

Gleneagle's Student Voice  
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# theEdge



KELLY COOPER PHOTO

**Can't touch this:** Grade 10, bombards past players from Clayton Heights as fellow team members are poised for support. **Chris Turpin** refed the girls 39-5 victory last Thursday. See story page 7.

## Letting your body go wild - high numbers at dance of decade

**ISABELLE DOCTO**  
staff reporter

Talons danced their troubles away and ignited the fire that was Flare, Gleneagle's spring dance held last week.

Flare, organized and hosted by Gleneagle's student council, was the first dance held after a long awaited six years.

"We want to leave a legacy; we want to make sure that from this year on Gleneagle has its own school dance every year," said **Youmy Han**, grade 12, an executive member of student council.

The night saw over 300 students on the dance floor, which was decked out with strobe lights, fog machines, a raised dance stage - the works.

"When I walked in and I saw the huge boards with the glowing firelights, I was like 'wow, that's pretty cool,'" said **Veronica Wu**, grade 12.

## Leadership students build positive relationships in community

**ALISHA LEE**  
staff reporter

Spending quality time with children is rare for some people, but definitely not for **Chris Turpin's** Leadership 11 class. The class spends time every week with a first and second grade class from Eagle Ridge Elementary School, and both the older and younger buddies have a blast every time.

The older buddies teach the younger ones many life skills. "Last week," **Sarah Choe**, grade 11, said, "we gave the kids a presentation and got them to play games like Pictionary and vocab games to teach them English in a fun way."

"We've done some short story activities and we've done some storyboards and worked on printing and story writing. We've done basketball in the gym; we've done some small games and word games too," Turpin said.

From helping with reading and writing, to less academic skills such as knot-tying, every class is filled with activities to keep the lessons both interesting and useful. "We have these big buddy induced projects... I'm going to be teaching the kids how to tie knots," said **Aidan Cossey**, grade 11. "I think that's really important, like your shoes and whatnot, but also if they ever need a knot, like tying down a boat. They're not going to do the granny knot seven times; they're

Students from all grades came together and socialized on the dance floor, whether through busting out moves or becoming a chorus with the energetic music. **Jason Fong**, grade 12, says that this is what made Flare a great time.

"I just loved how all the grades could mingle together... just that awesome party, everybody's getting along atmosphere. We were all having a good time," he said.

Behind the scenes was the perseverance of Gleneagle's student council, who heard the plea of the student body and decided to act.

"There was a lot of preparation for the dance... essentially we worked out every single detail, so what kind of lights we were going to use and what kind of music we were going to use," explained **Scott Lee**, grade 12, an executive member of student council.

Han agreed adding, "We had been [fund-raising] since September. We did all these sales, the carnation sales, the

santagrams, trying to get as much money as possible to get a great school dance."

**Gerald Shong**, Gleneagle principal, takes pride in what student council has accomplished.

"A lot of times student council does a lot of stuff for students that they can't tangibly see and a dance is something that they can tangibly see," he said. "One precedent I'd like to set is that the work that student council has done continues and all the students can see the value in what they've done."

"Developing school spirit, that's one of my goals for the school and we've done that through different things like intramurals this year," explained Shong. "A dance is just another way to increase school spirit."

Han agreed, adding, "I think it's good for school spirit because when you see your own school bringing out something that's really awesome and just really relevant to you, I think that brings a certain school pride out as well."

going to make a proper knot."

This project "is a continuation of what Mr. [Adam] Hayes got his kids to do last semester so we're just piggybacking on what they were doing. So this isn't something new that we created; we're just continuing a really positive activity that Mr. Hayes had designed," said Turpin.

"My buddy's name, like mine, is Aidan so we had that in common right off the bat. He's also Mr. [Andrew] Lloyd's son," Cossey said. "There's a lot to talk about; he's friends with a lot of the teachers in this school. He's also really into sports and everything."

"I think [my son] just likes the fact that he's connected to someone from Dad's school, having someone come work with him," said Lloyd.

"I think with this project, we get the chance to show the community that we're leaders too," Choe said. "By working with our younger buddies, we get to work with people outside of Gleneagle."

The project "teaches tolerance and understanding, on both ends," said Cossey. "The older kids get to know what it's like to have a younger kid... you'll get to understand what goes on in their minds, like what they're capable of and what they're not quite capable of yet and what they need to know. But the kids also learn what it's like to be an

older kid, and that [the older buddies] are not as scary as they might've thought," he added.

"I think it helps the older students, the grade 9's, 10's and 11's, develop some empathy for the younger kids and gives them the opportunity to reflect on what it's like to be a learner through a different lens, like having to rethink what it's like to learn as a grade one or two, which of course, grade elevens haven't been for almost ten years," Turpin added. "I think that it's also great that they're working with kids from a feeder school in our community... The elementary school kids are really fond of the big kids."

"I think this project's a great idea; I think... it lets the kids see what the high school experience is like," Lloyd added. "It can also encourage the kids about school and make them think that school is cool and fun, because you have Gleneagle buddies coming out and giving their time. I think that it's also really helpful for the teacher at Eagle Ridge Elementary, because she has extra people helping her out and making sure that if kids struggle, they're getting help with what they need."

"It's a lot of fun; I would recommend it to anyone," Cossey concluded. "If you join leadership, you'll have a lot of fun learning what these kids can do and you'll be really surprised."

# Tap into your passion, tap into your future

Follow your passion . . . Do what makes you happy. We've all heard about this elusive path you're supposed to take that once you discover, the floodgates to a lifetime of success and happiness open. But how are you supposed to know what that is? Everyone wants to be happy but no one but yourself can tap into that special part of your mind that holds the answer to all of your dreams and desires. Theoretically, high school is letting you sample what the world potentially has to offer you or what you have to offer it. Of course, not everyone ends up in a profession of their passion. For example, how many people can honestly say they are passionate about court room transcribing? But nevertheless, there is a court room transcriber diligently typing away, observing some civil dispute, and subsequently hating his life at this very moment. Was there some tragic, life altering event that shook the course of his ideal future or did he just never discover what that was?

The impending mid-term reports are going to be another declaration of our strengths and abilities. What you achieve in high school could potentially shed light on a pitch black room of opportunities or extinguish the fire that illuminates your future. Who's to say what you're interested in is necessarily something you have a natural born talent for? There are a lucky few who are blessed with such a gift but achieving your dream could potentially be extremely hard work. And the old saying, "you can do anything you put your mind to," provides little comfort to a student failing Pre-Calculus 12 with aspirations of becoming an engineer. That little mark at the bottom of a piece of paper is literally determining their future. Some students brush that off; they'll figure it out when they make it across that symbolic black stage, a prospect which is significantly closer for some of us than others. But what if it's too late? Missed opportunities could stifle a passion or even let it slip by unnoticed.

So what's a passion? An interesting idea for a research paper? A movie or TV show with obsessive and addictive qualities? Or is it a lifestyle? Something you carry with you for the rest of your life? People who discover their adoration for art early on can take that with them as they push

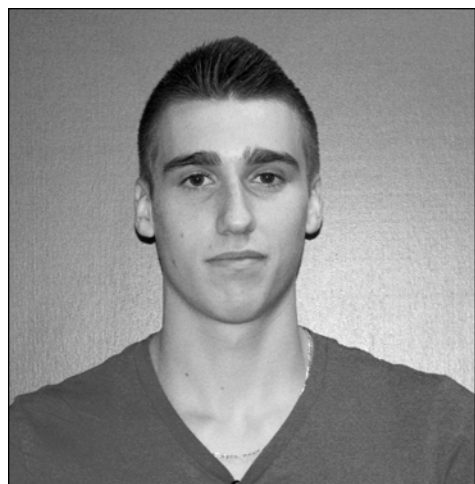


forward. They might travel the world visiting renowned exhibits or become a curator at The Louvre. But whatever they do, they know they can find joy in that. A career that is fairly new to the media world is the profession of being a "youtuber." The idea of obtaining an income from making videos on the internet is skeptical to some but that industry is rapidly advancing. People with passions for film making, performing music or simply sharing their ideas and beliefs now have a new forum for this. And it's the people that

persevered with this idea and believed in their passions who ended up achieving success through this concept.

Every person is passionate about something. He or she may not know it yet, but a spark can be ignited at anytime. The real trouble is finding that fascination. It may happen through joining every school club, trying out for every sports team, or it may not happen until long after you walk across that stage accepting that diploma. Just keep your eyes open so you don't miss it.

## Canucks bolster line up for another playoff push



Kevin Connaughton and our 2013 second round pick to the Dallas Stars for center Derek Roy. Many around the league have viewed this trade as a very good one for the Canucks for multiple reasons.

With Canucks second line center Ryan Kesler dealing with several injuries this year, it was a smart move to pick up Roy who can fill the second line center role when Kesler is injured, and also slide

top roles with their respective clubs when needed. And this is essentially what the Canucks are getting in Derek Roy.

This trade makes perfect sense considering how injury prone Kesler has been for the past year. Kesler came back to the team mid season this year after shoulder and wrist surgery in the off season. When he finally returned to the lineup, he broke his foot seven games later

When the deadline passed he spoke to the media and said "My contract sucks." He then went on to say "I'd scrap it if I could right now."

Not only are the Canucks and Luongo not happy, but the fans aren't either. The fans are outraged because the Canucks could be having 5.5 million dollars in cap space to fill with a top six forward or top two defencemen but instead, they have

*Derek Roy is known around the league as a player who can produce very well when put with other talented players*

edge columnist

The Vancouver Canucks are currently third in the western conference and seventh in the NHL. Knowing that the Canucks will most likely make the playoffs as they have done since 2009, five year General Manager Mike Gillis knew he had to make some moves at the deadline, which is exactly what he did.

The Canucks traded one of our top prospects and very promising defencemen

down into the third line center role when Kesler is healthy. Derek Roy is known as a player who can produce very well when put with other talented players like himself. During the 2007-2008 season he posted 81 points in 82 games finishing eighteenth in the NHL which is quite impressive. This pick up at the trade deadline (which ended April 3) is so crucial for the Canucks because for a team to go deep into the Stanley Cup playoffs, they need players who can step up and fill

and has just returned.

Another topic that is getting increasingly hard to ignore, is the position of Roberto Luongo and the fact that the Canucks have an elite starting goalie as a backup goalie. Luongo's not happy with the situation, the Canucks aren't happy with the situation, so what's the holdup you ask? It's Luongo's heaping contract that still has 26 million dollars and eight years left on it. The trouble is that no team wants to take on a burdening contract like that. Even Luongo knows it!

that space invested in a backup goalie. But do not be fooled: this is a good problem to have. It's a good feeling knowing that if one goalie starts to slide or gets injured, we have an elite goalie waiting in the wings ready to take over.

Trade deadline excluded, the Canucks still have a very good roster. Now with Kesler back in the lineup, and having added Derek Roy, the Canucks will be looking for a deep playoff push and potentially a Stanley Cup.

## theEdge

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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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# Paralyzed by unknown possibilities: fear affects us more than we know

**MAUREEN LAO**  
staff reporter

Fear: a four letter word that each one of us feels and experiences. Its mission: to limit or prevent us from doing things that we potentially would like to accomplish.

Sad to say, fear's mission is achieved; we can see how it affects our world today. Our actions and decisions are often at times, if not all the time, associated with the fear that often nags at us. Essentially, fear impacts our lives. But then again, there is both good fear and bad fear.

"The good fear is when you are afraid to do something because you know that it will eventually detrimentally affect you. On the other hand, bad fear is when you are afraid to do something because you might fail, because you are scared of trying, or because you are scared of what other people will think of you," said **Micah Lao**, grade 12.

In this past year, school shootings certainly shocked our culture. It has left us in a state of newfound fear that not only threatens our school safety, but leaves us in a state of surprise and confusion.

"They've had nine shootings already in the United States in schools just this year. So the trends in the States are becoming more and more a means for the perpetrator to get their story out there. It's only a matter of time before this occurs in Canada, so we need to make sure that we are prepared," said **Patrick Mehain**, RCMP officer.

One of the shootings that we are all familiar with is Connecticut's Sandy Hook Elementary School. This tragic occurrence resulted in the deaths of 26 people—20 of them, children. Because of this, teachers at schools are more aware and cautious about what could happen.

"I think it has made us more aware of things and a little more sensitive about when we hear things. If a student or someone in the community was to make a comment, I think we are more prone now maybe to be a little bit more sensitive about it and be cautious and investigate more than maybe we would have in the past," said **Jeremy Clarke**, vice principal responsible for lockdown drills, earthquake drills



**Better safe than sorry:** Various sources of media reveal some of the reasons behind our frequent fear. These tragic events leave us wondering, what and who next?

and fire drills.

Although these shootings have drastically changed our view on school safety and put a sense of fear in us, it has also made us more conscious about how we can continue preparing for something like this. These shootings are one of many examples of how fear can help us change our actions to prevent something harmful.

Many of us are afraid of the unknown because it is beyond our control; we can't do anything to change the future because we don't know what is going to happen. A lot of us don't realize it, but we live in a world where fear plays a huge role in our lives.

"Fear is a very bad thing that influences all of us," said **Gabriel Lim**, grade 10. "We do not take enough chances in life and we are very conservative and introverted which can be a negative thing."

"When we have too much fear, we tend to become overcautious about everything that we do. Usually we

wouldn't really care. . . because we feel it probably won't happen to us but as soon as it actually happens, we try to overcompensate and it affects our actions," said **Samantha Feng**, grade 10.

Fear comes in every shape and size and it can be a huge hurdle in our life. If we cannot jump over it, we cannot see what is waiting on the other side. Eventually, we could miss out on great opportunities. We need to learn to overcome it so that we can accomplish what we want to.

"Although fear does affect me, I try not to show it as much," said **Debbie Jung**, grade 10. "I believe that you only live once and I plan on living my life to the fullest."

"Personally [fear] leads to some of my biggest regrets, but other time they make opportunities much more rewarding. Overall, it's a constant reminder that I cannot strive for perfection. Fear makes me realize my greatest weaknesses and reminds me I'm just human," said **Sean Lee**, grade 10.

# Pushing their comfort zone: diverse experiences of Gleneagle staff



**Unusual tools of the trade:** Students are surprised by the adventurous prior teaching experiences of some Gleneagle staff.

**DONYA POURTAGHI**  
staff reporter

For all the time students spend in the company of teachers, we are oblivious to some unique aspects of their careers. Whether it be teaching on the isolated islands of Haida Gwaii, or driving from British Columbia to Mexico to teach, or even assisting female convicts by teaching them proper weight training techniques, Gleneagle's teachers have some interesting past lives.

For example, **Lynn Cecchini**, English teacher, had always been interested in First Nations culture. So when the opportunity came up to teach in the small town of Masset on the island of Haida Gwaii, Cecchini went with her gut and signed up.

"I had a job in Mission that was ending, and the week after I was offered the job in Haida Gwaii. I had a job offer here . . . , so if I really wanted to stay, I could have," said Cecchini.

At the time, Cecchini had just started dating her future husband as well. "I decided that if it was going to work between the two of us, it would have to work with me still doing this because it had always been my dream. I thought it would be wrong to give that up," Cecchini concluded.

There were a lot of things to get used to, moving to a town like Masset, so small that there were no traffic lights.

Isolation was a key reason why most teachers left after their first year. There were also some cultural differences amongst the groups of teens being taught

at the high school.

Cecchini approached the experience with a positive mindset. "What you experience in a place has a lot to do with your attitude when you go there. If you look for things that are positive and that you enjoy, you'll find them, and if you look for negatives, you'll find them too."

Ultimately, Cecchini experienced things that she never could experience had she not lived for a significant amount of time in Haida Gwaii. "I want to learn something; I want to meet people; I want to have a rich experience and so by living and working in Haida Gwaii, I found that rich experience," said Cecchini.

One would never guess that **Jeremy Clarke**, vice principal, would drive all the way down to Mexico with his wife and year old baby for a teaching job. At the time, Clarke and his wife were thinking of buying a house and settling down when they received a phone call asking if they were still interested in teaching overseas. They were given three hours to decide.

"We just went, 'Well, let's go for it' and about four months later, we were in our minivan driving to Guadalajara," said Clarke.

Teaching in a different country meant adjusting to many different things at the same time.

Clarke and his family spent a lot of time driving around the beautiful city and absorbing the colourful culture. "Coming from a middle school in Canada where I coached every season and was very involved with what went on in the school, I had to adjust to not being as involved because I was a foreigner and all the local teachers took care of the extracurricular stuff," Clarke said.

A year spent in Mexico gave Clarke a

new perspective and exposed him to new people, places and cultures. "I think the change for me was that when I came back, I appreciated Coquitlam a little bit more. I also became a little bit more adventurous as far as food choice goes. I'm pretty bland coming from the prairies but after living in Mexico I'm more willing to try new things," laughed Clarke.

Clarke regrets nothing about his trip and encourages students to step out of their comfort zone to experience something new. "I am a big advocate of taking time and travelling and exploring the world because you learn so much from leaving your comfort zone a little bit," said Clarke.

**Gerald Shong**, principal, definitely stepped out of his comfort zone when he agreed to teach women in prison proper weight training techniques. Shong became involved with a program called The Elizabeth Fry Society, through a friend in university.

This society plays a part in bettering the lives of women in prison. "I did five or six sessions with the ladies. These were individuals who were sentenced to two years or longer. The women there at the time were incarcerated because of one of two things: drug trafficking or murder," Shong said.

"One thing I remember most about the experience is how you basically forfeit your identity when you go to jail," Shong said. "To go into a prison, you have to take off things like your belt, wallet, keys and any ID that I had. So literally when I walked in there, I had no proof of who I was; I was just a guy within this prison," he added.

"Overall it was a positive experience. I don't ever regret teaching people things that are valuable. It was a lot of fun," Shong said.

DONYA POURTAGHI PHOTO

ALICE HUANG PHOTO

# Youtube: platform where entertainment hobbies become careers

**ISABELLE DOCTO**  
staff reporter

These days making money in a career is at the top of most people's list, and even though they have hobbies that they would much rather spend their time doing, it is simply not practical. Instead many spend their lives in nine to five office jobs where they are stuck in a cubicle that drains their energy in order to generate income.

But what if there was a career where you could capitalize on a hobby that you are passionate about, one that lets you showcase to the masses?

The YouTube partner program has given thousands of creators, whether musicians, filmmakers, comedians or even bloggers turned "vloggers" the opportunity to make videos of what they are interested in and make money along with it.

"When I made them in the beginning I had no idea people made money off of their videos, let alone make a career out of them!" said **Jeannie Bratrud**, a YouTube partner who is a lifestyle vlogger with a YouTube channel called *alittleaboutalot*.

Some of the top YouTube partners are said to make as much money as a CEO of a major company every year.

In an interview with **David Ono** for ABC Los Angeles, YouTube spokeswoman, **Annie Baxter** said, "They're making more than six figures a year, making very, very funny videos for YouTube: educational videos, how-to videos and the program is growing and growing."

It starts out with a camera and an idea; at Gleneagle, many talented Talons musicians are posting YouTube videos as an outlet.

"I was trying to find a medium, a place where I could upload videos because I did a version of *Let It Be* for my uncle who passed away... later on I was just like 'hey why don't I start uploading videos?' because I love music," explained **Conrad Chow**, grade 11, who posts cover songs and tutorials.

Once you start posting those videos and amass a certain number of views and subscribers that is when YouTube invites you to become a partner. From there you can create income by allowing ads related to your videos appear as they are played, and YouTube will split the revenue with you.

There are other opportunities that can arise from making YouTube videos besides being able to feed your bank account.

Bratrud says that being a YouTube partner has exposed her to companies that send her products to test.

At the same time it also gives her a means to give back to her subscribers.

"I also think it has been a great avenue for me, personally to encourage women around the world. It was never and is still not my intent to make money or get lots of subscribers," she added.

**Jessica Zraly**, grade 12, started posting videos of her musical performances so that her family members across the globe could enjoy them. Although she is not a partner, the exposure brought her many prospects as well.

"When I posted my *Canada's Got Talent* video, I got a couple opportunities from that, like the Miss World Canada event, I got to sing for that, and the Children's Variety Foundation," said Zraly.

**Eric Kwon**, grade 12, a promising rapper who goes by the name of Phynest, has also



**Pressing the play button:** Youtube is becoming a popular contemporary career path for internet entrepreneurs to pave the way for a creative future.

found that posting his music on YouTube expanded his ability to network.

"I found one of my friends on YouTube and we just kind of got to know each other and he hooked me up with a photo shoot," he said.

It may seem like it should be a snap for someone to reach YouTube partner status, but there is a standard for these creators to live up to in order to maintain their views and continue to increase them.

"If you see people who have millions of views on their videos, their quality is really good. The time it takes to film, edit and create actually is a lot more work than most people think," said Bratrud.

**Danielle Flores**, grade 10, who posts

acoustic cover songs, agreed, adding that, "You should be really consistent with your videos and the videos should at least be decent quality and entertaining; just do whatever it is you like to do."

This is surely an attractive career, but it is good to keep in mind that this is a career in entertainment, which is known to have its uncertainties.

"I wouldn't encourage anybody to just . . . quit their job and start uploading videos onto YouTube," Baxter said in her interview with Ono for ABC Los Angeles.

Chow says from his parent's perspective "it's not really a career, but I'd say that if it's really your passion, I'd say go for it."

## Bad habits, rushed deadlines, ignored responsibilities hard to stop

**BRENDAN PARK**  
staff reporter

You're sitting at home with a textbook on your left and your laptop, with Facebook open, on your right. The difference is as extreme as heaven and hell. We've all been in this scenario on more than one occasion. Should you study for that upcoming test who's subject is unbeknownst to you, or go on Facebook? Avoid ruining your grades and slapping disappointment onto your parents' faces, or Facebook? This dilemma is caused by a newly found drug that, according to the American Psychological Association: Washington, 70% of high school students in North America are hooked on. What's worse is that this drug has no physical state that can be outlawed or banned. Students won't be surprised when they hear this drug is known as 'procrastination.'

Procrastination is a psychological term that refers to the act of replacing high-priority actions with tasks of much

lower priority that involve much more enjoyment and pleasure. It is estimated that 80%-95% of college students engage in procrastination.

"I procrastinate because I have no interest in whatever it is that I must do," said **Julian Palade**, grade 11. "It's just something that you do because you either have to or someone is making you. . . Addicted is a strong word; it's more of an easy way out."

"I don't know why I procrastinate," said **Katie Inouye**, grade 11. "I have better stuff to do other than homework. Also I figure that I can finish everything in an hour no matter how big it is. I had a biology bacteria brochure that we got before spring break, and it was due two weeks after. I didn't do it until the night before it was due. I feel like I could've done better if I had started before, but I have no regrets," she said.

"I always procrastinate; I'm never not procrastinating," began **Leanne Felton**, grade 11. "Even now as I'm doing this interview I should be doing a Comparative Civilizations

12 project that was assigned several days ago. Instead of doing my work I tend to watch *How I Met Your Mother*. I watched six seasons in the last three weeks . . . I know I have a problem."

There is currently no known cure for procrastination, other than simply doing the work that is given. What's worse about procrastination is that most of the time, the drug is readily available. Although there are no serious life-threatening consequences, there have been many occasions where procrastination has brought severe mental pain to its victims.

"With procrastination, you're in the state of mind of panic," said **Firoze Mansurpur**, grade 12. "You're in panic mode and you're not fully in the right state of mind completing the task, because you're in a state of rush. Living on five hours of sleep sucks."

Many people have tried to combat this drug, mainly teachers using a special technique to persuade students to stop procrastinating. However, students have labeled this sort of rehabilitation as "nagging." It does not seem to have any effect on students.

"I've been nagged on by a few teachers to finish tasks, but there's no point," continued Mansurpur. "Procrastination is a lifestyle; you have to maintain it. It's a way of life; it's just a really bad habit. Once you procrastinate it's really hard to find motivation to get things done. It's extremely hard to quit."

"It depends on the teachers. Some teachers are better than others at this 'nagging' thing," added Palade.

Not just students but teachers are beginning to show examples of procrastination. There are plenty of teachers who deny this, but some are open about their ongoing problem.

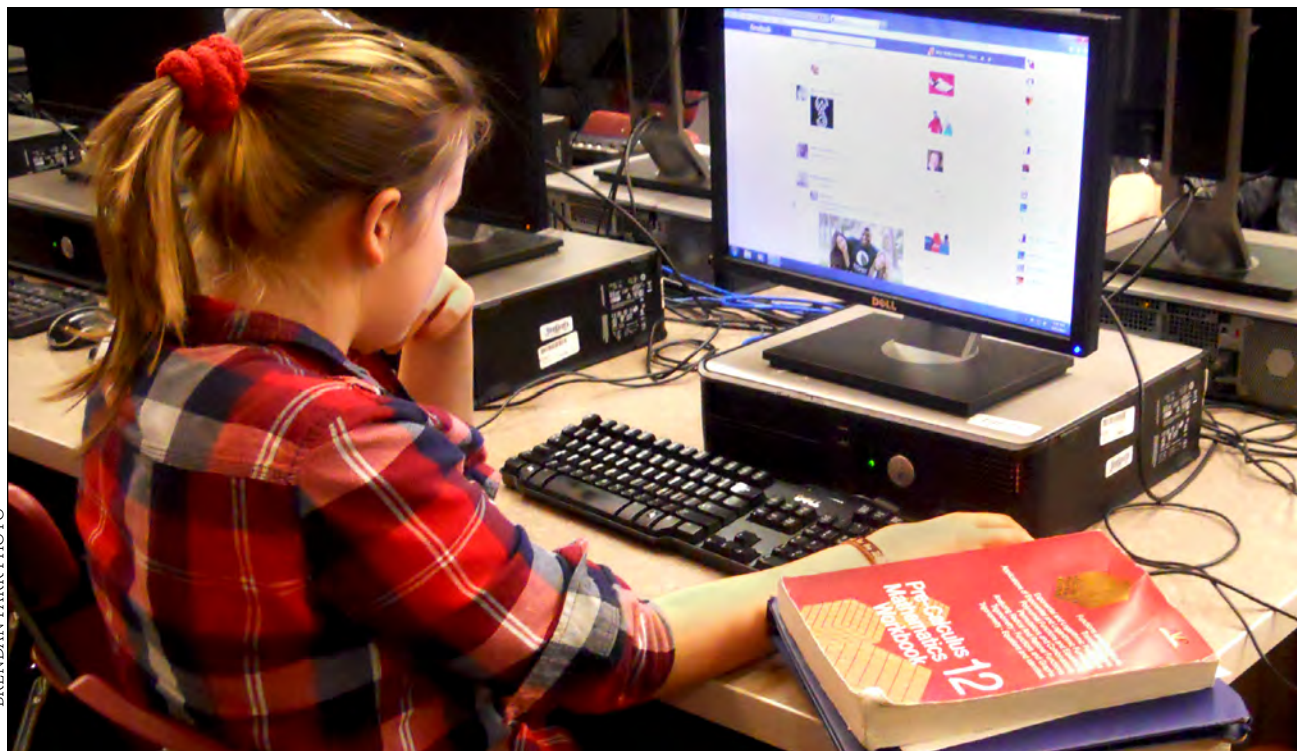
"I procrastinate," said **Jo-Anne Leblond**, teacher-librarian. "I procrastinate house work and reports. I'd rather be doing anything else."

Out of this large population of procrastinators, some even call themselves professionals. There are those who put the "pro" in "procrastination."

"I'll leave anything to the last minute, and I'll still get a B on it," said **Deion Yee**, grade 11. "I get most of my things done through various methods that require less work than others."

"I think I'm a pro because it's just easier to not do your work," said **Bailey Fritz**, grade 11. "I know I'm addicted but it's just feels so good."

"I'll answer in a minute," said **Michael Flood**, grade 12. But he didn't come back. Flood. . . Flood?



**Logging on to frustration:** Grade 10, pushes her homework to the side as the bright glow of Facebook captivates her gaze. It seems as if procrastination has enticed her into its unforgiving grip.

# Why is world-class tourist destination bankrupt?

**ALEXANDRA COOPER**  
staff reporter

Unemployment. Debt. Austerity. Crisis. These are words you might have heard associated with the economic chaos currently in Greece. But how did it all start? With the Greek unemployment rate hitting a new high of 27.2 percent this week, the economic downturn is continuing to wreak havoc in Europe.

The causes of Greece's decline are complex. "When Greece joined the European Union they took on a greater number of social responsibilities," said **John Xiros Cooper**, UBC professor, and close observer of Greek politics and history. "The government had to start paying a lot more for people's services because they were mandated by the EU." Greece's merge into the European Union was a cause of great expense that they really couldn't afford. "They joined the Euro Zone, they dropped the drachma, they lost control over their own currency, and therefore they couldn't really control policies about finances," adds Cooper.

As a result of this, their biggest industry, tourism, took a huge hit. "What happened was prices went up to what they were across the whole of Europe and before that, Greece had been a relatively cheap holiday," Cooper said. Greece suddenly became a less attractive vacation spot. "Simultaneously, Turkey, which also has got a coastline on the Aegean Sea much like Greece, began to build a whole bunch of new resorts, but the Turks kept their prices down because they could control their currency and so a lot of that tourism business went from Greece to Turkey." As one of the only forms of national revenue, this was harrowing.

Another major form of revenue in Greece is agriculture. This suffered because they didn't have the same sort of industrial agriculture as other countries. "For example, the Dutch have huge green houses and they . . . grow thousands of tomatoes that they can then export throughout Europe including, and this is the weirdest thing of all, exporting them to Greece . . . where they actually grow them!" said Cooper. "They are cheaper . . . because of the economy of scale. The more you produce, the cheaper the product," he added.

Another problem was an increase in personal debt. "There was a large accumulation of private debt because the northern European banking system expanded the amount of credit to individuals," said Cooper. "When you go to Greece, you realize there are a hell of a lot of German cars on the street. . . and so private debt began to go up as well."

With all of these things tearing at Greece's economy, something had to give. An abundance of social services



**In need of patrons:** Tourist attraction amphitheatre, Odeon of Herodes Atticus, eagerly invites travellers to enjoy an outdoor concert in the ancient venue. The tourist industry in Greece has fallen in the last few years.

started to be cut and this sparked outrage with the Greek people. "When it began to hit, people were losing their jobs. Unemployment benefits, pensions, and social services were being cut, so 'hot heads' took to the streets," said Cooper.

Frustration began building in the Greek people, especially with young adults, and in 2010 a series of protests and demonstrations started, some of which got extremely violent.

"Greeks are fed up and it's going to get worse and worse and the poorer they get, the more they are going to look for someone to blame," said **Neil Canuel**, social studies teacher and Director of Archeology for an SFU program in Greece.

People of all social classes are being affected. "A friend of mine with a Ph.D was making two euros an hour which worked out to 30 euros a day which is brutal for a person with a Ph.D," said Canuel. "And I've got another friend in

government and her 30 000 euro salary, which is middle class was reduced to 10 000 – 15 000 euros."

The global economic downfall is what really pushed Greece's financial dilemma over the edge. The austerity programs set into place right now, although harsh, are necessary for financial recovery, according to Cooper.

Greek city living though is very different than country living. "It's a little bit easier in the rural areas because everyone has a home and they grow their own olives and they have their own animals, and there's essentially what I call, social currency," Canuel said. "People help each other, you have barter systems, a lot of people do different things for different people so they can survive. Greeks have a very close family unit and when a member of the family has a problem, they all come together. It's fantastic to watch this cohesion and see social norms that we don't have here," he added.

## Successful career in hairdressing result of talent, passion

**MARIE TURCOTT**  
staff reporter

Are you interested in fashion and have an aptitude for hands-on work? If so, Gleneagle's ACE-IT hairdressing program may be for you. But it isn't for everyone – you must have the passion, dedication and commitment.

"Someone could walk in feeling really not confident and you change the way they look - you're going to change how they feel about themselves. People will all of sudden feel empowered and better about themselves. The impact a hairdresser has on a client is huge," said **Janna McCullough**,

hairdressing teacher. "To be successful in hairdressing, first of all, you have to love it."

Gleneagle's hairdressing program runs quite differently from other classes, since most of the day is filled with hands-on activities. Students must be committed because this program takes up seven classes per year. But those who finish the course are eligible to write the Industry Training Authority Exam and the B.C. Beauty Council Certificate of Qualification Exam.

"The beauty industry has always interested me; obviously hair is a huge part of it, and I love doing my hair," said **Janelle West**, grade 12.

"Anyone can cut hair, but not anyone can cut hair well," said **Jacob Rozenberg**, senior stylist at Lounge Hair Studio in Vancouver. "[The most important thing is] being able to listen to your client." Rozenberg has numerous awards such as *British Columbia's Hairdresser of the Year* in 2010. He was previously a student of McCullough's, and also studied in London.

Rozenberg recently visited the ACE-IT class, and taught them new skills and techniques. "One main lesson I wanted to get across were the basics. If you understand the basics, you can then break the rules," said Rozenberg. "Everything that I'm teaching is everything that I still do at the salon."

Visits from successful hairstylists are unique experiences different from the everyday classroom, and help inspire the students to do their best.

"It's nice to get a new perspective. We do have an awesome teacher here, but it's nice to have somebody else show you. You might understand their way better, or you might just learn a different thing or technique," said **Rachel Davidson**, grade 12.

The winner of the Slice Network's *Superstar Hair Challenge*,

**Anthony Crosfield**, visited Gleneagle's hairdressing program to work with the students in February. As co-owner and creative director of **Union Salons** in Vancouver, Crosfield is very popular in the hairdressing world.

"He's very, very successful," said McCullough. "He's been around for thirty years, and he's very giving of his time. He really believes in giving back to young people and sharing his information."

"He showed us some haircutting techniques, and taught us two different layering techniques for women, some tips and tricks, things he's learned," said West.

"His main emphasis was, 'To be successful, you have to practice.' Practice, practice, practice. It doesn't matter when or where, but that's what you have to do," said McCullough.

"Stay enthusiastic, find a mentor, and seek out people who inspire you," Crosfield added.

This program can open many doors for those who want to pursue a career in the fashion industry. "I want to become a famous hairdresser. I am really interested in fashion, and I want to be in the fashion industry," said **Amy Jung**, grade 12.

"I'm going to makeup school next year," said West. "I'm hoping one day to become a wedding stylist; it's kind of my dream."

McCullough had a last word of advice. "Talk to everybody about fashion, read magazines, read the newspapers, watch important TV shows. People refer to shows for hairstyles. Volunteer your time. There are lots and lots of opportunities for students to volunteer their time at hair shops with hairdressers. It's endless."

"If you are super passionate, you will succeed," Rozenberg concluded. "[But] if you think it'll be easy, you're wrong."



**Not too much off the top:** Anthony Crosfield, a successful hairstylist, shares his expertise.

# Cell phone addiction - next world pandemic?



KRISTINA ENG PHOTO

**Bell rings, phone dings:** Students whip out their phones at lunch to text friends, play games, and keep up to date with their favourite social networking sites. For some, not being connected is akin to fatal.

**KRISTINA ENG**  
staff reporter

Late nights consisting of retweeting, posting and liking have become extremely common in this generation. Social media seems to have sky rocketed in popularity. Following closely behind text messaging, it has become a main way of communication. "I think that part of the reason it has become so desirable is because it's easy. We have access to communicating with others all day, every day, as long as we have Internet connection," said **Ashley Hyndman**, certified Canadian counselor, with Jericho Counselling.

Last year, a small American study showed that 82% of people spent more time online than they anticipated they would; more than half claimed they used internet as an escape to their problems. Another survey with the same group of individuals showed they would rather give up

alcohol, chocolate, and coffee rather than lose access to the internet. Also a 2012 survey of American women revealed that 34% check their smartphones before getting out of bed, 21% wake up in the middle of the night to check Facebook, and 27% check Facebook while on the toilet.

Worldwide, the highest rate of internet addiction can be found in China and South Korea, each at 30% of the country's overall population. China's youth internet association found that 14% of their urban youth (24 million kids) was double the amount compared to the approximately 7.5% of addicted youth in the United States. 2012 reports demonstrate that 7.9% of South Korean kids ages 5 to 9 are already considered internet fanatics.

Interfering immensely with the lives we live, internet addiction is a serious issue.

"In the past I've had a couple of students who couldn't get to class because they were up all night gaming and doing

things online," said **Bindy Johal**, counselor.

Symptoms of internet addiction are based on a person's productivity levels and how disengaged they are in other activities. Some youth become so involved with a routine of sharing what they have been doing every second, and updating instantly, with interests varying from the newest technology to the latest gossip. "When they don't have this access, it suddenly feels as if an appendage has been ripped off, as if they have been electronically ostracized," said Hyndman.

Internet addicts may find themselves so absorbed and consumed with the Internet and social media that they literally cannot shut it off. Anger, depression and lying about internet usage habits are all signs of this obsession. "Twitter is basically my life. I go on it every single day. Yes I'm addicted. I'm beyond addicted," admitted **Marisa Wang**, grade 11.

Grades, attentiveness, responsibility, physical activity level, personal motivation, eating habits, productivity, and social connection may be affected when a person is hooked. "This addiction can literally suck time out of the day and ultimately, out of lives," said Hyndman. "I think of social media like eating junk food: in moderation, it's not unhealthy. We don't need to know all these things that social media is allowing us to share."

"YouTube has done a very good job of marketing itself on its own website. It keeps people on the site and entertained. This website design feeds into Internet addiction; it takes one strong willed person to leave after just one video," Hyndman added.

Aside from staying connected with friends, social media provides several ways to share your life. "As an international student, Facebook allows me the possibility to share my ideas or experiences with people from my home country," said **Lavender Huang**, grade 10. "I especially love being able to stay in contact with my parents which would not have been possible if not for social media," she said.

Regarding Twitter, Hyndman said that it "is an interesting concept, which kind of plays into my idea of what is allowing youth, and adults, to get so addicted to these social media websites. It's giving the impression that we have hundreds, maybe thousands, of 'friends' or 'followers' who we believe actually care about us. It's addictive because we become so engrossed in what others are doing, that it's like reading a book or watching a movie - we have to, and want to know, what's next?"

"I hate to say it, but with these means of communication and news updates we can acquire through social media, we're getting lazy as a population" said Hyndman.

All in all, "social media is here to stay," Johal said. "We have to know how to use it and when to use it."

## Does the media fuel eating disorders?

**STEPHANIE LUI**  
staff reporter

Looking into the mirror, a stranger stares back - a lifeless gaze, bone-protruding body, and pale skin. You glance at the picture taped on the corner, a beautiful model with a waist size double-zero. Then you look at yourself again thinking you're nowhere up to her standards. Did you suddenly see a mound of blubber protruding from under your shirt? Or did your legs grow another layer of flub overnight? Criticisms flood your mind, as you desperately find escape, a way to perfection.

In this generation of young adults where beauty is defined by one's exterior looks, it pressures people into resorting to extreme measures such as eating disorders to gain society's approval. The idea of "you are loved because you are unique" that we held onto so dearly as a child becomes a slap to the face because that is not how a world of "perfection" views our appearances. Under the stress of achieving beauty, some have become victims of anorexia and bulimia.

"The most obvious reason [for me becoming bulimic] was that I wanted to be slimmer," explained **Robyn Newton**, social planner of the city of Coquitlam. "Comparing [myself] with the popular, athletic girls, I always

felt unattractive and overweight...which [resulted] in self-loathing."

Anorexia and bulimia - what exactly are they? The proper name, anorexia nervosa, is the intense fear of gaining weight, or becoming fat, which results in deliberately restricting food intake to abnormal extremes. Bulimia, or the medical term bulimia nervosa, is where one experiences regular sessions of serious overeating, followed by a sense of guilt, and leads to extreme reactions such as purging, crash dieting, and intense exercising. "In most cases people who are diagnosed with an eating disorder have a type A personality," said **Nicola Cridge**, youth worker. "These are people who tend to be overachievers and have a strong control to starve themselves."

"I starved myself to lose weight," explained Newton. "When I felt hungry, I splurged in food...[making] me feel awful about myself, so I purged to feel better. [I] never knew the severity of eating disorders as there wasn't much information on them."

The media has played a major role in the glamorization of so-called ideal bodies, overdramatizing that dieting is a normal activity. This can lead to devastating effects to our health. Frequent binge eating and purging can cause heart failure due to loss of vital minerals, teeth corrosion from acid in vomit, brittle hair or nails from loss of vitamins and in severe cases, death from

malnutrition. One may also suffer from emotional damage.

According to a fashion magazine, *Glamour*, 97% of women have at least one "I hate this part of my body" moment each day. It is hard to believe that among western women between 15 and 24 years old, approximately 1 out of every 200 suffers from anorexia nervosa, while about 1 in 50 is bulimic.

"The promotion of ideal bodies in the media shows how negativity manifests itself," stated Cridge.

However, with support from friends and family and determination, one suffering from eating disorders can overcome this obstacle. "Instead of thinking how life would be perfect after losing ten pounds, I placed my focus towards eating healthy and exercising," stated Newton. "Self-esteem was something I battled with in grade 12, and I think it was really important to have friends around to help [remove] distorted views of my body."

Physical beauty shown in the media is mostly edited, and gives us the false impression that we must chase after such superficiality. Learning how to respect yourself and seeing the positive aspects is key in attaining true beauty. "The best and most beautiful things in the world cannot be seen, nor touched...but are felt in the heart," said **Helen Keller**, a female icon.



STEPHANIE LUI PHOTO

**Can you fit the standard?** Young girls feel pressured to fit the perfect mold.

## Mixed results for rugby teams prior to Kamloops trip - senior boys

**DAWSON DROLET**  
staff reporter

The senior boys rugby team is off to a solid start this year with a record of one win, one tie, and one loss.

They most recently played Charles Best on Tuesday, with a 26-29 loss.

Leading up to that game, the boys had come off a stunning victory against

Heritage Woods. The team was clicking on all cylinders and did not have a single try against.

Stand outs in the victory were seniors **Liam Stewart**, grade 12, and **Jamil Adamu**, grade 12.

Team coach **Clayton Richardson** said, "The guys came to the game prepared mentally and physically."

Co-coach **Chris Turpin** agreed, saying, "I

thought the boys played hard and played a dynamic offensive game, they were on the front foot. They were excited to play." Adamu added that "We played our game."

"Everyone has stepped up, but in our last game definitely Jamil, Liam, and **Michael [Flood]**, grade 12" said team captain **Aarman Bondar**, grade 11.

"They were all very important; they were all key players," Bondar added.

This victory is very good for the boys as they were able to bounce back after a tough loss to Terry Fox in their previous game. Richardson commented, "Losing to Terry Fox was a little bit of a heartbreaker. I think we got a little bit intimidated by their size."

"Unfortunately, had we just stuck to the game plan in that game, we would have had no problems winning, we started strong, but kind of faltered," Richardson added.

## - junior boys

**REBECCA MACDONALD**  
staff reporter

Junior boys rugby started off with a bang, eking out Charles Best 26-20 on April 3, only to suffer a devastating 41-0 loss to Terry Fox a few days later. Monday's game against Port Moody ended in a 16-0 loss. The team has done well in exhibition games and is hoping to gain confidence and experience as the season progresses.

"We have some pretty good players; a lot of people are playing rugby outside of school. . . but there's also a bunch of grade 9s trying it out for the first time," said **Sean Lee**, grade 10. "As a team, I don't think we're working that well together yet, but we have some really good coaches, so I think we'll do well."

With only two league games under their belt, the team isn't sure yet where they stand, but seem to be taking everything in stride. "We lost to Fox. They had a lot of size and we're a fairly new team," explained **Sina Maloufi**, grade 10.

"This one guy injured four of us; it ended up being a pretty rough game. I think we can improve a lot, there's a lot of potential, but it's still early in the season," Maloufi added.

The team began practicing after spring break, with coach **Chris Turpin**, as well as volunteer coaches from the community.

"The coaches do a really great job," said Maloufi. "This is my second year on the team, and I feel like I'm always improving. I think if we all show up to practices and make the most of it we can do well this season."

"Some of us aren't really sure what we're doing yet," explained Lee. "We never get



**Hands off my man:** Grade 12, rucks over the ball, protecting it from the opposing Charles Best Blue Devils. This is the second time the teams met this year.

the entire team out at once. I think overall there's a lot to work on. This is my first year

being involved in an athletic team though so it's a really great experience."

This weekend, the boys are off to Kamloops along with the senior team.

## Successful hosting of BC table tennis championships last month

**JORDAN LOUIE**  
staff reporter

**Adrian Lee**, grade 12, took home the winning title for men's singles when Gleneagle hosted the BC table tennis championships March 15-16. He won 3-2. Lee competed against the top player from Burnaby North Secondary.

The event capped a successful season for the team. "What mattered most though was that we improved a lot. I definitely

think that this was a good . . . team building experience," said **Alice Zhang**, grade 12.

The members of the two boys teams collectively improved their skills, mentally and physically. "They went from a team of not really caring to a team of actually wanting to win every single match and every single point they played," Lee said.

The first girls table tennis team in school history ended up successful as well. "Even though we didn't win big, we applied everything we learned in practice to the

tournament," Zhang said.

"The competition . . . brought the culture of competition, especially since it was the final round of the provincials," said **Ali Tootian**, table tennis coach.

Having the provincials hosted at home was special for players. "It was such a positive experience to win in front of your home crowd," said Lee.

"Being able to have teachers, principals, friends, and family all watching you win a provincial title was big."

Team members were not the only ones pleased by the professionalism of the event.

"The people in charge of the competition from the federation and the employers, were very happy with the quality of the competition happening here," Tootian said "— about the food we provided, the team itself, the politeness of the students, the arrangement we had [with] runners coming to the classes to take the students and teachers . . . to get to watch the games and cheer on their teams," Tootian said.

## Girls rugby working hard towards greater cohesion

**JENNIFER KOU**  
staff reporter

The girl's rugby team kicked off their season with two wins and a loss. The team defeated Clayton Heights 39-5 on Thursday, April 11. The girls showcased their strengths and pushed their limits, coming out victorious.

"[Clayton Heights] is a team that we're close in skill level with," said **Shaelynn Zaurrini**, grade 12. "We had a good game." The girls, happy at their success, are optimistic about making provincials. "I think we have a good chance this year," said **Amy Leem**, grade 11.

The girls played their second league game

this season against Walnut Grove on April 4. Although the team won 10-5, some players admitted there was room for improvement. "It was a team that we had beaten last year and we most definitely should have beaten this year," said Leem. "We could have done better."

"Playing a team that was close to our level of competition was good for us. It let us do more with the ball," said Zaurrini. "It also showed us we have a lot to work on if we want a place in BC's this year."

The first league game of the season was against provincial champion Carson Graham on March 21. Although weather conditions were far from ideal, the team still gave it their best effort, losing 13-5.

"We went into the game knowing we were going to lose but we tried our best and we got close," said Leem.

"The fight we put against such a strong team was really impressive," said Zaurrini. "It gave us something to look forward to throughout this season for us to improve and we saw the potential in all the new girls who came out."

Because of the large amount of newer players, one challenge for the team was learning to work together effortlessly. "We have a lot of new girls so we are not as smooth as we were last year, but we are progressing to what we used to be," said **Firoze Mansurpur**, grade 12.

"We had to step up a lot over the last few years and the younger girls have yet to learn what we have experienced," said **Taylor Murdoch**, grade 12.

The team trains hard and together they teach the new players the rules of the game.

"I don't think we are as cohesive this year as we were last year but it's only the beginning of the season. But probably mid season we will start getting used to each other playing," said Leem.

"I think I'm learning a lot and learning as we go on," said **Emlyn Swartzberg**, grade 10. She just joined the team this season, but is very optimistic about the future. "I want to do well for the team," she added.

# Music department dazzles at Disneyland



REBECCA MACDONALD PHOTO

**The Gleneagle groove:** Talons jazz band performs at the most magical place on earth. Gleneagle's concert band, jazz band, concert choir, and vocal jazz ensembles competed at the International Heritage Music Festival in Anaheim over spring break, bringing home an array of awards and recognition.

**JASON ROBERTS**  
staff reporter

The Gleneagle band and choir groups cashed in big at the International Heritage Music Festival at the Disneyland park in Anaheim California where they competed during spring break.

The trip was a lucrative event for the band and choir with Gleneagle winning seven awards.

Gleneagle, the only Canadian high school at the festival, won the prestigious Spirit of Anaheim award.

"At the Awards Night, all the main Disney characters did a performance for us and it was beautiful," said **Shakiba Zahabioun**, grade 10 choir student. "They talked about how extraordinary this award [the spirit award] was . . . and when they announced that we were the winner, we all jumped up and screamed and clapped really loudly. That moment, when all 100 of us felt that 'Whoa, we rock!' in our hearts, that single moment of pure pride . . . I will never forget that," she added.

The vocal jazz group won a gold standing for their performance, along with the

concert choir, who placed second overall. Gleneagle choir members **Jessica Zraly** and **Emily Black**, both grade 12, won prestigious maestro awards. The concert band won bronze placing third overall and the jazz band finished third overall in its category with a silver standing.

Gleneagle performed along with many other schools from around the continent over the course of two days. An adjudicator was present and gave the students constructive criticism after each performance.

"We got to see and compete with American high school bands and choirs. At the end of our choir performance, when the adjudicator was giving us tips, he ran out of time and so he told us to sing offstage. I think we were the only choir who did that, and the entire theater was having fun because we sounded wonderful even when we were walking offstage," said Zahabioun.

Over the course of the week students were given time to roam the park grounds the first few days of the trip. For many students, it was their first time in Disneyland and they made a vacation out of it.

It was a memorable experience for students. "It was absolutely amazing. It's

**THOROUGHLY  
MODERN  
MILLIE**

May 8, 9, 10  
May 15, 16, 17  
7:00 at Gleneagle

probably one of the best things I've ever done. I made new friends, I got to go to Disneyland for the first time, and I got to strengthen the bonds with the friends that I already had. 20 bazillion out of 10!" said **Kim Venn**, grade 10, choir student.

The group was given a backstage tour of Disneyland. They met and worked with people who worked with famous musicians as they were given the opportunity to learn two songs and record them in the Disney Studio.

"I'd like to say our recordings went well. Of course, learning a song in 20 minutes and then recording it will never be perfect, but given the circumstances, I'd say we did pretty well," said **William Cassidy**, grade 9, choir and band student.

"I learned a lot, namely how it works, and yeah, I'd love to record again. It was a lot of

fun," he said.

"Recording songs in the Disney Studio, especially *Hawaiian Rollercoaster Ride*, was amazing. It was a once in a lifetime experience," said Zahabioun.

"They recorded us twice, once on top of the other recording. I didn't know that they did that. It makes the sound stronger. There were 50 of us, and when we recorded the second time, we all had to match our first time, and it was challenging," said Zahabioun.

The trip will long be remembered by the students who participated. "The most memorable experience from the trip was being able to spend time with my friends, and even make new ones. This trip was the highlight of my grade 9 year, and I would without a doubt like to experience a trip like this again," said **Nick Chew**, choir, band and jazz band student.

Supporting Doctors Without Borders (MSF), a medical organization that provides emergency relief for those in need.

**VOICES  
2013**

April 26th  
7pm  
\$5 for Students  
\$7 for Adults

Gleneagle Secondary  
1195 Lansdowne Drive, Coquitlam  
Doors open at 6:30pm, starts at 7pm