

## Music students discover, embrace Cuban culture

**IZZY DOCTO**  
staff reporter

"This trip is not about going to a festival and coming back with a whole bunch of trophies. This is a cultural trip. This is all about going and immersing ourselves in the Cuban culture," explained **Ed Trovato**, band teacher.

And that is exactly what 86 students from the concert and jazz band, choir and vocal jazz experienced, in a week long trip to the island of Cuba.

There, they broadened their outlook on their lives and the world around them.

It was a humbling experience for most of the students.

"Sometimes I complain about my school, but seeing how the other kids live, what they go through to go to school...that really opened my eyes and made me realize how lucky I am," said **Kristina Kapitza**, grade 10, about a visit the students took to two fine arts schools in Matanzas.

The grand trip was two years in the making and one of the goals of this stay in Cuba was a life-changing visit to Escuela Vocacional de Arte (elementary) and Escuela Profesional de Arte (high school).

There, the Gleneagle Talons gained a better appreciation of what they have, seeing the conditions that the Cuban students were living in.

"We benefit a lot because we have all this equipment and we just use it as if it were nothing, while they have instruments that are probably ten years old," said **Ryan Chung**, grade 11.

"I think [we] are lucky because we went to schools in Matanzas where

it's not the same as a resort.

They don't live the same way...the school on the surface looks like it's practically falling down... but at the same time we all heard the fabulous music that those kids were producing," said **Wayne Sawyer**, former Terry Fox Secondary musical director and chaperone on the trip.

"It was eye opening to see how different their culture is from ours, and you know what they're living in, and yet they're happy and how they get along," added **Alaina Braun**, student teacher and chaperone on the trip.

Gleneagle students also experienced the true flavor and passion that the Cubans have for their music through interactions with the fine arts students.

"With music I get a lot of energy because my mother does music too," said **Juan Ernesto**, a student of the elementary fine arts school.

"It's my life. My dream is to play popular Cuban music and I love it," said **Dianny Rodriguez**, a flute player in the fine arts high school.

The two different cultures mingled through songs and dances, with the Cuban students showing our Talons how to shake their hips.

Both the Gleneagle and fine arts students pulled out their instruments and also came together in musical communication.

**Phillip Crewe**, of the Vancouver Opera Orchestra and a chaperone, was very moved with the experience of "watching the interaction of our kids and the Cuban kids at the arts schools.

Although there's a language barrier, the international language of music pulled [the students] together. I was in tears for half the day at the elementary school."



**Dance to the beat of someone else's drum:** Gleneagle students enjoy the culture of the welcoming Cubans as they sway along with their new-found friends.

"Even though we can't speak the same language or don't have the same culture, it's interesting how we can communicate through music," Chung agreed.

The students also brought with them musical, medical, and school supplies, which they donated to the two arts schools.

"We're doing a bit of a humanitarian mission," said Trovato, reading the long list of donations brought in by the students and chaperones.

The donations ranged from musical instruments like violins, drums, and flutes to reeds, guitar strings, and cork grease.

Two of the chaperones gave a piccolo and a set of tympanis. The rest of the donations consisted of toilet-

ries, stationery, and even 41 pairs of soccer cleats.

"I know that the staff and students, when they saw how much stuff we brought, they were very grateful...they weren't expecting us to bring so much," said Trovato. "Something as simple as a little wire music stand that costs so little here, for them that's a precious item," he added.

Aside from their performances at the two schools, Gleneagle students also treated the guests at the Breezes Bella Costa resort to an evening of exciting music.

"It was really cool because usually we play in front of our parents, so playing in front of other people who aren't required to clap for you,

it was kind of a new experience," explained Kapitza.

"It was kind of nerve-wracking because the stakes were somehow a bit higher. When you're playing in front of people you don't know they're not expected to clap for you but it was actually fun," agreed **Katrina Jang**, grade 10.

To cap the week long vacation, Gleneagle students visited the capital city of Havana. The students took in the history of Cuba, going to monuments like the Cathedral of Havana, which the Gleneagle choir filled with their beautiful songs and the National Capitol Building, a place that once held the government of Cuba until the Cuban Revolution.

Trovato feels that, overall, the trip went, "Amazingly well...I think we over-exceeded my expectations in terms of the generosity of all the students and parents."

But the experience does not end there; Trovato plans to bring a part of Cuba here.

"My hope is that the Gleneagle community will sponsor a couple of students and have them visit us maybe next year."



**Pretty as a postcard:** Gleneagle's band and choir students enjoyed a little surf and a little sand on one of Cuba's glorious beaches. Sunbathing is one of the many warm memories they return with from their spring break.

### UPCOMING EVENTS

**April 19**  
Midterm Report

**April 20-21**  
Pro-D Days

# Why elections, voting, politics, matter - even to you

The 41<sup>st</sup> federal election in Canada's history is fast approaching. In less than a month, voters will be lining up at polling stations to have their say in the fate of our government.

That being said, with only those over 18 and registered, able to vote, how does this apply to the majority of youth? Why should we care?

Well, for one, we're going to be running this place sooner than you'd think. In not too long at all, we'll be deciding the fate of our country; the politicians will be trying to cater their platforms to us, not just our parents.

All too often, we take the comfort of our society for granted. We go through the motions and don't think about the people and policies that are behind the scenes, pulling the strings, allowing for us to do things like go to the hospital without having to pay crazy medical bills, apply for university scholarships, even write opinionated comments all over the internet.

We don't consider the time and social progress that it took to get us to this point, where we can live comfortably.

But even we don't have the delusion that our government, or any-

one else's for that matter, is problem-free.

So should we just stop there? Voter turnout in 2008 was the lowest in the history of Canada. Should we become complacent just because things are going pretty well? If there are no stakes, if nobody really cares, then the whole point of a democratic system is pointless.

So our job, as burgeoning, responsible Canadian citizens, is to be aware of what's going on and know that we have the ultimate say in whatever happens. What people tend to forget is that, although the government tells us what to do, we tell the government what to do.

So don't get into the mindset of "whatever happens, it doesn't really apply to me, and the stuff that does apply to me, I'll deal with," because that is the mindset of a society that looks around and says that what they have achieved is good enough.

We are the generation that adults look on with uncertainty. We are the generation that is addicted to Facebook, that can't formulate a coherent sentence or educate ourselves on issues. We are the generation that has to be fed information because we don't have



our own opinions. This may be a stereotype, but we are all aware of it. So there's no need to become a political genius, or obsessively follow campaigns, but we need to re-

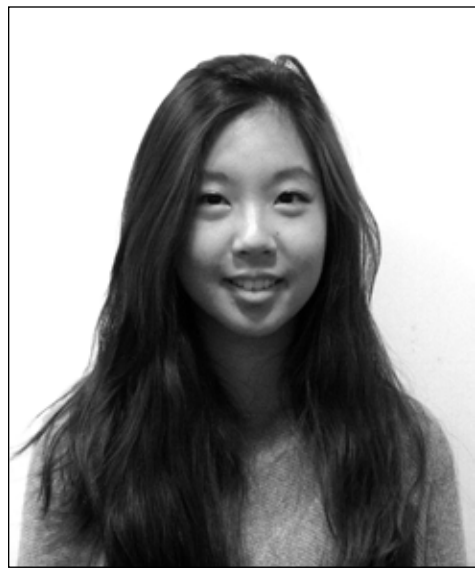
member that there will always be someone out there telling other people what to think. That is the point of campaign advertising.

All we need to do is be aware

of this, and be aware that almost everything that happens in government *does*, in fact, apply to us, whether we notice it or not.

So notice it.

## Tales of overworked, underpaid, teenage grocery cashier



edge columnist

In my opinion, being a cashier should require monthly therapy sessions.

It isn't just that we are the punching bags representing the face of the entire company, or because we have the freedom of movement equivalent to a prison inmate locked in a high security cell.

It's also because an eight-hour cashiering shift passes by at the same speed as watching grass grow for a day and a half, not counting the emotionally troubled customers and age discriminating supervisors.

Where should I start describing this misery of a job? There's something about a checkout till that makes any member of the general population mutate into a ten-eyed, four-tongued hibernating monster. Be careful not to touch it! It might just explode and blast you into a trillion scraps of useless skin and bones.

A usually mild-tempered mother, coming into the grocery store to do some weekly shopping, will immediately spear you down with her bulging eyes and accusing voice if-

*So, no ma'am, as the responsible cashier that I was trained to be, I am certainly not trying to rob you of your extra 50 cents*

the tomatoes that were "supposed to be on sale! It says right there on the sign! Where's your flyer? Give me your flyer or I'll call your manager!" came up at a different price than she expected.

Then it is your responsibility as a cashier, no matter how rude a customer is being, to explain with your most pleasant voice possible that the prices on the sale sign were per pound, and the prices on the till is per kilogram, as it clearly shows on the display.

So, no ma'am, as the responsible cashier that I was trained to be, I am certainly not trying to rob you of your extra 50 cents.

It's also your job to calm angry customers

who complain loudly to you that the prices in this store are "downright outrageous and ridiculous!"

I'm truly sorry if your paycheck cannot support grocery shopping in this store, but I cannot control the prices as I am only getting paid \$9.50 per hour and am certainly not someone who can control the prices of the over processed food you so generously loaded onto your buggy. Please complain to someone who cares.

Another sign that your checkout till is

having the right effect is that your customer will experience a loss of hearing and common sense.

No matter how many times you ask some customers if they need bags, were they sure that they didn't need any bags? Some people will always, at the end of a transaction when their items are piled up sky high on your tiny little till, ask why you didn't bag them.

It's generally the same with debit and credit cards.

You ask the customer numerous times whether it's debit or credit, and they will very begrudgingly show you the back of the little plastic card, where there are absolutely

no visible indications of the answer to your question.

Also, it is of completely no help whatsoever to unleash your fury on the cashier when your card does not go through. The phrases "it worked at (insert random place)!" and "it's your machine that's the problem" doesn't help your case at all, especially when the next customer in line checks through with no problems.

I understand the reasoning of price match. When one store promises lower prices over competitors, it's completely reasonable for customers to bring one or two items that have lower prices from a competitor's flyer over and have us adjust the prices.

But what I don't understand is, if mostly everything they want to buy needs to be price-matched, why don't they just drive over to the other store and simply buy it from there?

Saves ten to twenty minutes of the cashier adjusting and matching the prices, and saves a whole lot of sighs of exasperation from the other customers in line.

All in all, in our present economy, I should be thankful a student like me even has a job.

But sometimes, amidst the mid-morning rush and three-hour late lunch break, I have to wonder why in the world, of all of the checkboxes on my original application form, why did I choose to apply to be a cashier?

## theEdge

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

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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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# How students learn best: contrasting international views

**MARIANA GORJÃO**  
staff reporter

Ever wonder what school is like in another country? “I never did, until I moved to Canada. Boy, was that a shocker!” said **Ana Gorjão**, currently a UBC student and an alumni of both a Portuguese high school and Gleneagle.

In grade nine, in a Portuguese secondary school, students take up to 16 subjects: from Portuguese, English, and French, to Math, Music, Chemistry, and P.E.

The only subject students can choose is Religion (and, only Roman Catholic).

“I believe it’s too much,” said **Rosa Antelo**, a Portuguese teacher, who has been teaching for 38 years.

“Our students often get dispersed; the system is too heavy and tiresome. Most students end up not being good at anything,” she said.

**Filipe Pinto**, another Portuguese teacher who has been teaching for 13 years, agrees. “We might believe that the diversity would be a quality, but I think not.”

“The high workload demotivates the students, which leads to abandonment, failure and lack of discipline,” he added.

In comparison, most B.C. high school students take only eight subjects, separated into two semesters. In grade nine, they have three electives, and in grade ten they have two.

**Gerald Shong**, Gleneagle’s principal, said “I believe that elective courses are a huge benefit to students as far as meeting student’s interests, offering courses which lead to areas that students have an aptitude or career interest.”

In Portugal, at the beginning of secondary school, students are assigned a cohort class. Usually the students stay with that group of students in all of their courses from seven to 12 until they graduate.

**Luísa Rodrigues**, Superintendent of the group of schools Gonçalo



*Bridging two cultures: School systems an ocean and a continent apart offer contrasting choices and advantages to students. Portugal and Canadian schools have different philosophies about the number and type of electives to be offered to students.*

Sampaio in the north of Portugal, believes that “The constitution of cohort classes is a plus, in terms of issues such as socialization, and development of skills for collaborative work. However, in some cases it can be a disadvantage. Intervention to counteract incorrect attitudes is much more difficult, since the cohesion among students is so strong.”

In Canada, student’s classmates change within every class.

**Lisa Dubé**, English teacher, believes that “Students can reap benefits from time spent on developing social skills and cooperative group strategies in subsequent years. The more [people] we meet, those both like and unlike ourselves, the greater our understanding of self and the world can develop,” Dubé said.

“Honours, Talons, AP, IB and other specialty classes offer choice to stu-

dents and allow students to tailor their education to best meet their personal needs or goals. The advantage of not having specialty classes is that, the typical class has a stronger range of students in the class, which some people feel is better for the collective group,” said Shong.

In Portugal, there are no different levels within subjects, and the system does not explicitly place the students based on their grades.

“There is a system called inclusive education. The concept of differentiation is not well accepted: it is seen as a synonym of discrimination,” explained Pinto.

“Therefore, the most competent students are not valued. Classes are formed of students with good and bad skills, disciplined and unruly,” he said.

“There is a lot of attention to stu-

dents with learning difficulties, from various sources. These students are subject to recovery plans, to the support of specialized teams, the teaching aids, etc.,” Pinto added.

“Retention for a year does exist in some circumstances to penalize students who do not meet the proposed goals,” he said. “Students who show greater powers, content themselves with only the higher grades.”

Gorjão said, “I have experienced both systems. In Portugal...there were no awards, better classes to aim for, nothing. It demotivated me. It was also bad for the teachers because they couldn’t focus on those who needed more attention and still keep the more advanced students engaged.”

“In Canada you can choose more courses that challenge you and there are awards to strive for,” she added.

Gorjão said that “In Portugal, people focus a lot in the theoretical part of learning and there aren’t many opportunities for hands on approaches...From my experience, when students can develop projects creatively, they learn much more and are more motivated to investigate further the subject on their own.”

OECD’s PISA (Programme for International Student Assessment) results show that Portugal is behind Canada in some parameters of evaluation of the educational system, such as the students’ ability in the apprehension of knowledge, their efficiency to apply it, and their aptitude to use it in creative ways.

However, Portuguese students are shown to be ahead in levels of awareness, and are shown to read a wider range of materials for enjoyment.

# Living life in stereo: special connection shared between twins



*Mirror images: Grade 10 twins share the benefits and trials of being fraternal twins. Although the two girls look similar, they are not identical.*

**STEVEN BAE**  
staff reporter

They say everyone is born unique.

Sure, it seems true enough – people can have different hair, eyes, height, hobbies, personalities—the possibilities are endless. But, technically speaking, wouldn’t it be possible

for two people to be exactly alike?

The answer is yes...but no, not really.

To clarify, only identical twins (monozygotic twins) have the same DNA, so already 99.7% of the world has no chance of being exactly alike. The pair of identical twins would then have to be exposed to the exact same environment, every single moment of their lives.

Possible? Hm...

However, twins are a fascinating phenomenon, as they define the limits of human look-alikes. Identical twins are born when an egg cell is fertilized, but splits into two separate embryos, thus possessing the same DNA. Fraternal twins (dizygotic twins) are born when two sperm cells fertilize two egg cells separately. To see how alike twins actually are, Courtney and Kristyn Zoschke, grade 10 Gleneagle students, offered to share their experiences.

“[Fraternal twins] are basically like sisters, but it means we’re in the womb at the same time,” said Courtney.

Fraternal twins often don’t look alike, and can even be opposite genders. The Zoschkes, though, born 29 minutes apart, look very similar to each other.

“We look pretty similar, but our personalities are really different,” said Courtney.

Kristyn explained the benefits of having a twin. “When we were younger, we always had someone to play with,” said Kristyn. “And in early grades of elementary school, we always had a friend. We were never alone.”

The sisters also always have each other’s support—at least when it comes to their younger brother. “Sean gets beat up a lot. We always get to gang up on him. He never has any support from us,” said Kristyn, laughing. “Courtney always comes to my side.”

Of course, there are always the annoying mix-ups between twins, and the Zoschkes are no exception.

“I hate when people call me Courtney, and getting mixed up,” said Kristyn.

“I hate being called Kristyn because it’s not like we’re one person; we’re two different people,” agreed Courtney.

Of course there are many myths about twins, some ridiculous and others, quite interesting, such as twins can telepathically communicate with each other. The Zoschkes deny having such abilities; however Kristyn said, “A few times we burst into the exact same song at the exact same time and nothing could have triggered it. And we’ve said the exact same thing at the exact same time. It was really weird.”

Courtney offered a logical explanation. “I think part of it is just the fact that we know each other, and we’re always around each other. I know when she’ll think about something, and if she makes a certain face, I’ll know what she’s thinking.

“I don’t think there’s anything like telepathy,” she added, smiling.

But, above all, the best part about having a twin? Twin pranks.

“Once in grade 8 we switched classes for first block to see if our teachers noticed. As far as I know, neither of them did. The students obviously noticed, though,” said Courtney.

STEVEN BAE PHOTO

MARIANA GORJÃO COLLAGE

# Extracurriculars pave road to post-secondary success

**MACY LAO**  
staff reporter

"I'm too busy." "I need time to study." "I've got a math test tomorrow." "I have an English project due." All too often, these small phrases are used as loopholes to escape participating in extracurricular activities. In society today, people are constantly, if not always, trapped in a time constraint where sufficient time is always out of reach. As a result, extracurricular activities are often overlooked within the world of academics.

Now, don't get me wrong; academics are important – extremely crucial.

However, there are many more skills—besides brain smarts—that are imperative for high school students to master to arm them for the ruthless battle of becoming successful adults. In fact, extracurricular activities are, time and again, great teachers for teens.

**Dr. Rodrigo Chan**, cardiologist and former medical school admissions interviewer, said, "Clearly, we are realizing that academics alone don't really make a good decision. You will have to be well rounded. Most of the medical school programs right now are actually encouraging students to do some exercising, spend time doing extracurricular activities, [and] doing volunteer work."

School counsellor, **Bindy Johal** shares the same view. "If you just do too much of one thing, I think it would overflow and make a mess. If you are balanced, you would be able to have a little fun time, a little bit of study time, and a little bit of extracurriculars – it's a nice balance," she said.

**Donna Dove**, recruitment coordinator at Simon Fraser University, said, "We appreciate that for a young person to excel at athletics, fine and performing arts, ... they need to commit a significant amount of time to those other endeavors, and this has taken away from time that they may have spent studying, and hence perhaps their grades aren't quite where they could have been. We don't want to punish them for committing to excellence in other areas – they can still be a very successful university student and we want to take that into consideration in our decision."

Perhaps playing basketball may not reinforce your algebra skills, or being part of the global issues initiative may not help you comprehend the urinary system, or participating in the sewing club may not provide you knowledge on the French Revolution, but there are equally important lessons that these activities promote.

"[Extracurricular activities] allow you to use different skills," commented Johal. "Sometimes it's sports where you can practice team building skills, time management, commitment, and being responsible. Being part of student council will teach you leadership skills. It's all about figuring out where your strengths are."

Dove explained, "Research tells us that students that are 'engaged' in their campus community are more successful academically as well. We strive to provide opportunities for students to get involved."

"You can say that grades are not everything. It's like a diamond where there are a lot of edges. You



**Expanding horizons:** Extracurricular activities can help students gain vitally important skills that will help them in their future at a post-secondary institution.

don't want to be just one sided because that would be boring," Chan explained. "On the other hand, if your life is so scattered and you do everything...and your GPA suffers, then you'll lose their interest. So there has to be some focus as well," he added.

Life skills including responsibility, time management, communication, teamwork, leadership, and perseverance – the list is endless – cannot be learned and mastered merely within a traditional classroom setting.

"These aspects can also be an important part of a resume and can be a differentiator for an employer

considering various applicants who may have similar academic backgrounds," Dove explained.

"Extracurricular activities help you build stronger relationships with other students and they teach you how to work in a team setting," said **Allison Seow**, grade 12. "These activities also help give your brain a break from school work and provide a constructive outlet for pent-up frustration."

Chan commented, "In the end, I look for people who make sense, not people who are crazy – a balanced personality is what I want to see. The key is to make sure you are well rounded and excel

in what you do. If you have extra time, go do some volunteer work and try to make a difference in the community. Solve problems and get involved."

According to Johal, a great student doesn't necessarily have to be your traditional straight A student; it's "someone who's really interested and passionate about what they do...works hard...has different experiences...is connected...and a bit of a risk taker," she said.

"Have a focus in your life; compete with yourself and strive to do better all the time," Chan advised.

## Music industry's turbulent love affair with internet

**EMMA ROBERTS**  
staff reporter

The music industry and technology have had a love/hate relationship ever since people started realizing that the internet could be used as a tool for connecting bands to people and people to other people. Social media sites such as Myspace, Twitter, and Facebook have all allowed artists to connect in an unprecedented way with their fans.

"I think that our dedication to staying in touch with fans and personal connections... has been an integral part of our growth as a band and our fan base growth," said **Tyler Bancroft**, member of Juno award-winning, Vancouver-based band *Said the Whale*. "I don't think we would be where we are without social media and the internet."

The internet has not only become a way for fans to keep track of their favourite bands, but also a way for them to get insight into

the artists themselves.

Twitter has allowed for musicians, as well as celebrities, to spout off spur-of-the-moment thoughts and share things on a more personal level than tour dates and upcoming album releases. The internet has been pivotal in the success of some artists, especially those who found fame via YouTube (think **Justin Bieber**).

As well, musically-oriented social networking sites such as Last.fm allow users to explore new music based on what they already listen to, allowing them to stumble upon something that they may not have discovered otherwise.

Bancroft does, however, admit that social media can be a double-edged sword.

"There's a new song that'll be on our new record; it's a song that I wrote, and it's sort of admitting a slight addiction to technology and just hating it," he says.

"But one thing that technology allows is for people to occasionally write really, really nice things to us and ... it feels really nice to hear that from people," Bancroft added.

That being said, this new platform for music is a far cry from perfect. The internet has also given way to easily accessible bit torrent sites, which allow for peer-to-peer ("P2P") file sharing. This form of music pirating has, in recent years, led to a noticeable loss of record sales due to the scope of the population who are online and actively uploading and downloading copied music.

This is especially problematic for bands that aren't as popular, are up-and-coming, or belong to indie record labels and do not make as much money on things like concert tickets and merchandise.

Some record label giants have previously attempted to contain the problem, such as when A&M Records famously sued file-sharing site Napster for copyright infringement.

However, the cumbersome legal process isn't viable for the vast majority of artists, and, as singer **Billy Bragg** once said, trying to control online file sharing is "like trying to put toothpaste back in the tube."

Bancroft, however, says that file sharing isn't all bad.

"Word of mouth is sort of the fastest way that people hear about music, and it's the most trustworthy way," he said.

"If somebody downloads our music, maybe we're not making ten dollars off that record, but you know, hopefully they're sharing with their friends. I think we're just happy that people can get the music, no matter how they get it."

The debate between the rights of artists to their intellectual property and the rights of people to freely share has been, to say the least, a frustrating and arguably futile endeavour for both sides.

"It's like complaining about the rain," said Bancroft. "It's there, and there's nothing you can do about it. It's just a part of the music industry today."



**Jumping for joy:** Tyler Bancroft, second from right, with bandmates from group *Said the Whale*, pictured here last year at music festival *Live at Squamish*.

PHOTO PROVIDED BY SKOT NELSON, PENGUIN STORM MEDIA

MACY LAO PHOTO

# Exploring foundations of western civilization

**MICAH LAO**  
staff reporter

The heart of the western world burns brightly, but it would not be what it is today without the fuel of Greece, Rome, and Turkey. After all those days diligently absorbing as much information as I could on Europe's tumultuous beginnings, it was evident that reading about it wasn't enough.

It was high time to see my textbook come alive. This past spring break, on a trip to the Mediterranean, I was able to experience firsthand three of the founding civilizations on which modern western society was built.

First stop: Turkey. Although Turkey was the last on the timeline of ancient European civilizations, it was definitely not the least.

"So many civilizations came one after the other, so that being in a land which had been the land of many civilizations, provided some sort of harmony," explained **Orhan Ongu**, my Turkish tour guide. "Therefore, it shows how all the different cultures survived in the same society."

I was officially on a tour to Europe, but I later learned that only three percent of Turkey is European, while the other 97 percent belongs to Asia. Although the Strait of Bosphorus divides them, Turkey acts like a bridge to cover the Eurasian gap.

"Turkey is kind of like a bridge between the east and the west," said Ongu. "If you look at the map of Turkey, one side is Europe and one side is Asia...we are the bridge in between. Therefore, it has been the cradle of many civilizations."

Being the home of numerous renowned religious landmarks including the Hagia Sophia Church, Turkey is 99 percent Islamic, with the number of mosques transcending the number of schools and hospitals combined. While the tour bus passed by the Seven Churches of Asia Minor, I was not surprised to hear the call to prayer ringing out loud and clear.

"Turkey is called a 'developing country' and it's a very good example [of] the Islamic countries as being part of the western world," Ongu told me. "Turkey has proven that Islam can survive in a Western society."

Greece was next on the itinerary after six days in Turkey. It didn't take me too long to figure out that it was the home of the Parthenon, the 2500 year old temple.

When we cruised around the islands of Patmos, Rhodes, Crete, and Santorini, I was trembling with excitement, waiting for the ship to arrive at the Pireaus port of Athens.

"From ancient Greece, the people went east and west,



**Simply sublime:** The Parthenon, completed in 432 BCE, stands atop the Acropolis in Athens, Greece. It was dedicated to Athena, the ancient Greek goddess of wisdom and war.

and they built colonies all over the Mediterranean," said my Greek tour guide, **Sophia Mouratidou**, as she summarized the timeline of the past civilizations. "And then after the second century BC we're talking about Rome and the Roman world... [but] Turkey came a lot later. The Turkish tribes came from central Asia...towards the borders of the Byzantine Empire. They conquered Constantinople (Istanbul today), and they formed the Ottoman Empire."

According to my previous studies, Greece is at the pinnacle of the grand European civilizations, considered as the most brilliant and intellectual society to emerge. It is absolutely the real deal when it comes to global contributions.

"All the western culture is based on the Greek world," Mouratidou informed me. "Democracy, philosophy, math, chemistry, science—everything started here! Greece literally gave all the culture and civilization to the western world...none of [the other] civilizations influenced [it] as much as Greece."

Everything in Corinth was a blur after docking in Athens. After standing before the Parthenon atop the Acropolis, my heart almost fell to the ground as I thought of how the Romans might have crushed the Greeks. Ultimately, wisdom and strategy were insufficient for Greece as the military strength of Rome surpassed their criteria of a superpower.

Our tour group's flight to Rome was only three hours, but I was sick of all these flights that I was required to undergo.

Being airborne for extensive periods of time is not as spectacular as one may assume, and by the time we landed on solid ground, I was tempted to dance all over the airport with relief.

Our designated historical expert on Rome, **Alessandra Recalchi**, tour guide, relayed how the Romans envied the control the Greeks and the Etruscans had over the sea, and when they finally learned the secret of ship building, they started conquering everyone.

"[Rome] absorbed the culture and spread it all out," Recalchi observed, "absorbed it from everybody, got only the best, and then used it to get people to be in better conditions."

Much to my surprise, there was a lot to see in Rome. Other than tasting the authentic Italian gelato and pasta, I had a great time feeling claustrophobic in Roman Catacombs and suffocating in the 'tourist saturated' Saint Peter's Basilica.

When my adventures in Europe had come to an end, I groaned with exhaustion. Not only was I disappointed because of the little time spent in Greece and Rome, but I was also awestruck by the contributions that the Mediterranean has had on the western world.

"30 percent of the English language is Greek," Mouratidou imparted to me. "Every stone you turn [in the western world] you'll get something Greek underneath."

## Community bonds: teens help primary students appreciate love of reading

**PAULINE MACAPAGAL**  
staff reporter

"Reading is a skill that is important in every field of study," said **Chris Miller**, the Young Adult Services Librarian of the Coquitlam Public Library in charge of the Reading Buddies Program.

"I think it is so important for children to start reading books at an early age, because it really sticks [with] them when they start early," said **Jayne Pederson**, an English major at Douglas College.

"Our main program is called Reading Buddies. It's a program in which kids and teens come to the library once a week, and they meet up and read together one-on-one," Miller said.

"There are also a lot of kids from ESL families. So these kids have opportunities to read more," Miller said. "So the teens really help the young ones to pick up things really fast. The big thing about the program is that the kids are paired up with teenagers who they look up to and they quickly realize that," he elaborated.

"[But] when the kids realize they are not being judged, they relax a little bit when they read and they start to associate reading with fun. The result with that is those kids will end up reading more English books," Miller said.

"A teen sits beside a little kid and reads books out loud. The kids are in grade 1 to 4 and the teens are in high school," Miller explained. The program runs three times during the year, in the fall, summer and winter. The teens instruct the

kids in pronunciation, reading comprehension and simply assisting them with the stories they read.

"I think that volunteer programs are great so that children will improve [their reading skills] and better prepare for their future," Pederson said. "Also, children can find a passion in reading when they get some help in their skills," she added.

Miller believes that the learning works both ways. "I think that the teens will learn about the different cultures kids have in adapting to language. They'll realize how difficult the language is to learn. They'll see how the child will struggle to pick up some of the words to remember the rules for how to pronounce them. They'll empathize a little bit more [with] the immigrant community maybe."

"For little kids, they get an unpaid tutor to work with and help them with reading. Some kids [fall] a little behind at school because they struggle with reading because of pacing," Miller said.

**Jacqueline Yeung**, grade 11, volunteered for the program at the Port Coquitlam Public Library, because she thought "it would be a fun way to help other people while gaining volunteer experience at the same time."

"Sometimes it was challenging because English was a second language for many of the children who were in that program," Yeung said.

"I think anyone who is willing to pay attention and learn, takes something from English, whether it is new words to use in your vocabulary or new ideas to mull over in your mind," said Pederson.



**Honouring Dionysus, god of wine:** Tour guide, **Sophia Mouratidou**, describes the splendour of an ancient mosaic.

MICAH LAO PHOTO

MICAH LAO PHOTO

## Every palate satisfied by Vancouver's culinary diversity

**HELEN DOO**  
staff reporter

From restaurants serving mouthwatering BBQ steaks sizzling on the grill, to Asian rice cooked to perfection, British Columbia has it all.

"Vancouver is a food city. There are lots of high quality restaurants influenced by many different ethnic backgrounds and cooking traditions," said **Kelly Cooper**, English teacher.

"The best food experience I've had would be at a French restaurant that I went to a couple of years ago, called Lumière, on West Broadway in Vancouver. The chef's name was Rob Feenie," continues Cooper. "It was a meal like I've never had before. There were 12 courses;

however, one course might have contained only a tablespoon of food. The meal went from tiny servings, starting out very slowly, and then it sort of climaxed with a robust meat dish, and then the meal gently subsided into a few modest vegetable presentations. Just small amounts, super fresh ingredients—all exquisitely prepared."

"I love pasta! My favourite restaurant would be Kirin in Henderson Mall. It's a Chinese and Cantonese restaurant. They have lobster, shrimp dumplings, and a lot of dim sum. Be a man, do the right thing. Go to Kirin!" said **Jenny Chang**, grade 11.

"I love Chinese food because it has an oriental taste and every flavour is in harmony," said **Alice Zhang**, grade 10.

"The best restaurant that I've been to would probably be Kam Ding Seafood in Coquitlam.

I like it because they have delicious Chinese food, great dim sum, and it's always fast," Zhang added.

**Travis Anderson**, grade 10, said, "Even though the prices are high, my favourite restaurant would be Pasta Polo in Coquitlam. The atmosphere, mood-wise, is pretty good and they have good service," he added.

"Anyone who likes Italian food should go over there and try it," Anderson recommended.

"I like BBQ foods because it probably means that I'm outside, in warmer temperatures, and I also like lots of vegetables grilled over the BBQ as well as lots of seafood," said **Adam Hayes**, Social Studies and COAST teacher.

"A good place is Pegs. It's an Italian restaurant, very authentic, and it's in Victoria near the downtown area, and it was visited by many, many famous people. The restaurant

is darkly lit and it gives you a feeling of being in little Italy itself," Hayes added.

"The food portions are excellent and the quality of the ingredients is top notch. Their food is in everyone's taste. You could be vegetarian, vegan, or a person who only eats seafood; it's got a little bit of everything," he said.

"My favourite restaurant would be Manri Jansung in Surrey because it sells my favourite food, a beef paste noodle thing... out of all the restaurants that I've been to that sell it, that one is the best," said **Sarah Jung**, grade 10.

"I think that we're lucky to live in a place like Vancouver because of such diversity in the types of food that are available. There are many places that serve fine quality food, and a lot of it is provided at a very reasonable price," said Cooper.

## Internet addiction: when virtual domains become reality

**YOU MY HAN**  
staff reporter

Are you busy following your friends on Facebook but haven't met them in real life for a long time? Do you know anyone who's so busy playing online games that they have no time for school work? Is the virtual world more real to you than real life is? Yes, I know, the internet really does offer us all kinds of things: access to information from anywhere in the world at anytime, chatting face to face with friends without actually meeting them, entertainment of almost every kind; if you can think of it, the internet possibly offers it in some way. But we must remember that everything has two sides. The dark side of the internet is internet addiction.

"I would classify internet addiction as a problematic relationship that an individual has with his or her use of the internet, to the extent that it is compulsive," concludes psychologist, **Alex Kwee**.

Here, being compulsive means that the individual is on the internet for an unreasonable amount of time, in some cases more than 12 hours a day. His or her use of the internet seriously affects the time the person spends on other things, such as studying or work. Now we can say that internet addiction is more than surfing a few attractive websites.

During the process of deciding whether a person is internet addicted, there's usually a lot of subjectivity involved. Doctor Kwee tells us that if someone is addicted, the person's usage of time on the internet is most likely to be at "the expense from other priorities, such as studying, social relationships, exercise... eating [and] sleeping."

Internet addiction can also be a symptom of depression or anxiety. For those who are depressed, the internet provides escapism from real life. It soothes the person and helps relieve his or her emotional pain.

In fact, people who do not have the skills to cope with the stresses of life are more likely to be addicted in general. Those who have internet addiction may also be addicted to several



**My own little bubble:** Internet addiction is like a drug that distorts an addict's view on the real world. Absorbed into the virtual realm, the addict soon begins to slip from reality and commit more time to his or her desires, even if it means avoiding family and friends.

internet addiction is that there can be lifelong consequences involved. "[There are] lots of cases where young people [get] addicted to the internet... not having the chance to develop social skills," said Kwee.

To this day, **Jenny Jean\*** still finds it hard to forget how her close friend became internet addicted, and how their friendship fell apart because of it. It all started when her friend moved to Canada from a different country.

"She was very caught up in school... and

harder. Jean commented that her friend "was a really smart person," but because of internet addiction, her grades dropped and she ended up not going to university. Although eventually, her parents talked her into going, Jean says her friend did not take it seriously.

"She totally messed up her life," concluded Jean.

"[People with internet addiction] end up falling... further and further behind; they fail to develop life experience in general. The more they interact on the internet compulsively, the more disconnected from real life they become," said Kwee.

Surprisingly though, dangerous as it can be, internet addiction is not as common as most people think it is.

"I've just had a few [students with this issue]," said Johal. "A lot of parents are concerned... because [their kids] are on it all the time... but it's not an addiction unless it's really interfering with their well being," she added.

But Kwee adds that internet addiction may not seem that common because scientists don't know much about it yet.

"Internet addiction is not like depression or anxiety in a sense that it's a classified disorder," said Kwee.

"The medical and the psychiatric establishments still have great difficulty accepting internet addiction as a legitimate diagnosis. We don't know the frequency of internet addiction and its population, simply because we don't know enough about it," he added.

Kwee's advice for us to prevent internet addiction is to balance out our lives by joining recreation activities and having good social relationships with others.

Kwee strongly believes that being a well balanced individual is really the key to not being addicted to anything at all.

So go and hang out with a bunch of friends during the weekend. Join a sport at school. Visit your grandparents that you haven't seen for a long time. Volunteer in the community and make new friends. Our world offers us all those amazing aspects of everyday life. Don't just go on the internet and be satisfied by the virtual world. Grasp your chance and take advantage of the endless opportunities out there.

It's fun. It's enjoyable. It's real.

\*The name has been changed to protect the privacy of the individual.

*"When you can't stop, and it's hurting you, it's hurting your family... it is a problem"*

other things at the same time. When this happens, it is important that the individual realizes there is a problem and is willing to solve it.

"When you can't stop, and it's hurting you, it's hurting your family, and it is hurting people around you," said **Bindy Johal**, counselor, "it is a problem. Getting help is the biggest thing. Unless [the person is] seeking out help and getting help, it can be really difficult [to resolve the issue]," she added.

However, the most dangerous part of in-

very stressed out... After playing some games, it just got more and more," said Jean sadly. After her friend became internet addicted, Jean found it hard to communicate with her. Jean described it as "awkward" when talking to her friend, and she often received only one-word answers.

Yet the most serious consequence for Jean's friend was that as time passed by, she started to find school work harder and

# Girls bending it like Beckham at Gleneagle once again

**YOUMY HAN**  
staff reporter

Despite early losses, Gleneagle's new soccer team with a new coach is optimistic about their season.

The girls lost to Riverside 3 to 0 on Thursday, April 9, and Centennial 5 to 0 on Monday, April 11.

They also played Charles Best on Wednesday, April 14, but game results were not available at press time.

"I thought the girls did a really good job in controlling a lot of the play. We had strong performances from our goal keeper **Michelle Per**, [grade 9], and from our team captain, **Madison Watt**, [grade 11]," said student teacher and coach, **Kenny Jamieson**.

"And our forwards did a really good job up front to create pressure when the other team had the ball," he added.

Centennial currently ranks eighth in the province, and Jamieson felt that it was challenging for the team to play them.

Gleneagle hasn't had a girls' soccer team in the past few years.

As an entirely new team, Jamieson thinks "we have a talented and skilled group."

"We have a lot of school spirit... [And] I like that we have a different [age] range," said **Kirin Dubois**, grade 11. "I'm really glad that Mr. Jamieson stepped up and we have all the girls that are willing to play for a really long time," she added.

"We all come from different places and put all our skills together. We all don't know each other [now], but I'm sure by the end of the season it'll be like one big family," said Watt.

Both Dubois and Watt have been playing soccer for 13 years and play for teams outside of school as well.

"We ran into difficulty just because we are a younger and smaller [team]. It's going to take a little bit of time for them to get used to playing against older, stronger players...but I think there is a lot of potential to move forward," said Jamieson opti-



**Taking control:** Grade 10 passes the ball to fellow Gleneagle teammate in league action against Riverside. The talons lost the contest 3 to 1.

KEVIN CAWTHRA PHOTO

mistically.

"We're building not only for this year, but for next year and the year

after that...and we'll be a really strong team by that point," added Jamieson.

Jamieson has been coaching teams since he graduated from high school.

## Gleneagle roster invited to netball provincial tryouts

**JAIME MCLAUGHLIN**  
guest reporter

Breaking down barriers. That is what it takes to be successful, most people will find.

It is no different for the Talons netball team, either, who took that mindset to heart two weekends ago as they travelled to the town of Barriere in the Okanagan for the annual season-opening tournament. And although it may have been a different barrier in this situation, the girls still found a way to reach success, fashioning a fifth-place finish as a school team going up against several other zone teams with multiple schools to select players from.

"They should feel very proud of themselves," commented coach **Liz Uhl**.

Only seven players, which is the amount needed on the court by one team at a given time, made the trip up, "so the girls never got a break all weekend, which is very tough but they did fantastic," said Uhl.

In addition, all of the girls received invites to try out for the U-18 BC Provincial team,

*"They should feel very proud of themselves"*

which "is a great honour, having the whole team get asked," said Uhl. "Usually only a few players from each team will be asked," she explained.

Aside from concrete success, the girls were

pleased with how they improved. "We all worked as a team and we progressed and got better," added **Danie Sayer**, grade 11.

**Shantel Gerstendorfer**, grade 11, agreed. "We all improved so much," she added.

One theme of this year's squad is youth. The team has an overwhelming number of rookies, but despite being brand new to the game, they have "picked it up way faster than

I would have thought," Gerstendorfer said.

Perhaps it is because many of the girls are multi-sport athletes; netball is "a mix of a bunch of sports, so in different aspects of the game, it seems similar to those sports," said

**Chiara Bordignon**, grade 9.

The girls have also figured out some of their goals for the season.

Grade 11 **Kathleen Chu**'s team goal is "to win most of our games, and do very well at provincials." However, a common theme is improvement: Chu, Bordignon and Sayer all agreed that skill – specifically passing – could get better, while Gerstendorfer and Uhl hoped for progression for the team overall.

The girls had their first league test of the season versus Alpha on Tuesday. Results were not available at press time.

However, you can catch the girls in league play when they take on Burnaby Mountain on April 21 in our gym. First centre pass goes right after school.

## Enthusiasm, intensity offset inexperience of girls rugby team

**TAMARA BABCOCK**  
staff reporter

Despite suffering two losses last week, the Gleneagle girl's rugby team is working hard to improve their game.

The team played against Carson Graham Secondary on Tuesday, April 5, which ended with a score of 48 to 10 for Carson Graham. Coach **Jacque Stewart** says "we lost, but it was a good battle." Carson Graham is currently ranked number one out of the teams in the area.

This was followed by a match against Earl Marriot Secondary on Thursday. Gleneagle lost by the close score of 21 to 17.

The team has won one out of five games. Their victory was against Terry Fox Secondary.

The rugby season started in February and the team had their first game in March. The season will conclude with a provincial competition for the top eight teams in the district, held on Vancouver Island at the end of May. Other games will involve the team

travelling to Merritt and Kamloops.

Stewart says it's a young team, and most of the players are beginners at rugby. **Shaelynn Zaurrini**, grade 10, has been playing rugby for three years and is nicknamed "Zucchini" by everyone on the team. She says "we're a completely new [and] developmental team."

Zaurrini believes there has been a lot of

## Boys rugby face season with aggressive spirit

**KEVIN CAWTHRA**  
staff reporter

Opening with a 1 to 1 record so far this season, Gleneagle's rugby squad is optimistic about the upcoming season.

"Our last win was against Heritage Park, which was an exhibition game. We won 26 to 12," said **Elia Zazouline**, grade 12. "We outplayed them both with our forwards and our backs," he said.

**Chris Turpin**, head coach, believes the team has done "quite well considering our

improvement since the start of the season. In Thursday's game, she said "we were tough [from the start]."

**Alexis Latimer**, grade 12, has been a rugby player for seven years. She believes the team's main strength is their intensity. The team also excels in their tackling, and in their enthusiasm for the sport.

"We all want the ball, we all want to win,"

said Latimer.

Stewart describes the players as being tough, with a good work ethic and the willingness to learn. She has high hopes for the team and is "looking forward to a good season."

She is one of four coaches for the girl's rugby team, along with Shannon Craig, Katie Seimans, and Stevie Schnoor.

time we play," said Zazouline. Turpin says the goal now for the rest of the season is "to continue to improve and have fun. Most importantly, win some rugby games," he added.

"The goal is to work as a team and play smart, and keep it simple so we don't get ahead of ourselves," said Burak. Turpin believes the boys are coming together now. "We are comfortable with each other now both on and off the field. Again, the more we play, the greater our chemistry is, and the better we play together," said Zazouline.

# Gleneagle *Voices* helps ease immigrant transition

**ANDREA KLASSEN**  
staff reporter

Gleneagle Secondary School was rocked last night with the *Voices* benefit concert. Put on by the Global Issues Club, the concert was raising money for the Red Cross First Contact program which helps refugees from other countries, who are coming to Canada, settle into society.

"10% of refugees worldwide re-settle in Canada," says Global Issues member **Ariana Vaisey**, "so it is really important to make their transition as smooth as possible so that they can take care of themselves and contribute to Canadian society."

When a refugee comes to Canada, they usually have very few resources or contacts and that is what Red Cross First Contact Program aims to combat, giving these people the tools to prevent marginalization, distress and exploitation.

With the recent disaster in Japan, many people are homeless and will be coming over to countries such as Canada in need of homes, work, and means of survival, and this event strives to address that.

The event, which costs five dollars, has been going on since 2005 and in the past, has raised money for relief after the 2005 tsunami in Indonesia, for the victims of the Darfur crisis, and for victims from the crisis in the Democratic Republic of Congo,

Last year money was raised for building a school in Ecuador.

The concert featured bands and individual artists from the Gleneagle community such as **Eric Kwon**, **Scott Lee**, **Jessica Zraly**, all



**Singing for a better world:** Students perform for a lunchtime audience in Gleneagle's foyer. The *Voices* event has been hosted by different schools for the past seven years.

ANDREA KLASSEN PHOTO

grade 10, and **Jeff Huggins**, grade 12.

Performers **Kiko Blake**, grade 11, **Louise Hung**, grade 11, and **Donya Pourtaghi**, grade 10, formed a group together and per-

formed songs such as *King of Anything* by Sara Bareilles and *Chinese Translation* by M. Ward.

They also performed in the school entrance way at lunch on Monday in order to help draw people in to buy tickets.

"I love performing," said Pourtaghi. "It reminds me of show-and-tell back in Kindergarten." She went on to say "I am really excited for *Voices* as everyone else and I have been working really hard."

"It will be really exciting to hand over the money to the Red Cross, knowing the difference we will make for some new Canadians," said Vaisey.

"Last year we were really excited to have so many people come and we managed to raise \$1000. So this is our goal again with the help of everybody at Gleneagle," she concluded.

The final tally from this year's event was not available at press time.

## Students push singing, dancing limits in *Cry Baby*

**STEVEN BAE**  
staff reporter

"It's always this sappy romance," said **Emily Black**, grade 10. "That's what a lot of people like these days and it's ridiculous."

The Drama 10/11 class will perform *Cry Baby*, a spoof on the typical love story – boy meets girl on the wrong side of the track, the "two different worlds" coming together.

"The whole show is making fun of [this] idea," said Black, who plays Alice, the good girl who falls in love with a guy from the opposite gang. "I think it's really funny."

voice?" Freeborn said.

"They love singing and they love dancing. They love the comedy, so they're doing that, [too]," she added.

Britten is the choreographer of the show. Freeborn praised her, saying, "She's incredible. The dancing is very high calibre."

Having started dancing at just three years of age, Britten has plenty of expertise. "I watched the movie to get its sense of style, and listened to the music. I choreographed from there," said Britten. "Most of them are really cheesy dances. There's lots of preppy square dancing."

Freeborn said her goal for the show was

*"We have a particularly energetic and vibrant class that are kind of musically inclined"*

"It's overdramatic and it's very fun to do," said **Lyndsey Britten**, grade 10. *Cry Baby* is also a musical, which makes it more challenging and enjoyable, especially with the theme of the play.

"The kids who signed up didn't assume they were going to be singing and dancing, so it's a big challenge," said Black. "I think a lot of the kids are stepping out of their comfort zone, especially the guys." However, Black also commented, "I think we're really good at trying new things."

**Ashley Freeborn**, drama teacher, explained her class's choice of doing a musical. "We have a particularly energetic and vibrant class that are all kind of musically inclined," she said.

"We were always singing and dancing to warm up, and so, wouldn't it be fun to do a play where they can utilise their musical

for the audience to have fun.

"It's a really, really fun show and that's why we chose to do it. I just want them to laugh and have a good time," she said.

And yet, a class is a class, and Freeborn said she also sees great growth in both the budding and adept actors.

"All of their individual personalities are coming out and it's so much fun to watch. They all take risks, they make choices, and they're not scared to try new things on-stage," she said.

The students have been practicing every class since late February.

There will be two performances on April 18 and 19 at 7 pm. Tickets are \$4.

"Everyone should come watch it. It'll be really fun," said Britten.

"It's going to be great. They are awesome," added Freeborn.

**the Wizard of Oz**

May 4-6, 11-13  
7 PM  
Adults \$12  
Students \$8