



# THE GRIZZLY GAZETTE

fall  
edition

## Welcome to The Grizzly Gazette!

The *Grizzly Gazette* is finally here! Our first issue is a collection of articles from 16 different students here at David Suzuki. With articles on university, exams, sports and much more, we have something for everyone.

As the editor-in-chief, I can say that this paper was not without its challenges. With that said, I can not say “thank you” enough to the staff and students who have made this paper come to life. The amount of time and effort that has been put into the paper is amazing. We have done our

best to make this something that you, the reader, will enjoy. As cheesy as this may sound, it is a paper by the students and for the students.

Our main goal was to make this paper something that you would enjoy reading. Though I am a little biased, I believe that we have done exactly that and made this a paper that you will enjoy.

For the senior Grizzlies, we have articles on upcoming university and college preview days to keep you informed. We also have articles on exam prep and how to turn

procrastination into motivation. For our sports fans, we have articles on both basketball and football, as well as some sports stats! French articles, foreign music, literature reviews, we’ve got it all.

We put a lot of effort into our first issue and can’t wait to make the winter issue! Make sure to follow the official DSSS newspaper account on twitter:

@DSSSNewspaper, and give us your feedback.

*Editor-In-Chief Krystin West*

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# THE GRIZZLY GAZETTE



## Un Échange Des Cultures

août. »

*Comment est-ce que c'est différent ici qu'en France?*

« La mode de vie est très différente par exemple les heures de repas, en France on dîne à 8h ou 9h du soir. De plus au Canada les mentalités sont différentes, les gens sont plus ouverts et plus accueillants et les relations entre les élèves et les professeurs sont beaucoup

mieux. »

*Qu'est-ce que vous pensez à propos de l'école secondaire David Suzuki? Est-ce que c'est différent en comparaison aux écoles en France?*

« J'aime beaucoup l'ambiance de cette école, particulièrement les matchs de football et les cours sont beaucoup plus d'étendus qu'en France. En France, les portables et les Ipods sont interdits en classe et les professeurs sont beaucoup plus stricts. Mais surtout nous avons beaucoup plus d'heures de cours, parfois j'ai 9 heures de cours par journée. Ce qui m'a surpris à DSSS au début de mon voyage c'est les chansons qui jouent chaque matin et l'hymne canadien, en France nous n'avons pas cela. »

*Est-ce qu'il y a des nouvelles*

*choses que vous avez apprises ici, au Canada?*

« Je pense que je suis plus ouverte d'esprit maintenant, j'ai découvert une autre culture et une autre façon de vivre. Les Canadiens m'ont appris tellement de choses, je ne pourrais jamais oublier ce voyage. I will miss you! ☐ »

*Pensez-vous de retourner ici? Pourquoi?*

« Je suis certaine que je reviendrais ici, pourquoi pas pour faire mes études? J'aime vraiment le Canada et la vie aussi et surtout j'ai rencontré des gens extraordinaires que j'espère revoir. »

C'est triste, mais Paula part le 4



C'est toujours important d'expérience groupe des pour élargir nos horizons. À l'école secondaire David Suzuki nous avons un étudiants très divers et multiculturel et il y a beaucoup de cours pour apprendre des langues différentes. Madison Chubbs est une étudiante qui participe dans un programme d'échange où les étudiants sont assignés une partenaire d'un autre pays. Les partenaires habitent avec l'une à l'autre et vont en cours à la même école pour trois mois au Canada et puis trois mois à l'autre pays. Le partenaire de Madison est Paula Lautissier qui vient de Dijon, en France et nous avons un interview à propos de ses expériences ici au Canada.

*Quand est-ce que vous êtes arrivés au Canada?*

« Je suis arrivée au Canada le 21

*By Jessica Bhandhal*

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## When and Where; Post Secondary Events

It's almost that time Grizzlies! University is fast approaching and so are application deadlines. For those of you going to college or university it is important to check out all the schools and programs you're interested in. Do research, look up your programs of interest and find out what they involve. Go to the schools! One of the best ways to decide on which school and program you want is by actually going

and spending time at the school. How comfortable you feel is almost as important as the program itself. You want to make sure you are making the right decision, especially if you are planning on living on residence. Take a tour, see the residence, library and classrooms. Get involved in preview days, and e-mail or call the schools you're interested in to find out about admissions and up-coming events. So to

help out all the senior Grizzlies, as well as any Grade 11 students who are starting to look into university or college now, we have made a list of some upcoming preview days, tours and events. If a school you're interested in is not here it may be because their preview days have already passed. If so, have no fear, tours are offered almost every day and over March break at the majority of schools. You just have to go

**Western:**

Fall Preview Day: Saturday November 16th

March Break Open

House: Saturday March 8th

Campus Tours: Monday-Friday 10:30, 11:30 and 1:30 pm

**Guelph Humber:**

Fall information day: Sunday November 10th

Science and Engineering Sunday: November 17th

March Break Open

House: Sunday March 23rd

Spring Academic Open House Engineering-May 14<sup>th</sup>

**St. Lawrence College**

Open House: Saturday November 16th (9am - noon)

**Lakehead University**

Open House: Thunder Bay Campus, Tuesday December 3rd (9:30am-4:30pm)

**University of Guelph (Ridgetown Campus)**

Open House: Friday, November 13th, Tuesday November 21st, Friday November 22nd

**Humber College**

Open House: Saturday April

12 (10am-2pm)

**Carleton University**

Saturday Engineering and Design: Saturday sessions only - November 9 - December 7 (visit: [carleton.ca/engineering-design/seds](http://carleton.ca/engineering-design/seds))



By Krystin West

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## Exam Prep!

Sleepless nights leading up to a test, reading the same paragraph ten times before realizing you still don't understand the concept. We have all been there and we have all said that next time it would be different. Exam time rolls around and you find yourself, once again, cramming the night before. There are ways to get a good grade without spending hours and hours studying a textbook every night for a month leading up to the exam. However, only studying a couple days prior to the exam, will not entitle you to get a grade that will make you feel successful and proud. Not everyone learns and absorbs information the same way, so try a few of these tips and see what works best for you:

- Condense the notes you took in class into study notes. These consist of definitions, key dates, main ideas and anything else your teacher told you might be important to know.
- Re-Writing notes can help with memorization more effectively than reading notes over and over again.
- Study all your notes for a half hour every night from the beginning of the semester. This might sound unneeded, but when a test or exam comes up it will be a matter of just reviewing rather than learning because you already know the material well.
- If you are studying for longer periods of time, take breaks. Your brain can only process information for forty-five minutes before you start to get distracted, take a 10 minute break and then continue.
- Have someone quiz you. This will show how much you memorized and what you still have to work on.
- If you are an auditory learner rather than a visual learner, check the internet and see if they have any clips that explain the main ideas so that you don't have to read about it.

As for the night before, review your notes one last time, eat a good dinner-

*By Hailey Coles*

## Procrastination is Motivation

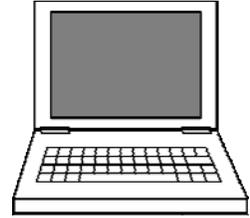
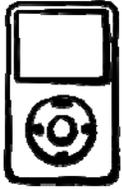
Much to the chagrin of teachers all over the nation, it seems that procrastination has become the leading epidemic as to why students are not completing their homework on time. Well folks, it seems that there is a solution to this horrible ailment and now it's time for you to put a stop to the procrastination. It's time to get MOTIVATED. Sounds crazy, right? But it's actually more simple than one might think. In order to stop procrastinating you need to get motivated, and motivation comes from within. You need to set your goals and then complete them. And to get you started we've compiled a list of things that will aid you on this path to righteousness.

1. Make a to-do list. Write down all the things you need to get done in an agenda or notepad and keep track of them. Pay particular attention to due dates for homework assignments and projects.
2. Don't leave anything for last minute. The whole point of ending procrastination is to get everything done as soon as possible rather than putting it off for later.
3. Make sure to take breaks. Cramming is the worst possible thing that you can do when trying to complete multiple tasks. If you start on time you can take as many breaks as you want and not have to worry about rushing to complete anything.
4. Keep away from distractions. This means that you need to close that Facebook and/or Twitter tab, end that Skype call, stop texting your friends, stop liking pictures on Instagram, turn off your TV, and don't have anything that could distract around you.
5. Remember to focus. The whole point of not procrastinating is to reach the goals you've set for yourself.

No matter how tempting the sunshine outside looks or how much you want to play your video games or chat with your friends, **FINISH YOUR WORK**

*By Jessica Bhandal*

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## BYOD Initiative Enhances Use of Technology in the Classroom

Improved learning environments. The BYOD Initiative at DSSS encourages collaborative learning opportunities with students and staff through the use of personal devices and 21<sup>st</sup> century technology.

Using David Suzuki S.S. as an example, we can see the impact of technology on learning. Through the use of AN-GEL and MyClass websites, teachers are now able to evaluate students through online and embedded assessments and are able to post past and future notes, handouts and assignments. This saves time in-class as students are able to pull up information on their personal devices. In addition, students who do not have access to a personal device are not left out on this opportunity as many classrooms have now been outfitted with handheld devices for

use in-class, such as: netbooks and iPads.

The Peel District School Board's BYOD model has been adapted to enhance learning, through the use of technology, in class.

**“Schools that normalize the use of technology in everyday teaching will be able to meet society’s ever-growing and more sophisticated expectations.” said Tony Pontes**

With Bring-Your-Own-Device enables students and staff to work collaboratively; effectively engaging discussion between both parties. With this model, teachers and students

are able to work on the same level: giving and receiving knowledge. Whereas without it, teachers would only be giving knowledge.

“It’s critical that we provide our students, and our staff, with the tools they need to build 21<sup>st</sup> century learning skills. Schools that normalize the use of technology in everyday teaching will be able to meet society’s ever-growing and more sophisticated expectations.” Tony Pontes, Director of Education for PDSB said, describing the gist of Peel’s BYOD model.

After being adapted in early 2012, the effects of the BYOD model have really resonated, district-wide. From small to large, the BYOD initiative has revolutionized how students of the 21<sup>st</sup> century learn by offering many significant benefits

*By Nethuch Mahalingam*

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## Craft Corner

No money for products? Don't have the time to go out and search for new products? Well here are a few tips, tricks, and DIYs, (Do It Yourself), that you can do at home!

### How to recycle old T-Shirts

Here are 8 ways to up-cycle an old shirt:

1. Cut it and make it into a different style (for tutorial on how, go onto YouTube and search "Ways to Recycle Old Shirts")
2. Use the fabric to make bracelets.
3. Dye and or bleach it to make it new and fresh!
4. Don't throw it away! You can use it as gym clothes or pajamas.
5. Make a headband with the leftover fabric.
6. Frame the t-shirt design for a decoration.
7. If you have a dog/cat, roll up the fabric and use it as a chew toy



### DIY (Do It Yourself)

#### Face cream

Honey and salt:  
Mix them together.  
Rub gently on face.  
Wipe off with damp cloth.

#### Hairspray:

Sugar and Water:  
Boil water and sugar,  
Place into a spray bottle,  
Leave in your fridge for awhile, the more sugar, the better hold!

#### Body Scrub

Sweet almond oil, sugar, coffee beans and soap base:  
Cut soap base into cubes and put into a cooker.  
Wait for it to melt then, mix the almond oil and sugar together.  
Add the oil and sugar combination along with the coffee beans into the melted soap base.  
Wait for it to harden and then cut into the shape of your choice.  
These products can all be found at your local grocery or craft store.



### 7 Tips to Help you Fall Asleep

Having trouble sleeping? Read below for tricks to help you fall asleep.

1. Curl your toes, hold for a few seconds and release. Repeat this until you are relaxed.
2. Try and remember what you did during the day. This mental effort can make you feel sleepy.
3. Drink cherry juice or hot beverages before bed.

By Rebecca Rosenberg

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## Green Brampton

As the Fall and Winter seasons slowly begin to approach us, there are many activities that you can take part in that can help the environment right here in Brampton. Brampton Clean City hosts many of these activities, not only for the fall and winter seasons, but all year round. During the days of October 1st to 31st you can take part in the Harvest Cleanup. The annual cleanup encourages all residents to do their part for the environment by registering families,

schools, businesses, neighborhoods and individuals to help clean a green space of their choice. Similarly, you can take part in their annual winter clean up which takes place from the days of November 20th to December 18th and their annual spring clean up which takes place from April 1st-April 30th. Other year round activities include: the Green Education Program, a variety of workshops and programs that teach children, youth and adults how to bet-

ter take care of our community. You can also take part in the High School Green Club Council, which is a club for high school students who want to better the environment and community. They have many projects that are currently being worked on including park clean ups, tree and bulb plantings, graffiti removal, Eco fair events and many more. For more information on other events hosted by Brampton Clean City or to register for any

*By Gurjap Grewal*

## Current Eco Events Around the School

- Check out the windows, there are little black birds on them now! Those are vinyl decals that the Eco Club designed specifically to protect birds from slamming into the windows. They repel birds from going to the window and hurting themselves, they are also environmentally friendly!
- Contamination seems to be in style for this year the staff are reporting that our recycling abilities have been going down! There will be various activities throughout the school year to educate staff and students and help to fix the problem! Ideas include environmental games that the programming classes may make and interactive environmental videos that allow the viewers to join in on the fun!
- It seems we may need to reduce the energy consumption in the school, especially in the lighting department! To gauge our lighting energy consumption, the school will run an energy audit soon!
- We also just had the yearly clean up! Each class had the chance to get out and clean around the neighborhood. We will be able to see the amount trash that was collected while we reduced the

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Stevie Wonder once wrote, “Music is a world within

itself. It is a language we all understand, with an equal opportunity for all, to sing, to dance and to clap our hands.” Music is worldwide, no matter the language. There are many hidden musical talents around the world, ones that might be amazing, but are unknown to the public. If you ever need reassurance that there are other types of music out there which are just as good as ours, this will help to broaden your horizons with a look at a few international artists. As diverse as the music genres are, as diverse as our school is, international music is the same. Here are just a few of the musical talents that the world has to offer.

Usually when you hear people talk about “Korean music,” you probably think of “Gangnam Style” immediately. But, the world of KPop is en-

## Foreign Concept

*By Myera Iftikhar*

tirely different and does not revolve around Psy. The popularity of Korean music began rising around the early 2000’s, starting in China and Japan with what was called the “Hallyu Wave” it slowly reached the shores of Europe, Latin America, and eventually North America. Many of the Korean artists who lead the Wave, such as BoA, DBSK, Super Junior, Big Bang, 2ne1 and Girls Generation, have all become major international music idols. The range in genres is very diverse, from ballads, rap, pop, r&b, and much more. A KPop group famous for their musical diversity is Big Bang. From upbeat songs like “Fantastic Baby” and “Tonight,” to softer songs like “Blue” or “Day by Day,” Big Bang really knows how to appeal to all their listeners around the world. The latest Kpop Hip Hop group to make an impact as big as Big Bang is Bulletproof Boys, more commonly known as Bangtan. The new group’s songs “No More Dream,” and “N.O,” revolve

around aspects of being a teenager, which is ironic

since the members of the group range from 16-19 years old. From powerful music videos and intense choreography, to the beautiful music itself, KPop is a massive force to be reckoned with.

Canada is a bilingual country. Everyone in a Canadian school has most likely been forced to learn French at one point or another. French, being the language of love, is filled with soft, yet powerful music. Beatrice Martin, better known as Coeur de Pirate (Pirate Heart), is a French-Canadian songwriter, hailing from Montreal. She is, as she says, “Bringing la chanson Française to a whole new generation of Quebec youth.” Some of her songs include “Comme des Enfants,” her cover of “Wicked Games,” and “Place de Republique”. Another French-



## Dance Dance Dance!

*By Krystin West*

This year at Suzuki, our dance companies are preparing for various shows and events including; our very own Mosaic Arts Night. With almost every type of dance available, we are sure to have as much diversity in our shows as we do in our school. Ranging from Contemporary to Achro, Jazz to Bollywood and everything in between, we are sure to have something for everyone. It’s still early in the year and auditions have just ended but the level of talent is incredible. Mrs. Runhart, the choreographer and teacher for the

jazz company, already has two pieces in the works with both romantic and sinister plot lines. One is a love story about a boy who has all the girls chasing after him while he only has eyes for one, the girl who doesn’t even notice him. The second is about an evil puppet master controlling a group of girls, but by the end of the dance, he has lost all power. Ms. Martin also has a dance with a story, I can’t reveal much but what I can say is that wedding dresses are involved. With such creative and talented dancers at Suzuki

it should come as no surprise that a group of students have gotten together to lead and choreograph the Bollywood company. Dilraz Sidhu, Sachi Patel, Regaah Rangunathan and Ashmeet Hunjan are bringing their experience and talent to the Bollywood company to create some wonderful pieces for Mosaic. With so much talent, this year’s Mosaic Arts Night is sure to be a success. Be sure to come out April 16th and support your fellow Grizzlies! We will continue to keep you updated on Suzuki’s dance life


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## Poetry Slam

### Fire and Ice

*Prathana Pathak*

Dry, empty, sore and cold,  
 Living life as if we were told.  
 Breaking like crystal glass,  
 Falling slow instead of fast.  
 The hole inside growing  
 deeper and deeper,  
 Heart pounding faster and  
 faster,  
 People say they can see  
 through,  
 But if they could then they  
 would've seen that the pain  
 grew.  
 Freezing so bad I pretend  
 it's just a game.  
 The cold stinging as if I  
 were cut. Tired and can't  
 handle it anymore,  
 Inside I go running away  
 from the pain.  
 Then comes a small spark  
 during the dark night.  
 Flames shine like the sun,  
 Burning inside like paper,  
 Wishing that it were done.  
 Can't get rid of it, can't let it  
 go,  
 Sizzling like a snake in the  
 desert.  
 Turning to ash piece by  
 piece,  
 Something that stays after  
 falls gone and spring starts.  
 There is no choice.  
 Nothing to use, no card, no  
 board, no dice.  
 Alas, the cold season is  
 here and has begun.  
 There I go back outside  
 again,  
 Fighting between Fire and

### The Silence

*Sabrina Sadana*

I remember when they'd fight, their  
 rage filled cries filling up the night,  
 leaving me stuck inside a shell  
 where I force myself to live out an-  
 other life, one that's much quieter  
 than how it usually is at this time of  
 night.  
 And on nights when the fighting  
 stops, there's that fatal silence  
 around the clock, and I realize that I  
 don't have to block the screams out  
 anymore.  
 I don't like the silence, the over op-  
 pressive quiet, the soundless sound I  
 hate that predicts when they will  
 snap next.  
 After the suffocating silence and a  
 lack of words so violent, you always  
 wondered where I went when you  
 began to speak up again.  
 You wanted to say what was right,  
 but in their eyes you were trying to  
 start a fight, and I said, "Not tonight,  
 I wouldn't be a part of it," so like the  
 dead bird I am,  
 I took flight  
 And left you to fight for yourself.  
 I cringe against the words, the things  
 that can't be unheard, the room in  
 front of me blurred by the silence  
 that they broke.  
 Sometimes I wish you hadn't spoken  
 and had just left them all alone so  
 maybe I could have had the silence

for a little bit longer.

The way you fight back makes me  
 stronger, but the way they react  
 makes the pain last longer, but now I  
 can stand up and say, "Don't harm  
 her," instead of waiting for the si-  
 lence to fill the space.

An absence of words, me, silent and  
 unheard, I laid dwelling in an empty  
 shelf.

You came to my side, and all three  
 of us cried, and as they lied we stuck  
 together.

We knew the truth: that they didn't  
 hold our noose, and we didn't have  
 to depend on the silence any more.

We were free, caged no more, no  
 more writhing on the floor, allowed  
 to move on and do more, because we  
 had beaten them and their silence.

With peace made at last, the silence  
 will no longer last, oppressing us no  
 more.

We're free, no longer dead, black  
 birds brought back from the dead;  
 we're finally able to start anew.

And you know what is true? That it's  
 all because of you, the way you'd  
 spoken up, it was you who saved our  
 lives, and put our pain behind us in  
 another time.

You broke the silence and saved my  
 life, now I no longer cry alone at  
 night, shaking with fright in fear of

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## The Unlikely A

*A short story by Sean Ashworth*

It was sickening, almost unearthly. The strange feeling that seemed to hollow me from the inside out. I still remember the feeling.

The disapproving, pointed tones of my father as we rode in the car droning on and on about how what I had done was going to affect me if I didn't change. Unfortunately for me at that time I was too bullheaded to heed his advice. So I did what any child of my age in my situation would do; I avoided eye contact as we made the trip home from the small store where we had gathered the materials for the project that I had a week to work on, and had done nothing.

As I arrived home, I felt an overwhelming sense of security for no apparent reason. Perhaps it was the child in me at that time that deluded me to the idea that no matter what happened I would be safe at home. Despite all of my nerves I had still managed, with the help of my ever-loving parents, to

complete my science project to a degree that we all felt good about. However, there was, and always will be, a difference between good, and acceptable. Then the next day, in all its anxiety-filled glory, rolled into view as I tried my hardest to wake up in a cheerful mood to, what I thought, was going to be a terrible day.

As I entered the building, I felt an overwhelming wave of ideas come over me. All of the things I couldn't think of came just a moment too late, and that thought sickened me to the core. I trudged slowly towards my science class hoping that if I took long enough some divine force would stop the inevitable from happening. However, time was nothing that I could depend on, so I continued my trudge towards my class with nothing but my wits, a nauseating feeling and my project-in-a-box about groundwater to hand in. As I entered the room I put my project haphazardly on Mr. Gill's desk hoping that maybe, just maybe,

he wouldn't notice it. As I sat at my desk doing whatever mediocre task that we were assigned in order to keep us busy while our projects were marked, I mulled over every detail of my project that I could remember, picking at every flaw. I was slowly driving myself a tad mad thinking about what I did, and how I could have done better.

As the second period bell rang me to safety I hurried towards the exit only to be called back in by Mr. Gill, and it sounded important. As I moved with nearly infinite slowness towards his turned back, he rotated slightly in his chair in order to make eye contact with me. I felt the ice that had gripped my heart melt, even if just slightly so, when I saw that his expression was one that adorned a smile. I was then informed that my project had been done outstandingly well, and that he wished to keep it for future students to see and learn from.

## Literature Corner

*Catching Fire by Suzanne Collins*

**Genre:** Science fiction, Adventure, Dystopian Fiction

**Summary:** This is the second installment in the Hunger Games trilogy. Everything has changed in District 12 since Katniss and Peeta won the Games. Katniss and Peeta are still trying to recover from their ordeal before they have to leave for the Victory Tour, there they have to parade around the 12 Districts, advertising their win in the Games. Katniss is dreading the tour, not only because she will see Rue and Thresh's families, but she also must keep up the façade of her romance with Peeta. To make matters worse, she is being continuously watched by the Capitol, ever since her stunt with the Nightlock. With plenty of twists, turns, and heart-breaking events, *Catching Fire* is a must-read.

Rating: 4.5 Stars out of 5

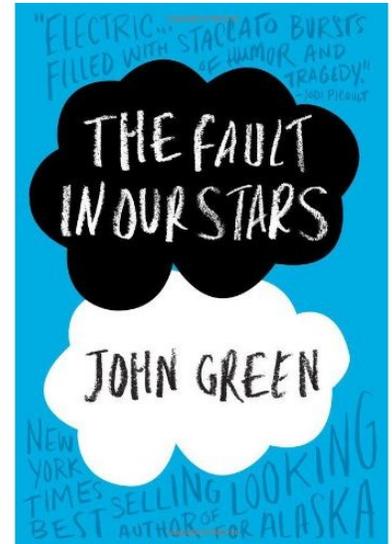
*By Rebecca Rosenberg*

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## *The Fault in our Stars* by John Green

“Despite the tumor-shrinking medical miracle that has bought her a few years, Hazel has never been anything but terminal, her final chapter inscribed upon diagnosis. But when a gorgeous plot twist named Augustus Waters suddenly appears at Cancer Kid Support Group, Hazel's story is about to be completely rewritten.”

That’s the official “blurb” for John Green’s The Fault in Our Stars, a different novel from what I have read in quite some time. What makes this novel different is that it’s not about the typical heroine, it stars a cancer patient going through the experience of a support group and the guy she meets there. This book isn’t for the faint of heart, you’re definitely going to need an open mind and some tissues. It is most definitely a tear jerker, in fact you might want to come up with an excuse such as: “I haven’t been crying, I’m just sweating through my eyes,” or “Are those tears? I thought it was just raining.” This book was expertly written with very relatable characters. The humor was there, but if you are a humorous book kind of person (such as myself) you might be disappointed. You can find this book (if it hasn’t been already checked out) in the library.



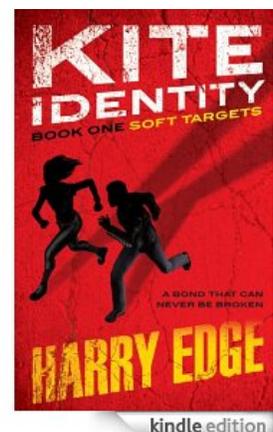
*By Layah Bernard*

## *Kite Identity: Soft Targets* by Harry Edge

**Genre:** Action, Adventure

**Rating:** 3.5/5

If Jason Bourne had a sister... After his father dies, Luke Kite reunites with his half-sister Megan Kite, daddy’s prized possession. The two siblings find themselves tangled in a web of lies and secrets their father left with his multi-millionaire company, leaving them both in danger. Megan is forced to flee the country using her best-friend’s I.D. while running from country to country and away from the same people who killed her father. As things take a turn for the worse, Luke becomes wary of who to trust and spends every day trying to uncover the truth about the lies and his father. Fast-paced, intriguing and action-packed, this novel is definitely a good read.



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## Health and Sports

### HOW TO STAY HEALTHY AND ACTIVE DURING WINTER

The winter months are coming and that means colder weather and less opportunities to get in exercise. Everyone needs at least one hour of physical activity everyday to stay healthy, especially in the winter season. Seasonal flus and colds are bound to occur and healthy eating and fitness will put an end to all sicknesses and keep you happy and healthy this holiday season.

#### **Prevent Getting Sick**

Eating healthy gives the body the vitamins and minerals to fight off the bacteria and viruses that enter your body. It is very important to make sure that we are choosing healthier choices so our bodies can have the strength to fight off the flu. For example, eat grilled chicken instead of fried chicken, or Greek salad with potato wedges as a replacement of fries and mashed potatoes with gravy. Also, try wearing warm clothing. It

keeps the body warm and prevents sickness from the cold air to enter.

#### **Have Fun!**

To stay active this winter, create your own workout routine to a playlist of music you love so you can enjoy what you're doing and not dread the idea of exercise and keeping fit. Make up your own exercise and have fun with the activities you do. Second, you should go outside and have fun with your family and friends. Make use of the snow outside and build a snow-fort with the family, given that there's snow this season. No matter how old you are, you will never be too old to go outside and play in the snow.

#### **Utilize Apps, Videos, and Home Gyms**

There are many apps that help create a personalized workout plan and help keep track of your progress. A few of those many

apps include Workout Trainer, iOS and Android, Runtastic & Runtastic Pedometer, iOS, Android and Windows, as well as My Fitness Pal, compatible with iOS, Android and windows. These fitness apps are not the only ones available; there are over 3000 apps for mobile devices that can be bought or downloaded for free. Also, purchasing workout videos can give you a thorough understanding of the moves and techniques being used, try Zumba or kick boxing! You could also try to get your parents/guardians to invest in workout equipment. If they aren't willing to pay for expensive treadmills and elliptical trainers, then they can purchase inexpensive weights and exercise balls to keep you active and healthy in the winter.

Throughout the winter it is important to eat healthy and stay active; it will increase metabolism which will come in handy for the

*By Roniksha Kumar*

## Stay Active Suzuki!

# THE GRIZZLY GAZETTE

## Girls Basketball Hoping To Defend Title

Last year, the Girls Varsity Basketball team demonstrated their talent by taking the ROPSSAA Tier 2 Champions title.

This year, because of their outstanding performance in the previous season, the Lady Grizzlies have advanced into a more intense Tier 1 pool of teams. All of which are in contention for the coveted ROPSSAA Championship.

Facing off against some of the best basketball teams in Peel, our lady Grizzlies have had an excellent start to the season: winning three of

their first four games. The ladies are currently in second place having only lost to the first place Champion. But not to worry, the ladies lost to Champion early last year only to make a strong comeback and win the championship.

“We gel really well, I think that makes it easier to play with each other” Bianca Tomlinson, a Grade 12 player, told The Grizzly Gazette. When asked about the winning potential of the team this year, she said: “as long as all of us play our very best-which I know we can-then we can make OFSSAA.” The optimism is

truly inspiring.

Will history repeat itself? Will our Lady Grizzlies defeat Champion just like they did last year? Will they dominate at ROPSSAA and take



## Enthusiasm Runs High at Suzuki!



“Mind over matter.” Probably the most cliché idiom used to inspire someone who just can’t seem to give themselves that extra push, but it has proven itself to be true.

The support and cheers from fans can be that push that athletes need to outdo themselves, and our school has a lot of supportive fans. In fact, the fan base for football has been satisfyingly astonishing.

The amount of enthusiasm during Friday Night Lights was absolutely contagious. There was so much infectious passion and support surging from the bleachers it felt like the whole school was in attendance. According to one of the players, Vethuran Suthakar, “the amount of fans [wouldn’t] matter to me. They [sic] cheering is what mattered, and the cheering from the fans and Spirit Squad is good.”

A special congratulations to our senior team who have completely shut down four teams, not giving up a single touchdown. These boys are talented athletes who have won four out of their six games. The winning games were all home games that had fans from the school as spectators, cheering the boys on. Coincidence? I think not.

When students from David Suzuki come out to watch the football teams play, they bring enthusiasm and confidence to the players. Vethuran was asked if he felt he played better when there were Suzuki fans cheering the team on. His response was: “Oh, Heck, yeah!” which, quite frankly, is straight to the point and needs no further explanation. He also thinks that if we had “a half-time show, [and went] all out” the teams would perform even better than they already do.

Keep up the good work Grizzlies! Lets continue to support all of the school teams with the same infectious enthusiasm we saw during Friday Night Lights.

*By Andrea Fried*



## INSIDE STORY HEADLINE

This story can fit 150-200 words.

One benefit of using your newsletter as a promotional tool is that you can reuse content from other marketing materials, such as press releases, market studies, and reports.

While your main goal of distributing a newsletter might be to sell your product or service, the key to a successful newsletter is making it useful to your readers.

A great way to add useful content to your newsletter is to develop and write your own articles, or include a calendar of upcoming events or a special offer that promotes a new product.

You can also research articles or find “filler” articles by accessing the World Wide Web. You can write about a variety of topics but try to keep your articles short.

Much of the content you put in your newsletter can also be used for your Web site. Microsoft Publisher offers a simple way to convert your newsletter to a Web publication. So, when you’re finished writing your newsletter, convert it to a Web site and post it.

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