbreak. The best way to keep yourself from being infected is to keep yourself clean and free of germs. Because influenza and the common cold are usually caused by a virus, doing things like washing your hands frequently, keeping from touching your face or mouth with your hands, and being careful to cough in to the crook of your arm instead of your hand or in an open space, will ward off germs from infecting your immune system and keep you free of unwanted sicknesses.

Being diagnosed with H1N1, while not a "positive" thing is a curable and appears to be no more dangerous than other flu strains. With proper medication and limiting yourself to the boundaries of your home, one can keep the virus at bay and not infect others. And if you do get sick – whether it is with H1N1 or any other virus - use your common sense. It's best if you stay home, out of the public, work, and school environments until you are recovered and well to prevent any spreading of your illness.

The editorials that appear in the space represent the opinion of the Eddy. They do not necessarily represent the personal views of the writer. The positions taken in the editorials are arrived through discussion among the members of the Eddy staff.



POINT

Better to be safe than sorry



On May 6th, Riverside, as well as all of the high schools in SD43, had an emergency evacuation drill. Many people thought the drill was a complete waste of time, and did not show up. However, if we did not have drills such as these, our schools would not be prepared for any real emergencies. Of course we all know about earthquake drills, as well as fire drills: your class goes outside and lines up for about ten minutes, takes attendance, and then goes back to wherever they were, and then carries on with their day. In the case of a real emergency such as an earthquake, that would not be the case. With a real emergency, we do no know what condition our homes and streets would be in.

Parents would expect the schools to keep their kids safe. There were many parents saying that they thought the drill was a waste of time. Their kids could be in class learning. These parents would probably be the first ones to panic and accuse the school of neglecting their kid's safety. Schools have a responsibility to keep everything in order and to keep their students safe. If schools do not practice and prepare for emergencies, they will not be able to do that. The fact that so many students skipped does not help the schools be prepared for natural disasters at all.

Many students skipped C block because of a "dentist

appointment," yeah right. This resulted in very small classes. There were even teachers telling students that the emergengency drill was a waste of their time. Of course they could be teaching a lesson, but we need to be prepared for these things; safty is extremely important. Students need to take drills like these much more seriously. Schools need to keep their students safe, which means they need to make sure that all students, as well as parents, know what to do in the case of an emergency. If some teachers were more encouraging, and students were more cooperative, our schools will be so much more prepared for emergency situations, which do happen. All in all, everyone needs to work together to make these kinds of things work. Even if it is boring; make the best of it.

An inconsiderate waste of time



On Wednesday, May 16, students were taken out of class at 1:30 pm to be picked up by their parents or guardians to comply with the provincially mandated Emergency Release Drill. Students were made to miss classes, stand out in the rain for about an hour while waiting to be picked by their parent, or guardians; essentially students were treated like little children.

The powers that be should have done the drill on a Friday, when most people would have been happy to get out of school early at the end of the week, and the classes should have been shortened classes so that students wouldn't have had to miss their block C and D class. C block was a joke. How are teachers supposed to do any work when class is only 20 minutes long? Instead of shortening all classes, (so each student could have seen each teacher) students were forced to miss two important classes. Or perhaps the blocks should have been shortened so C Block equalled A and B, then D would be used for the drill.

One of the biggest frustration teachers faced was the number of students that actually showed up to school on the Emergency release drill day. Some students and parents thought that it was a waste of time, and either skipped school, or went home at lunch. High school students are independent enough to get themselves home. Most live within walking distance of the school, and if they have to, can get themselves to a safe place. Many students have younger siblings, and are in charge picking

them up and taking them home. Their parents put a lot of responsibilities onto their older more mature sons and daughters. Wouldn't they or their parents want to get to their younger siblings as soon as possible?

The school already has fire and earthquake drills in place for emergencies anyway. I'm sure by the time parents are allowed to go to the school and pick up their kids, out in the field, it would be safe enough to allow students to walk, or take the bus home. And in the event of a real emergency, is it realistic parents could get to their kids on the field anyway?

When did school become the babysitter of students? We are old enough to drive, get a job, and we are capable to take care of ourselves in an emergency. Many high schools students are already treated like young adults; we don't need the school to hold our hands. We are responsible for ourselves to take care of ourselves in an emergency.

riverside secondary

The Eddy has been the independent voice of the students of Riverside Secondary since 1996 and is produced monthly by the Journalism class.

Journalistic styles and standards conform to those of the Canadian Press. The Eddy welcomes letters to the editor. Letters, however transmitted, must be signed and free of libel Additional articles, writing, and opinon pieces are accepted and will be published as space allows.

The Eddy reserves the right to edit all submitted material for brevity, and style. Advertisers can reach the Eddy at eddy@sd43.bc.ca or by contacting Riverside Secondary

Editors

Front/Back Page Edite	orMaegan Matthews
OpEd Editor	Tara Macklin, Tori Dove, Alexis Boleak, Kate
News Editors	Tara Macklin, Tori Dove, Alexis Boleak, Kate
	Ronald, Teresa Ly
Entertainment Editor	Maya Reddy-Thom
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Editorial Cartoon	Teresa Oikawa
Advisor	Mrs. Shong
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News Staff

Alexis Boleak, Alison Mullock, Amanda McMeeken, Chad Sigsworth, Emily Nomland, Eric Willmott, Kate Ronald, Lorraine Lidher, Maegan Matthews, Marissa Vaillant, Maya Reddy-Thom, Olivia McMullen, Richard Yu, Rudolf Szekernyes, Shozan Mondiwa, Tara Macklin, Teresa Ly, Teresa Oikawa, Tori Dove

Riverside Secondary 2215 Reeve Street, Coquitlam, B.C. Canada, V3C 6K8 (604) 941-6053 local 221 fax (604) 941-2639



News



Science 10 students laugh and learn in Orlando

Alison Mullock - staff reporter

Mr. Brown and Mr. Horton were the supervisors who took the grade tens on the annual Orlando 2009 trip on May 13. The trip has been a major success for the past few years and the expectations for the trip this year were just as good. The group left on a 1:30 pm flight from SEATAC airport and arrived in Orlando, Florida at 9:50 pm. The students had to wake up early to go to Typhoon Lagoon Water Park where they spent the day. Later on that night they went to Downtown Disney for a dinner at the Rain Forest Café and then had time to explore Downtown Disney and Disney Quest.

On day three they went to Animal Kingdom for a zoology education program, "Keepers of the Kingdom." At a workshop they learned interesting facts about all



courtesy of J. Brown

A group of students at Universal Studios.

of the animals. They then went to CiCi's pizza as a tradition and then to see the Blue Man group. Day four, they went to Universal

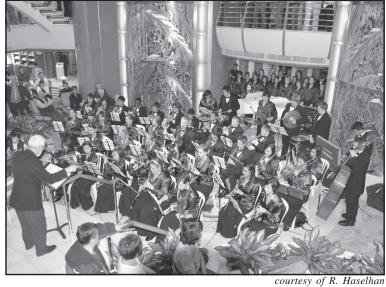
Studios, "Behind the Adventure," where they got to go behind the scenes and see how the attractions are built. On day five, they went to

Kennedy Space Center and got an aerospace education lesson. They learned about the physics of going into space and the types of cautions and preparations needed to travel into space. After that, they headed to NASA which showcases the USA's APOLLO. They finished the day with shopping at Millennia Mall. On day six, they went to the Magic Kingdom. They got to enjoy an education program, "Energy and Waves", and then at night they got to watch, "Disney Wishes" fireworks and parade. On the last day, they checked out of the hotel and headed off to Disney's Hollywood Studios, where they enjoyed the park's attractions.

The trip was very busy, and every morning is an early morning, so getting lots of sleep and keeping healthy is the key to enjoying the trip. "Sunscreen + hat + water + anti-chafing powder = Orlando happiness!" said Brown. Both Brown and Horton are constantly reminding the kids to put on hats, sunscreen and bring plenty of water and gatorade. Every day is new and exciting which is why every year Brown and Horton are always making sure everyone is healthy and organized.

Mr. Brown and Mr. Horton are always concerned about students getting homework done before the trip. "We had to be interviewed to go on the trip, our grades had to be up and we had to be organized and attend every meeting. Even when we were in Orlando having fun, Mr. Brown and Mr. Horton were always on our backs about being on time. Going to Orlando was an amazing learning experience," said Kaila Turri, a grade 10 student. Hopefully the trip will continue to be a major success.

Band students set sail on cruise to Alaska



The bands performing on one of the ship's stages.

Chad Sigsworth - staff reporter

The Riverside students in the choir, band and jazz band have recently returned from their annual trip.

The students involved in the bands and choir go on a trip every year. They've gone on cruises and have been to Disneyland in the past. They went on a cruise this year, leaving from Vancouver to Ketchikan, Alaska which was sure to be another remarkable experience for all the people involved.

This trip wasn't all about fun though. They did get about four and a half hours to explore and do some sightseeing on land one day, but this trip was mainly about teaching the students new skills about their instruments, and to help them play better. During those four and a half hours, they went into gift shops and got some souvenirs; they visited some of the shops, and just walked around with their friends. While on the cruise, they took some workshops to enhance their skills. Unfortunately though, the very first day there, there weren't any places ready for them to practice so they had to do it in the halls and staircases. Some of the students even had to practice in Mr. Haselhan's room. But it all worked out in the end, and they gave a breathtaking performance to the entire ship one evening. Even though many of the students were feeling seasick from all the rocking on the boat, and probably were very nervous, they still got up there and did a fantastic job. As if the performance wasn't hard enough with all the pressure on the students, they had to worry about making sure their instruments and music stands stayed in place while the ship was rocking.

The only real negative part of the trip was the ship being delayed three hours in Vancouver. Other then that, it was all great. Their ship, the Golden Princess, had just been fixed up so it was basically new. Living on this ship was also like living in paradise. They had a big screen TV on the deck where they played some movies such as Twilight and Iron Man. There was also a pool inside and a hot tub on the deck. They actually used the hot tub too, which is amazing because of how cold it was out there. However, the most exciting part was the food. "All they did was eat," Ms. Kilpatrick said jokingly. "They would get up, eat, perform, eat, hang out, eat, and go to bed." The highlight for most of them though, was getting a tour of the bridge. "Ever since 911, people have never been allowed in control rooms like that," said Mr. Haselhan. "So it was pretty special." The only reason they were allowed in was because the crew felt bad about not having any room for them to practice that first day.

Overall, everyone had a great time. The students and staff are looking forward to the future trips they have in mind.

ommunications class pays France a visit

Kate Ronald - staff reporter

The Communications 10 trip to France returned Sunday, May 17th from their 16 day educational trip. The trip is the second of two trips Monsieur Jaques-Andre Larrivee takes every school year to present a dramatic production as well as learn about the French culture.

The class embarked on their trip May 1st, leaving with high expectations for the voyage. "Everyone was really enthusiastic and excited for everything that was going to come," said grade eleven student Joel Kveton. Throughout the trip, the students stayed in four different home stays in the towns of Nimes, Coutances, Champagnolle and Sauzet. The students stayed with families of all ages, ranging from kids their own age to elderly grandparents. The goal of the home stays was to be

culture. The students partook in the normal day-to-day activities of their families, whether it was shopping or just hanging out with friends.

The students visited over 14 cities throughout France and presented their philosophical play in many of the cities. "The play was pretty well-received," said Kathy Bleinis. "There's always the worry that our Canadian accents won't transfer over, but for the most part everything went smoothly." The play was not an easy task to present, especially to natives of the language. "Everyone did their best and it really payed off," said

There were many highlights of the trip, but one that stood out to most of the students was visiting the "Catacombes" of Paris. The

completely immersed in the French Catacombes are an ancient cemetery underneath the streets of Paris. The walls are packed with skulls and other bones. "It's shocking when you first walk in. You're literally surrounded by human skulls and bones. You don't really know how to react," said Kveton.

Another site that caused a huge impact on the students was a village called "Oradour-sur-Glanes". The village was attacked by the SS during the Second World War. The women and children were locked in a church which was then set on fire and the men were shot in their own houses. To this day, there hasn't been a concrete reason found why the disaster happened. The village was left as a memorial for all those who died. "It was a day I won't forget anytime soon," said Bleinis.



courtesy of Maryna Shmyk

Oradour-sur-Glanes, one of the villages in France.

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In Your Face!



Name: Katie Ekelund

Grade: 10
Favorite summer activity?
Swimming and hanging around with friends.
What is your ideal job?
Being rich and doing nothing.
What is your favorite
movie? Wizard of Oz
Who is your idol? Kate
Ronald

Where is your ideal vacation destination?
Dubai

What is your favorite food? Cheese or nugs (Chicken nuggets)

Wendy's or McDonalds? Wendy's

What is a personality trait your friends must have? Honesty

How many kids do you want? None. It's going to be me and my rich husband.

What movie are you most excited to see this summer? Harry Potter and the Half-Blood Prince without a doubt!

Favorite song? Almost Lover by A Fine Frenzy Chocolate or Vanilla? Choco!

Crush? Justin Timberlake

New format revives public speaking

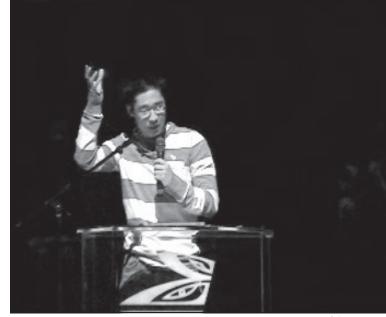
Eric Willmott-staff reporter

It's that magical time of year, again! No, not Christmas or Easter, it's time for the annual student speeches! Although most people would wet their pants at the mere thought of speaking in front of a large crowd, on May 7th, 2009, a group of students, Riverside and otherwise, proved their speaking talents at the Terry Fox High School theatre.

But the most interesting thing about this year's public speaking festival is the inclusion of a new segment, the "Open Mic" segment, a new feature in which the student gives a short speech on anything they want: rants, poems, and so on. "Most students were reluctant to give formal speeches," said festival organizer Wendy Vitter, "so we decided to make a new feature on which the students can comment on whatever they feel."

Unlike the formal speeches, which aren't competitive and instead use medals to grade students on their performance, the Open Mic rants are competitive and are graded on actual subject matter and creativity. "It is sort of like figure skating judging," said Vitter, "the judges hold up a number on a piece of cardboard and the total of the numbers is the student's score." The awards for the rants include one gold, silver, and bronze medal given out and then some participation awards as well.

There were a total of 27 speeches, formal or otherwise. The formal speeches ranged from serious to hilarious, very much the same with the rants. The poems were very creative and compassionate, as well as very funny at times. Some considerable wins that should be mentioned are Junki Lee, who won gold for his rant on Asians. Another was Alisha Knowsley's poem



courtesy of S. Marino

Junki Lee competes in this year's public speaking festival.

"Early Morning." Although it lost to some poets from another school, it nevertheless scored considerably high.

Fortunately, those who missed this event will happily know that it was recorded and will be used in future semesters as a reference.

This new segment was truly a

great showcase for students' creativity and imagination, and will hopefully be used again in next year's festival. "It was very popular," said Vitter, "I am certain that we will use it again." We can only wait for the festival's return. Until then, we are left with great memories of this year.

Hazel Trembath students visit Riverside

Teresa Ly-staff reporter

On Tuesday, May 5th, Riverside Secondary continued the tradition of having a kindergarten class from Hazel Trembath Elementary School visit Riverside to celebrate children's day, which is a national holiday in Japan. This tradition has existed ever since the first year Riverside Secondary was founded. Over dinner one night, Ms. Yamamoto and her friend Arlene Hatto, who is a kindergarten teacher at Hazel Trembath, came up with the idea to have the young students visit Riverside. The children arrive at 9:00am and stay the entire morning. They participate in various activities that are set up by teachers, staff, and student helpers.

Some of the stations include face painting, folding origami hats, and learning basic Tae Kwon Do. When asked how she came up with the different things for the children to do, Ms. Yamamoto said, "they were actually traditional boys' day activities; March 3rd is girls' day and May 5th is boys' day, but long ago, it was decided that May 5th would be children's day." As an example of a boys' day activity, Yamamoto said, "The origami hats are supposed to resemble hats that boys or soldiers would traditionally wear."

She also mentioned she received lots of help from other teachers such as Mrs. Lazar who, along with her own child development class, set up places for the kids to colour and play bingo in her classroom. Ms. Ebenal, Riverside Secondary's vice principal, greeted them with goodie bags and welcomed the children and parents to our school. Mr. Straumford and Mr. Goes also assisted Yamamoto by providing ice cream for the kindergarteners



 ${\bf Students\ showing\ off\ their\ painted\ faces.}$

courtesy C. Yamamoto

and coffee for their mothers.

"I would like to have children's day on a bigger scale next year, maybe invite five or even six schools to come," said Yamamoto regarding whether she plans to carry on the tradition. This annual custom is a great way to bring culture into children's lives at a young age and show them that learning about different holidays can be fun.

Students represent Riverside at Begbie Contest

Eric Willmott-staff reporter

It was an astounding turnout this year at the annual Begbie History Contest. Over 35 of our students participated amongst 1600 other participants. Since the contest started in 1993, it has given students chance to show their knowledge and skills in the field of Social Sciences, while competing & with other students across the nation in either English or French. It is known for making history & much more interesting to students. "This is our fourth year participating in this event," said Riverside teacher Raquel Chin, "so we know what to expect from our students."

Honorable mentions and names of students who stood out go as follows: Adam Bocskey, Alyssa Weins, Bonita Lazar, John Wong,



 ${\bf Students\ who\ participated\ in\ the\ Begbie\ History\ Contest.}$

Sarah Arthur, Angela Lin and Heather Ursaki. All of these students, who all go to this school, showed significant knowledge of Social Sciences, and awards will be handed out via certificates presented at the year-end awards ceremony. Since Bocskey and Weins both tied up at the top, both will receive medallions and a chance for the one-hundred dollar prize. Overall, it was quite an exciting event and showcased Riverside student's intelligence and intellect. We can only hope that next year will be just as good.



Friday June 5, 2007 - Vol 13 No. 9 ummer job market affected by recession

Marissa Vaillant - staff reporter

Summer is a block of time when most teenagers will want to work and earn money for post secondary school, cars, clothes, accesories, and just plain old pocket cash. But come summer 2009, finding work won't be a reality for the average teen.

This summer, unlike previous ones, will not be filled with endless jobs available to the lower mainland's youth. Considering that the recession has affected everyone in some way or another, teenage jobseekers should be starting their search as soon as possible because summer employment for teenagers is looking scarce.

The recent recession is putting

financial strain on the sturdiest of the Forbes 500 Companies, it has also made its way into the homes everyone, and is now affecting the teenage job market. Companies these days just cannot afford to hire as many employees as in earlier years.

Employers are cutting hours as well as the number of employees. As well, the criteria that job



image courtesy of Google

Teens will have to compete for jobs this summer.

applicants must meet seems to be becoming more detailed and difficult. Statistics have shown that employment among teens aged 16 to 19 this summer may fall under 32.5%, which, according government data, is an approximate 15 % decrease over the past 8 years. Another factor is that many older workers are not retiring, and with the amount of people being laid-off, casual and part-time jobs seem to be limited. Even jobs at fastfood restaurants,

grocery and clothing stores, (traditional jobs for teenagers) are being given to more experienced adults, rather than the usual teenage employee.

Even though these circumstances might discourage the most motivated jobseeker, there are some ways to be successful. First you must be flexible, being able to take the hours that the employer requests will set you apart from the rest. Come with a positive and respectful attitude towards everyone; employers want to see a teenager that is motivated and committed to what they are doing. Suggest that you can start your job before the start of summer. Many businesses try to fill their summer jobs in early June. Start early and you could be one of the few with a job this summer.

7 affordable, fun things to do for summer

image courtesy of google

1. Camping

Just under one hundred dollars, Allouette Lake is one of BC's prettiest lakes to camp at, and with clean bathrooms at walking distance and beautiful lake views, you can't go wrong! For just \$10 a night you can stay for a week for well under \$100. Plus when you split the cost between everyone who is going, it is by far the cheapest vacation for teens.

2. Road Trip

Why not get a couple friends together and drive down to Seattle? Vancouver's shopping is nothing compared to Seattle's. And with the price of gas right now to get a car there and back for around \$100 everyone can share the gas. Seattle also offers some of the best hostels you can find for only \$12 a night. For under three hundred dollars, you know that you can't go wrong!

3. Stampede

Feel like staying in Canada? Take a quick plane to Calgary for the Stampede. Returning to Calgary is \$225 per person, with hostels right in downtown Calgary for only \$10 a night. Stay for a week and for flight and hotel accommodation you're only looking at \$295. Buy Calgary Stampede tickets and your total cost for everything only goes up to \$350 each.



4. The Island

Nanaimo is home to the prettiest ocean views you'll ever see. Book into Crystal Cove Beach resort and receive your very own log cabin, with a private walk to the beach. For the Ferry ride you'll pay \$150 and for the cabin it's \$160 per night. To get the most out of your stay who decide to go.

5. Hawaii

Because vacations destinations are competing for your business, flights are cheap right now. In Hawaii you can visit the beach and walk around it all for free. You can buy return airfare for only \$590, Between four friends for seven nights at a 4-star hotel it's only \$160 each. This is a grand total of only \$750. You'll even have enough money left over for shopping!



6. Cancun

For exactly \$945 you'll receive return airfare, an 8 night stay at a 4-star hotel. All of your meals and drinks are included in the cost, you can go snorkeling, kayaking, and learn to scuba dive. Not only is all of that included in the cost of the trip, the hotel is right on the beach, so at anytime you can take a walk right outside to take the in the amazing views Cancun has to offer.

7. Mickey

Go to Disneyland this summer, and for a 10 day stay at the Holiday Inn plus return airfare you pay only \$712 per person. Add on the California CityPass which allows you to visit Disneyland, Sea World, Universal Studios, and the San Diego Zoo for 285\$ and your trip only goes up to \$992. Skip out on the Vancouver rain this summer and go and enjoy yourself on a fairly cheap holiday in California.





Down By The Riverside

What's your best memory of 2009?



Erin Balzer, Grade 10 "Going to Australia with my family for a month."



Nadine Byrne, Grade 11 "Going to Ms. Vitter's block D English class."



Jean Galipeau, Grade 10 "When Roman got hit in the face during an intramurals handball game and his glasses broke."



Mike Pop, Grade 12 "Going to Hawthorne and helping the seniors (Frank)."



Kaitlin Franks, Grade 9 "Going to Central for buddy reading sessions."

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Grad 2009



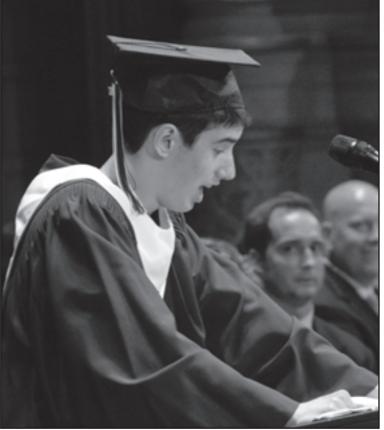
Grad 2009

With 311 grads, Grad 09 is one of the biggest grad classes Riverside has had in its 12 years of existence. With top students such as Vanessa Wattamaniuk and Alyssa Exely, and top scholarship award winner James Kim, this was a successful year for Riverside. And for the first time ever Riverside received the Premier's Athletic award, given to none other than Kristina Collins.

Calvin Vogstad, as Valedictorian, set the tone with his up-beat address for a fun-loving well rounded group of graduates. "We love this group," said Vice Principal Laurie Ebenal, "Dinner dance and after grad were especially amazing. This year's Grad class had a real sense of camaraderie and belonging."

On May 21, grad commencement was held at the Orpheum theatre in Vancouver. This is a much better stage and environment for the grads than the school's gym, which was where commencement was held in previous years. It allowed for better acoustics for the grad choir, and a better backdrop for the thousands of pictures that were taken that night, as well as, it provided a more formal venue to celebrate such a milestone as Grad. The weather was gorgeous on Saturday, May 25 for the dinner dance which was held at the Hyatt-Regency hotel in Vancouver. Settlers Park was a popular site for photos for all the grads in their suits and beautiful dresses.

Congratulations grad 09' you did it!



All photos courtesy of K. Shong









Top right: Calvin Vogstad giving this year's Valedictorian speech.

Middle left: Michal Michalik

Middle center: Kristina Collins and Dan Derpak. She was given Riverside's first Premier's Athelete award. Middle right: Karla Josefson, James Kim, Elissa Exley, Kristina Collins, Devon Webb and Vanessa Wattamaniuk, this year's top scholarship winners. Above:Bonita Lazar and Chantel Mattu.

Scholarship winners

Kristina Collins

HSBC Basketball

SFU Athletic Scholarship

Fraser Valley Basketball Commission Scholarship Discovery House Pre-

School Scholarship George Seaman Memorial

Scholarship Vanessa Wattamaniuk

University of Waterloo

President's Entrance SFU Shad Valley Shrum

McGill Entrance Re/Max Quest for

Excellence

Canadian Millenium

Uvic Entrance **UBC** Major Entrance

UBC Pre Entrance

Queens Excellence

Scholarship Rotary Youth Leadership

Award

Paton Memorial Scholarship Gordon Betcher Scholarship PoCo Centennial Rotary

Club Scholarship

James Kim

Queen's Principals Entrance UBC President's Entrance

SFU BC Secondary School Academic Scholarship

Western Ontario Scholarship of Excellence

CTA Merit Award

Karla Josefson

Trinity Western Provost's Scholarship

TWWomen's Athletic Scholarship

Fraser Valley Basketball Commission Scholarship

Rapids Award

Devon Webb

SFU Tadeusz Specht Memorial

- Science Award

PoCo Minor Hockey Association

UBC President's Entrance Pacific Coast Amateur Hockey

Association Rapids Award

Elissa Exley

Artona Scholarship

BC Secondary School Entrance

UBC President's Entrance **UBC** Major Entrance Artona Scholarship

Briana Long

SFU BC Secondary School Academic Excellence UBC President's Entrance

Artona Bursary Rapids Award

Shari-Lee Martin

BC Secondary Scholarship

of Excellence

UBC President's Entrance

Rapids Award Riverside PAC Bursary

C McKenzie Memorial

Bursary

Khushboo Shah

BC Secondary School

Academic Excellence UBC President's Entrance

Rapids Award

Pitt River Middle Bursary (English Program)

Alex Park

UBC President's Entrance University of Ottawa Admission Scholarship



Grad 2009



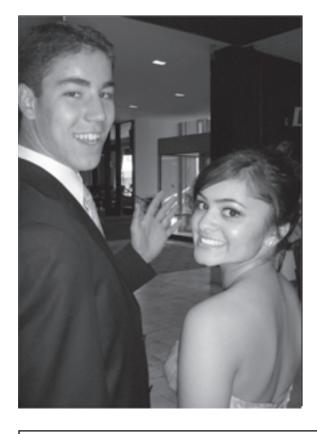
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Photos courtesy of Riverside's students, staff and parents







Grad 09 High School Memories

Stephen Birsa: "When my culinary class made a cake and threw it in Mr. Straumford's face."

Chifundo Phiri: "When I stood in front of the school and sung at the Talent show. It was so amazing. At first I was so nervous, but as soon as I went on the stage the feeling just went away."

Samantha Pedersen: "In foods class, my friend James overflowed the sink, and it poured all over the floor. It was funny."

Avisha Henry: "My friend Kate was bouncing on Mrs. Wong's exercise ball and then my other friend, Daisy kicked the ball right from under her."

Sonya Ahmed: "I really liked the spirit assemblies this year, and how competitive everyone got. Also, Mr. Lepore's History 12 class was especially awesome, except during the last week of each unit."

Chantel Wright: "I would have to say my favorite memory at Riverside was being in the spring musical *Beauty and the Beast.*"

Travis Lemiski: "Walking across the stage."

Alana Douglas: "Meeting my boyfriend and friends. At school is where I learned how to be a good student and has taught me a lot about how to live life and choose a good career. I will never forget the road to where I am now."



Clockwise from left: Top left: Ryan Boyle, Michael Bergeron, Carson Michaud, Calvin Vogstad, Steven Belyea, Kyle Soroczka

Top right: Jessica Petraschuk, Shannon Keefe, Chantel Buie, Georgina Hudon, Kristie Atkins, Dakota Meredith Below: Lydia Maxwell, Danika Carabine and Vanessa Wattamaniuk

Bottom left: Matthew Gerwing and Chelsea Assimes Bottom right: Gabby Alvero, Misato Haminaka, Bonita Lazar, Cole Gollner, Maegan Matthews, Laura Jaymison, Marrisa Forsythe, Claire Campbell Bottom: Tori Dove, Rebecca Tipper and Olivia Rock



Entertainment



Riverside students showcase their talents

Shozan Mondiwa - staff reporter

Riverside's 13th annual talent show was a huge success with show stopping performances and mind blowing talent from current and former Riverside students. The Master of ceremonies, Mrs. Teri Bates, and Ms. Jennifer Shaw brought life to the talent show and kept the audience laughing with their humorous jokes. The talent show was organized by Mrs Bates and the Yearbook students. Natalia Durda and Natasha Khosla contributed greatly to the organization and smooth running of it.

There was music from different genres which made it more interesting because of the variety of music and talent for everyone to enjoy. In Act I, which was the the first half of the night, there were 11 performances. And there were also 11 performers in Act II after the intermission. The Talent show was broken up into categories. In all, there were six different categories. Vocal, dance, band, solo, and duets. In the duets category, there were performances

from Sulmas Mosleh and Elizabeth Boey, Hans Seo and Emily Nickason, and Steve Hong and David Kim. There was a brother and sister duo from Brittany Jack and Travis Jack, and a lovely duet by Elizabeth Boey and Tyler Shaw. Myles McCarthy and Kirsten Durand took to the stage with a vocal duet which was also the final duet of the night.

Chifundo Phiri, Nicola Perrera, Kirsten Durand, Brittany Jack and Anna-Lee Martin all sang solo's and impressed the audience with their amazing vocals and their courage to go up on that stage and face the whole audience alone. Every year the bands always seem to be the part of the talent show that gets everybody hyped, and it was the same this year. Eight bands performed. The first was Skyline featuring Tyler Shaw, Mike Quon, and Matt Shaw. Then there was Jack, Nick, and Kevin. After them was Matt Khoo, Jack, and Sean who played the guitar and the drums. The Hans and Corey Xperience featuring Andrew followed. This group consisted of Hans Seo, Corey



Talent Show winners Hans Seo and Emily Nickason performing Weathervane, a song they co-wrote.

Nightingale, and Andrew Seo. Cata crisis- Matt Higgins, Brent Siebe, Alex Gain, and Neil Phillips were one of the many metal bands that performed. Also a performance from the band Abadon featuring Jose Ramirez, Jesse Koziel, Jesse Cramer and Chris Davidson. IOU featuring Anna-Lee Martin and Emma Poustie was a duet band with Emma singing and Anna-Lee playing on the guitar. And finally the last band was called Blood Shower featuring Jesse Kozeil, Jose Ramirez, David Messier, Fabian Popovici and Ben Higgins. Blood Shower was a metal band and it was a special part of the night because most of them graduated last year, and were part of the band 13th Prophet that won last year's talent show. The winners that were

picked by the judges for the vocal category were Emily Nickason and Hans Seo and the winners of the bands were The Hans and Corey Xperience Featuring Andrew and last but not least the winner for the dance category was Hannah Henney. The people's choice award winners were Elizabeth Boey and Tyler Shaw. Each of these people won \$100.

Angels and Jemons a must-see summer movie

Maya Reddy-Thom-staff reporter

An action-packed mystery based in the ever prominent divide between science and religion, Angels and Demons is a must-see summer movie.

Tom Hanks plays Harvard symbologist Robert Langdon, who is called to Vatican City after the death of the Pope, to help uncover a secret society who have threatened the church, and the lives of four kidnapped Preferiti (the cardinals who are favorites for the papacy.)

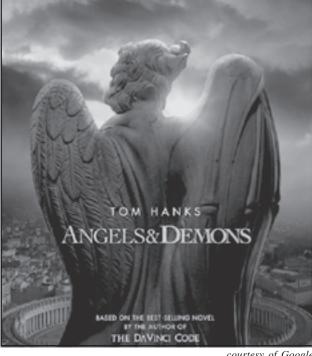
The movie is based on the best-selling book of the same name, written by Dan Brown. Right from the beginning you are thrown into the action, which is both its curse and its blessing. Without time to think, it takes a while for those who haven't read the book to catch on, with all the information that is thrown at you. Angels and Demons was originally written as a prequel to the Da Vinci Code, also written by Dan Brown, but was altered for cinematic purposes, to become a sequel. The changes are subtle but confusing for those who read the book.

Once you've established Langdon's purpose in the film, the Vatican history starts pouring in. Along with nuclear physicist, Vittoria Vetra (Ayelet Zurer,) Langdon sets off on a fast-paced chase to save the church, guided only by artwork and clues found in the Vatican Archives.

Director Ron Howard does an excellent job of incorporating modern day technology with religion and action, but falls short in bringing the characters to life, which is so well done in the novel. Nevertheless, with the countless action scenes that keep the audience on the edge of their seats, and the intriguing plot, Angels and Demons will definitely be a success.

Another high point is the location. The entire film is set in Vatican City, a popular tourist destination and center of the Catholic Church. Not only does it spark controversy, but being set in such an important locale, it adds appeal for people who have visited it. The beautiful artwork and ancient architecture didn't hurt either. The special effects are incredible and definitely added to the effect of the movie. Howard was unable to film in the real Vatican City and recreated the entire set in Hollywood, which was hardly noticeable. The film was well plotted, with an excellent balance between explosive action scenes and information.

The movie is jam-packed with events and information for Langdon to decode and act on, making the 2 hours and 20 minutes zoom by. Angels and Demons is an exciting fast paced thriller, but is also intelligent, an intriguing mix bound



courtesy of Google

Angels & Demons movie poster.

Student directed plays to take center stage

Teresa Oikawa-staff reporter

A group of six students from the Directing and Scriptwriting class have put together a creation of their own written plays and beginning this last March, had open auditions and began rehearsing on their own committed time. The directors - Emily Wilson, Ryan Scramstad, Michelle Jacobs, Caitlin Henderson, Kirsten Durand, and Kirsten Arthurs each chose their collection of actors, hoping to bring their stories to life. "Seeing as how well I know the actors, I was able to decide whose personalities would fit the characters properly." Caitlin Henderson explains about her play, A Fortune Untold. "I knew when choosing my cast that each and every one of them would be able



T.Oikawa/eddy

Paige Franklin, Melissa Hamar, Taz Khandwani, Heather Corbould, and Caitlin Henderson rehearsing their play.

to grow from the roles I gave them because of how serious my play is." These directors are not just regular students, but students that

have learned the ideas of directing through years of acting courses; they have relatively bonded with each other, and help one another

to ensure that each of their plays result in a great outcome. You may recognize them from Riverside's past productions such as Aida, Little Shop of Horrors, Pippin, and the most recent, Beauty and the

Since the organizing is all up to the students themselves, they are in charge of putting everything together - that includes lighting, props, costumes, and taking turns in reserving rehearsal days in the drama room. The chosen actors are required to view these students not only as another teenager, but as a respected director with expectations for a successful performance. All these factors or responsibilities could result in a stressful mess. "My rehearsal days are on Wednesdays, and

many events happening on the stage have taken place on Wednesdays, making it stressful to find somewhere else to rehearse. We have resorted to going outside on the grass," said Henderson. Although these plays are less than an hour long, it has proven to be hard work. Considering the performance is scheduled to be on June 10th, and each director's rehearsal is one day a week, time is running short. Nevertheless, the plays are well worth the effort, and it proves to be quite beneficial for students interested in taking the Directing and Scriptwriting course next year, as Henderson reassures. "Having the opportunity to direct is a once in a lifetime experience; therefore, I recommend it to all actors and storytellers."



News



12th annual 12 hour relay a success

Tori Dove - staff reporter

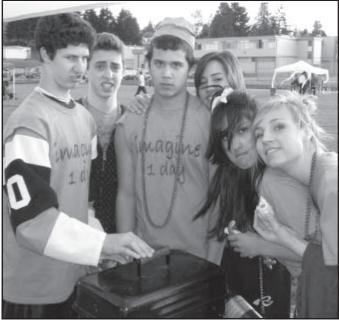
This 2009 twelve hour relay was a great success with over a hundred more students and volunteers than last years relay. The relay generated \$ 4500 in

The twelve hour relay is a memory that the students will carry with them for the rest of their lives. It's one of those good high school memories.

- Alaina Brandsma

"

donations from the students who participated which is a Riverside Secondary record. A large anonymous donation was made to the Imagine One Day organization.







courtesy of Facebook

Above: Travis Luongo, Jason Rahn, Matt Roan, Zohal Qaderi, Zohra Abed, Kim McMahon Top right: Jared Knott, Evan Sinclaire. Bottom right: Hans Seo

This charity is a non – profit organization which allows people

to give back and help provide primary education for children in

third world countries like Ethiopia and other undeveloped countries.

The donations will be used to install water systems, put roofs on demolished school houses, and buy desks and blackboards and other school supplies. If you donate to the charity you will receive regular project updates to see how your donation changed a child's life.

Riverside teacher Alaina Brandsma started helping out as a teacher volunteer and loved it so much that she took the relay over and started to coordinate the twelve hour relay. "I was shocked at the amount of volunteers and teacher help which made this the smoothest relay yet," said Alaina Brandsma. "It's really wonderful that students can have fun with their friends as well as helping out children less fortunate."

Twelve hour relay Team *Alba* won the relay for the third year in a row by continuously having one person on the track at all times.

Riverside teachers honored

Shozan Mondiwa - staff reporter

Carl Muro has been coaching for 36 years and was recently awarded the coach of the year award in the school district. Muro is a very dedicated coach because not only has he coached volleyball in his long career, but he also has coached football, basketball, tennis and track & field. On top of all that, he is also a great Math teacher. Muro was also the Fraser Valley Tennis Commissioner between 1992 and 1994. Muro's coaching career began in the Physical Education department at Maillard junior secondary school before he moved to Riverside in 1996. As a prize for his hard work, he received a trophy in the shape of British Columbia and a cash coaching prize. "I have made many friendships through my years as a coach," said Carlo Muro when asked why he enjoys coaching. Muro was also happy to say that many of the people he has coached in the past are now coaches themselves. People like our very own P.E teacher, Mr. Gee, or Kurt Waddell, who he coached 17 years ago and is now a Lawyer for BC school sports, and also James Senddon, who is now the 'Technical Director for Volleyball BC.'

Riverside Secondary School
has also been awarded the
Outstanding School Award by the
BC School Sports Awards
Program. The eligibility criteria for
this award is staff involvement in

coaching and sports administration, quality and the extent of intramural programs, extent of extracurricular programs, and awards earned such as sportsmanship, individual and team excellence. This is the first time that Riverside Secondary has won this particular award.

Congratulations should go to Rob Colombo who won the Coquitlam Secondary Athletic Association "Builders Award." He has been the president of the association for the past 9 years. This award recognizes development and building of athletic programs. Riverside as well as its coaches and students have been recognized for being great achievers and that's because the coaches and teams are devoted and they never give up.



K. Shong/eddy

Riverside teachers Carlo Muro and Rob Colombo holding school award plaque.



Rudolf Szekernyes and Eric Willmott

POTSHOTS

TALK FOR A



Money moochers

You're waiting in line at the cafeteria, you have your money ready and you're eager to get your hands on a big, juicy hamburger. All of a sudden you hear the dreaded sentence "Do you have any spare money?" Why would anyone think that I would give them money when I am waiting in line to BUY food!!

First, why can't people bring their own money and quit pestering those who took the time to gather some of their own. Second, no one has hard earned money that they just throw out or give out to stranger. Don't you think people want to keep or spend their own money!

Then there are those times when the person asking for money is a girl. You don't want to be rude so you give her the money she needs. Then you have to go without a lunch for the rest of the day. So for all you money moochers out there, the next time you're about to ask a hungry kid for money, think again!!

Trash phenomenon

You've just exited class and you are heading towards the cafeteria. You feel as though nothing can ruin your day. All of a sudden you stumble on something and almost fall flat on your face. You look back to see what nearly caused your complete embarrassment and then realize that you have just slipped on a banana peel. As you get up, you begin to notice that the entire hallway has become a sea of garbage. From banana peels and juice boxes to water bottles and Chinese food, the hallway has become a dump.

I don't know about you but, it bothers me when the path to my locker is a minefield of apple cores and banana peels. Worst of all, I see garbage that is lying around just a few feet away from garbage cans and recycling bins. I mean come on. Seriously, would it kill people to just take an extra step and throw their garbage where it belongs, or do they just have really, really bad aim...

Screamer safe

You watch an online video asking you to find something wrong with a picture. After an eternity of watching it, the video tells you to look closer. Then, all of a sudden...AHHH! A scary image pops up and a bloodcurdling scream blasts from your speakers!

After finding a clean change of underwear, you realize you've fallen victim to an internet screamer, a video where a scary or disturbing image unexpectedly pops up. It's frightening and frustrating, because you don't know when these will appear! It's funny the first time, but after a while, it gets *really* annoying!

Luckily, there are ways of telling if you've stumbled across one. A telltale sign is if the title talks about scary ghosts or puzzles. If so, be cautious. You can tell if you've found one on YouTube by reading the comments or just skipping ahead. Here are also some famous titles you should avoid: **Ghost Car, Kikia, Scary Maze**, and **Where's Waldo?**



10 Special Feature

The Vancouver 2010 massacre

Emily Nomland and Olivia McMullen - staff reporters

On Tuesday May 5th 2009, the European Union banned all seal skin products in Europe from the east coast's traditional seal hunt. The ban coincides with a motion passed in the House of Commons that calls for the use of seal skin in

the 2010 Olympic athletic uniforms. The European Union feels that the seal hunt is unethical and that the seals are hunted in an inhumane way, and for years the European Union has been gathering evidence to prove that the seal hunt is barbaric. They have determined that many of the seals awaken a

few times during the slaughter before they are completely lifeless; others have their throats slit while they are completely conscious. Even more are brutally bashed on the head with a hakapik, according to animal rights activists. It's not just the European Union that has been fighting to stop the seal hunt; stars like Paul McCartney and his

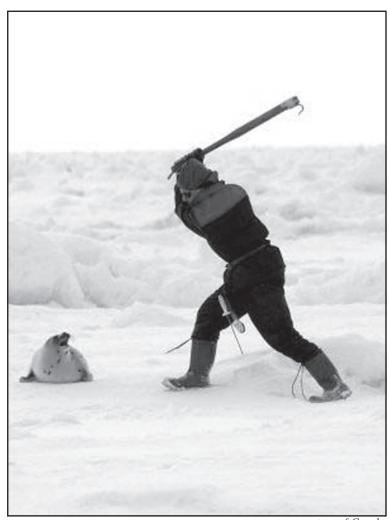
wife at the time, Heather Mills, have publicly spoken out on their feelings towards the seal hunt. Actress and model Pamela Anderson expressed her disapproval of the seal hunt at the 2006 Juno awards. Anderson even wrote a letter to Prime Minister Stephen Harper requesting a

Some of the worst examples of cruelty that we filmed this year were sealers shooting at seals, wounding them and the seals suffering in agony, crying out, bleeding and writhing in pain on the ice. -Rebecca Aldworth

meeting to discuss what she believes to be an uncivilized massacre. Harper declined her request, as did Prime Minister Paul Martin when McCartney requested a meeting with him. Rebecca Aldworth, who is the director of Canadian Wildlife Issues stated, "Some of the worst examples of cruelty that we filmed this year were sealers shooting at seals, wounding them and then seals suffering in agony, crying out, bleeding and writhing in pain on the ice." While on a tour of the Arctic, Governor General Michelle Jean sampled a piece of raw seal heart on Monday May 25th in support of the Inuit and their

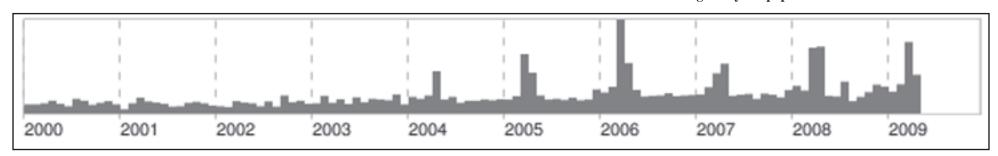
> traditional seal hunt. She states that she does not know how anybody can find the traditional hunting practices inhumane. Barbara Slee, an anti-seal hunt campaigner,

says that she "does not know how this will help the cause and I'm convinced that this will not change the mind of European citizens and politicians." Although B.C.'s Premier Gordon Campbell is against the slaughter of seals, it seems that the Vancouver 2010 athletic wear will have seal skin as a part of the uniforms.



courtesy of Google.

A sealer hunting a baby seal pup with a metal club.



April 14 2004: Canada's largest seal hunt in the past century started today, prompting outrage from animal welfare campaigners who claim that the slaughter is inhumane. The Canadian government has permitted the killing of up to 350,000 seals in 2004, and nearly a million seals in total over the next three years.

March 2006: Pamela Anderson, Paul McCartney and his wife at the time, Heather Mills, all protest the Canadian seal hunt in Canada. Anderson even requested a one on one talk with Prime Minister Stephen Harper, which he rejected. The McCartney's pose with baby seals and call the seal hunt

March 30 2008: The annual Canadian seal hunt has been marred by a boat accident in the ice-covered Gulf of the St. Lawrence that killed three of the boat's crew and left another missing, who was later pronounced dead. The boat was on its way to the seal herds when it lost a rudder. This event questioned the safety of the hunters.

March 2009: The Humane Society of Canada released new footage from Canada's commercial seal hunt at a press conference with Senator Mac Harb, the first Canadian parliamentarian to introduce a bill to end the seal hunt. It documented numerous cases of extreme cruelty, including violations of Canada's Marine Mammal Regulations.

Hunters and politicians join forces

Emily Nomland and Olivia McMullen - staff reporters

On Tuesday May 5th the European Union passed a ban on all seal skin products. This comes at the same time that the Canadian House of Commons passed a

motion that would call for the use of seal skin products in the 2010 Olympic athletic uniforms. The controversy of whether or not the seal hunt is ethical or not has been an issue since the seal hunt began. The hunters believe that their hunt



is no more unethical than other animal consumption industries such as cattle, pigs and chicken slaughter. The hunters also say

that they are continuing to find ways to make the hunt even more humane. The ban of seal skin products by the European Union, and the loss of the European market will greatly affect the ability for the hunters to sell their product, having a devastating effect on the economies Newfoundland

Greenland. The hunters also claim that the seal hunt helps control the seal population, and prevents it from becoming out of control. Geoff Regan, who is the former Minister of Fisheries and Oceans said, "This industry and its importance to thousands of Canadians is often misunderstood and clouded by misleading

rhetoric and sensational images that tell a selective, biased, and often false story about the seal hunt." It is ironic that the European

This industry and its importance to thousands of Canadians is often misunderstood and clouded by misleading rhetoric and sensational images that tell a selective, biased, and often false story about the seal hunt.

-Geoff Regan

Union banned seal skin when many Europeans enter a lottery system to have the chance to hunt big game in the northern U.S. and Canada, such as the grizzly bear. International trade minister Stockwell Day said that the European Union ban on the seal hunt would devastate small east

coast communities that depend on the hunt for at least a quarter of their annual income. Many members of the International Trade

> all agree that the European Union ban is illegal and unfair. Current Minister of Fisheries and Oceans Gail Shea feels that the ban stems from misleading

images of seals being hunted in inhumane ways. Shea also feels that the public has been led to believe that the seal hunt is negative because of high-profile activists who hypocritically choose to pull on people's heartstrings and use emotion to get their point across.

Anti-seal hunting and pro-seal hunting gather in Ottawa.

Senior boys rugby year was a success

Alexis Boleak-staff reporter

The season is over for the Rugby boys. It was an astounding year despite the fact that half of the team were "newbie's". The junior's team put their best foot forward and it showed, although they didn't play as many games as they would have liked. The seniors team, however, managed to get farther than the juniors; in fact, they made it to the provincials. They were so disappointed by their final score, they couldn't even remember it, and this resulted in the end of their season.

The senior rugby boy's team was mostly composed of senior students (grade twelve) with the exception of two to four grade eleven students. However, at the beginning of the year both teams started off strong. At the beginning of the season, the junior's boys won their very first two games at Garibaldi with a total score of twenty-four to nothing for the Rapids. The rugby boys have come a long ways. There was both a

senior team and a junior team this year; more players were on the junior team and it appears the that junior's enjoyed their first year of high school rugby and are going to be back again for round two next year.

As for the senior's team;

there might not even be one next year because over half of the team consisted of graduating grade twelve's. All in all, it can be agreed that the rugby team of 2009 had a blast this year, and that over half of the senior's team will be missed.

courtesy of A.Boleak/eddy

Senior rugby boys hamming it up for a year end group shot.

Jon Boleak from the senior rugby team had said that "We did the best we could, at least we made it to the provincials." He has been playing for three years at Riverside Secondary School and has been playing hook for a year.

Hit the hills

Rudolph Szekemyes-staff reporter

Like biking? Need some exercise? Then mountain biking is the club for you. Riverside's very own Mr. Faulks offers a great mountain biking program that allows students of all skill levels to get on a bike and blaze through trails. For the more adventurous mountain bikers out there, there will be many opportunities to test your courage on gaping drops, rough terrain, and the many enormous jumps.

There is no pressure to perform in this club since it is not a competitive team. This is an opportunity for newer mountain bikers to get involved and gain experience. The more experienced bikers can showcase their talent, hone their skills and help out the newer riders. This is a great program that gives you a good workout while you're having fun out on nature's back roads.

The mountain biking club has already biked in Eagle Ridge and Burke Mountain. Future rides will include SFU and trails across the lower mainland. For those interested, see Mr. Faulks in room 117.

Track season winds up

Richard Yu-staff reporter

With a smaller team than last years, Riverside's track and field team achieved great results. The ten students on the team who qualified for the Fraser Valleys are: Vanessa Wattamaniuk, Avisha Henry, Heather Cowie, Shannon Knight, Vanessa Bradley, Pat Hay, Garry Longman, Adam Altwasser, Chantel Lukawesky, and Shyan Egmond. Vanessa Van Wattamaniuk placed 5th in Senior Discus. Chantel Lukawesky placed 7th in Senior High Jump.

Other eight students did well at the Fraser Valley, but placed just out of the medal round. The Fraser Valley's were held in Langley on May 11, 12 and 13th. This year Riverside's track and field team did not make it to the provincials; however there were a few students who were close to qualifying. Vanessa Wattamaniuk missed out by two places.

The team this year was great in javelin, 4x100m relay; Garry

terms of their dedication, their accomplishments at the Districts, and their great sportsmanship. "This season we had some very dedicated athletes who worked hard at their individual events, and a large percentage qualified for the Fraser Valleys. Most of all, we had a lot of fun," said Ms. Leonard.

The following students participated in the following activities at this years Fraser Valley Championships: Vanessa Wattamaniuk- Discus, shot put; Avisha Henry-Javelin, discus, shot put; Heather Cowie- Javelin,

discus, shot put; Shannon Knight- 100m, 200m, long jump, 4x100m relay; Pat Hay- Javelin; Vanessa Bradly- Triple jump,



Vanessa Wattaminiuk throwing a discus at this year Fraser Valley track meet.

> Longman- 110m hurdles; Adam Altwasser- Discus, triple jump; Chantel Lukawesky- High jump and 4x100m relay and Shyan Van Egmond-4x100m relay

Sporty Shorts

Senior & Junior Golf

The Senior Golf Team went the farthest they've

ever gone, finishing

3rd in the districts,

6th in the Western Conference,

8th in the Fraser Valleys.

The Junior Golf Team finished 3rd in the district.

<u>Badminton</u>

Congratulations to this year's Riverside badminton team for a great season.

Senior doubles partners Misato Hamanaka and Briana Long finished 5th in the Fraser Valleys.

Junior doubles partners Ellen Lee and Jason Wong finished 4th in the Fraser Valleys.

Kyle Dutton finished 4th in the junior boys District Championship.

This year's Riverside tennis team wrapped up their season 3 weeks ago.

They finished 4th in the North Fraser Zone. Junior player Jedi Tetik was undefeated this year.



Michelle Moreira juggles school and sports

Alexis Boleak-staff reporter

Speed Skating is an obscure sport in the way that not very many people think of it until the Olympics come around. However, speed skating is an everyday sport for Michele Moreira. Moreira has been



Michelle Moreira coming around the corner in one of her speed skating races.

speed skating for six years now to five times a week on the ice; when she isn't on the ice, she has to maintain her fitness and stay healthy. Speed Skating is a year round sport; however, the actual ice-skating portion takes place in winter.

During summer and spring, 'dry-land training' begins. Dryland training is the training that takes place outside of the ice-rink. Some drytraining preparations that Moreira undertakes are running and exercises that strengthen legs and the core. So far, Moreira doesn't see speed skating as a

future profession. Right now she's on a weekly basis. She trains four just focusing on having fun and getting her daily physical hours for school completed.

> When asked of her opinions on the Olympic Oval, located in Vancouver, she said "The ice isn't that great. I'm not a long tracker though, I skate short track, so in a hockey sized rink." It can only be imagined that it must be difficult to juggle a competitive sport with school for the average teenager. It takes serious dedication and commitment to both speed skating and school. "I try and manage time well, get things done when I can so I can train and stuff. It's difficult," said Moreira. Moreira first discovered speed skating from an advertisement on a bulletin board. Ever since then she has been training and participating in monthly competitions around

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Valedictorian Address



Friday June 5, 2009 - Vol. 13 No. 9

'I've seen the best in all of you, and I know that there are no better people to face what's ahead'

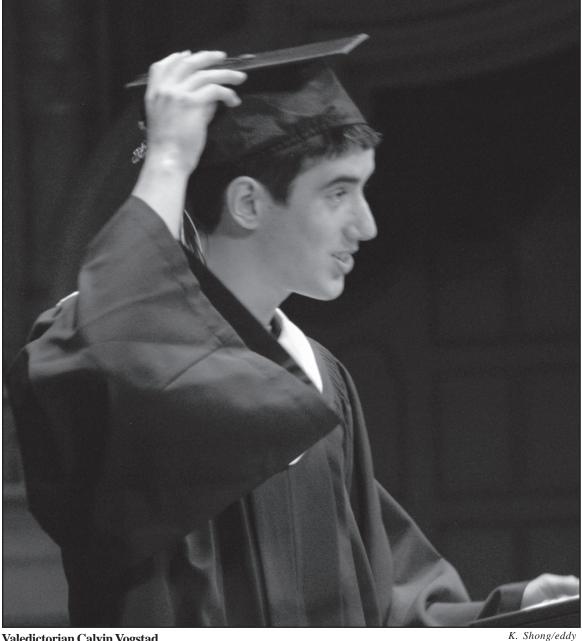
Good evening Principal Robinson, staff, teachers, families, parents, and most importantly, the graduating class of 2009! I would first like to take this opportunity to thank my family, the staff of Riverside, and most importantly the students of my graduating class (well at least the ones who voted for me), for making the last four years unforgettable. I was told that my job as the valedictorian would be to say goodbye, to give the final address. However, I prefer not to think of this as goodbye. I like to think of it as a period, or a colon, or a semicolon... I never really learned the

I prefer not to think of this as goodbye. I like to think of it as a period, or a colon, or a semicolon... I never really learned the difference between those.



difference between those. The truth is, although we are going our separate ways next year, this is not goodbye. Yes, some of you are going to university, and some are taking time off, but I have spent anywhere from thirteen years to a few months getting to know each of you, and through that you have all had an effect on me. I stand before you as someone who has been bettered because of you, and that is not something easily dismissed.

Looking back now, it all seems to have happened so quickly. Was it not just yesterday that we were perched on the swings eagerly awaiting our hot lunch of the month? I can even remember when cell phones were used to make phone calls, not emails, texts, or to "tweet." And it seems as though it was only the other day that someone said a



Valedictorian Calvin Vogstad

It is now time for us to be conscious of the decisions that are made by leaders in the real world, and use our voices to fight for what is right, to challenge ourselves to go beyond mediocrity, and to embrace the diversity that has made Riverside such a meaningful learning experience for all of us.

sentence that didn't have the word "Facebook" in it. I guess that sums up what is ahead of us, though, change. All through our education, we have watched everything around us undergo change. Attitudes, traditions, and technologies are all changing more now than ever before. However, we are ready for it. Because, "when you are through changing," Bruce Barton said, "you are through."

Now, after thirteen years of getting up way too early and staying up way too late, here we are... about to leave it all behind. The last four years though, have been exceptionally special.

Riverside has had resounding success in bringing out the best in all of us, whether you have been here for four years or one. We have all had a class that has exposed us to something we love to do, and we have all had at least one teacher who has shown us that the best lessons are those taught by someone who is both an educator and a friend at the same time. Riverside has allowed us all to try something new, whether it was partaking, as I did, in the potentially life changing Social Justice 12 class, or going on one of the many trips abroad that the school offered. It has been an incredible experience (with the exception of planning 10), and I am forever grateful that I was able to share it with some of

the most amazing people. People who would drop everything they were doing to give you a hand, who would constantly push you to try new things (which is not always good I guess:P), and ultimately, people who were always there for you when you needed them most. I can only hope that we all continue to meet such people throughout our lives. As Bilbo Baggins once said, "I don't know half of you half as well as I should like; and I like less than half of you half as well as you deserve."

Now though, we journey in to the real world, where all of the things we have been taught suddenly become believe it or not, useful. It is now time for us to be

conscious of the decisions that are made by leaders in the real world, and use our voices to fight for what is right, to challenge ourselves to go beyond mediocrity, and to embrace the diversity that has made Riverside (with the exception of Planning 10) such a meaningful learning experience for all of us. It is being left up to us to put an end to that pesky global warming, to continue to push for the progress of equality, and to see to it that Chuck

Riverside has allowed us all to try something new, whether it was partaking, as I did, in the potentially life changing Social Justice 12 class, or going on one of the many trips abroad that the school offered.

Norris is one day our Prime Minister. After all, it is only Chuck Norris who can kill two stones with one bird.

So, what do we do? Our futures are now, more than ever, dependent on us, dependent on our actions, decisions, and our choices. Although we may still act like them, we are not children anymore. It is almost as if for the last 18 years we did not really think of actually being in control of our lives. We always had our parents, who apparently knew best. It is as if we have had a backseat to our lives, but now we're driving, and we're not quite sure how. But we will do it; I know who I'm talking to. I am talking to some of the best people I have ever known. I have seen the best in all of you, and I know that there are no better people to face what is ahead. I know you will all do it and you'll do it damn well!

Thank you!