

Weekly

Highlights.

- Practical tips for students on riding the rough economic waves.
- The sweet life in the infamous 'Gangcouver.'
- The enrapturing novel "The Life of Pi", a review.
- The ugly truth behind the International House of Pancakes.
- The much awaited Movie Knight!

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The Bittersweet Life of GANGCOUVER.

-Elisa Rutigliano

The city we all know as home has slowly drifted away from the one we once knew. The streets we could easily walk down in the evenings are no longer as safe as we once thought. The parks are off limits because in the back of our minds, we envision our names being on the front of the local newspaper as the next target. Civilians are hesitant to enter a certain part of town because of what they've seen happen. We have all heard about the numerous shootings that have been occurring in our city, along with other major cities nationwide. These events are picking away at the city's last ounce of hope.



VPD at a shooting scene.

Never would I have thought that the violence could get this pervasive. Nationwide, we are known as 'Gangcouver'. While talking to other citizens about the current crisis our city has endured, I have tried to figure out how these events are affecting other people. People are trying to figure out how all of this has gotten to the point of no return. Some do not want to start their own family in this city because they can't imagine

what it's going to be like years from now, and to what extent the violence may escalate. Now, for the first time, it doesn't seem like the appropriate place to raise a child and have him/her experience youth gang violence.

I do not know why exactly everything seems to continuously 'hit the fan'. Our city's finest are doing whatever they can to prevent this from festering into something bigger. But is that enough? Is the only answer to stopping this

bloodshed catching whoever is responsible for it? The people who are running this town must go deeper into the community to attempt to lessen the amount of violence or soon enough the image of the city will be tarnished for decades. They have to aim at the demographic where it all seems to start — teenagers. They have to break up the gangs and keep them broken. However, it leaves the question, "What do we do?" Parents has to stop being in such denial that their children can't possibly be a part of this and start talking to them. Only through education and realistic attitudes can we stop the bloodshed and unnecessary deaths.

EDITORIALS Riding the Rough Economic Waves

-Matthew Prior

These days the topic on every one's mind is the economy. Every T.V. show, magazine, and conversation seems to

revolve around it. And you don't need to have a diverse investment portfolio to know that the economy is not doing

too well. People are losing jobs by the thousands, but that doesn't mean that high school students don't feel the credit

Economic Waves cont.



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crunch as well. So here are some helpful tips for the everyday Knight that doesn't want to end up being one of those crack fiend Mr. Hall has to chase of school grounds.

Paper, binders, pens, pencils, and even duo tangs can be a strain on the old pocket book these days. But they are all vital to academic success, which will lead to a better university and a better job. So how can you get these supplies cheap now, to ensure you make more money in the future? Well the key to this is a good mix of “borrowing” and re-using. Most people know that when they give you a piece of paper to take notes on, they're probably not going to get it back. But the word “borrow” is so much nicer on the ears

than “have” that it makes for a much higher success rate when asking other people for school supplies. It is also important that when you do score some free stationary, you make the most of it. Don't leave any lead, ink, or scrap of paper unused. And when asking for supplies make sure you don't ask the same people too often. If you do, the generosity tends to dry up a lot quicker than if you space out your requests.

In these tough times many kids are finding it tough to find the money to buy lunch in the cafeteria. So what's a sure fire way to get a café quality lunch without shelling out for it? The easiest way would have to be mooching. Every day hot lunches are served, there is always an abundance of food pur-

chased which isn't eaten. The trick is finding it. Usually the same people are notorious for not finishing their lunches, so some good reconnaissance work before you stop bringing a lunch is necessary. Scout out who will have leftovers, so getting a lunch is a sure thing. Being a world class mooch myself, I have perfected this art, and can say that if done right, it will get you a hot meal every time.

In time you will find that these strategies will make a huge difference in your life. These tips may seem to provide an insignificant amount of economic relief, but over time they will provide for not only an abundance of spare change, but a lifetime of opportunity as well.

MOVIE KNIGHT and Other Promises

- Matthew Prior

It's finally happened! An STMC student council has actually followed through on a campaign promise. While a movie night isn't exactly going to change our school, it's a step in the right direction. Every year that I've been at STMC, every student council team has promised many things, both feasible and not, that they seem to forget about. I suppose this mirrors the politics of our own society, but this does not justify it or make it any less frustrating.

I ran for student council myself, and looking back, I'm glad we didn't win.

We would probably have done nothing, and it's about time a student council existed which actually gets something done.

The fact that our student governments get nothing done is not completely their fault. Student governments are basically powerless. They are a unified voice of the student body towards the administration, which is a worthwhile creation, but basically an illusion of power. There's no doubt that the administration is in favour of student councils mainly because of their ability to divert

repeated questions and inquiries. For this reason, it is not entirely the student councils fault that they have little power or ability to act.

Another party at fault for the limits of our student councils is the members themselves. Many (though not all) are in the running for student council either to put it on their resumes, or get out of class. And sometimes these people are smart enough to convince the voters that they are sincere in their promises.

The last accusation that can be placed is on the

MOVIE KNIGHT cont.

teachers tell them not to every year, voters end up casting their ballot for their friends or the people they like the most.

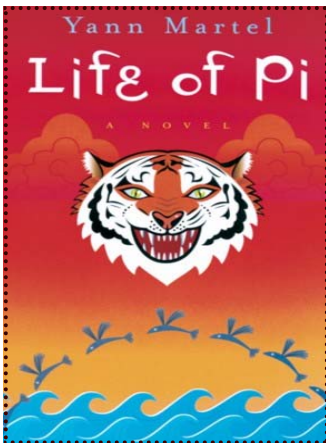
Hopefully the acknowledgement of these facts will inspire a change in the trend. Hopefully if this is read, the student body will try to vote for the people who deserve it, or run because a certain individual wants to make a difference. And if that happens, hopefully a real student council will be able to gain some actual power from the administration.



ARTS & ENTERTAINMENT

Enter, the *Life of Pi*

- Lauren Emmett



Picture this- A hyena, an orang-utan, a zebra with a broken leg, a Royal Bengal Tiger, and a young Indian boy compiled together on a solitary lifeboat. How could any survive?

Sixteen year old Pi Patel has been shipwrecked with a circus line-up of animals, and they embark on a journey through the blue abyss we call the ocean. Martel's novel sets a stage set for an extraordinary voyage, filled with both magic realism and absurdity. What more could a reader ask for?

Martel's book "Life of Pi" is a masterpiece. It sucks the reader down the rabbit hole of storytelling, and there's no escaping until the final punctuation has traveled from your eyes to your mind, and you realize that it's over. Martel writes with pure irony, and makes everything believable. With great usage of a descriptive vernacular, he manages to provoke all

your senses within a single sentence. His words are exceedingly descriptive, and the vocabulary so enthralling he paints a picture for the mind.

Within this novel, Martel dives into an exploration of different religions. He searches deep within the philosophical world, and he comes to the conclusion that as long as you have something to believe in, there's nothing to fear. "Life of Pi" may, as one character states, "make you believe in God." A storyteller must twist the ways of the world, even lie, but a great storyteller must make you believe. Martel does precisely this, and brings the reader into a world of faith and insanity.



LIFESTYLE

The Essentials of Exercise

-Carmela Luongo

Why is it so hard to drag oneself out of bed on Saturday morning and get to the gym? How is it possible to get excited about exercising? I've always found that the hardest thing about excising is getting the motivation to go to the gym. Once it's there, it's all easy sailing. I'm sure many people share this problem, and I have come to realize it is not something that a "fun" exercise plan from a magazine can fix. The want to exercise and be active has to come from within.

Just like with sports, drive and determination has to be self-constituted. There is only so much that a coach or personal trainer can do. After that, it's all up to the individual. But how is it possible to find the inspiration that makes someone want to push themselves to the brink of

complete exhaustion? I find that the best way to conceive that drive and determination is to first find some inspiration.

For example, I have never been so keen on the whole exercising in a public gym thing. Just the idea of some stranger starring at me while I'm sweating is not very appealing. Personally, I would rather skate around the rink or run around a soccer field to get my daily dose of activity, so when my sporting seasons came to a close I found myself lost and in desperate need of some exercise. I decided to tag along to the gym with one of my friends, and that's where I found my incentive. The jocks! They were left, right, and center. Everywhere I looked a jock would come into my line of vision. Although I don't like them starring at me while I work out, it doesn't mean it can't work the other way around!

I also lost that fear of people starring at me while I sweat, however, I am now very aware that it is not normal for a girl to go and use the bench press in a public gym.

So for those of you still wondering how to get yourself psyched up for working out, my advice is to find something that one really loves, and to try to incorporate it into to the exercise plan. Stock an iPod full of favourite songs, and create a playlist of invigorating songs. For video iPods, put favourite movies or a few episodes of favourite T.V shows on there and get on that stair-master. Adding an element of something to an exercise routine will for sure make the whole experience a blast, making it easier to get out there and stay active.

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STUDENT CREATIVITY

"Learning Lost"

-Lauren Emmett



The hall is empty.

Everything appears to be silent,
but put your ear to a door -
The wordless protest of
Lead on paper can be heard.
Further down the babble of children
Drowns out the drone of an exhausted teacher.
The bell rings,
And the herd is let loose.
A stampede rages down the hall,
Carrying with it the stench of bad cologne
And failed attempts at learning.
The air is filled with laughter
And the blushing of young cheeks.
Minds reel with witty comebacks.
Papers hit the floor
Where they are trampled and torn,
No one stops to pick them up.
Another bell rings
And the herd moves on,
Taking the slowest path to another pasture.
As the clamour dies down
And the hall empties again
I breathe in the leftover voices
Hanging in the air-
Forgotten by the mindless children.
Anxieties are littered on the floor
Quickly disappearing to the corners of the hall
To be dispersed all through the walls
And into the thoughts of careless daydreamers

SPORTS

Senior Girl's Basketball.

- Nathalie Pellizari

The first week in March, STM's senior girls basketball team headed to Kamloops or "Kamhoops" to participate in the 2009 AA Basketball Championships. After a long season of intense practices, league plays, playoffs and lower mainlands the ultimate goal was met.

The girls played their first crucial game in the provincial tournament on Wednesday; they delivered a 68-47 win over Prince George's DP Todd. The following day they played the third ranked team in the province Mission, which was sure to be a tough and tiring game. The Knights were neck in neck with the Mission Road Runners until the third half, when Mission was able to pull away with a win of 74-55. After a disappointing loss, STM came back to try to defeat Kamloop's own home team Sa-Hali. With great upset the final score was 71-46 for the Sa-Hali Sabers, who had one of their best games to date.

Following Friday's upset the Knight's were to face North Vancouver's Windsor Dukes. The game was played with heart and dedication, with Lexie Der scoring a very far three point shot, just at the half time buzzer. Windsor used the upset to their advantage and was able to stay within a few points of the Knights for the third and fourth quarters. The game went into overtime, and the Knight's were unable to shake their nerves, losing the game by an upsetting 10 points. The final score was 60-50. The Knights finished 10th out of 16 teams, with "players of the game", Lexie Der, Morgan Ellis, Emelyn Ticong and Sarah Hughes. Although the Knight's final standing wasn't exactly what they wanted, the senior girls proved the dedication and love for the game throughout the season, and should be very proud being one of British Columbia's Top Ten teams.



The Man Who Ultimately Started It All.

-Kelsey Singer

I had the privilege of interviewing Mr. Muise, STMC's Ultimate Frisbee Coach. The things I learned have given me a lot more insight on the sport, and the man himself. I would now like to share this with you through the interview below:

Kelsey Singer: Mr. Muise how long have you been playing Ultimate Frisbee for and what lead you to bring the sport to STM?

Mr Muise: *I started playing ultimate when I moved to B.C. in 1999. I watched some people practicing one day and asked if I could join them. I brought Ultimate (note no Frisbee) to the school because it is fun and I had a hunch that it would catch on here and that we could put together a good program pretty quickly.*

KS: This is your third year coaching at STM, and second year coaching a junior team. Does it ever become too much to handle along with teaching?

MM: *It's not too bad. I have been fortunate to have good people coaching the junior team the past two years. They make it so I can focus on the seniors and just admin the junior team. (shout outs to Dan X., John B. and Roberta C!)*

KS: Do you play Ultimate Frisbee on a team outside of school? What is the team like (competitive, all age groups, how many practices etc.)

MM: *I still play on a couple of teams every summer and one team in the*



fall. One team is pretty casual and the other fairly competitive. Each team plays two games once a week and the competitive team practices once a week.

KS: How are both your teams doing? Do you think you will win most of your games this year?

MM: *It is still early in the season, but we're off to a strong start. The seniors won their first two games and the juniors split theirs (losing to last year's provincial champs in a close game). I think both teams are in for a good year and are going to surprise some other teams!*

KS: Is Ultimate Frisbee an easy sport, or does it take time and athletic ability to learn the ropes?

MM: *I'm proof that you don't have to be athletic to play! At an entry being able to throw is probably the biggest skill to focus on. Athletic people can get by with speed and height. At higher levels throwing skill trumps all. My competitive team is pretty old and slow, but we can all throw really well so we play smartly and avoid running!*

KS: Is it hard to make the team? If so, what skills are you looking for?

MM: *It has gotten harder each year to make the team as ultimate grows in popularity. I look for throwing skill and work ethic first then athletic ability and team sports experience.*

KS: If there was any advice you could give to an aspiring Ultimate player what would it be?

MM: *Get out and learn how to throw!*

So there you have it. If you hope to join the ultimate team next year then pay close attention to the interview. To all of the current team members; great work so far and good luck in the rest of the season!

