

Sabre Sun News

INSIDE THIS ISSUE:

Halloween has changed!	2
Citrus Fundraiser	3
Scuba week	4
Heart Full of Hope	5
Gay Straight Alliance	6
A Foolish ban	7
New Teachers	8
Haunted Theatre	9
A classroom Unravalled	10
Football Feature	11
Halloween in perspective	12

VOLUME 1, ISSUE 1

MONDAY, OCTOBER 24

Letter from The Editor



Hey Sabres!

I'd like to welcome you all into another hopefully fantastic year of the Sabre Sun! Seeing as this is my first year as the Junior Editor and as Layout Manager along with Kelly Neal, I'd like to personally thank everyone for their support in the success of this paper by joining and contributing to this edition and hopefully many more to come! This year the Sun has some brand new, and returning writers to kick start this new beginning for us!

Joining our team this year we have new Senior Managing Editors : Russell Christmas, Brittany Moore, Jen Scott and Nikki Waxman!

As well, we have new assistant senior editors: Kelly Neal and Erinn Crampsie!

We would like to send a special thanks to Erika Hendel for providing us with our beautiful cover art for this edition, and hopefully she will create more works of art for our edition covers!

We hope you enjoy the work and effort that our writers have put into their articles! For anyone that is interested in becoming part of the Sabre Sun team, whether you are Junior or Senior, feel free to attend one of our meetings and put yourself forth as a writer or a photographer!

Enjoy this article, and stay updated for many more to come!

- Kate McLellan (Junior Editor)
See you later Sabres!

Halloween has Changed!

Decorations, inside and out, bright lights, parties and impatience. Sounds like a holiday – sounds like Christmas! But nope, it's not Christmas, it's Halloween! Obviously, Halloween has become a big event, and to prove it just look around throughout the month of October! Spooky movies are taking over television channels, party stores are so extravagantly decorated you can't help but go in, and brand name candies and chocolates are on sale in bulk. Some kids even plan their Halloween costumes almost a year in advance! It's all about having the best – and in some cases the scariest – Halloween costume. Although it's about two months before our typical holiday season, it's celebrated and anticipated almost as much as Christmas.

A casual night of trick-or-treating with friends and seeing houses decorated with a couple of Jack o' Lanterns has changed to a night where the neighbourhood houses have become full-out haunted houses and costume parties are planned months in advance. But why is Halloween like this? Being able to decorate your house as scary as you want is something that gives people ample opportunity to express their creativity no matter how old you are always seems to be fun. And costumes, they can be whatever you want them to be! Costumes these days range from nurses, to pirates, and from Pac Man to popular celebrities. There really is no line when it comes to Halloween and creativity – the bigger the better!

Two – regardless of how *huge* it seems – Halloween is still a typically cheap holiday. You don't have to buy gifts for people as you do for other holidays; all you need is a couple of pumpkins, a box of candy, fake blood and spider webs, and you've basically fully participated. There is no dinner for the family, and costumes can be made from old clothing and some accessories from the dollar store!

And finally, probably one of the biggest reasons that Halloween is now *such* a big event is because of the *candy*! There is really nothing more to say... Who doesn't want free candy? For the kids that are still going trick-or-treating, many houses now give full chocolate bars instead of just a candied apple or a couple pieces of bubble gum. We can probably all remember a time in our childhood where we would get a huge chocolate bar from a house and Halloween would be complete!

There isn't much more to say about this spooky day. For many years it has been celebrated, and there will be, without a doubt, celebration on this day in the years to come! It's something for everybody to participate in – child or adult! And regardless of the fact that it's a great way to express creativity, and forgetting that it's an inexpensive day that gives everybody a free ticket for loads of candy, perhaps, when it comes down to it, it is just an excuse for another holiday. Will Halloween become a day without school and a day off for business people in the future?

Citrus Fundraiser



Until the end of October, Sandwich Secondary School is having the third annual Citrus Fundraiser. For only \$23 you can get 20 lbs of oranges, for \$40 you can get 40 lbs of orange, for \$22 you can get 20 lbs of grapefruit, and for \$38 you can get 40 lbs of grapefruit.

Each fruit is picked seedless, then individually inspected no less than five times before being shipped to you from the Indian River area of Florida. The proceeds of this parent-sponsored fundraiser go towards benefiting the students at our school in sports clubs, academics, and entertainment.

Unlike supermarket fruit, pesticides have not been used on in these natural products, and while supermarket oranges and grapefruit are often left sitting on shelves for weeks or even months before being eaten, this fruit is guaranteed to be freshly picked and guaranteed to last at least two months if stored in a cool and dry place. Deliveries will be received during the last week of November (The exact date is yet to be confirmed). With 26,000 lbs sold already, this fruit is proven to be excellent, so get to it Sabres!



Scuba Week!



Nikky Waxman, a Grade 12 student at Sandwich, leaves for Orlando, Florida at the end of October. She's not headed down south for another trip to Disneyland, but rather to work at the annual DEMA (Diving Equipment and Marketing Association) convention with her parents. Ron Waxman, her father, owns CPR Depot, a company that sells and distributes First Aid and CPR supplies, such as mannequins and bandages. The Waxman family will be operating a booth for their company at DEMA this November.

DEMA, a very popular scuba convention, is held every year. Its location alternates annually between Orlando, Florida and Las Vegas, Nevada. DEMA is an international organization formed on the basis of promotion and growth of the scuba diving and snorkeling industry. At the convention, companies gather from across the world to advertise their unique products or services. Over five hundred exhibitors will be attending the upcoming 2011 convention, which will be held from November 2nd to the 5th.

The Waxman family has been involved in scuba diving for over ten years. Ron and Marion Waxman currently own Windsor's only scuba store, Benthic Scuba, located on Lauzon Parkway. Nikky was taught by her father how to dive at the age of ten, and by the time she was fifteen she had over five different certifications, including underwater photography, nitrox diving, rescue diver, equipment specialist, and advanced diver. She is currently studying for her Divemaster course, which is the first of the professional diving certifications.

As Halloween draws nearer, most students at Sandwich Secondary are busy planning their costume or deciding which party to attend, but one student is busy packing her bags. While other students fill their hungry stomachs with much craved candy, Nikky will be busy selling CPR supplies in Florida. Though this may not be the ideal way to celebrate a much needed holiday, she is still highly excited for a week away from cold winds and homework. DEMA awaits. Good luck Nikky!

Heart Full of Hope

Hey Sabres! It's that time of year again — the Terry Fox Marathon of Hope! Everyone knows about Terry Fox, his struggles, and why we raise money and walk every year, but did you know that about 5 705 514 people die annually from Cancer? (Worldwide) And some of these cases are closer to our hearts than we'd like to believe ... During our first assembly of the year our eyes and our hearts were opened when we all learned how deeply this disease has affected our fellow Sabres, and their families. Many people stepped to the plate that day to share their experiences. We watched as students, and teachers, shared their stories, in hope of a simple donation to encourage the families still struggling.



Sara Szpack

It's undeniable that almost everyone's family has been affected in some way by cancer, and I myself am no different. When I was twelve years old I lost my great aunt to cancer, but because of the Terry Fox Foundation, and the generous donations of people



Shawna Wiznuk and Halev Telega

everywhere, we were able to fund her treatment until the very end, but of course, my family wasn't the only one affected, or seeking help from doctors and generous donations ... During our assembly, we learned of the struggles of our fellow Sabres, Jessica Cassidy, Tyler Durocher and Mrs. Fields as they took the stage and shared their stories in hope of making us aware of how important the Terry Fox Fundraiser is. Both Jessica and Mrs. Field's mothers have both been affected by this disease, and while Jessica's mother is still fighting, Mrs. Field's mother, like many other cancer patients tragically lost ... Yet not all cancer patients die from this disease and like Jessica's mother we have another survivor in our midst ... Tyler Durocher fought and won his battle against leukemia with the help of the Terry Fox Foundation.

Of course our event has passed, but I'm happy to report that this year the Terry Fox run was a huge success! Nearly every class met their goal, and the students had an amazing time walking with their friends in honour of Terry Fox, and cancer patients all around the world! Keep up the good work Sabres!

Gay Straight Alliance

Everybody needs somewhere where they can be themselves, and for LGBT (Lesbian, Gay and Trans-sexual) high school students a Gay Straight Alliance provides the perfect environment for this. Many students feel that homophobia at Sandwich should be addressed because it could make students who are LGBT or their friends feel uncomfortable expressing themselves. With the suicides of several LGBT students in the US last year, the will to promote our safe and welcoming school for all students is essential. Some committed students, along with Mrs. Howlett, have decided to take a stand against any hostile feelings this subject has created and have started a Gay-Straight Alliance. This club will be a place where students can be themselves and where committed, compassionate students will work together to combat any harassment or bullying. The club will be meeting on Thursdays after school in room A5 and are planning on participating in Anti-Bullying Week and National Day Against Homophobia.



The idea began when Danielle Michie (Grade 10) attended the social justice forum at the University of Windsor last year. At this forum one of the seminars was about the Gay-Straight Alliance at Walkerville Collegiate Institute. Intrigued, Danielle kept this idea in the back of her mind. At the same time Sarah Szpak (Grade 10) learned about the GSA at Walkerville through her mother who is a teacher at the school. Sarah phoned Danielle and they began to plan the club.

There have only been a few meetings so far, but the group has big plans. They hope to increase their numbers as more students find out about the new club and their goal is to provide a safe space for students to talk about bullying and homophobia. One of the members, Frannie Horvath (Grade 11) said: "I think the introduction of a Gay-Straight Alliance is going to be the first step in further promoting tolerance at Sandwich and I'm really excited for some of our upcoming plans."

The group has ten members and consists of many different types of students all united for a common goal. Morale is high and the students are passionate about what they are doing. Harvey Milk, a San Francisco politician and activist, said it best when he said "You've got to give them hope," and the GSA is doing their bit to give every student at Sandwich and the LaSalle community hope for a better, more tolerant tomorrow.



Coffee in the Classroom:

A Foolish Ban

From the early days of the public school system, authority figures have been terrified by the chewing of gum. Its minty allure has caused everyone from teachers to janitors to violently lash out and dispel its chewers, going so far as to kick them out of a place of learning for having a polite wish to have better breath. Now, as I enter my final year of secondary education, I realize there is a second item that frightens authority figures to their cores— coffee, the smoky, classical beverage that offers to give an artisan rank and a burst of performance-increasing energy is seen as dangerous and comparable to less useful sodas or juices by authority figures. If teachers and school administrators want students' effort, as well as refinement, they must get over this fear and allow the consumption of java, demitasse or whatever caffeine filled coffee beverage they wish .

According to most teachers, students simply are not classy enough. The average student cannot even make a list of every good avante-garde new wave band from 1989 to 1994. I doubt teachers would be able to find a seventeen year old who could explain how a modern American suit should fit, or the proper way to eat at fine dining establishments South of Virginia and North of Georgia (knife in left, fork in right, cut piece, place knife down, and swap fork to left hand). Given the current state of affairs, how can we put some class back into the classroom? Coffee. Anyone can have an intelligent discussion about how the Pumpkin Spice Latte is the worst thing about chain coffee shops or comment on how bold the brew they got from the organic farmers' market was. Coffee is an excellent obsession that also makes students appear much smarter and more refined than they actually are. Who are school boards to restrict that?

So deep is the authoritative need to *restrict* in our society that restrictions are piled on top of each other on a mountainous stack of prohibition. Arguments have been made by coffee suppressors that it must be banished from the classroom because if it were allowed, the rules regarding drinks in the classroom would be come less strict. Juices, soda pops and energy drinks would come pouring from every student's personal flask; truly, we would enter a dark age of education, this argument has been heard before by those grasping at straws. I am sure I do not need to tell you every time I've heard some wacko claim that gay marriage would lead to bestial matrimony or something of that manner. This slippery slope argument is fallacious: If "A" is allowed then gradually we will have "B" legalized as well as "C" through "D". "D" should never happen, so neither should "A". Does it make sense when the names are taken out?

Poor coffee, placed in the same league as other beverages when it deserves its own unique appreciation, it uses lie beyond simple drinking. After drinking a cup of Joe, students find themselves invigorated, full of energy and ready to learn and answer. Certainly an excitable student is better than a lame one. Some may argue that other drinks could easily provide this service, but none quite like coffee. Its bold, rough taste beats the procrastination out of someone before the caffeine even has a chance to kick in. This ban of coffee must be stopped, its services, its aroma and refining properties, greatly outweigh its evils. Its pros, its ability to snap us out of a morose malaise and send us right into action, tower over its cons. It is time for those with power to rethink their opinions and open their minds to a more classy environment that is more effective, efficient and delicious smelling.

Sandwich Welcomes; New Teachers!

The 2011-2012 year at Sandwich Secondary school brings with it a fresh start, new students, new cafeteria rules, and especially new teachers. Though last year we lost some legends such as Mr. Gomes, the math teacher, and Mr. Overton, the music teacher, we have some great new teachers to fill their shoes!

Mr. Valentino is the new and more-than-slightly sarcastic music teacher. His charisma and humor add life to his already animated classes. He was born in Windsor, but raised as a “red neck Essex boy”. When questioned why he wanted to become a music teacher, he replied, “I always wanted to be a performer.” But it wasn’t until he helped teach private music lessons that he realized that it could be a profession. When the student he was teaching finally understood what Mr. Valentino was trying to teach him, he thought “This is so cool”. That experience helped him to make up his mind.

His hobbies and interests include: acting, directing, playing soccer and hockey, competitive curling, playing video games, and writing. He hopes to have a collection of short stories published in the next five years. His favorite foods are pizza, peanut butter and jelly, and chicken (no matter how it’s cooked). Favorite movie? Antonia’s Line. Favorite artist/band? David Silvan, Green Day, and the Foo Fighters. Being a music teacher, we all need to know what his instrument of choice is, which is the Marimba. Oh, and all the Mac lovers out there will be disappointed: Mr. Valentino is a PC lover. He says it’s for the mindless and the lazy, and he only uses it for the convenience.

So far he says he “absolutely loves Sandwich. The students have been very accepting. It’s a good school.” Even in the short six weeks he’s been here, he has already had so many memorable moments in his classes. His favorite, though, he finally admitted was when his senior music class was discussing the sound of Paul Tucci’s growling stomach while Mr. Novelletto stood listening at the door. Let’s just say the look on our Principal’s face was beyond priceless.

Lastly I asked him about his biggest inspiration and challenge. His inspiration is he believes “that your legacy is how you treat people and what you can get them to do”. That said, his biggest challenge is that he claims to have control problems; he likes things done a certain way, and when he makes mistakes it infuriates him.

I think it’s safe to say that Mr. Valentino is an excellent addition to our diverse community of teachers. His unique blend of sarcasm and wise words brings a sense of camaraderie to all of his classes. We wish him luck on his first year at Sandwich and the following years to come!

Haunted Theatre!



Ranging from the horrifying to the hilarious, Haunted Theatre offered something different for every individual. Mrs. Field's grade twelve drama class have put their collective heads together to create six unique short horror based plays that are available to both seniors and juniors for only 50 cents per showing.

Haunted Theatre is a tradition that began in the early 2000's and has continued for the past eight years! Students are eager to take part in Haunted Theatre and make their mark on our proud drama history. Many plays have been generated over the years, inspired by Classic horror films, and the students, most definitely, have creative imaginations. Spencer Mickle, whose group skit seamlessly mixed horror and comedy, said "It's a fun and exciting experience to be a part of Haunted Theatre." Raven Mann, whose group meddles in the psychological, said, "It was a great experience. Our play will definitely mess with your head!"

However, it's not just the actors and actresses who look forward to Haunted Theatre each year. Grade 12 student Sammy Madineh said, "If this year shows even half as good as the past years, I can't wait!" Miliban Keyim, another grade twelve student said, "This will be my first year going to Haunted Theatre, I'm excited to see what the drama kids have come up with."

Whether you're looking for something to laugh along with or something that will keep you up all night, Haunted Theatre has it all!

A Classroom Unravelled



Have your friends ever told you stories about a class, or teacher, that you didn't have? Did it make you think "Oh! I wish I was in that class! That sounds like fun!"? Well, I'm here to introduce you to a classroom that few people have been in, and experienced, although everyone's heard about it, so you can stop wondering! This classroom belongs too Mrs. Amato, the Foods teacher.

First of all, you need to know about Mrs. Amato herself. She's viewed by her students as a fun, high-spirited Italian lady who *loves* to cook! Every day, Mrs. Amato comes into class smiling, and ready to start the period, usually with a fun story for us, often about her adorable grandchildren. Then, she gets her students going on the work for the day, usually a work booklet or a couple hand outs. If that's not on the agenda, a cooking demonstration often is! Mrs. Amato loves to get up in front of the class, behind her fancy stainless chef's table, and prepare an example of food that the students will cook the next day.

This semester, Mrs. Amato has already made her students several delicious, nutritious snacks, including an easy microwave peanut brittle, a quick and delectable zucchini loaf, and tomato and cucumber salads that are *to die for!* Even several students who had complained about not liking some of the ingredients absolutely fell in love with her food. The seasoning is great, and it's always fresh, which is a big relief compared to the processed foods that often make up the bulk of our diets.

There are also several fun stories to be shared about her class; for example the first time we all got to cook together in our respective kitchens. It was fun working together as teams, *and* families. It also made us feel independent as we worked, and made us feel unique when every group presented Mrs. Amato with a basket of freshly baked muffins for her approval.

All in all, it's an amazing class to be in, with amazing food, amazing students, and an amazing teacher. The memories created will last a life time, and I highly recommend walking down C hall and past the Foods room at least once to smell the delicious aroma of fresh food cooking. If you have a chance, take the course, or just stop in for a visit, and hopefully you'll further understand what it's like to be in Mrs. Amato's amazing Foods class.

Football Feature

In Sandwich Secondary, the Senior and Junior football teams are at practice every day until 5:00PM, but who's there watching over the football cage- making sure that everything that needs to be done, actually gets done. How do the coaches organize and make sure each player has paid their money to be able to play? What about making sure they've each been given their uniforms and have their respected numbers? And who has to watch over the cage when the coaches aren't around?

The illustrious football Managers, who walk the halls of the school unnoticed until Game day. But during that week, it's nothing but preparation towards the game.

The beginning of the school year is when the managers are assembled, ready to collect the money of the willing football players. After chasing down some last minute form evaders, we've got all our money. Next step: Uniforms. Making sure each of the boys gets his uniform is crucial. Players have to get their helmet, shoulder pads, hip pads, knee pads, two jerseys (one in white, the other in blue), two pairs of pants (white and blue) along with socks too. Recording each of player's number isn't that difficult and keeping that list is easy until the Roster comes out.

Once game day approaches, the Managers arrive early to prepare. Towels and ice are packed in a medical bag, and two tool boxes are brought along for bandages and other necessities. Then, they grab two large water jugs, throw a huge chunk of ice in the jug then top it off with water. The third jug will be used to provide Gatorade to the senior boys after half time.

Once the water jugs are set up on the table, the Managers wait until the game starts. They usually wait around 20 minutes in the cold with their complimentary hot chocolate, waiting for the game to start at 7:00PM.

And then, the two hours of handing out water to the players begins. The managers make sure each player who comes on and off the field is given water, in an effort to prevent dehydration. Two gruelling quarters pass by, and then half time is here!

The Senior Managers have pre-made Gatorade, and that is delivered to the Seniors. The Juniors, however, do not get Gatorade and settle with water.

A manager goes to give the referees water, the other is heading to the end zone where the boys are on one knee in a circle, listening to the Coaches. They quietly pass around water, and wait patiently for them to be done. Once finished, they rush back to re-fill the water bottles.

Then, another two quarters and the managers are still hard at work. Re-filling water bottles as fast as they can, making sure dehydration is forever away.

After the game, whatever has been taken from the cage- like the ice, towels, water jugs and toolboxes back to the cage for safe keeping. The water jugs are emptied on the field, and then the managers carry them from the field to the cage- along with the toolboxes and medical bag. Once back in the cage, the managers are able to call home and head home to sleep, and wake up on Monday prepared for another hard week's worth of work.

Halloween in Perspective



For most people Halloween is a night of joy and candy, but not many of us realize that there are two sides to every story. I'd like to introduce to you a valued writer working on our paper as she gives her view on Halloween for kids with Cerebral Palsy;

For most people Halloween is the “scare little people” night. For cerebral palsy people Halloween is just a night where people worry about you getting lost or being hit by a car. Some people get at the children’s parents for letting them go out by themselves. I remember one year a lady at a house asked me where my parents were and I told her I was 13 and I don’t need my parents going out trick or treating with me. They’re old and lame! Each year as Halloween passes I think people get to know me better and I think they don’t worry as much ... but I do get extra candy!



Writers: Rhee Lotze, Brittany Moore, Russell Christmas, Nikki Waxman, Kate McLellan, Danielle Mitchie, Jen Scott, Marlayna Durka-Knowles, Max Sorrell and Erin Crampsie.

Junior editor: Kate McLellan

Layout Managers: Kate McLellan and Kelly Neal

Senior Managing editors: Russell Christmas, Brittany Moore, Jen Scott, and Nikky Waxman.