

Gleneagle's Student Voice
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the Edge

Talons prepping to host Stratford student exchange

CRYSTAL MA
staff reporter

15 Gleneagle students are gearing up for the highly anticipated arts and culture based exchange, sponsored by the YMCA Youth Exchange program as students from Stratford Ontario will arrive April 17.

Both groups will take turns visiting each other's hometown and live in one another's households for a week and experience a variety of events together.

All travel and transportation expenses are covered by the YMCA and the participants are only obligated to cover \$500 for the activities planned.

Jeremy Clark, vice-principal, took the opportunity to accept when a friend teaching in Stratford who was given a YMCA opening, approached him in search of a twin community. Together **Clark**, **Mike McElgunn**, art teacher, and **Cindy Quach**, English teacher, began the prolonged process of organizing and setting up the trip in early fall. It is Gleneagle's first time participating in this program.

"The whole program is about bringing youth across Canada so they can understand how one another lives and get a taste of what life would be like in each other's communities," said Quach.

Stratford, Ontario is home to the internationally known Stratford Shakespeare festival. The exchange students are from Central Secondary, a provincially designated fine arts school that excels in performing arts.

Partners were paired based on a survey of personal interests, age, gender and temperament. "The students are a fabulous bunch and are genuinely interested in the trip and want to participate," said McElgunn.

Gleneagle's fifteen participants are: **Tong Guan, Sara Kross, Dan-**



Strike a pose: Gleneagle students going to Stratford pose for the camera and get ready to show some Talon spirit when the cultural exchange students from Ontario arrive in April. These students will travel to Ontario in May.

ielle Sayer, Christine Park, Erin Bodin, Marley Wilson, Serena Ng, Alice Zhang, Kathleen Loski, Shantel Gerstendorfer, Mike Hartley, Kathryn Wasstrom, Scott Lee, Brittany Howey, and Jordan Matovic.

Park is looking forward to meeting her partner and getting to know her.

"We've talked through Facebook and seen each other through

Skype. I love the program already even though it hasn't actually started yet," she said.

Stratford's candidates will be coming to Coquitlam on April 17 and Gleneagle students will leave to go to Stratford in May.

"The activities are a mixture of cultural experiences and tourist events," said McElgunn. In Ontario, the activities listed are a visit to Ontario College of Art&

Design, Ontario Museum of Art, CN tower, Niagara Falls, Much Music Headquarters, and watching a production at Studio 58 in Niagara College.

While in BC, students will have available a private session at the Vancouver Art Gallery, a visit to the museum of anthropology at UBC, a visit to Granville Island, and a tour of Chinatown among other activities.

Many benefits come with the program. "It opens eyes to possibilities of further education and career choices. And to also see how artistic expression might appear or feel differently in Ontario," said Quach.

"The students will also learn life skills by being in their partner's household. They will learn how to be a guest and to adapt to different environments," she added.

Gleneagle spreading more words

JAYME PEDERSEN
staff reporter

Reading at Gleneagle is a normal activity but in some countries it is a rare privilege. Gleneagle students are expanding literacy opportunities in developing countries by donating hundreds of used books. The books will be sent to 'The International Book Project' and then they will be transferred to 40 other nations worldwide, to people who need them.

"We got 722 books which I think is really impressive considering it was just a smaller project. It was two weeks and [now] the books can help a lot of kids," said **Saskia Vaisey**, grade 10 member of the Global Issues Club. Vaisey

is happy with the outcome of the program.

The class with the most books won a free breakfast. The winning class was **Andria Di Turi's** English 9 class who collected 83 books.

It seems though, that the breakfast wasn't the main motivation for students.

"I'm just really impressed that people actually brought in the books without that many reminders. They thought about it [on their own]" said **Stacey Bryant**, grade 12, Global Issues member. "They were prepared enough to bring them in and it shows us that the school is starting to get more spirit and start to care more about these kinds of issues," she added.

The book drive appealed to stu-

dents also because getting a used book from home was a simple task. There has to be many books that students or students' parents and guardians don't read anymore.

"A lot of people have a lot of used books at home that they don't use and may as well put them to use... to help other countries," Bryant said. Not only that, but the book drive didn't require money to be collected for it; it's just old things people don't use anymore. "It's a way people don't have to spend money to help with education," said Vaisey.

"The books would otherwise just go to waste sitting there," said Bryant. "We have a great education here [but] some don't in every country," she added.

UPCOMING EVENTS

Thursday, April 15
End of Term One

Friday, April 16
District Pro-D Day

Thursday, April 22
Third Formal Report

Finishing strong: three month roller coaster ahead

We're back from Spring Break, rejuvenated, and ready for the last three months.

And for grade 12s, it's their final exhilarating and agonizing moments of highschool life.

Some students are back from visits to their home countries. Others enjoyed their school-less days in sunny climates, far away from Vancouver's temperate rain forest and the many days of rain.

But for everyone, April 6 suddenly crept up, and a lot of us found ourselves panicking. Homework undone, test preparations ignored, or a massive project still untouched.

And on the very first day of school, we're sleepwalking in the hallways, barely opening our eyes to focus on classes for the first time in 12 days.

Fantasies of sleeping in, staying up late, or maybe partying all week are long gone.

But for now, it's the last three months of school, and we have to finish it strong as we know it's only getting harder next year. That, in itself may make you want to go back in time.

For the graduating class of 2010, it is the most crucial moments of your lives, but may be painful or joyful.

You have grad dinner and dance, and after grad, and then the commencement ceremony.

But before all that, you have tests to study for and projects to complete in order to get the best marks possible. Some seniors have even added AP tests, university level exams, to their plates.

Then, if that was not enough, there are provincial exams. Personal note: if you haven't taken the English 12 provincial yet, now is your time to sweat.

Yet, even with so many things in our heads, and with summer seductively close, we have to focus even harder. In order to truly enjoy our summer 2010, we need to finish good and strong. Let's hope summer school is not an option.

So don't think of summer before you think about your final marks. If you don't do your best, you will regret it. You will eventually get your reward, but nothing good comes free.



Children remind us of importance of daily kindness



edge columnist

My friend told me an amazing story the other day. She was going into Starbucks on a rainy afternoon when a small boy came up to hand her a coupon.

He shyly explained that he and the rest of his class were participating in random acts

of kindness and hoped she would have a great day before darting away.

The class had raised the money for the coupons themselves doing various chores at home.

They stood in the drizzle, a group of third

“They were only one small class, but they touched an entire community”

graders in huge purple t-shirts saying RAC (Random Acts of Caring) ROCKS (Reaching Out in the Community through Kindness from Students), waiting to surprise strangers.

It's amazing to see the generosity of kids this young - third graders are only eight or nine years old.

If you think about it though, the magic words when you and I were small, weren't some Harry Potter spell, but 'please and thank you,' and kindergarten was all about sharing toys and taking turns to use the swings on the playground.

Maybe the reason that being kind and polite was foremost on our minds is that life was simpler.

As we grow up and our timetable becomes more filled, we tend to forget the smaller things like going up to random strangers

and saying hello amid our daily clutter of math tests and English homework.

But those little details are as important, if not more so, than our friends, doing well in school and the other things we focus on.

Between cheering up someone when

they're having a bad day or figuring out what x equals, which would you choose?

Likewise, everyone knows how good it feels being on the receiving end of something nice and unexpected.

I also think we sometimes underestimate the power of small actions because we disregard the fact that they accumulate.

After leaving their gift cards at Starbucks, the kids left to visit the SPCA to drop off toys and blankets, and then to an old folk's home to sing.

If you count the number of people who received a discount off their drinks, those who benefitted at the SPCA and those old folks who were the focus of attention for an afternoon, it would probably add up to a considerable number.

Then, if you add the people who passed the young students on the sidewalk, or met

them while they were doing their good deeds and learned about their project, there would be quite a few more smiles added to the list.

There would also be parents, teachers and the rest of the school to calculate in.

Lastly, there would be an overflowing number of people like me who found out from family or friends.

They were only one small class, but they touched an entire community.

These elementary students probably didn't realize what was going on, but their willingness to give, and to make sure everyone who they met was having a good day caught fire.

I can imagine the friendly smiles and chatter in Starbucks that rainy afternoon as people got together to talk about what was happening, the please's and thank you's uttered as people received their drinks and held the door open for each other.

These third graders inspired everyone, and not with anything huge, just a little kindness, their smiles and a barely audible "have a good day," - all of which you can give too.

So don't underestimate the small things you do.

Go out and brighten someone's day!

theEdge

The Edge is the independent voice of the students of Gleneagle Secondary produced by the Journalism 11/12 class. It conforms and adheres to the standards and style of the Canadian Press.

Letters to the editor are welcome and will be printed as space allows; letters must be signed and

free of libel. The Edge reserves the right to edit for accuracy, spelling, and grammar.

Additional articles, opinion pieces, and features may also be submitted and will be printed as space allows. The Edge reserves the right to edit any submitted material for brevity and style.

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Features

Cellphones becoming source of essential communication

EMMA ROBERTS
staff reporter

Teens and young adults are becoming progressively more reliant on cell phones to identify themselves and create social circles, changing the way they communicate with the people around them.

As of 2008, the average number of calls made by an average North American cell phone user in one month was 204. The average number of texts made was 357. Comparing this to only one year before, the number of calls was down 11%, while texts were up 108%.

"I think it's because you can text people without bothering them too much," said **John Lim**, grade 12.

"They can choose to accept it or not, or they could read it later. A call is less covert," he added.

In 2010, teenagers alone sent over 10 text messages per hour, which comes out to be over 3,100 text messages a month: an 8 to 1 ratio of texts to voice calls.

"People get scared of what others' reactions are going to be," said **Maria Paredes**, grade 12. "It's easier to write it down and think out what you're saying," she said.

Business analysts and other researchers are expecting the popularity of the cell phone to grow even further. By next year, 81% of North Americans, ages five to 24, are expected to own a cell phone. This is up 28% from 2005, accord-

ing to IDC, a research company that tracks consumer use of technology.

Cell phone companies are targeting younger and younger markets every year. Firefly Mobile is a cell phone provider aimed at children as young as four years old. The recently-introduced "glowPhone" has a small keypad with two speed-dial buttons depicting two stick people: a mother and father.

AT&T released a survey several years ago which revealed that among 1,175 parents the company interviewed, almost 50% learned how to text-message from their children. More than 60% of parents agreed that it helped them communicate.

The survey also asked parents if their children had requested a call or a text for a reminder of curfew. 58% of parents said their children preferred a text.

Since early 2004, more teenagers have acquired cell phones. In 2006, it climbed from 45% of teens having cell phones to 63%, and up again to 71% in 2008. In comparison, 77% of all adults had cell phones in 2008, and 85% in 2009.

In a study conducted by Harris Interactive, nearly half of teenagers said their social lives would end without their cell phones. 80% said their cell phones provided a sense of security, and a whopping 42% said they can text with their eyes closed.

"I could totally live without it, but it's a convenience I've gotten used to," said Lim.

"I think that we take it for granted," he said.

Despite the popularity of cell



EMMA ROBERTS PHOTO

From fad to necessity: Cellphones are becoming necessary in our lives as we are unknowingly becoming dependent on them; grade 11 student happily receives a call.

phones, some teenagers do not like the effect of this technology on their lives. "I really like not having a cell phone," said **Catherine De Vaal**, grade 11.

"It means I'm not tied down by anything. I can go out with my friends and not feel obligated to take phone calls or respond to text

messages. If I need to call someone, I'll call someone. I feel more in charge when I don't have a phone," she added.

Teens in the study also revealed that they spent just as much time talking as they did texting.

"Teens have created a new form of communication. We call it tex-

ting, but in essence it is a reflection of how teens want to communicate to match their lifestyles," said Joseph Porus, vice president of the Technology Group at Harris Interactive.

"It is all about multitasking, speed, privacy and control," he said.

Gleneagle teachers share stories of their career journeys



PHOTO PROVIDED BY MIKE MILLIARD

Talking about personal magnetism: Social studies and law teacher, **Mike Milliard**, had several other career options before he began teaching. Here, he is sighting his options as a land surveyor in year 1983.

KAYLA PHILIPS
staff reporter

It sometimes seems that teachers are something in our lives who are just there. You come to school and see them, you go home and don't really give them too much thought until the next day. I'm sure we

all remember the time when we thought that they even lived at the school, and were shocked if we happened to encounter them in public. Have you ever wondered about our teachers before they were, well, teachers? I did, so I did a little research into two popular teachers' professional lives before they were the social studies and

planning/gym teachers we know today.

Michael Milliard, and **Billy Demonte** are both successful teachers now, but originally only one of them planned to even enter this career path.

"[I originally] wanted to be a professional athlete, a baseball player. It was all I cared about,

nothing else," said Milliard. "I was a surveyor until I was 29, and I did lots of other things that don't really count. I was very successful at coaching baseball, and people told me I had a knack for working with kids," he said.

Demonte had a different story, "I knew I wanted a career working with children or youth. My first instinct was to be a social worker, but I'm too sensitive. I would want to bring every kid home with me. I also wanted to be a police officer, but as I got older I knew I wanted a family and working with youth seemed perfect," she said.

When it came to the careers they have now, both teachers had their own moments of realization of what they were meant to do. "I was on a ferry with my friends, and I was kind of unhappy with the job I had and all of a sudden I realised that I should be teaching. I'd always liked working with kids, and people told me I should, so I knew," said Milliard.

Demonte's decision was less of a change, "When I started working for Port Moody, I ran programs, summer camps, and babysat kids a lot. That's when I knew what I was doing was right.

"My decision was confirmed after I had my son and I was worried about leaving him with others. As much as I missed him, I still loved my job, so I knew it was what I

should be doing." Milliard agreed, "I have no regrets," he said.

When it came to actually obtaining a degree, neither teacher could say it was an easy task. Demonte loaded up on classes just to get by and got her bachelor's degree, eventually going back and obtaining a master's degree.

About his schooling experience, Milliard had this to say: "It was hell - but a good hell because I had to learn French. Everything else - the history, geography etc. - I loved. I meet people who want to become teachers all the time. It's a great job if you're good at it. It's a tough job market, but it's great for families."

Demonte noted her pet peeve as, "People who do it just because they like the subject. You have to like kids and build relationships, but yes, summers off are nice. [The job] keeps me young and on my toes." When asked if they could do anything else for a week, they both had interesting answers.

"I'd like to be a ritzy housewife who doesn't have to work, or maybe something corporate in New York City where you have to wear a suit and get an office," said Demonte.

Milliard had loftier goals, "I would be Prime Minister, and rule the country, or maybe just the Premier of British Columbia. I'm a B.C guy," he said.

Social media: important feature in communication for all ages



Use of technology in the administration office: Caryl Nelson, counselor and grade 12 students whip out their fancy phones and iTouches to use.

CLAUDIA LEE
staff reporter

Facebook and Twitter, Blogger and YouTube: these are just a few popular forms of online social media used by everyone from high school students all the way to big corporations.

Online social media's greatest advantage is of having the flexibility to adapt to a wide range of users. This new mode of communication has made and will continue to make great changes to people's lives.

Many communication and multimedia sharing sites have been

a haven for potential employees to represent and introduce themselves in a more fresh and personal way.

By the end of this year, Generation Y will outnumber the Baby Boomers. Evidently, 96% of Generation Y have joined some sort of a social network—a vital branch of online social media.

Possibly the largest change since the Industrial Revolution, online social media has the potential to affect every branch of communication in the world.

"I think it's harder to find people without Facebook than with [it]," said **Serena Lee**, grade 12. It is safe to assume that in coming years,

news will be delivered through people's inboxes rather than their mailboxes (Penn-Olson). Having the news of loved ones at the tip of one's fingers brings together the global community, where the news is always at people's convenience.

But is there a guarantee that *only* your friends will snoop at that embarrassing photo or private message on Facebook?

"I do have to think twice. Especially because I'm in my senior year, and there are rumours that some schools can even check your Facebook page and whatnot," Lee said.

And it's true: a Cambridge Uni-

versity admissions tutor has admitted he checks up on students applying to his college by browsing their Facebook profiles (Guardian).

Access to various social mediums allows other users (be it your friend, prospective school or boss) to tap into your private lives. Lee said, "It's more logical that I befriend or get friend requests with people I'm friends with in real life."

Bryan Jackson, teacher and avid user of social media, agrees: "Facebook is like the barbeque at my friend's house, [which] I wouldn't share photos or videos of."

So should we be scared of

exposing our existence online? Not necessarily.

"Blogs, in different types of ways, are a really elaborate business card or an impressive resume," said Jackson.

Marketing companies are shifting their focus away from generic radio and television ads, and moving towards personalized posts by popular blogger sponsors who review their product through their means of social media. This method allows potential customers to get opinions from people like themselves who share similar objectives and purposes (NY Times).

For example, Melanie Notkin, a popular blogger, was sponsored by Turner Network Television. Despite the fact that the company endorsed the blogger to write about their company, both TNT and Notkin agreed that the company would not influence what will go on the postings for thousands of potential customers to read. This not only improved TNT's reputation of being an honest company, but earned Notkin more credit for being an unbiased blogger (NY-Times).

As Jackson puts it, "I think most of the things I've shared with my Twitter community, on blog, or on Flickr, I'd probably almost want prospective employers to see so they get a feel for who I am in a variety of different ways."

Online social media, or Web 2.0 social media, will achieve a higher status in future generations' lives.

While various social media mediums can be beneficial in many ways, watching what gets uploaded is essential to survive in this technology-reliant era.

Indoors, outdoors, rock climbing offers challenge, experience

DARREN MULDER
staff reporter

For people who want to push their limits, rock climbing allows them to scale to new heights. This recreational sport will allow people to challenge themselves, reach new heights and discover the excitement of reaching the top of a cliff or rock wall.

For people who have never climbed before, or for new climbers, Cliffhangers Rock Gym in Coquitlam offers several opportunities. "[New climbers] could sign up for climb time at Cliffhangers, and that gets them a belayer, [the person operating the safety ropes.] It gets them introduced to rock climbing, and the fundamentals. If they want they could also come in by themselves, and spend the day bouldering," said **Jessica Wiebe** who works at Cliffhangers Coquitlam.

Bouldering is a form of rock climbing that uses a low inverted wall with a crash mat at the bottom. Since it is a low fall, no ropes are needed.

"For beginners it is good to just come in and get used to things, and do a few lower routes before doing a more challenging route. Climb time is the best way to get

you introduced to rock climbing," said Wiebe.

Rock walls will usually have multiple foot and hand holds on them, and these contribute to several different routes. Climb time is drop in, and is available at Cliffhangers on Saturdays and Sundays, and no experience is required. Bouldering and rock climbing without a belayer are also offered at Vertical Reality, and The Edge in North Vancouver, and Cliffhangers locations in Richmond and Vancouver. Vertical Reality and The Edge also offer other courses as well.

For people who have mastered the basics and are looking for more of a challenge, Cliffhangers offers several courses. "We offer an introductory course, which is the fundamentals of belaying, knots, assembling the harness, and the basics of climbing," said Wiebe.

Grades 10's in C.O.A.S.T. have taken this course in the past. "[Cliffhangers] does three sessions with us. The students get their belay ticket. Some kids are afraid of heights, but they learn to face their fears," said **Krista Bogen**, C.O.A.S.T. teacher.

In rock climbing, participants follow a specific route on the wall, and each hold will have a colored piece of tape to specify which route

it belongs to. The routes are graded by the gym, and usually span from a five-five to a five-twelve, or to a five-thirteen, five-five being the easiest. Bouldering has no ropes, and top rope climbing has a rope attached to the anchor at the top, and the climber at the bottom.

In lead climbing, participants climb with a rope, which they attach into clips that run up the wall. This form of climbing is harder than top rope climbing and bouldering, and requires a certification for most places.

Cliffhangers also offers a three hour course to be able to lead climb. "Lead climbing ... requires more stamina, so it would be for more experienced climbers," said Wiebe.

For children aged 12 to 16 who excel at rock climbing, there is also the junior team, "a young group of climbers that are more advanced. They have more difficult exercises and routes to build up their endurance and ability to climb. They enter competition together, and it is more of an advanced climbing opportunity," said Wiebe.

All of that is for indoor rock climbing, but there is also outdoor rock climbing which "is more difficult because the rocks are real, so they are jagged, and you could hurt your hands on [them]. There are also a lot more variables out-



Rising to the challenge: 17 year old demonstrates bouldering at Cliffhangers, Coquitlam.

side. ...There are certain guides on outdoor rocks, but they are not as exact, and you have to just find a hold somewhere on the rock face. It's more challenging," said Wiebe. "Indoor rock climbing establishes a stress free environment with cushioned flooring, and backup

security ropes, and your progression is gradual.

In the outdoors, you are dealing with the elements. Rocks change, and chip and get weathered, and it hurts when you fall. But outdoor is also free, and rewarding, said Bogen.

Going green: reducing our carbon footprint one step at a time



KASEY IM PHOTO

We all love a parade: grade 12 student unloads a recycling bin full of paper as part of the school-wide "Paper Parade" program which takes place every Tuesday morning. This is one of Gleneagle's many 'green' initiatives.

KASEY IM
staff reporter

Every Tuesday morning, the announcements start and the students of Gleneagle hear the song familiar to their ears. The Paper Parade day has come, and the green bins must come down to the main foyer for the weekly paper recycling.

In fact, it's not only the paper parade, but general recycling that students are encouraged for at Gleneagle.

Along the hallways, white bins are right next to garbage cans, and students find themselves putting the pop cans in the white bins, instead of the garbage cans.

Every day, we see the ads for being "green."

"Recycling is so important and it just takes little extra effort," said **Carol Coulson**, vice principal, in charge of the paper parade. "Do you put something in the garbage can, or do you put something in for recycling?" she asks.

Dave Matheson, principal, explained that "If you get people thinking about the paper parade music [when] it's played, people think about the personal responsibility and tend to recycle. Then collectively, we all gain.

"I think I'm happy with [the recycling], but I'm also always looking for ways to improve the amount," he said.

"It is always somewhat of a frustration when you put a white container and a regular garbage can beside one another, and somebody puts a coke can in the

regular garbage when there is a recycling bin 20cm away.

"I'm hoping that more people choose to take the time to find the right receptacle," Matheson explained.

Thea Ong, grade 12, created the Green Team so it "allows people who are ecologically aware to come together and try to make a difference."

"It's awesome that we recycle cans and paper. But how [many] of those cans somehow still end up in the garbage can? How much of the paper that gets crumpled and thrown out into the garbage can actually still be recycled? How much of that tissue paper we use to wipe our hands after washing them do we really need? Do we really need all the lights to see in class?" asked Ong.

Ong thinks "going green" is a lifestyle choice, a way of living, much like going vegetarian is, or going all organic. Going "green" is a way of living in that people are more conscious of the resource choices [they] make, and the impact it has on the world," Ong added.

Both Coulson and Ong call being "green" a choice of lifestyle, where the students actually follow through by recycling at home and out in the public.

"For many of [the students], it's already part of their lives... It's continuing around society; you'll often find blue bins for recyclables in parks, in shopping malls. So I think it's something [that will] catch on," said Coulson.

Considering the fact that the resources we use are mostly non-

renewable, we will have to prepare for the day when it all runs out.

Being "green" is designed to prevent that from happening, or at least trying to hold it off long enough in order for people to come up with solutions for global warming or the climate change happening throughout the world.

"After all, we're the ones living on it, and sooner or later our kids, and then their kids... we're all responsible. Now, if the whole world out there is actually taking this seriously, then of course there will be a positive impact," Ong said.

"Look at things like the automobiles, and how that industry has changed; the electric cars that are coming out and instead of running on different fuel sources compared to 10 years ago... super cars, Ferraris and Lamborghinis, are coming up with electric cars. [These are] changes that are coming," added Coulson.

Ong says there are lots of other ways for Gleneagle students to become "greener."

"It doesn't have to be something huge, like planting trees and doing big beach cleanups. Going "green" is simply making those small alterations to your lifestyle in order to reduce your impact on the planet. Reusable water bottles, PowerSmart appliances, lowered laptop screen brightness, that kind of stuff," said Ong.

"I think the students are the leaders of the future, and the leaders of the future need to be developing habits now that are going to make for a better future," said Matheson.

Gleneagle will keep recycling, trying to find a way to promote being "green" amongst the students because it is the right thing to do for the present and for the future in respect for the planet earth.

Writing as career: finding your voice, telling your truth

JAYME PEDERSEN
staff reporter

When thinking and choosing a career, being a writer doesn't usually come as one's first thought.

It's also not one of those jobs that is set, meaning that a writer doesn't know exactly how much he or she will be paid or what exact schooling to take to get there.

Being a writer can mean different things to different people, as it's a large category to dive into. One can become a novelist, a journalist, an advertiser, a poet, a scriptwriter... and it's all labelled as being a writer.

I want to become a writer.

Marni Wedin and **Tara McIntosh** are both writers and cousins.

Wedin is a producer and writer. She produces community television for a telecommunications company and she is a freelance writer who has a magazine column and does corporate writing.

McIntosh is an independent

writer as well as a public speaker and parent educator. She writes a column once a month for The Tri-City News and she is also writing a supportive book for firefighter wives.

"My background was actually in law, but I've always written," McIntosh said.

"I was once a communications director for a political party so I did a lot of press releases and things. I got into this field by luck. I met a politician at a fundraiser, joined the political party and before I knew it I was writing for them. After that I wrote lots of letters to the newspaper and contacted the newspaper when I had an issue in the community and was interviewed by them. I think my outspoken viewpoint got me the invitation to begin writing for the paper," said McIntosh.

Finding out if writing is a passion to someone is simple. Do you love writing?

Some people start out like Wedin. "It's been my go-to form of self

expression since I learned to print. Instead of going outside to play, I just filled up an extra school notebook with wacky stories one day. I love telling stories, whether it's writing an article or using video. Getting out and meeting people and getting to know them drives me," she said.

But others like McIntosh discovered writing later in life, when she was staying home with her children.

"I get to stay home and write. I chose [a long time ago] to stay home with my children, so writing is a great occupation for me because I can do it while my kids are in school," she said.

Being a writer can take patience and determination to be one. There are many who will criticize one's writing ability and many writers who never get published or credited for their hard work.

McIntosh explains her challenges in writing have been receiving criticism and sometimes anger from her readers.

"I get through those challenges by being true to what is true. We live in a society that doesn't always value truth. But I believe that when you speak it, and when you live life with courage, you are living life the way it was meant to be lived - authentically," said McIntosh.

Getting into this field can be difficult, education wise. There are many programs at different colleges and universities that one can take.

"I think that there are lots of opportunities in writing. I think the way to stand out however is to be yourself and to be interested in the world and never stop learning or being curious," said McIntosh.

"The way to get started is to begin a portfolio of your writing. Also, decide what area of writing you love the best and find out what college or university you can go to," she added.

McIntosh took a Media and Communications course at Langara College while Wedin attended

Simon Fraser University and got a certificate in Creative Writing. I, on the other hand, am applying to go to a program called Print Futures at Douglas College to improve my writing skills.

"For those just emerging in this field, remember to respect the experience of others. Get out and volunteer, to get a foot in the door, and never give up," advised Wedin.

Another piece of advice for a writer is to always, no matter what, tell your truth.

"Anyone can tell their viewpoint, but I think it is so important that it comes from a good place and from someone who has healthy and positive values. I like the saying, wear truth and kindness around your neck like a necklace - I live by that. I also make sure that I stand for justice. Often as a columnist, when you stand for justice, you will stand alone. Joyfully, however, you touch so many people's lives and give them a voice," McIntosh said.

Importance of computer technology increasing in education

PAULINE MACAPAGAL
staff reporter

It has been a decade since the turn of the twenty first century, and we have witnessed a rapid development in technology. The first electronic computers were developed in the mid-20th century, though not commonly used. Times do change. In 2010, computers are becoming a necessity for students in school.

For many teachers, computers have replaced the whiteboards of yesterday. "My laptop is almost a daily essential," said **Bryan Jackson**, TALONS and Guitar teacher.

"They are critical in my daily existence. Everything I do professionally, everything I prepare and deliver is always done electronically," said **Lisa Dube**, English teacher. "I have a projector in my classroom, so lessons, Powerpoints, notes are presented that way," Dube said.

For some courses, computers are crucial to students' work. "I use [my computer] all the time, I couldn't get away without it, just because I constantly have to keep on teaching a new curriculum and renew software all the time," said **Jodey Udell**, Info Tech teacher. Udell teaches "...computer-based [courses]: Digital media courses, Animation, Film and TV."

Teachers find that computers open a variety of fields and career opportunities to their students. "Programmers are needed everywhere in all aspects," said Udell. "If it's more digital media based, maybe they're into Inter-faced Design and all those types of gaming opportunities out there. If they are

into animation, again, more work with the film industry and gaming," he said.

"There's different areas in computing so if they were someone who was a programmer... then your career choices are a pretty wide range," said Udell. "Programming also extends into other areas like electrical engineering, mechanical engineering. It could be branched off into tons of other areas as well [like] medicine, bio-mechanics," he added.

"I started my apprenticeship as a graphic designer," said **Aryn Gunn**, graphic design teacher. "I'm teaching currently Graphic Arts and Design 9, 11 and 12. In the past I've taught Animation, Yearbook, Journalism and all of those subjects were basically computer-based."

"If you want a career where you're doing anything visual, you need to have ... many different tools and techniques," said Gunn.

Both students and teachers see the need for students to be instructed in the effective use of technology. "I think students come and they have really bad habits in how they use some of the software," Gunn said.

"I highly recommend Keyboarding because when you grow up you're probably 90% going to have to use computers in a job" said **Jordan Toering**, grade 10 TALONS student.

Students are just as reliant as teachers on technology. In the TALONS program, a lot of the students use their own laptops to complete school work.

"Practically everything we do is done on the computer," said **Rebecca MacDonald**. "Social stud-



Learning in a virtual world: Eyes glued to the computer; grade 10 student uses a school computer to work intensely on her digital media project.

ies, English, sometimes we research for science," said Toering. "It's really great for communicating with teachers," said MacDonald. "If we have thoughts in our head that we want to write down we just write on our blogs and then the blog goes out to a whole bunch of other people," said Toering.

"The TALONS class has their own blogs which are occasionally mandatory," said Jackson. "We actually [had] a discussion on Twitter for our English test," he added.

"A lot of the stuff we use for English online on the computer is meant to help with communicating and so we can learn together and from each other," MacDonald said.

"In Social Studies it's like connecting the past and the present

and also globally, Hung, said. "For socials, we've been making movies and trailers instead of just reading the textbook," she added.

Of course, students use computers to explore their interests beyond the classroom. "I use the computer for my research," said Toering. "I built a gaming computer and I use that to play games," he added. "I bought all my computer parts and I put it together...I had a mentor and he helped me," he explained.

"I use it for producing music, creating stuff [in] Photoshop," said **Anton Siedlecki**, grade 10.

The question is, will there come a time when a laptop computer is a mandatory school supply?

Teachers and students agree that such an idea, although intriguing,

has inherent problems. "It would be difficult to do mainly because of things like financial aid, but I think we are definitely advancing and things have changed in school," MacDonald said.

"The problem would be is keeping everyone up to date, that we're all working on the same page," said **Joanna Horvath**, planning teacher. "I don't think they'll be mandatory clearly because it's about pen and paper for me" Toering said.

Jackson recognizes the need for constant change and adaptation. "I think in terms of teaching kids how to use...software... I think [what] we're about to see is probably a lot more diversity in the different types of technology," he said.

Media influence causes teenagers to develop eating disorders



Nothing left but bones: Photos reveal the severe consequences bulimia and anorexia can have on the human body.

CASSIE BARATELLI
staff reporter

As young teens, we are constantly under pressure, to not only look, but be perfect. However, as most teens are experienced in acting like nothing is wrong, the only struggle is to overcome how you look.

Your body, your face, it's all judged

by others. And unfortunately, some teens turn to severe actions, such as bulimia and anorexia.

Not only teenagers suffer from these devices. Eating disorders like these can start as early as six years old. Researchers are blaming the immediate media, for portraying women who have thin bodies as the image of perfection.

"Pressure is a big thing," said

Jane Smith*, a lower mainland student, and a current anorexic. Approximately ten percent of ten year old girls are worried about how they look, and worried about how "fat" they may become when they are older.

The fact that girls are under more pressure to look perfect, causes them to develop an eating disorder at a younger age.

According to studies and polls, stress and depression are also related to eating disorders as a way of coping with the stress. "When something goes wrong, then I try harder than I did the day before," said Smith.

"The scale makes me want to lose [weight] as well, so that plays a part," she added.

"The need to be perfect and the pressure and stress just pile on, and this is just my way to cope with it," said **Sarah Johnson***, a Coquitlam student, and a current bulimic. "I know that it's hurting me and that it's wrong, but I look at myself and I just don't feel good enough, ever," she added.

Many people do in fact believe that it is only women and girls with eating disorders. However, this isn't true; men - although there is a smaller number of men - also have eating disorders. Approximately seven million women have eating disorders, and there are, in

comparison to women, only one million men with eating disorders, according to American statistics.

"Nothing tastes as good as being thin feels," is a popular quote from Kate Moss, a role model among teens who struggle with bulimia - otherwise known as "Mia" for short - and anorexia - otherwise known as "Ana" - that stays true to the philosophy behind the pro-mia/ana movement.

It is one among many thinspirations that fills the increasing amount of online communities that are developing for those who are either simply looking for information and support from others like them, or looking to recover.

Many thinspirations come in the form of pictures, quotes, tips and tricks for those teens suffering from these disorders.

These sites are now potentially hard to come by because many of them have been banned for spreading ideas that negatively affect anorexics and bulimics by letting them think that bulimia and anorexia aren't bad ideas.

"I feel like it's a place I can be heard," said Smith. Many people on the sites gain "eating disorder buddies" that they constantly talk to and look to for daily support.

"My ED buddies are really helpful. I have ED buddies as far away as South California,"

said Johnson.

Many anorexics and bulimics don't rely on only their self-control to help them lose weight; laxatives are also quite highly thought of by most anorexics and bulimics.

Most use them to cleanse themselves after they've purged out what they can after a particularly large binge.

"If I eat 1200 calories on a binge, I can't purge very well, so I'll work out for two and a half hours, and maybe take a laxative," said Smith.

Anorexics, according to studies, are sometimes unaware that they have or had an eating disorder until they are confronted, and even then, some anorexics can never come to terms with what they're doing, whereas bulimics tend to be completely aware of their eating disorder.

Bulimia and anorexia are two very different eating disorders.

Bulimia rots your teeth from the acid you bring up while you are purging, and causes your throat to constantly be at risk of rupturing.

Anorexia involves eating just enough to survive, a rice cake a day, if that. However, both diseases can be fatal.

*Names have been changed to protect anonymity

High hopes as Talons track and field prepares for mini-meets



KAYLA PHILLIPS PHOTO

Ninja power: grade 10 student demonstrates his skills as he practices his long jump. The Talons had their first mini-meet Wednesday.

KAYLA PHILLIPS
staff reporter

The Gleneagle track team is hard at work preparing for their first mini-meet event.

According to **Alex Luo**, grade 10, the team should do well. "The team looks small [compared to last year]. Last year we had to hold try-outs to hold positions, but this year anyone can join. Also, we have several strong athletes, so I think we are on our way to winning," he said.

Billy Demonte, coach, had a similar view. "[My main goal] would be to try to get kids improving their own abilities and standards, and ultimately getting to provincials," she said. **Colin Deans**, grade 10, said his goal is to "improve his muscle mass because that is the second most important aspect for a thrower; technique being the first. I hope to place in any event I compete in."

Angela MacMillan, grade 10, had more humble goals. "I would like to improve my endurance and running ability. I hope to do

well, but I'm not aiming for provincials right now, but we'll see," she said. When asked what drew them to the events Luo said, "I do sprints, long jump and relays. I can of course always improve on anything but I really need more height on my jumps and [being on the team] gets me there. I want to win, of course!"

Deans notes his preferred sport as "the discus throw because it is an odd sport and the only sport I have talent in. I also like relays because because when you're the starter you have to be fast as lightning because your teammates are counting on you. All you know is to run forward!"

MacMillan revealed her true aspiration in the sport, "I do running events, but I hope to do race walking. I'd be so enthusiastic!"

The difference in their attitudes is a true testament to the diversity of the sport. Demonte said, "come and try different events. There are so many types: running, jumping, etc. [I would like kids] to hopefully find an area they like." Demonte feels strongly about the team this

year. "We just started, but there's a lot of potential there. A lot of kids have a difficult time getting there due to prior commitments, and there are so many events all over the place that they just haven't gotten to practice yet." Demonte has had a long history with the track events. "I was on the track team in junior high. When I first got my job here, I knew they needed a coach, so I offered, and I've been doing it ever since!"

When asked what her favourite event was, she said "[I like] relays because of the team effort; everything is so motivational. I'm also a fan of the jumps: long jump, triple jump, etc. [Track] is always fun when it's sunny outside. Kids will sign up for one event, come out for it, and they're successful, so they want to try other events. The hard part is getting them out in the first place." The team practices several times a week, and sometimes at Town Centre Park with other schools from the district. The team had their first mini-meet on Wednesday, but results were not available at press time.

Confidence early on as netball girls look to continue dynasty

JAIME MCLAUGHLIN
staff reporter

The Boston Celtics claimed eight consecutive NBA Titles from 1959 to 1966. Many people were truly inspired – some even called them a dynasty.

And just like those Celtics, the Gleneagle girls' netball team is looking to continue their dynasty this season after a B.C. title last season gave them five first-place finishes in six years at the B.C.s.

The girls are feeling confident early on in the season. "Hopefully we can win the banner this year again," said grade 12 **Jasmine**

Parmar. Grade 10 **Shantel Gerstendorfer** also expects "to have a lot of fun and to work hard." Coach **Melissa Crowe's** "goal is to have a competitive showing at the high school tournament this year."

However, the team has lost some key players due to graduation and will have to find ways to cope with a high number of rookies. In order to be successful, **Lisa Gerstendorfer**, grade 12, said the girls need "to figure out how we gel together and be able to read each other...Kind of figure out what everybody else is thinking." However Coach Crowe added that she was impressed with "how fast the beginners on our team have

picked up the game and are learning the rules and the different style of netball." This may be why she thinks that "with many new players on the team, I think we can come in the top three at provincials."

The girls have been quick to set goals and identify what needs improvement. "My goal individually is to become a better shooter, and as a team, I want us to get better and work harder," Shantel Gerstendorfer remarked. Lisa Gerstendorfer has also realized the group's potential. "So far the team has a lot of energy that they're putting into the sport," she said. "We just need to learn how to clean up our basics and grow as a

team and individually."

Netball is an active, fast-paced sport that involves a lot of exercise; this is one of the many reasons it has attracted so many new girls this season. For instance, **Angela MacMillan**, grade 10, said she gave netball a try because "I want to be more active." Added **Hilary Olsen**, grade 11, "It seems really fun and I want to stay in shape...And be with all my friends."

The girls played their league home opener versus Burnaby Mountain yesterday. Results were not available at press time, but you can catch the girls in action at home versus Burnaby Central next Thursday.

Fresh-faced rugby boys improving stride-by-stride each day

KEVIN CAWTHRA
staff reporter

With only six grade twelves on the team and the rest rookies, it makes it hard for the boys rugby team to click immediately. But the Gleneagle senior boys' rugby team has been improving everyday.

Stephen Taki, grade 12, admits that from the start of the season there has been a lot of change in the way the team has played.

"We had an exhibition game against the Sardis team from Chilliwack and they beat us 40 to 0. Three weeks later we played them again and lost 15 to 8. Even though we lost, that is still a big improvement," he commented.

Shawn Noruzi, grade 11, a rookie on the team this year, explained that it's been a huge learning experience for the newcomers.

"The season so far has served as more of a learning experience for all of us new players, and with the help of all of the veterans on the team and the coaches, we've managed to improve our skills on the field," he remarked.

Taki acknowledges that injuries are an issue. "Unfortunately I broke my wrist and can't play this season. This leaves us with only six grade twelves, which takes away

from the general experience of the team," he said.

Added Noruzi, "We've suffered our cuts, bruises and broken noses but that's what rugby's all about; it's a mental test of toughness."

Taki also recognized the younger players on the team. "The juniors, [who now have to play at a senior level because not enough grade 9's and 10's joined to have a junior team] are working their hardest and constantly show up although they may feel intimidated by the bigger guys," said Taki.

"The core group of boys who show up to practice every single day have my utmost respect for sticking it out through everything," he added.

Noruzi explained that being new to the game, and with quite a few new players on the team, it makes quite a challenge for the whole team, but it's all a part of the learning experience. "A lot of new players showed up to play rugby this year, myself included, and there's a huge learning curve that most of us are trying to wrap our heads around," he said.

Taki is philosophical about the season. "We need to make the best of the people we have because as coach says, 'You dance with the girl you bring,'" he said.



With all my might: grade 12 student defends himself against a tackle from two teammates at a recent boys' rugby practice.

KEVIN CAWTHRA PHOTO

Parfumerie's rehearsals reaching performance standard



CASSIE BARATELLI PHOTO

Bringing a tableau to life: Ms. Freeborn's drama students from various grades bring the performance 'Parfumerie,' a light and gentle comedy, to life with a single tableau. This year's spring production opens May 6.

CASSIE BARATELLI
staff reporter

Actors are fine tuning their performances for their debut of *Parfumerie* on May 6.

The cast is dedicated, rehearsing almost every day after school until five o'clock, sometimes later.

"The actors are always keen to stay late and put in the time necessary to truly commit to their roles and understand their place within the world of the play," said **Ashley Freeborn**, director of *Parfumerie* and drama teacher at

creative interpretive dance to wind down. Freeborn is proud of her cast and how well they've presented this "warm, gentle comedy."

According to Freeborn, "This is just another opportunity to explore new places, characters, relationships and conflicts for the passionate and eager members of the drama community."

Many new people have begun to involve themselves more in the drama program this year, and quite a few of them say that they wish they had gotten involved in the drama program earlier.

they leave behind them a legacy of dedication [and] passion," said Freeborn.

As many of the grade 12's were very involved in the drama program, Freeborn is hoping for many new students to come out

and audition next year.

"I am always hoping that students come out for auditions, regardless of whether or not they have any acting experience. We had a great turn out this spring, and I encourage everyone to come

out and give it a try next time," said Freeborn.

Freeborn hopes to see a good turnout, as does her cast as they prepare and rehearse for their opening night.

"The actors are always keen to stay late and put in the time necessary to truly commit to their roles ..."

Gleneagle Secondary School.

The cast has been enjoying their time working on this play, working through different acts of the performance many times.

Freeborn continues to work hard with her cast and dedicate her time, just as much as her actors and actresses do every day after school.

"We really do work very hard, but we have so much fun doing it," said Freeborn.

The cast is upbeat as they rehearse, ending every night in a

Freeborn and her cast are working hard and will, according to Freeborn, "absolutely be ready!" Seeing as how the show was originally set to open mid-April, but moved forward due to scheduling conflicts, the cast has gained some extra time to get everything prepared.

With the play ranging from grade 9's to grade 12's, Freeborn comments how the seniors will be missed next year.

"We will all feel the loss of our grade 12's moving on. But

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