



ALBERT RADU PHOTO

**HONOURING THE FALLEN:** Students practice for the Remembrance Day assembly that will happen tomorrow. **Benedict Huszar**, grade 10, **Nathan Cushing**, grade 12, **Lily Gray**, grade 11, and **Sepehr Abbasi**, grade 9, left to right, marching together in preparation.

## Remembrance ceremony set for tomorrow

**YUNMIN LEE & ALBERT RADU**  
Staff reporters

All members of the Gleneagle community will be reflecting on the past tomorrow as they attend the annual Remembrance Day assembly.

The school-wide event was organized by senior leadership, sponsoring teachers, and students.

"We really want to stress the fact that this is a serious assembly," said **Coibre Hutchinson**, grade 12 and one of the organizers. "People have lost their lives, and we are [honouring them]."

The students and staff who helped plan the assembly reinforced that all students should attend in respect to veterans.

"In my opinion, it is the most important assembly of the year. It's a shame to see some [students] taking it as a joke," added Hutchinson.

**Hansol Jin**, grade 12, was the planning committee chairperson and explained that

the assembly will start with *O Canada* performed by the choir and a speech from the MC's, **Theo Balabin**, grade 11, and **Emily Zhang**, grade 12, followed by a moment of silence.

"We are trying to time the moment of silence within the eleventh hour. 11:35 am is our goal," Hutchinson said. "After the

**"We really want to stress the fact that this is a serious assembly... People have lost their lives, and we are [honouring them]."**  
*Coibre Hutchinson*  
grade 12



ARTONA

moment of silence will be a march led by a few cadets and a bagpiper," added Jin. Hutchinson is the bagpiper and will be performing *Amazing Grace*.

Music teacher **Edward Trovato**, invited veteran **James Robertson**, to be a guest speaker at the assembly according to Jin.

There will be a performance by the vocal jazz group followed by English student performing spoken word poetry according to Hutchinson.

English teacher **Karen Learmonth** will be choosing three students of hers to perform their poetry at the assembly.

Learmonth did not wish to reveal the student names to build anticipation.

**Lucas Hung**, grade 12, will be ending the assembly with a piano performance.

"I will be playing *Gymnopedie No. 1* by **Erik Satie**."

A poppy drive donation has been circulating in block 2 classrooms throughout the week. Donations are accepted until the time of the assembly.

"We will be collecting at the door," Jin said.

All proceeds go to the Royal Canadian Legion, funding homeless veterans, PTSD counselling, career transitions, relief programs, and more.

The assembly is expected to end at 12:20. Students are asked to quietly exit the gym as a sign of respect for the ceremony.

## Gleneagle gets its Edge back on paper, online too

**MAYA McNAMARA & LAUREN TUCK**  
Staff reporters

*The Edge*, Gleneagle's student newspaper, is returning this year after a year-long absence.

Previously, due to the lack of the enrollment for *the Edge*, students created the *Cutting Edge*, a smaller edition compared to the regular eight-pages.

Now with a new English new media curriculum, more students in multiple classes are working on the school newspaper, meaning they can bring back the full-sized version of *the Edge*.

In addition to the newspaper version of *the Edge*, students and the teacher-advisors the have been working on putting *the Edge* online at Edgesd43.org.

The new website will allow students and teachers to access the *Edge* digitally.

**Abigail Staff**, grade 10 and new media student, stated "I'm glad that *the Edge* is back, I like to read about the voices of students in [the] new media classes."

Interviewing, photographing, and producing are all techniques used in the process of *the Edge*.

"*The Edge* focuses on informative topics frequently," said **Emma Palmiere**, grade 10.

When creating *the Edge*, information that is current is put in the beginning of an article, so that the readers are engaged when reading.

Stories that do not speak to a student's voice appear unimportant or less impactful in any newspaper, though it can vary depending on the human interest that is given.

**Ava Zidar**, grade 10, said "I would like to see more topics [than last year], such as student events, occurring. Stories mentioning students are impactful to the audience."

*The Edge* is a team of students who report on current events around the school to inform peers about school-related occasions.



ARTONA

Ava Zidar  
grade 10

Scan the QR code to visit the new edgeSD43.org site to see more in-depth coverage and other stories published only online.



## INSIDE

**CLIMATE STRIKE:** The popularity of participating in climate strikes and the lifestyle changes some are making.



2

5



**LEARN ABOUT POST SECONDARY OPPORTUNITIES:** Learn about resources to help on your road to post secondary education.

**ESPORTS CLUB:** Gleneagle eSport club plays 2-0 against Cennntennial Secondary in League of Legends.



8

## ONtheCALENDAR

**NOVEMBER 11** Remebrance Day - School Closed

**NOVEMBER 2 - 14** Grad Photos

**NOVEMBER 14** Term 1 Mid-Term Report Cards

**NOVEMBER 21 - 22** Drama showcases

**NOVEMBER 27** Night of the Notables

**NOVEMBER 29** Me to We Coffee House





# Climate strikes need to be more than one day action

With the popularity and attendance at climate strikes, it has become more of a social trend than caring about the environment. While many realize they are to blame for climate change, most would rather post opinions on social media instead of making authentic daily changes. An example of a climate change trend is the use of metal straws. While it is a step in the right direction, they forget about the big plastic cup they're using their straw in. Once the cup serves its purpose, it harms the environment far more than a straw. Bringing a reusable cup can be a hassle, but that is the point of changing to help stop climate change. People can't be just using metal straws; there needs to be more done. People who are board the climate strike train aren't hurting anyone, yet the problem comes with the fact that for some it is just a recent trend to adopt, a fad even. Social trends don't last long, but the climate change problem is something that effects every living being on Earth. There is a recurring message in the media of blaming and demanding the government stop

whatever they're doing to fight against the climate. While it's true that the government needs to help stop the environmental crisis and can do a better job at it, a few officials can't write some rules and pass as a law the next day. There are always hundreds of people who take the climate change problem to the streets and demand change. Yet many people are just following their friends to strikes and act like it's a social event. It is treated as a time to hang out and pretend to be an activist. People take their witty posters about not having a future like they're pitchforks and torches, and yet forget those messages when they get home and microwave their dinner with cellophane plastic wrap. At the end of the day, it helps the environment to try and limit waste by not buying new products, bringing cutlery from home, and learning how to control amount of single-use plastics. Instead of being swept up by the currents of climate trend, make concrete lifestyle changes that will create positive impacts on the planet, beyond just a one-day strike or a simple straw.



# Remembrance ceremonies need be less exclusive, more inclusive

DIANE HUANG  
Staff reporter

Who has heard of ten Sikhs fighting for a country that did not recognize them as citizens? Or an Ojibwa gunner **Willard Bolduc**, decorated for his efforts in World War II. With Remembrance Day tomorrow, it is time for students and staff to reflect on the values of Canada and its people. Canada is touted as a diverse multicultural country and Gleneagle is the same. The social justice tree mural near the MPR shows the diverse backgrounds of students and staff. Even a walk in the hallway among all the students reveals the diversity that exists in these walls. If Gleneagle, like Canada, is not a mono-culture country, why do Remembrance Day assemblies make it seem so? The wartime photos combined with the videos of war veterans usually feature young and old white men and women. Rarely is there a photo or a

tribute to a veteran of colour or indigenous heritage even though history demonstrates that these people were contributing veterans. International students, refugees, and newly landed immigrants do not have the same understanding of Remembrance Day as Canadian students and staff do because they may come from countries that may not have participated in the world wars. Or in some cases, their experience with war may be very different from those of North Americans. Contrary to popular belief, WWII was as close to a world war as it gets. While the beginning of the war is often given to Germany's invasion of Poland, other historians consider the invasion of Manchuria by Japan to be the start in 1931. This alternate start shows the impact the war had on countries

not commonly associated with Remembrance Day such as China and Japan. The lack of representation in these assemblies potentially disconnects and alienates students of other heritages. Imagine a Dunkirk movie that

The story of Remembrance Day would not be complete without the efforts of the black, Asian, and Indigenous soldiers who also risked their lives.

—Diane Huang  
Edge columnist



only focused on the trapped soldiers without the British civilian effort that saved the stranded. Such an omission would send a message to the families of those civilians that they do not deserve to be mentioned. Is this not therefore the same message with a Remembrance Day that does not include people

of other ethnicities? The story of Remembrance Day would not be complete without the efforts of the black, Asian, and Indigenous soldiers who also risked their lives. Without the inclusion of marginalized communities, they could feel invisible during these ceremonies. This is not meant to degrade the value nor the honour of the sacrifices made for the freedoms that Canada enjoys, but to highlight the lack of inclusivity. How many students had knowledge of diverse cultures fighting for Canada in the two world wars before high school? The education system, like any other system, needs time to change to fit a welcoming modern world. Luckily, change is coming.

The addition of a land acknowledgment on classroom windows and now in Talon Talk is a step in the right direction. With the assembly tomorrow, teachers and students can bring their own stories into the curriculum. Provide a time for open discussions for students to share their experiences of conflict or war as both are still prevalent today. Many cultures have their own war heroes and memorial days. Students who wish to express their gratitude or talk can contact the local legion to chat with a knowledgeable member. However, change must be visible for it to be effective. At future Remembrance Day assemblies, include the photos and stories of those who have been marginalized. Maybe even include a speaker who does not look like the cookie-cutter photos from the two world wars. Only by truly remembering all the brave people who have served Canada will preserve Canada's values as a diverse free country.



TALONSTalk

With screen time up 66% in the past 6 years, *The Edge* asked:  
“What influence does your phone have on your sleep schedule?”

“It sometimes effects my sleep schedule, but not usually because I’m exhausted by school and want to sleep.”

—Rachel Wood  
grade 11



“I leave my phone downstairs at 10:30 pm and then I go sleep upstairs, so it has no impact on my sleep schedule.”

—Melissa Bouwmeester  
grade 12



“Personally, I’m more affected by my laptop than my phone.”

—Ronin Philip  
grade 9



“I tend to look at my phone every night and check the time which reads 12 a.m. and then I check it again and all of a sudden it’s 2 a.m.”

—Steven Kim  
grade 12



“Well, my phone doesn’t really dictate when I sleep so I don’t think it influences my sleep schedule that much.”

—Annika Coxe  
grade 10



“I’m on my phone for 15 minutes before I go to sleep every night. I know it’s supposed to have a negative impact on your sleep but, I go on it anyways and check my Instagram.”

—Brian Unger  
social studies teacher



Increased screen time stealing sleep from students, affecting grades

**ALEX ZHANG**  
*Edge columnist*

Digital devices are disruptive to teen sleep “If sleep were a credit card company, many [people] would be in deep trouble,” reads the opening to the Harvard Health article, *Repaying Your Sleep Debt*, which discusses an increasingly sleep-deprived population.

Due to factors including academic stress, present-day teen sleep habits are harmful for personal growth due to bad digital viewing habits.

In a recent report from the University of Chicago Medicine, Dr. **Kristen Knutson** noted that “90 percent of parents in the poll reported sleep durations below [the recommended 8-9] hours of sleep for teens.”

According to Knutson, “90 percent of the teenagers alone were getting less than 9 hours of sleep.”

Sleep is essential to mental and physical health. The body requires sleep to grow, repair, and maintain health.

Many studies prove that proper rest leads

to academic success, yet many teens choose social media over sleep.

Social media use has increased by 66 percent in the past six years, from 90 minutes a day in 2012 to 136 minutes in 2018, according to data on Statista.com.

While some teens choose to de-stress online more often due to increased stress from academics.

The same report from the University of Chicago, also found that exposure to digital screens heavily impacts sleep quality because of the unnatural amount of exposure to light.

All light is known to suppress the release of melatonin, a sleeping inducing chemical. The blue light from devices is the most effective at this job.

This is the reason why there has been an effort to reduce blue light while viewing devices using tools such as night mode or blue light glasses.

Light keeps the body active and a lack of it promotes sleep. As a species, that’s why people sleep at night and wake up when it’s morning. The artificial light people are exposed to disrupts the natural sleep cycle.

Harvard Health concluded in a separate article that overexposure to blue light before sleep from sources such as digital devices results in more difficulty falling

asleep and poor sleep quality, leading to sleep deprivation.

Consequences of chronic sleep deprivation include drowsiness, impaired cognitive functions, and increased risks of health problems.

However, there are many ways to integrate a healthy sleep routine.

Digital screens should be avoided at least 30 minutes before sleep. Use that time to de-stress or do work on paper. Establishing a consistent sleep schedule will improve sleep quality as well.

The steps taken to achieve quality sleep may seem tedious, but the benefits it can bring will accumulate over time.


The consequences of lacking sleep should also be motivation for better sleeping habits.

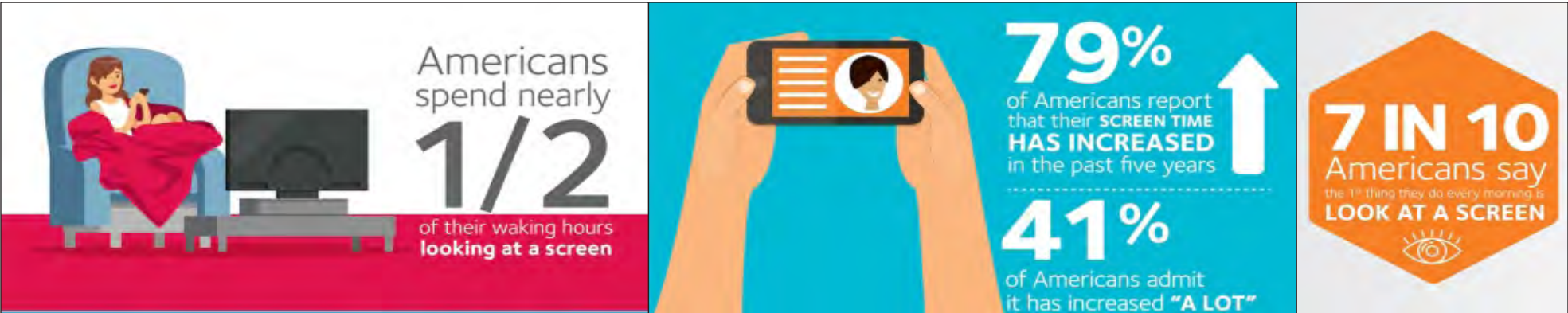
Screens are not the only cause of chronic sleep deprivation, but are a significant factor. By putting the screens away, better sleep can be found.

As a Chinese proverb states, “The loss of one night’s sleep is followed by ten days of inconvenience.”

“The steps to achieve quality sleep may seem tedious, but the benefits it can bring will accumulate over time.”

—Alex Zhang  
Edge columnist





[HTTPS://COOPERVISION.COM/PRACTITIONER/ECP-VIEWPOINTS/PRODUCT-SPOTLIGHT/SCREEN-TIME-SURVEY-RESULTS-AND-BIOFINITY-ENERGIES](https://coopervision.com/practitioner/ecp-viewpoints/product-spotlight/screen-time-survey-results-and-biofinity-energies)

GOT something to SAY?

Don't just think it...

SPEAKOut!

LETTERS to the EDITOR are welcome

Just type it, be free of libel, sign it, and submit it to an English teacher

OR email it from your student account to [EdgeSD43@sd43.bc.ca](mailto:EdgeSD43@sd43.bc.ca)



# Online *Edge* release provides new daily voice for students

LAURYN LEE  
Staff reporter

For the first time since its inception in 1997, *The Edge* is now accessible online. Student voices will not only be heard at the end of every month in the student newspaper, but also daily as the online platform, [EdgeSD43.org](http://EdgeSD43.org), launches.

*The Edge* is the student-run newspaper of Gleneagle which has been recognized with International First Place and George H. Gallup awards by the Quill and Scroll Society.

News stories are written and published by new media 10-12 students to spread awareness of school activities and illustrate how students are involved within the community.

Last year, the journalism course was cut due to low enrolment, but a group of students came together as a club to produce *The Cutting Edge*, a smaller version of *The Edge*.

This year, *The Edge* returned, as a new media course gathered 60 students interested in writing for the school newspaper as part of their required English course for grade 10 and 11.

“I’ve been really impressed with how students are,” said **Daniel Beley**, English teacher and librarian. “I think when students became aware that rather than being in an English class, this was going to be an opportunity to demonstrate their voice and opinion to a much larger audience. [I felt] the buy-in I saw from the kids was impressive.”

With the return of *The Edge*, an additional step was taken to further make student voices heard: an online launch.

“I was very happy to hear that we are finally going to have an online platform where we can pull stories from,” said **Alex Zhang**, grade 11 and senior member. “Stories such as news and briefs are not limited to one paragraph or two paragraphs and people are free to write as much, or in some cases as little, as

## theEdge

GLENEAGLE’S STUDENT VOICE SINCE 1997

HOME NEWS OPINIONS ATHLETICS A&E FEATURES MEDIA ABOUT THE EDGE TRENDING



EDGESD43.ORG/PHOTO

**FRESH NEW ONLINE FACE:** Starting today, [EdgeSD43.org](http://EdgeSD43.org) goes providing a place to do daily news and sports reporting.

they want.”

The online version of *The Edge* was created by **Scott Findley**, English teacher. Each sub page is divided into sections for opinions, athletics, arts and entertainment, features, and media. Students can access the category they want to browse.

The website had actually been available for access over the past two weeks as it was beta-tested.

“We are still finalizing what the rollout is going to be, but ideally, and most likely, it’s going to be through as many channels as possible,” said Beley, “I would like to see a lot of cross-promotion between both of our school’s Twitter and Instagram accounts.”

“We hope to set up a place that has more frequent student engagement, rather than have students actually grab a paper copy on the days we print,” said Beley. “We want a space where students can be checking regularly because it has content they are interested in and is up to the minute with what is happening in and around our school community,” Beley continued.

Some students see value in the release of an online paper. “The online version is much more convenient because we don’t have a selective pool of stories that doesn’t need to be decided on beats,” said Zhang, “We [have the option to] pull from whichever stories we think are best.”

Others do not expect to see a change in how much they read the school paper. “I don’t think it’ll increase how much I’ll read, but it will be helpful in the sense that it’ll be easy to locate past source of past papers if I want to read,” said **Valerie Zhang**, grade 11.

*The Edge* is not shifting away from making printed paper copies by opening an online version.

“I still think there’s value in the tactile quality of having a printed paper,” commented Beley.

“I don’t think you’re ever going to see it entirely go away, but I would think you’d see more of a transition into these digital spaces,” Beley concluded.

## Career advisor calls on students to learn about post-secondary education



ABIGAIL LIM/PHOTO

**HELP IS ON ITS WAY:** Career advisor **Kirsten Austman** looks forward to helping students with their post-secondary education and career options.

ABBY CHOW & ABIGAIL LIM  
Staff reporters

With the class of 2020 coming close to graduation, **Kirsten Austman**, post-secondary and career advisor, is helping seniors prepare for post-secondary applications and career path decisions.

An important part of her job is evaluating students’ interest and abilities, finding their strengths in the classroom and helping them seek various opportunities outside of school for personal growth.

In preparation for after high school, Austman combines students’ skills with potential career paths. She provides students

with resources regarding the steps they should take to obtain a specific career path.

Senior students looking for support in pursuing their future endeavors can approach Austman for post-secondary needs that are specific to them as an individual, such as funding for tuition.

Austman’s favourite part of her job is “talking with students and learning about what they love, what their interests are, what they’re good at and value because those are the important things that are considered when thinking about the future. If you have dreams, let’s figure out what can we do to make those dreams come true.”

**Jasmine Choi** and **Jay Hamidova**, both grade 12, received Austman’s help with their Loran scholarship, a national charitable organization.

They both said that Austman helped them significantly with the process of filling in their applications. This included going through the applications in detail and spending time completing them. “She genuinely cares about the student population here,” said Hamidova.

She then added, “I was a grade 11 asking her questions about post-secondary, and she was so open to helping and it’s not just about where you want to go, but also where you are right now, and she really supports you on that as well.”

“She was always there rooting along for me...she is an amazing coach, as much as

[she has] information, she’s also your best cheerleader,” said Choi.

According to Austman, it is never too early to plan for post-secondary. “Think about everything and anything that you feel proud of, that you’ve ever done, that you’ve ever accomplished, that you’ve every participated in. What gives you joy, what makes you proud?” said Austman.

“Think of stories about anything you’ve done in your whole life, and think about what did I learn when I was doing that, about myself, what did I learn about the world, what did I like about it, what did I not like about it, what kind of skills did I use when I was doing that, what kind of abilities did I develop?” added Austman.

Austman can help students gather all that information and come up with a plan to achieve their goals. Yet, it is the student’s responsibility to take the initiative of coming to Austman for help.

For students interested in learning more about how they can get support from Austman, they are highly encouraged to visit the Career Center page on the Gleneagle website, or through the Career Centre Channel on the *MySchoolDay* App.

Further information about trades and apprenticeships are also posted on the bulletin board outside of the counselling area.

Students can find Austman in room 293. Office hours are Monday to Friday from 9 a.m. to 4 p.m.





ILIAN MANDEV PHOTO

**SUPER-TEACHERS POWERS ACTIVATED:** Teachers from various departments, unite to compete in the Halloween fashion parade on October 31 in the MPR. The Halloween fashion show took place in the MPR at lunch.

# Halloween parade showcases student, staff spirit

**HAILEY KUANG & ILIAN MANDEV**  
Staff reporters

Fred Flintstone, Pennywise and George, and stereotypical Canadians were the winning costumes in student council’s annual Halloween fashion show on October 31 in the MPR. Over 100 students competed. Jayden Caisley, grade 11, placed first in the single category as Fred Flintstone. “I wanted to go with something that wasn’t going to be too expensive, but that was

gonna be fun and enjoyable,” said Caisley. Annika Coxe and James McVey, grade 10, dressed as Pennywise and Georgie from Stephen King’s *It* and won the pair category. Lucy Robinson, Morgan Roebottom and Riley McCartney, grade 12, dressed as stereotypical Canadians, and won the group category. “We decided to dress as Canadians because...we wanted to have a fun group costume for our senior year,” said Robinson. Teachers Roberto Ramogida, Brittany Galliford, Kathryn Welsh and Bill

Morphett judged the contest. Singles and pair prizes were \$5 Starbucks gift cards and the group prize was a pizza lunch. Participants received a \$1 coupon for Wonderland Yogurt, according to Elaine Xiao, grade 11 student council executive.

Scan to see more student and staff costumes in the online gallery at [EdgeSD43.org](https://www.edgeSD43.org)



# Mini chicken barn sets student education in motion



KYLA VAN EYDEN PHOTO

**NO CLUCKING AROUND:** Students get up close and personal with the chickens at the Poultry in Motion presentation on October 24.

**KYLA VAN EYDEN & KAYLA HARTLEY**  
Staff reporters

Poultry In Motion visited on October 24 to teach students about poultry farming.

Farmer Dave Martens and his wife Sheryl Martens, presented to students. “I don’t come to schools with the mindset of changing people’s opinions on poultry farming,” said Dave Marten. “We care about our

animals and we want to treat them with dignity. Poultry In Motion has educated ELL and food studies students for several years. The BC Chicken Growers’ Association has developed three trailers that are replicas of broiler chicken farms in BC. The educational mini barn has three sections: broiler breeders, chicks, and market ready chickens, so students can be educated on each process. “[My students] don’t know the industry. They just eat the chickens and everything’s dandy, so it’s nice to educate them on how Canadian poultry is produced. [It] gives them a little more insight,” said Michele Wilson, applied skills teacher. Poultry In Motion is a free service presented by people who want to educate the public on this industry, and show that not all farming is inhumane. “I thought it was a really cool opportunity, and everyone in my class really enjoyed it,” said Alex Burns-Farquharson, grade 11. It’s quite exciting if you’ve never seen chickens in real life, or for people who have, they have never seen chicks before.”

# Fly fishing offers hands on approach for students

**JACKSON CYR & NOAH BREAKSPEAR**  
Staff reporters

Students are getting a hands-on approach with the new fly fishing 11 course. Taught by English teacher, Lorenzo Cirillo, the course focuses on teaching how to cast rods, tie flies, identify and catch fish. An important aspect of the course is environmental stewardship and responsible practice, according to Cirillo, and that fly fishing is “more than just tying and casting pretty flies.” The class had a few fishing trips for salmon, but their results have been less than optimal as a result of a drop-off in fish,

creating what Cirillo calls a “crisis state.” Carson Bosma, grade 11 member, said that he has enjoyed the course so far, but found the lack of fish to be “depressing, because it’s hard to fish when there aren’t any in the water to catch.” Vincent Huang, grade 10, said that he’s enjoying the class so far, developing a new “interest in fly fishing and conservation,” but would have liked to catch a fish on one of the field trips. Cirillo believes that students are being given the chance to gain an “appreciation for the aesthetic of fishing” with this course and it adds a social aspect that students do not receive in other classes.



NOAH BREAKSPEAR PHOTO

**KNOTTY TIME:** Grade 12 Lucy Robinson practices tying fishing lures in the new fly fishing 11 course.

# NEWSinBrief

## GSA seeks new gender neutral washrooms

With the school year moving along, clubs are starting their main activities. The gender sexuality alliance, or GSA, has plans for major changes to the school. The club is dedicated to the LGBTQ+ community and their allies. The GSA was responsible for the assignment of the single gender-neutral washrooms built four years ago. They are looking to expand this year by converting the art wing washrooms into multi-stalled gender-neutral washrooms. “We’ve actually been trying to get that bathroom for two years now. I think this year we’re going to get further than ever before,” said Charlotte Alexander, grade 12 and club leader. “It’s important to create a safe space for gender non-conforming [and] transgender people,” commented Alexander. GSA activities and projects vary as they are determined by their members. The GSA club meets on Thursdays at lunch in room 203. New members are welcome at any time.

– Evan Tseng & Ben Huszar

## Temp principal arrives after Cober departure

Temporary principal Karen Jensen has completed her first week on the job after the departure of Ken Cober, who accepted a position as assistant superintendent in Maple Ridge-Pitt Meadows. Jensen is a retired principal who worked at Port Moody secondary for ten years. “[Jensen] will only be here until January and then the new principal will be appointed but we don’t know who that is yet,” said vice principal Kim Cuellar. Cober announced his promotion on September 19 to staff, students, and the parent community. “I will be the in-between piece and hopefully be the glue to hold the transition together and keep it smooth,” stated Jensen, so Gleneagle will not see much change from Jensen during her timeline of being principal. Jensen has the exact plan and drive for Gleneagle that Cober did and wishes she could do much more. “I know from personal experience that the change process is a 5-7 year process, so three months doesn’t give us enough time to staff and students, but yes I do wish I could do more but it’s not what I have been assigned to do,” said Jensen.



Karen Jensen  
principal

A special assembly was held on October 22 for students and staff to say goodbye to Cober following his four years of working at Gleneagle. – Kieran Dixon & Elliot Freeman

Scan to see pictures from the special assembly held to say goodbye to principal Ken Cober.





SPORTS in Brief

Senior boys soccer season ends with tie against Pinetree

Gleneagles senior boys' soccer team is gaining momentum as they have a 2-2-3 record, winning two games, tying two, and losing three.

They played their last game on October 29 at Pinetree secondary. They tied the game against Pinetree 1-1 ending the season with a tie.

Led by coaches **Frank Abbinante**, culinary arts teacher, and **Roberto Ramogida**, science and digital literacy teacher, along with team captain, **Ben Billings**, grade 11, feel the boys are only getting stronger.

This year the team has been placed in the AA league which makes for more competitive games compared to the more difficult AAA league.

One of these competitive games was an away game against Pitt Meadows secondary which was held October 17 where the boys lost 4-2. Billings stated, "The game against Pitt Meadows was a really good game because even though we lost, we still fought hard."

Billings, who was on the senior team last year, also said. "This year's team is a lot better than last year and we will probably be at our peak next year since a majority of players are grade 11."

"We are all pretty social," said **Stefan Lakovic**. "The grade 12's help the younger kids on the team and for the most part everyone gets along with each other."

With the leadership and confidence of the senior boy's, they had a very even season and they lead Gleanegle to two win's and are expecting to come back next year even stronger.

- Quinn Macmillian & Misha Boyco

Junior boys basketball season starts with warm up, exercises

The Junior boys' basketball held practice on October 25.

The team was founded when Gleneagle secondary school opened, giving grade 9 and 10 students an opportunity to play basketball, there are 12 members in the Junior boys' basketball team'.

**Roberto Arciaga**, the cafeteria chef, has been coaching the team for two years. For now, they will practice twice each week.

When the season starts, they will practice more than twice. The practice began with a 25-minute warm-up. Players did various exercises including shuffle jacks, walking lunges, squats, and high kicks. After the warm-up, they worked on ball-handling, shooting, and defensive and offensive plays.

**Sharif Hebrahim**, grade 10 team member, said he plays because it is both his hobby and dream. "Basketball brings me happiness and enhances [my] physical fitness, also endurance," said Hebrahim.

"I hope this year our team can get better ranking, the team members can do teamwork better," said **Allen Li**, grade 10 team member.

"At the beginning [of last year's season], some of the members didn't know how to play basketball, but we got better as the year went. I think we will do better this year," said **Arciaga**.

- Zoe Gao & Wendy Yang

Field hockey season over with playoff loss



JOSH RIGLIETTI PHOTO

**REACHING FOR THE WIN:** Natalie Hill, grade 11, reaches for the ball to stave off the Port Moody Blues in a playoff game on October 24, that ended in a 0-3 elimination loss.

**ZACKARY WILENSKY & JOSHUA RIGLIETTI**  
Staff reporters

Provincial district champions in previous year, the field hockey team's season

ended with a 0-3 loss against Port Moody in a playoff game on October 24.

"We needed to work more as a team in the first half. Also, to be more positive and to be more urgent," said **Emma Gittens**.

Having won the district championships

in 2016 and 2017 the girls were eliminated in the first round.

The girls had beaten Moody 2-0 in the regular season.

"Unfortunately, weren't able to capitalize on our offensive opportunities. We didn't give up and gave it our all," said **Hannah Peterson**, grade 11 team member.

"Some days we have been dominating games but can't seem to put the ball in the net," said Patty Anderson, coach.

During the regular season the field hockey team got their first win against Maple Ridge.

As the season went on, they won against Port Moody 2-0, tied 2-2 against Charles Best, tied 0-0 against Riverside lost 1-0 against Westview.

"The season has been very up and down so far," said Anderson. "We haven't been winning as much as we would like but we are competing in games."

The communication has been very strong. They have been working very hard as a team."

"I would love to see more girls out; I think they wait until grade 11 or 12 before they come out. Our future may be in trouble in another year from now," concluded Anderson.



ARTONA

Talons get their kicks in with return of club



MILIKA GHASEMI & ZOE ZHANG PHOTO

**AIMING HIGH:** Matheus Zhu and Peter Freeman, both grade 12, develop their martial arts together. Kickboxing club practices every Tuesday and Thursday after block 5.

**MELIKA GHASEMI & ZOE ZHENG**  
Staff reporters

Students will be safely kicking and throwing punches as the kickboxing club enters its second year under the instruction of vice principal **Michael Chan**.

Kickboxing is a sport developed from

karate mixed with boxing. "It is something that [students] can carry on for the rest of their lives," said Chan.

The club meets Tuesdays and Thursdays after block five. Chan provides equipment for students and teaches them techniques and strategies.

Students take turns in holding pads for

each other to practice.

"Teaching kickboxing is the best part of my day," said Chan. "I can hang out with kids and learn a lot from them. During a regular school day for an administrator, you don't get that kind of time with students,"

This year the amount of participation in this club has increased slightly to 30 students according to Chan.

Kickboxing is a good way to release stress and throw frustration. "It is a very supportive community," said **Sophia Guan**, grade 12, a member of the club.. "It is not very competitive. It really focuses on self-growth,"

**Emma Luo**, grade 11 member, said the club "is fun and cheaper than other clubs outside Gleneagle."

Chan has made some changes to this year's club. He trains last year's members to become leaders, so the club can maintain itself for years to come.

"It is more organized this year," said **Matheus Zhu**, grade 12, the co-captain of the club.. "Many people who joined this year fit in quickly."

The club runs year-round, so students can join at any time.

Parents must sign a form to give permission which students can get from the front reception desk.

Chan calls on more students to join the club because "Gleneagle Kickboxing Club is awesome and you are surrounded by a bunch of people that will support you."

Gleneagle-Pinetree wrestling program begins practices

**ARITZ BULDAIN**  
Staff reporter

Now that the fall sports season is coming to an end at Gleneagle, winter sports are arriving, including wrestling.

Wrestling is a combat sport which involves grappling-type techniques.

The goal is to get your opponent's back facing the ground. Other way of scoring points is taking your adversary down into

the floor.

Matches have a limited amount of time, if it runs out and the score is tied, there will be an overtime.

Wrestling practices are starting the second week of November. The season will end in the middle of February with the provincial championships.

The participation that wrestling gets compared with other sports at Gleneagle is low, and, due to this, team practices will be done with the Pinetree secondary team and will

take place at Pinetree.

**Brian Hunter**, Gleneagle teacher, is involved with the wrestling team as a sponsor teacher and will periodically assist with some of the practices. However, the team will be primarily coached by the staff from Pinetree.

Although there is going to be a close link between both Gleneagle and Pinetree teams, both of them are keeping an independent status, where students of each team will represent their own high school.



# Swim team breaks championship record

JAKE KIM & MINKYU JU  
Staff reporters

The swim team placed 5 out of 22 teams in the Fraser Swim North Championship on October 24, earning 13 medals.

Relay team members and individual event swimmers earned four gold medals, seven silver medals, two bronze medals and two fourth place positions which gave them total of 489 points.

**Mark Tustin**, Coach and PE teacher, said “the kids swam really well. I saw lot of improvements in of lot of kids.”

They also had 13 of 18 swimmers qualified to the BC high school championship. “That’s good, I think the swimmers feel good about what they did as well,” said Tustin.

There was an effort behind the records. grade 12 swimmer **Eric Sue** said the training makes the records.

“We trained very hard and our swimmers worked very hard to achieve their best,” said Sue.

“I felt proud of my swimmers for making it to the next swim meet. We are very satisfied with the records in the Fraser North Championships and hope to continue to break records at the next meet,” said Sue.

“All the swimmers did well and showed improvements,” said **Yedam Lee**, grade 12.

At the beginning of the season, the beginner swimmers had difficulty adapting to the team.

“It takes time for us to help train them so they can have best experience they can have,” said Tustin.

“In the beginning, grade 9s. had difficulty



USED BY PERMISSION OF GABRIELLE ROBLES

**ON YOUR MARKS:** *Yu-Xing Lim is seen in the black Gleneagle swim cap with Ben Billings in the white cap on the right side of him. The boys are in their track start position seconds away from starting their 50 meter freestyle. Ready to fight for first place.*

adapting to the team environment,” said Lee, but as time passed the beginner swimmers are adjusting to the environment and finally becoming a team.”

Swimmers are heading to the next competition which will be held on November 15 and 16 in Richmond.

“We have about three or four practices left before that competition and [the] kids are doing really well,” said Tustin.

“Our swimmers will be prepared for the upcoming competition as they work their hardest in practice and strive to be the best,” said Sue.

Tustin expressed, “the goal of for the next competition is always personal bests.

The kids qualified in individual or relay events at the BC’s goal is to get on the Podium, win first, second or third as it’s always goal of the BC’s,” said Tustin.

“As much as I want the swimmers to get their best results, I want them to truly enjoy the sport and get as much experience as they can” said Lee.

She also wants to support the players outside the pool.

“I want to help them find their talent and have passion in their work,” added Lee.

## SeniorVolleyball

### Boys eliminated from playoffs after loss to Heritage Woods

Gleneagle’s senior boys’ volleyball team ended the season with a record of 1-5 after losing 1-3 to the Centennial volleyball team on Tuesday, October 22, 2019, losing all chances to proceed further into playoffs after being defeated 0-3 by Heritage Woods on Tuesday October 29.

Despite the rough season, this year serves as a learning opportunity in terms of their growth and development. “Even though our season hasn’t been full of victory as anyone would hope, I’ve still been really proud of the group they’ve made,” explained **Daniel Beley**, team coach.

The senior boys have been vigorously training for each game this season, explained Beley. Even when they lose games, they learn from their mistakes and come back stronger. “We can see where they’ve come from in their first game, versus how they played on Tuesday against Centennial; they have become such an adaptable and lively team and I am very proud of that,” added Beley.

“A lot of crazy things happen during the practices and we’re just further developing our skills and bonds,” said **Jason Liao**, grade 12, captain of the volleyball team.

“We came [in] grade 9, [and] after all these years, we finally have respect for each other and know how to play with each other, which makes a huge difference in our games as well,” said Liao. The season may have concluded, but the lessons learned will not be forgotten.

– Ethan Jiu & Andy Lee

# Cross country team makes BC provincials



USED BY PERMISSION OF LORI GREGORY

**RUNNING INTO PROVINCIALS:** *Emily Zhang, grade 12 wearing the number 283, races her way towards the finish line. She placed 107th out of 220 senior girls in the provincials.*

LIZ JUNG & MINJIN OH  
Staff reporters

At the November 2 provincials, there were 220 students running for 5 km senior girls’ race and the top 25 received recognition at

the awards ceremony. **Ella Kalnins**, grade 9 placed 24 and received recognition.

**Emily Zhang**, grade 12, placed 107; **Ruby Charney**, grade 9, placed 164; and **Lucy Robinson**, grade 12, placed 167. As a team, senior girls’ team placed 14 out of 21 teams.

**Ethan Yang**, grade 12, was the only boy runner from Gleneagle and he placed 132 out of 260 senior boy’s runners.

“Gleneagle’s cross country team was very successful at the Zone Championships” held on October 24, said **Katherine Chung**, science teacher and team coach.

“This year’s junior girls cross-country team was very strong,” said Chung, and one of the runners held the lead for over half the race. All four who ran qualified for the provincials as a team, and individually. Provincials will be held on Saturday, November 2.

Yang, ran in the senior boy’s race qualified for provincials. Other senior boys also ran well placing in the top ten according to coach **Lori Gregory**, peer tutor and CLE teacher, and Chung who were happy with their results.

The major difference cross country running has from track and field is that the runners run longer than the running you would do for the track. The terrain is also different as they must run on trails for the majority of races.

Each year, there are 15 to 25 people on the team, while the team has had only 6 runners. Chung said that since there are no tryouts, anyone who wishes to join is welcomed to the team. Yet, since the season starts in the first week of September, students often miss out to sign up for the team.

The cross-country team is sometimes short of junior runners since many grades 9 students hesitate to join the team.

For people planning on joining the cross-country team next year, Gregory suggests that they “should just start running and if running for 10 consecutive minutes is too much for you try running for nine minutes and walking for one”

### Senior girls volleyball struggle in tight sets to win matches

The senior girls volleyball team endured a home loss to Maple Ridge on October 22 in three straight sets.

**Les Lau**, coach, said “the first set was really good.”

However, he stated that as the match went on, there was more intensity which affected the players’ performance, and resulted in a score of 22-25.

“This is something we really need to work on,” said Lau.

In the next two sets, more minor mistakes were made, and the power of their serves weakened and their reactions were slower.

“The players were getting more tired in the last two sets, both mentally and physically.” In the second set they were losing 1-4, yet they battled back to tie at 8-8, the team ended with 18-25,” noted Lau.

Lau also stated that the players’ performance started to drop and obvious exhaustion was seen in the third set.

“For the physical part, the girls are doing pretty well, there is more to work on their mental strength,” said Lau, talking about the improvements they should make.

Lau also talked about what is the most important thing the team need to learn: “They need to learn how to fight back,” added Lau.

**Claudia Gavrilas**, grade 11 team member, felt nervous as she is in the senior team, at the same time, they were missing a couple of good players that night.

She talked about her expectations for the game “We are hoping we can win a few sets.”

–Hadrian Lau & Charlotte Gao



A&EinBrief

Drama showcases hit mainstage next week

Drama classes will be holding their fall showcase on November 15.

For most of the students, this is their first year in a drama class and many have no acting experience.

**Nikolly Oliviera**, grade 12 and student director, is “really proud of the kids, they’re really coming along.”

Shows *Dystopia! The Hungry Maze Game of Divergent Death*, which features the block 5 grade 9/10 drama class and is directed by Oliveira, **Elyjah Del Bianco**, **Mackenzie Morrow** and **Tia Gschwind**, all grade 12.

The takeaway from this show, according to Oliviera is that “not everything is as it seems but that’s ok.”

Another play will be performed by the block 2 drama class and is directed by **Tori Kaz**, **Asher Swartzberg** and **Owen Coukell**.

Tickets will be available on the night of the show, costing \$2 for students and seniors and \$5 for adults.

– Jordan Sutherland & Abigail Staff

Final auditions for Me to We happen today in MPR for Coffee House

Today is the last day for auditions, that started on Monday, for the Me to We coffee house on November 29.

“This year we are trying to collectively raise \$10,000 in funds to build an elementary school in Kenya,” said **Jiwon Hwang**, grade 12, co-leader.

Eighty people are involved in the club that brings Gleneagle together for the event.

“This year we had lots of new students joining the club,” said Jiwon. This year’s coffee house theme is based on a garden organic, natural environment

The coffee house has respective committees for performance, logistics, food, marketing, and design.

“I think it is going to be a really good event and everyone is going to enjoy it,” concluded Jiwon.

– Kasra Esfahanian & Eric Kim

Musical rehearsals on for Legally Blonde

Rehearsals are underway for Legally Blonde, set to debut in May directed by **Justin Maller**, drama teacher.

The story surrounds Elle Woods, played by **Tori Kazemir** grade 12, who is dumped by her boyfriend Warner Huntington III, **Christopher Maller** grade 11, as he believes she is not serious enough to be his wife.

Justin Maller is the only coordinator for the musical and delegates students to oversee specific aspects of the musical.

This is Maller’s second year at Gleneagle, but has 24 years musical theatre experience.

Most of the members of the musical this year are returning from past years and experiences including **Elyjah Del Bianco** grade 12, who is one of Justin Maller’s music captains.

The musical theater students believe that this year’s musical will be well received by audience members.

– Amanda Palmatary



JIM JI & CROM CAO PHOTO

**CLICKING AWAY:** **Jerry Dai**, grade 12, and members of the Gleneagle eSports team enjoy a captivating session of gaming. The teams practice together every Friday after school in the technology department computer lab.

eSports team prevails in match versus Centaurs

**JIM JI & CROM CAO**  
Staff reporters

The eSports team aced Centennial in a 2-0 in a best of three match on October 18.

Gleneagle took the first League of Legends game in 20 minutes. The second game lasted 22 minutes. however the Talons still came out on top.

For the team, this victory means a lot. “We are going to play every school once in a round robin tournament, so every game is really important because it’s good to determine our seat in going into the play off,” stated **Daniel Beley**, teacher sponsor.

As a new group at Gleneagle, e-sports provides an environment in which team members can grow both as a player and person.

“I started this club because of my own passion, also because I wanted to provide

other people with the benefits that e-sport brings,” said **Sina Allen**, grade 12, student sponsor. “My expectation is obviously working towards winning.”

“I have to motivate them to work hard and participate in the game,” said Allen.

Organizing events requires great effort too. “There are difficulties with the organization of the game and communication between teachers, and as a leader, I have to make sure that every player is present,” stated Allen.

For some team members, communication appears to be a noticeable drawback. **Bailin Chen**, a member playing *League of Legends* in the e-sports club, suggested that some team members are not native speakers and therefore weakening team collaboration.

Despite these obstacles, Gleneagle’s e-sports club managed to win their match

against Centennial secondary, demonstrating its outstanding adaptability and determination.

“I saw a large improvement in terms of their team work and cooperation from the first week where we lost 2-0 against Port Moody secondary,” said Beley.

“This week they seem to be talking much better [and] they played in a less frantic way, and they seem overall making fewer and fewer mistakes.”

The market of electronic games, along with that of other technology, has skyrocketed recently, becoming a popular and lucrative industry.

“I am really happy that Gleneagle now participates with the rest of the high schools in the district,” said Beley, “and I would love to see this becomes a larger school event, rather than couple of classrooms in the school.”



THEOPHYLYA BALABIN PHOTO

**THE AUTUMN BLUES:** Members of the music departments band courses performed at the annual fall concert on October 25, which included guested conducting by grade 12 student **Lucas Hung**.

Fall concert features guest grade 12 Talon conductor

**THEOPHYLYA BALABIN & BELLA CHEN**  
Staff reporter

As the last note played on October 25, the Gleneagle annual fall concert hall MPR filled with cheers and applause of appreciation.

The junior and senior concert bands, the concert choir, vocal jazz and jazz band, all led by **Edward Trovato**, music teacher, performed during the evening.

**Lucas Hung**, grade 12 and guest conductor, was honoured to be on stage.

“Throughout and afterwards, I just had this great feeling of gratitude to Trovato giving me this opportunity and to the 70 people of the band, for being so open to have a student work with them and trust me to lead them during the performance and be active creators as well,” said Hung.

The Gleneagle Fall Concert performance is an annual event for the school.

“Everyone shows positive, supportive

energy in this group, even as a new member, I do not feel lonely,” said **Zoe Gao**, grade 10.

“It is a performance well done by everyone,” said **Jayden Caisley**, grade 11, who joined choir this year. “I have made new friends; it is really fun to be there.”

Trovato intends to have that the band and choir participate in more activities in the local communities in the future.

The next event for the music department is the annual Christmas concert which will be held on December 8.