



Scott Hammell's message at Me to We event escapes no one

Emily Chan - staff reporter

Scott Hammell learned about determination the hard way – while dangling 50 feet in the air, bound by steel chains and a straightjacket. At 18, the daredevil with a social conscious broke his first of four Guinness World Records, managing to escape from a straight jacket while suspended upside down from a hot air balloon. His most recent stunt involved jumping out of an airplane while handcuffed and blindfolded. This heart-stopping trick helped Hammell raise \$8,500 to build a school in Ecuador.

When he isn't conquering his fear of heights by hanging off of hot air balloons or jumping out of planes, Hammell is a motivational speaker for *Me to We*. Following a trip with *Me to We* to Kenya, Hammell was inspired to use his love of performance to



Scott Hammell escapes his jacket at the Me to We Event at Riverside.

E.Chan/eddy

create social change. He now visits schools and corporations, entertaining audiences with his blend of magic, escape artistry, and positive messaging.

In recognition of all Riverside has contributed to *Free the Children*, Hammell visited the school on April 29th to speak about working through fears and

challenges, finding your passion, and using it for social good. Through power point and video, he highlighted his personal history of magic, travel, and perseverance.

He also showed photos of rural Kenya, and described why he feels driven to make a difference in the lives of children he met there.

The highlight of his performance was his final stunt – escaping from a straight jacket and using his escape as a metaphor for overcoming the seemingly impossible.

Following the presentation, grade 11 students **Paul Weibe** echoed Hammell's message, saying, "If you have something you're passionate about you, should follow it and do what you can with it."

"He was here not to show how great he is doing magical things, but to show us what we can do and that we should help," said grade 11 **Silvianna Ursu**. "I was amazed by him."

Students complete school lap by lap and brick by brick

Kristin Macey - staff reporter

On May 6, Riverside had its fourteenth annual twelve hour relay on the Pitt River Middle School field. Students participated in groups, and at all times a student from each group had to be running. Sounds simple, but the students had to stay up from 6pm to 6am! All the money from Riverside's last charity event of the year will go to build

a school in Sierra Leone. This year, however, it was a little more difficult to be motivated to run. It was pouring rain the entire time, and most of the student's clothes got soaked. "Everyone stayed really positive, even though the

weather wasn't the best," said **Mrs. Blaxland**. Some students played sports in between running, some played games and talked, and some people took short naps. "My least favourite part of the 12 hour relay was the rain," said

Connor John, grade 10 student. When 5:00 am rolled around, the teachers announced that the students could leave an hour early due to the weather. Everyone packed up their tents and

waited around for parents to come and pick them up, and the whole field was very quiet, probably because everyone was extremely tired. Although the weather was not up to par, many students still said they would do it again, just because it was for a good cause. "My favourite part was sleeping, and being warm and dry while sleeping," said **Stuart**

Knight, a grade 10 volunteer. Over four thousand dollars was raised this year, so they definitely reached their goal of \$8,500.00 for the school in Sierra Leone. "I would say that it's a bit more fun when the weather is nice but given the conditions it was great," said Blaxland. So despite the weather, this year's 12 hour relay was a success.



Riverside students at the 12 hour relay.

Courtesy of Ms J. Blaxland



Ms. Gibbons, Tamara Lui, and Ms Chittenden joins the 12 hour relay

Courtesy of Ms. Blaxland



Clothes are a canvas for self-expression

Carly Muldoon- staff reporter

All people choose their clothes because it reveals something about who they are. Our clothes define us in a way. Some clothing items, however, have questioning or provocative sayings and pictures. Recently there was a young woman who wore a "F**k Yoga" button on her bag. When the skytrain police asked her to remove the offending button, she refused and was told she could not get back on the train (April 6th, 2011 – Vancouver Sun). This begs the question, does everyone does have a right to wear whatever they desire to wear – even when it is considered inappropriate? Of course one wouldn't wear a button or clothing with inappropriate words or drug/alcohol related items to a job interview, but at a party or out in the world that's a different story. Clothing is a part of our personality; it's a way to express ourselves. It is common sense to know that there are appropriate times and places for certain expressions, but a small button on a train is harmless. There are some facets of society that don't understand the new generation's sense of style and activism, and the 'powers that be' are picking and choosing what they are offended by. But what if you're trying to support cancer research? Another event that illustrates this dilemma was at the Vancouver Aquarium. A women wore "F*ck Cancer" with the breast cancer ribbon replacing the "u". The aquarium staff asked her to either cover it up or replace it with another top. When she refused, she was kicked out of the aquarium with no refund. In another case, a federal judge in Philadelphia ruled that when it comes to breast-cancer awareness, it's OK for middle school students to say they love "boobies." The story is about how two middle school students started wearing the "I heart boobies" bracelets. School officials decided to ban the bracelets, asserting that the slogan was a lewd double entendre, and an offensive and crude ways to bring awareness to a cause (April 12th 2011, Huffington Post).

Advertising our activism has a long history; such as, in the 60's when the peace, love, and black power signs and symbols were first introduced. This movement gave people a sense of freedom to produce a message in their own style that suited their personality the best way possible – on clothing. Freedom of Speech is something everyone should have unless it's racist, encouraging violence or homophobia. Freedom of Speech means one can make statements about the government, the country you are in, or a specific topic you would like to change in society. The great thing about freedom of speech is that you can be offensive about a topic and not get censored for it, yet from the incidents listed above, it seems that people don't want to accept other people's style other than their own – even when it's supporting a cause. The new generation of style isn't as different as you may think; people have been creating their own style since the early 60's (as said before). Yet people take it into their own hands not understanding it, thinking its offensive and since it's not "their style" they find it offensive and not proper to society. Even though it's common sense not to wear something like the "f**k yoga" button to a job, other than that you should be able to wear whatever clothing you desire to wear.

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POINT POINT

Energy drinks, liquid angel?



Valencia Yordanov

Columnist

Many people think that energy drinks are really dreadful for you; that there is absolutely nothing good in energy drinks other than their taste. However energy drinks do serve their purpose though. They do give you energy, especially when you need to pull an all-nighter right before a test. However, as with any product you must use your common sense. Too much of anything is not good for you. There is nothing outstandingly bad about energy drinks. They're basically a more sugary alternative to coffee.

And just like coffee, they should be taken with responsibility. There are warnings on the cans that say that people shouldn't exceed over one can a day. So when you hear about people taking two or three right before an athletic event, it is their own fault that they didn't heed the warnings on the can. There are some bad reactions to energy drinks. Some people even go to the hospital after drinking an energy drink for the first time. Just like alcohol though, people shouldn't drink an entire can before knowing how their body will react to it. Many people are intolerant to the substances in energy drinks, the same way some people are intolerant to alcohol. But does that mean we should ban both of them? No. People should take responsibility for their actions and know what they're putting into their body, especially if there is an

age limit on the label of the can. Many people are allergic to some things. When children eat a peanut for the first time, some discover that they have an allergic reaction to it; so many parents introduce things such as peanuts and milk to their kids in small moderations so that their kids won't have a violent reaction. If you're going to drink an energy drink for the first time then don't chug the entire thing at once. Make sure to read the label first for potential risks then only take half of the energy drink and wait for a couple hours first to see of you can handle it. If you don't feel anything then drink the rest, but be careful about it. We shouldn't ban drinks that people responsibly use just because others don't have the same level of responsibility.

Energy drinks, toxic devil?



Victor Paskov

Columnist

In recent years, energy drinks have proven themselves more and more dangerous for the human body. In fact, there are many people trying to ban them worldwide. Critics have complained that the chemicals inside the drinks are harmful, that people drink them excessively, and that there are harmful side effects after someone consumes them. One of the most commonly known energy drinks *Red Bull*, was recently banned in France after the death of an 18-year-old Irish athlete, **Ross Cooney**, who died

within hours after consuming four cans of *Red Bull* and playing a basketball game. Another drink *Redline*, was reported to have brought a woman to the emergency room after only half a can. Her symptoms included chills, sweating, diarrhea - vomiting, and racking convulsions etc. Effects have been known to last for around 10 hours. Some experts believe that it is the most dangerous energy drink out there (according to ehow.com). There is one chemical in *Redline* called cAMP that is proven to hurt the brain. Some research has suggested that cAMP controlled genes are somehow linked to the growth of some cancers. Why isn't this drink banned if it has so many dangerous effects? There have been many attempts to ban energy drinks. Denmark banned *Red Bull* because it was thought to be too dangerous, but the ban was recently revoked.

A military high school and junior college in Roswell, New Mexico, does not allow sales of energy drinks at the campus "Cadet Store" after an incident of a young Cadet drank too many drinks in one period and had to go to the hospital. As many people know, some teenagers tend to go to extremes when it comes to certain substances. However since companies began putting alcohol in energy drinks, incidents of excessive behavior associated with the drink have become worse. This generation of teens doesn't know when enough is enough. Energy drinks are too dangerous for any consumer. There are too many risks and side effects and they should be banned. If not banned then, they should only be allowed for people 18 years and older. So next time you open up an energy drink, think of the harm you are doing to your body.



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

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Additional articles, writing, and opinion pieces are accepted and will be published as space allows.

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Children's Day supports Japan disaster

Farah Ahmed - staff reporter

On Thursday, May 5 Riverside welcomed 91 grade one students from Central Elementary, Kilmer Elementary, and Hazel Trembath into its hallways. Every year Children's Day at Riverside has been a tremendous success. There are various activities and stations offered such as a hockey shoot, miniature golf, face painting, origami, etc. This year, there were also performances such as martial arts by **Tsuyoshi Hamanaka, Nathan Gee, Tom Yoon, and Shion Tanaka**. The children were taken on a tour through the school, met some teachers and students, and more. This annual Riverside event started in 1997 when **Ms.**

Yamamoto and a friend decided to stage this event with Hazel Trembath timing it with Children's day in Japan, which is a national holiday. Since the first year was successful the Multicultural Leadership students have viewed Children's Day as one of the most exciting events all year. "The students here are some of the kindest people I've ever worked with. The parents notice that, too," said Ms. Yamamoto. "As soon as they come in chirping like little birds," said Ms. Yamamoto "all the students get excited. Some even remember coming here as little kids, and now they're here doing it, too." One of the unique aspects of this year's event is that all participants signed a card which is to be sent to the board of education in Iwaki, Japan to show support for the victims of the recent earthquake. A big reason as to why this event is held is for future insight for the little kids about high school and promotion of Riverside. The elementary students will get to see what it is like to be in high school. "My favorite part was walking them around because we would always distract the students inside the classes we would pass by. I would definitely go again next year, it was so fun and all the children were adorable!" said **Boye Lin**, a grade nine volunteer.



Central Elementary student posing behind manga cut out drawing. F.Ahmed/eddy



Children from the feeder schools signing the condolence card for Japan. F.Ahmed/eddy

Quebec trip was full of French, fun and good food



Quebec trip participants with Mr. Larrivee in Capucins.

Farah Ahmed - staff reporter
Mr. Larrivee and twenty French Immersion students just got back from the Quebec trip, which they left on Friday, May 6. Usually the students travel all over Quebec, and even to France; this year was

a more light, relaxing trip since they went only to Capucins, a serene town in the Gaspé Peninsula, a touristic region in Quebec. The students had campfires on the beach and attended several activities, mostly community work, like cleaning up

the beach, visiting an senior home, and presenting a play for the elderly. The students stayed at a roomy home, on the beach owned by a friend of Mr. Larrivee. They prepared their own meals, and went grocery shopping for the ingredients! "I was excited to get the experience of traveling with my classmates, and to relax; it was fun spending 10 days with the group, definitely a great experience. If he [Mr. Larrivee] was doing the trip next year I would go," said grade nine student, **Meagan Pelletier**. The reason why this trip came to be, is so the Communications class has the chance to practice French in real-life situations, which they certainly did. "We didn't speak a word of English during the entire trip. While we were there we didn't

even feel that we wanted to speak it," said Pelletier. "People there [Quebec] asked me if I would come again, and I have not been there in a long time; I thought the timing was right," Mr. Larrivee said. As it seems, combining kids from different grades puts senior students in a leadership role. "If I split the kids into groups to clean the beach, and **Santana Grant** was in the same group as Megan [Pelletier], Santana would be in charge of her," said Mr. Larrivee. "They were the leaders with the meals, and we helped out with what they needed. They didn't do it in a way that was controlling. It was something that you wanted them to do," said Meagan Pelletier. The trip seems to be a notable success, as any other year at Riverside.

courtesy of Meagan Pelletier

Orlando trip 2011 had something for everyone

Jordyne Bird - staff reporter

Of all of the variety of amazing school trips that Riverside offers over the course of the year, one of the most anticipated of them all is the Orlando trip. It is offered every year for grade 10 students to learn about wildlife, physics, robotics and many other subjects in different scientific fields. Even though the main reason for this trip is to learn, that doesn't mean they didn't have fun. They went to places such as Disney World, NASA, the Blue Man Group, Universal studios, Cirque de Soleil and many more. "My favorite part of the trip was the 'learning' part where we got fast passes (which allow you to go to the front of the line) for the rides", said **Stuart Knight**. Of the many unique opportunities that the students got to experience on the trip, one was learning how roller coaster designers manipulate the thrill seekers into believing different things due to many special effects throughout the ride. Another was learning how environmentalists rescue animals and humanely place them in the Animal Kingdom at



Orlando students 2011 at Cirque Du Soleil.

courtesy of Mr. Haselhan

Disney World. "The trip was amazing and it was an incredible experience," said **Sara Freitas**. Although each student had different expectations of the trip, they all expected that they were going

to have a great time. Whether you're a student that's keen on learning in a new environment or just wanted an excuse to have fun with your friends, the Orlando trip is sure to please.

Public Speaking Winners



Kristin Macey - staff reporter

On Friday, May 6, students from all different schools and grades in the district gave their opinions on a matter of subjects, before judges and an audience. Thirty two students participated in the public speaking district finals, and four people from Riverside participated. The students that participated were **Keely Knutson**, who did her speech on why she believes love doesn't exist; **Savannah Maxwell**, who did her speech on Nightmare st. Mementoes; **Hilary Buick**, who did her speech on John Hughes; and **Anika Green**, who did her speech on Ladies and Gentlemen. Knutson and Green both won silver medals, and Maxwell and Buick both won gold. Congratulations to all students who made it to the district finals, and everyone did a great job. Also, congratulations to the students who participated in the French public speaking finals. Two (**Hilary Buick** and **Petal Vitis**) out of the four students who represented Coquitlam in the French public speaking went to the Provincials, and Vitis went on to win third place.



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All Candidates Debate stresses value of youth in politics



Moderators Sebastian Zein, Eden Nzeyimana and Brian Richards.

Shong/eddy

Emily Chan-staff reporter

In a country with almost 2.4 million citizens between the ages of 18 and 24, youth have often been called “the greatest untapped resource in federal politics.” As the 2011 federal election campaigns kicked off, however, the age-old idea that youth are disinterested in politics was quickly shattered. Following a televised rant by political satirist **Rick Mercer**, university students from Guelph quickly co-ordinated and filmed the first in a series of over 35 Canadian university “Vote

Mobs” – massive dance routines complete with signs and positive

.....you can join these social organizations and get involved and make a difference.

”

messages, encouraging youth to vote. The first video was titled, “Surprise Harper, We’re Voting!” It went viral in a matter of days.

advocated for increased money spent on healthcare and education, stressing that “Money invested in big corporations does not necessarily trickle down to the people.” **Stewart McGillivray**, the youngest candidate at only 19 years old, used his youth to appeal to students, boasting about the Liberal’s promised Passport to Education. Veteran MP **James Moore**, who has been elected for the past four consecutive years, calmly defended the Conservative party, pointing out how well they have weathered an international economic crisis. And on the far right side, Libertarian

representative **Paul Geddes** passionately defended his views on how Canada would benefit from increases in privatization, capitalism, and individualism. Students were invited to interact with the candidates through social media, tweeting questions to moderators, who would then pose the question to the candidates. According to all the candidates, reaching out to youth – even youth under the age of majority – is an important part of shaping our country.

“I think we need to try to encourage youth to get out and get involved,” said Ireland, “There are organizations you can join, even if it’s not a political organization – things like

Greenpeace for the environment ... you can join these social organizations and get involved and make a difference [even if you’re too young to vote].” Liberal candidate **Stewart McGillivray** agreed, “Actually getting involved in a campaign, door knocking, talking with your friends – you can sway a lot of votes. So there is a lot of power for individual citizens, whether or not you can vote.”

On May 2nd Canadian citizens elected a Conservative majority government with the NDP as the official opposition. Many analysts credit part of the NDP’s historic success to the youth vote.



Candidate James Moore speaking with students.

Shong/eddy

Iranian prisoners discuss democracy with Riverside Students



Dadashzadeh talking to Riverside students.

Emily Chan/eddy

Emily Chan-staff reporter

“My name is **Keikhosrow Dadashzadeh**,” says the middle aged man, leaning in to shake hands before sitting down at a desk in Riverside’s counseling office. “But you may call me K.D., like Kraft Dinner.” His friend laughs before making his own introductions, “And I am **Mohammad Mohebi**. But you may call me M o .”

Difficult-to-pronounce-names aside, the two men are perfectly at ease and utterly Western, sipping their styrofoam coffee cups. It’s hard to believe that they each spent years as prisoners in the world’s most infamous theocracy.

In fact, it was in an Iranian jail that Mo and K.D. were first introduced. Remarkably, their friendship has survived years of confinement, eventual escape, refugee status in Europe, and, finally, making their way to the sleepy suburbs of Vancouver.

Following the collapse of the Shah in 1979, Iran became what the BBC refers to as, “A unique Islamic Republic.” The Supreme Leader is Ayatollah Ali Khamenei. His second in command is the conservative Mahmoud Ahmadinejad, who sparked controversy when he was

accused of fixing the 2009 election. It is a nation where reformists, westerners, and intellectuals are often persecuted. “People think that ‘bad people’ end up in jail, but I’m from a country where political prisoners end up in jail because you believe differently and you want to make change,” says Mo. “You can be tortured for days for the possession of a book, for promoting knowledge.”

Mo’s distribution of newspapers earned him a five year sentence, including a year-and-a-half in solitary confinement. At the end of his sentence, Mo was offered the chance for release if he agreed to renounce his democratic beliefs. His refusal led to an additional two years of imprisonment.

K.D.’s story echoes the injustices Mo experienced. “[In Iran] if anybody questions the absolute power of the government, they will be placed in jail, executed, or shot on the street,” says K.D. Yet, despite spending eight years in prison, he considers himself lucky. “I’ve lost so many good friends and I was able to escape.”

Following their imprisonment, both men fled to Turkey, where the UN Commissioner for Refugees granted them refugee status and they were allowed to relocate to Canada.

Students learn from WWII survivor’s experiences

Ashley Olsen-staff reporter

Every year the University of British Columbia holds an event in which students from various schools come to hear the stories of Holocaust survivors and University Professors. UBC has been doing this program for over 30 years and the History students of **Mr. Ben Lepore** have been going to these ceremonies every year for the past 10 years.

The programs run from 9:00 AM to 2:30 PM, with over 500 students attending from schools across British Columbia. The people presenting to the students were: Dr. Chris Friedrichs from the UBC department of History; Author Keith Morgan, who wrote *Ruta’s Closet* after being inspired by Ruta Kron Sigal’s experience growing up as a hidden child dur-

ing the Second World War; And 14 other Second World War veterans and survivors. According to Lepore, the reason that the UBC holds this event every year is because “It’s been 66 years since World War II, and many of the survivors are no longer with us. It is important that the youth remember the survivor’s stories and experiences.”

Anastasia Shults branches off from this by stating that, “It felt more real to hear these stories coming from the people who experienced them and not teachers just telling you about them in a classroom.” The trip is open for all History and Socials students, but there is limited space, and it’s a first come first serve decision.

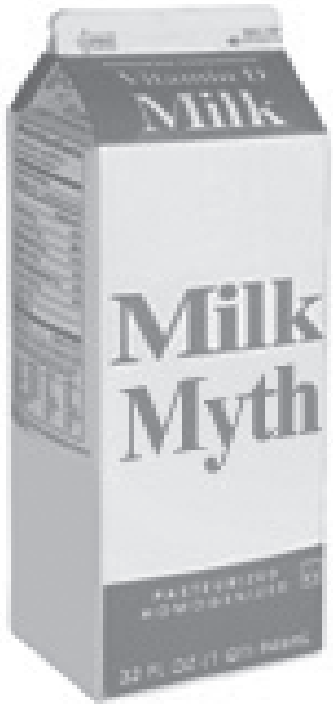


Kaitlin Pelletier at the traditional candle lighting ceremony at the Holocaust Symposium.

Courtesy of Philip Pol



Got Milk-or does the milk industry have you?



Heather Andrews-staff reporter

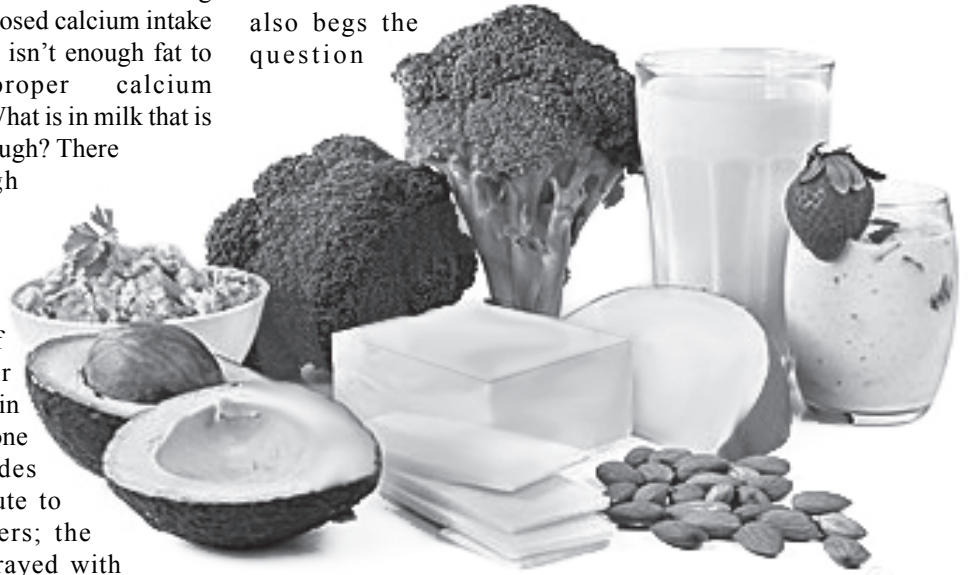
When one thinks of a balanced diet, what usually pops up into mind? Protein, dairy, grains, and last but not least, vegetables. According to Statistics Canada, the average Canadian consumes

approximately 200 lbs. of fruit and 600 lbs. of dairy products, not including cheese or eggs. But why is there so much focus on dairy consumption to get calcium? Although calcium is essential to a healthy body, so is potassium. Potassium aids in heart function and without certain amounts, you could potentially suffer from heart failure. Yet there is not half as much emphasis on other crucial substances because the dairy industry invests billions of dollars promoting milk, but is it even healthy? According to the Biosingularity blog there are studies showing that when young men doing a weightlifting program drank skim milk after exercising they lost a greater amount of fat and gained more muscle opposed to drinking soy milk and a carbohydrate drink. But is this because of hormones pumped into the milk? They did not use the study with grass-fed milk, or organic milk. Although there are studies saying that milk can be good for you, they have nothing to do with the calcium intake to be worried about, and there are more counter studies saying

unhealthy things about milk. According to PETA, many doctors and scientists say drinking and consuming cow's milk has been linked to anemia (iron deficiency), allergies, heart disease, osteoporosis, acne, asthma, possibly lung cancer and many more. Even worse, with people dieting and choosing low-fat milks, they aren't even benefiting from the supposed calcium intake because there isn't enough fat to support proper calcium absorption. What is in milk that is unhealthy though? There are enough hormones pumped into the cows to produce the amount of milk their bodies make in a month, in one day. Pesticides also contribute to health dangers; the cows are sprayed with plenty of pesticides to ward off other vermin and insects, and if thought about logically, milk shouldn't be drunk or dairy

consumed, at all. After our largest growth spurt (ages 0-12 months) breast milk is no longer needed. Breast milk is very high in fat, and helps newborns gain 300% of their body weight, preparing them for the next stages of life. After this period of time is over, milk is no longer necessary. Humans are the only species to consume another animal's milk. This also begs the question

then, why cows' milk? Many have been convinced it is because cows have the healthiest and most nutrient containing milk, but that is not true. Cows are milked because they are the easiest to obtain milk from and have the highest rate of production. It could be zebra milk on cereal if it was the other way around.



Other sources of calcium include vegetables, fruits, nuts, and soy milk.

Genetically modified genes - coming to a vegetable near you

Heather Andrews-staff reporter

Genetically modified foods have started an emotional debate because of their content. Both politically and morally they have huge effects, but how much is really known about them? Both Canada and the United States do not require food companies to label foods containing "modified genes"; therefore, people are being exposed to a potentially dangerous product that even scientists don't know the full effects of. GM foods are made by inserting or deleting genes. Genes are transferred with an organism that contains a more desirable trait and are then conventionally bred (Wikipedia). This means that a tomato could be spliced with genes from fish so the



photo courtesy of Google

With genetically modified foods, a tomato is no longer just a tomato.

tomatoes don't soften before reaching the destination.

(Vegetarian Times) According to Raw Wisdom and its list of the many harmful effects of GM foods,

there are more than just a few health issues to address. DH, a protein hormone injected into cows has a direct link to cancer and degenerative diseases and is not illegal, even though scientists have warned the FDA. Also, food allergies should be addressed. People allergic to nuts should be especially cautious of GM foods. Soybeans, for example, are one of the most genetically modified foods. Brazil nuts have been spliced into soybeans to add a protein. GM foods have been connected to an antibiotic threat via milk and plants because cows and plants injected with certain genes are more prone to infections, birth defects, and shorter life spans also from the genes transferred to cows.

Many have said that GM foods can benefit those in 3rd world countries that suffer from starvation. GM rice (a staple in many a poverty stricken diet) is easier to grow and ship to the people that need it. But according to the China Daily newspaper, it can be a serious threat to health. Although there is a food supply shortage issue, and people in support of GM foods believe these foods can help, one should consider that on average, a person throws away 1 lb. of edible food per day. Multiply that by the human population and it means millions of tons of edible food is thrown away, per year. Maybe the answer to the food shortage is controlling waste instead, and coming up with solutions to making food easier to grow without genetically modifying their genes.

Meat Glue: it is what's holding your steak together

Sasha Ceperkovic-staff reporter

In a recent viral video on YouTube, a secret is revealed to what some butchers and restaurants are hiding: "Meat Glue". A couple of questions come to mind, what is meat glue? And is it legal in Canada and the US? Transglutaminase also known as "Meat glue," is a substance that stick scraps of meat together that would normally be thrown out, and then sold for the same price as prime cut. VisionsGreen.com is disgusted that restaurants and butchers can now sell their scraps as premium meat. Yes, Canada has approved of this. The FDA deems it GRAS (generally recognized as safe) according to

Healthfreedom.org. Meat Glue is a powdered substance made from a blood-clotting enzyme from beef and pork and there are some obvious health concerns associated with it. Some have claimed it can cause cancer according to Dr. Kapil Mehta and Medicalworld on blog spot. Complications with religious dietary rules could be a problem as well; people should know that a certain meat is held together by cows' or pigs' blood. What is most dangerous about meat glue is the outside of meat collects bacteria and when they stick the different scraps of meat together and the outside of the meat may end up on the inside. "It's hard to cook the bacteria because it's on the

inside," said Gonzales from Wtop.com. This could lead to serious food poisoning if you are cooking a steak rare produced from meat glue. Food poisoning could be very severe because of loss of dehydration due to serious vomiting. When using "Meat glue," the handler must wear a mask because it is "dangerous", Some wonder if it's dangerous to inhale, it must be dangerous to ingest. "We do not want this at all—it is meat make-up," said Jan Bertoft from PreventDisease.com. Butchers who use the product (because the labeling is unclear) are miss-leading people, and people have the right to know what they are eating, especially if it could lead to health issues.

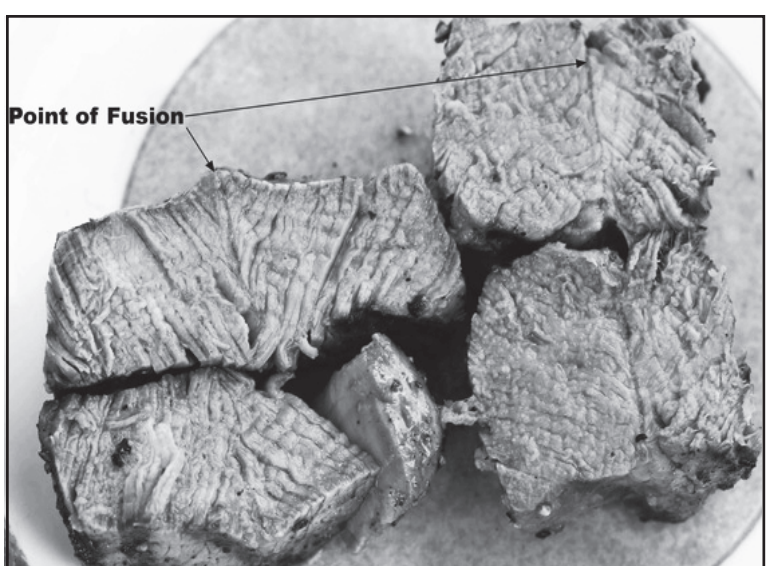


photo courtesy of Google

Different pieces of meat fused together using transglutaminase, also known as meat glue.



Riverside takes top prize for second year in a row

Karen Lidher - staff reporter

Riverside students amazed the crowd at the 3rd annual recycled Garbage Fashion Show at Heritage Woods Secondary. Students from all over Coquitlam School district participated in this year's show showing off their recycled clothing. The items used ranged from grocery bags to electronics and even dark room photo test strips. This year show was to raise money for three different charities.

This year's winner was **Rebecca Sigrist** making this the second year in a row that a Riverside student has won first place. This was Rebecca third year entering the show. "I was surprised and happy that I won. I had to look down at my number to make sure," said Rebecca. Rebecca's dress took two months to make. Her top was done on a weaving loom. Her dress made up of lint, grocery bags, wrappers, video cassette tape and host of other recycled material.



Courtesy of Ms. Seldin



courtesy of Rebecca Sigrist

Tamlyn Kunimoto and Rebecca Sigrist represented Riverside in this year's show.

Tamlyn Kunimoto, another Riverside student won third place with her dress inspired by sea life and mermaids. Designers and

models arrived early at Heritage Woods to have their hair and makeup done by professionals and make some last minute touch ups

on their designs. The show started at 7pm with the first group of models walking down the runway. After a short intermission, the

second group and had a chance to be seen by the judges. After that all the models walked down the runway together one last time with their designers. Singers and performers kept the audience entertained while the judges deliberated. Instead of roses each designer was given an evergreen seedling to plant and a certificate. Other Riverside students who participated in the show were **Cydney Paddon, Karen Lidher and Ivannah Veloso**. Ms. Seldin's Art 11 and 12 students have been creating wearable art in her class for a number of years and have been entering the fashion show since it started three years ago. "I was really impressed this year by the students' designs. I like how they were totally recycled instead of store bought items," said Ms. Seldin. "The show was wonderful opportunities for students to showcase their work in a real fashion show," said Ms. Seldin. "Garbage" was a huge success and everyone had a great time.

Despite the rain, Port Coquitlam celebrates May Day

Jordyne Bird - staff reporter

Port Coquitlam has been celebrating May Day since it's inception, all the way back in 1923. The celebration consists of an exciting week of fun filled outdoor and indoor activities. These include an amusement park, a Mothers Day picnic and the main event, the parade. There are a variety of activities for children, youth and adults. Although the weather was unpleasant (what else is new), there was still a good turnout at the 2011 May Day parade. "The turnout may have not been as good as the city would have hoped, but there can always be more people coming out so the volunteers work can be more

appreciated", said Mayor **Greg Moore**. Although 2011 did not have as big of a turnout as in years past, there was still a fair amount of people that came out. "What makes Port Coquitlam special is that 'small town feel' that people love to have while hanging out with their families", said Moore. The May Day Parade's initial focus is to bring the community together by aiming the activities mostly for the children. Even with today's fast paced society, with families having to schedule everything in to their busy lives, they're still finding time to come out to community events. "The thing about the May Day parade is that half on the town is in the parade, and the other half is

watching it", said Moore. Each year there is something new added to the May day festivities. Mayor Greg Moore worked for the city of Port Coquitlam before he was elected in to office, so he knows firsthand just how much work and effort goes in to planning these events in particular. In the past, one event he particularly liked was the community block party, which had a variety of different food



courtesy of Jean Kerfers

Riverside's Raina Tanaka (far left) participating in this year's May Day Parade.

venders and tables where people would sell homemade crafts. It would go on for a few hours and had fun for everyone. One thing he would like to do while in office is try to bring the block party back

to the May Day celebrations. So whether you want to come out for a day of fun filled activities or just to see the parade, you're guaranteed a great treat no matter what.

Riverside's Leadership class helps the homeless



Photos courtesy of Ms. Blaxland

Ms. Blaxland's leadership students delivering meals and handing out clothes.

Keena Saini - staff reporter

Oppenheimer Park in Vancouver was the setting for Riverside's leadership students as they had the opportunity to serve lunch as well as hand out clothes and hygienic products to those in need. Lunch consisted of pancakes and hot dogs and with such a large turnout for meals, this trip was a very successful one. **Ms. Blaxland** took students along with her from both her leadership classes made up of grades 9-12. Those who were

able to attend the field trip were thankful they did so as it gave them more of an idea of what people need in terms of food, clothing and everyday living essentials. Students interacted with the homeless population downtown by listening to many of their stories as to how they got to where they are and what their life is like now. When asked about their experience, leadership student **Sabrina Lowton** said, "I felt bad because I didn't bring more clothes and stuff, but it felt good knowing

that what I did bring them was very much appreciated and I would love to go back and give so much more to them. I felt like it was a good experience knowing that I was doing a really good thing for people who I didn't even know and it really helped me because I went out of my comfort zone as well." With the success of this trip, the rewarding feeling it left with students, and the experience gained by them, Ms. Blaxland hopes to plan another trip in the near future.

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Riverside's talent is evident to all

Richard Kwok - staff reporter

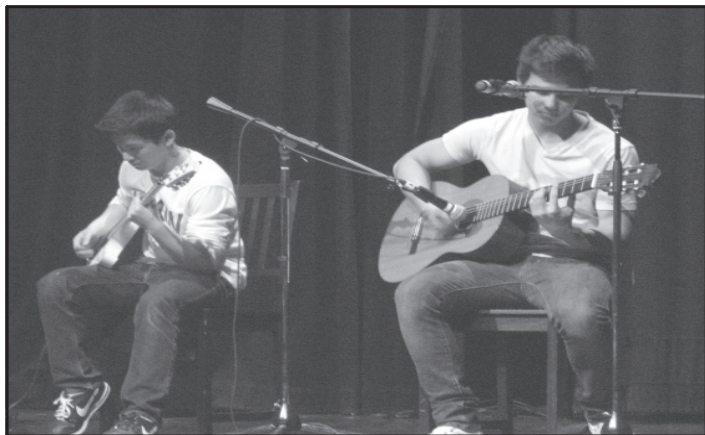
On May 5th 2011, Riverside held its annual Talent show. The show was a hit, opening to the beat of Riverside's Korean drummers. This year, Mrs. Bates kept us all entertained with improve comedy and hockey updates in between acts, and several stories as well. In

addition to her witty banter, she also sang a duet with **Gordon Johnston**, one of Riverside's custodians! While there were fewer bands than usual this year, there was a large amount of vocal acts, all of which were very impressive. The judges sure had a hard time in that category, having

to choose between performances which covered every genre and style of music. The unusually small amount of band performances didn't mean the quality lowered though. Each group had an amazing performance, and there was even a Screamo act by "Bergie Berg and the Shake weights". In

the dance category this year the audience got to see some Hawaiian dance by **Caitlin Alinsod**, in addition to **Zakiah Grant's** outstanding performance, and other dancers as well. There was even some slam poetry by **Tyler Doiron!** While they had a hard time deciding, the judges chose

"Stache Only" as the winner in the band category, **Zakiah Grant** as the winner of the dance, **Tyler Doiron** won spoken word, and **Tyler Shaw** also won the vocal category. There was also a People's Choice award, which was awarded to "Stache Only" as well. All in all, it was a pretty fantastic show.



Left: Winner of the dance category **Zakiah Grant** Above left: **Emma Poustie** and **Anna-Lee Martin** singing a duet "Time Is Running Out." Below left: **Matt Khoo** and **Tyler Shaw** performing "Slow Dancing in a Burning Room." Above: **Kevin Reddy-Thom** on the electric guitar.

Return to Aperture Laboratories

Richard Kwok - staff reporter

In 2007, Valve Corporation amazed the gaming world with the first first-person shooting/puzzle game hybrid. Based in the same world as their bigger title *Half Life*, *Portal* was a unique concept. In the game, one becomes a test subject at Aperture Science labs. Given a portal gun capable of lifting objects in addition to shooting two connected portals at a time, an artificial intelligence named GLaDOS will instruct you through a series of test chambers, where you are expected to use your

portals in inventive ways to overcome obstacles. However, it turns out GLaDOS, as all intelligent computers do, went insane and nerve-gassed the entire Aperture Science staff, leaving you, Chell, alone to kill her. Once you managed it, you won the game and escaped...or did you?

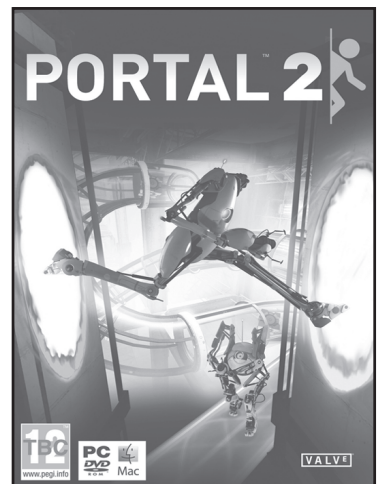
Ever since the success of *Portal*, Valve has been working on a second one. Originally, it was intended to be a prequel, but it was realized that a prequel would effectively remove everything the players loved from the game, including the Aperture Science

Handheld Portal Device and the Weighted Companion Cube. So Valve took a different approach. They released a patch for the first game, altering the ending, so now you get dragged back into the facility by a robot...

The brand-new game is set a hundred years later, where Chell is woken from cryostasis so she can escape. In attempting to escape, GLaDOS is reactivated, and chaos ensues. *Portal 2* was released on April 18th, 2011, to much acclaim from fans. With its new multiplayer mode and fantastic plot, it looks like a hit.



courtesy of Google



courtesy of Google

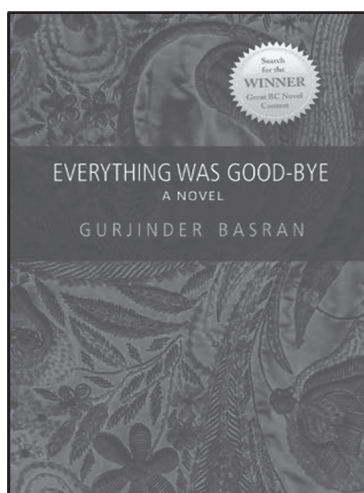
Gamers can now play as the robot duo **Atlas** and **P-body** in the new Co-op Campaign.

The hit game *Portal 2*, by Valve Corporation.

Book Review: Everything Was Goodbye

Keena Saini - staff reporter

Everything Was Goodbye is a fictional book based on a young teenage indo-Canadian girl raised by her widowed mother in North Delta B.C. The author **Gurjinder Basran** bases this book on what it is like growing up and being stuck between two different ways of life. Meena, the main character of the book is the youngest of six daughters, at 18 years old she yearns for a sense of belonging both at school and within her household. Meena wishes she could have the freedom she deserves as a Canadian, but is tied down by traditional Indian ways. *Everything Was Goodbye* centers around Meena's relationship with



courtesy of Google

A must read for any book lover. her mother, after all her sisters were married off and one who ran away, Meena is the last daughter



courtesy of Google

Author, **Gurjinder Basran**.

left to take care of her mother. She has one friend throughout the book "Liam." After Liam moves away

due to his own family problems, Meena is left feeling more alone than ever. Growing up in a strict Indian family leaves Meena no choices to live her own life, but to cave into an arranged marriage as she gets older. In the words of her older sister Tej "We don't get to choose who we [Indian girls] fall in love

with; we fall in love with those who are chosen for us." It is a captivating book for all ages as it gives the reader a closer look into traditional ways within Canada and perhaps our own community. Despite the references to Indian culture and language, this book is easy to understand and definitely worth the read.

First time author Gurjinder Basran graduated from Simon Fraser University. In 2008, Basran was named "the one to watch" by the *Vancouver Sun* and also won the 2010 search for B.C.'s greatest novel. In the *Vancouver sun*, Basran said "There's so many ways to be Indo-Canadian, this is just one experience."



Badminton teams continue to improve on their play



Justin Chang getting ready for his match.

Tyler Kydd/eddy

Tyler Kydd - staff reporter

On Tuesday May 3rd **Eugenie Kwong, Clarence Chok, Ian Chok, Austin Campbell and Donya Karimi** participated in the Fraser Valley junior badminton tournament. Unfortunately, they did not place in the top eight. They played some impressive games, but were overpowered by the more experienced players, as most Riverside team members were only grade nine. "All of our junior players showed great improvement and determination throughout the season and were a lot of fun to

work with," said **Ms. Weir**. She went on to add that "growth spurts also tend to greatly affect player's coordination, balance, and agility during grade 9 and 10, but usually settle down a bit by the senior level." Let's just hope they do better next year. The Senior Fraser Valley Tournament was hosted at Riverside on Wednesday, May 11. The games started at 12:15 and ended around 7:00. Some of the other teams that competed included schools from Langley, Maple Ridge and Abbotsford, and even as far as Mission. The

Riverside team also competed against other SD43 schools. "At the Fraser Valley level Coquitlam tends to pull together as a unit more than individual schools and even though we're still playing against each other there is a real atmosphere of camaraderie between the SD43 teams," and "many of the players who make it to this level also play together in clubs year-round," said Ms. Weir. Only the top eight teams in each category moved on to the upper Fraser Valleys, which will take place in Surrey this year.

Skills Development students compete for first time at District meet

Shion Tanaka - staff reporter

In the spring of 2011, Coquitlam district Skill Development students participated in a track and field competition for the first time. This event was organized by Riverside SEA, **Ms. Gibbons**. Her goal was to have as many skill development students as possible participate with their peers. She organized this event by contacting other Coquitlam high schools, and distributing information to parents of Skills Development students. In the end, she rallied approximately 41 students to participate in the

meet. One of the difficulties in this process was getting the parents to understand that *all* students were welcome to participate in the event regardless of their ability level. "What if they're in a wheelchair or what if they can't see?" asked one parent. "If they're in a wheelchair, somebody can push them. If they can't see then someone can guide him down the track. It doesn't matter what their conditions are, the point is that all students from all levels of abilities can participate," said Gibbons. Gibbons was proud of the fact that

all students participated in events such as long jump and the 50 meter run. The students didn't concern themselves about whether they had won or lost the competition, but rather, whether they did their personal best. This event was perfect for the skill development students to have some fun, gain positive athletic experience, develop sportsmanship and get to socialize with their peers.

Ms. Gibbons was pleased to have successfully co-ordinated the meet, and she plans on doing this next year as well.



Skills Development students display their ribbons of participation.

courtesy of Ms. Chittenden

Golf team predicts strong performance in Fraser Valleys

Brendan Williams - staff reporter

The Riverside golf team is off and swinging. This year's golf team has 9 players. There are four returning seniors (**Blake Lancaster, Jordan Payne, Kyle Dally and Shane Currie**) and 5 new juniors (Nathan Washington, Callum McDonald, Tyler Mednic, Sean Kim, and Young Oh). The team played at 4 local courses: Carnoustie, Meadow Gardens, Vancouver Golf Course, and Westwood Plateau. With the junior team finishing 4th in the districts, coach **Jamie Askew** believes that his team can have a strong Fraser Valley championships and possibly make it into the provincials. "All the guys on the team have shown determination and have proven that they want to win, and with the



Riverside's 2011 golf team.

courtesy of Samantha Jung

result we had in the Districts, I truly believe that we have a shot to go far." said coach Askew. Along with his outgoing and kind personality, Mr. Askew brings along 8 years of coaching

Riverside's golf team to the table. Since the juniors are all relatively new to the sport, it is very convenient to know that they have a veteran by their side. "Golf is not a sport for the fair weathered

person, all team members have either played in rain, wind or if they are lucky the sun!" said Askew. With the recent weather the lower mainland has been having, there is no telling how mother nature will affect the golfers this

coming weekend. With the skies predicting showers for the majority of the week, the team will have to be determined and focused. Only time will tell if the Rapids will rush their way through the Fraser Valleys.

Coach Ahmelich hopes more players join tennis team

Meg Gregory - staff reporter

With tennis finished as of May third, the team lost but finished with wonderful player dedication. The players have improved throughout the season; some of the inexperienced players have also had the chance to compete and to improve their skills. The students were very committed to winning the team a medal, even though they won two games and lost five, primarily because they were forced to forfeit quite a few times due to

not enough players. With practice being on Tuesdays and Thursdays after school, it gave the players a lot of practice time. But the team had to deal with practise and game cancellations due to the soggy weather.

"Terry Fox is probably the hardest school to beat right now," said coach **Mr. Ahmelich**. "And with Port Moody being the second ranked team, we did quite well," said coach Ahmelich. Next year will be even better! Riverside, however, really needs

more female players, so that not as many games will have to be forfeited. Riverside has had a tennis team for about four years now. It is not as a high profile sport in the school as others such as the hockey academy, basketball, volleyball teams and track and field. But Mr. Ahmelich hopes to change that. Even though Riverside tennis hasn't won any medals, the team members are always enthusiastic. All they need is more female players. Next year practice is going to be held on Wednesdays after school.

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