



GRAHAM GAZETTE

January/February 2020

2

4

12

Home Economics

IMPOSSIBLE TACO PIE

Entertainment

CATS MOVIE REVIEW

Information

HOROSCOPES

SCHOOL NEWS

FOUNDED IN 2016

JAN/FEB ISSUE 2019

February 14 — Valentine's Day

February 25 — External Scholarships

Taco Tuesdays!

Doughnut Thursdays!

The Grizz Says...

By: Ana M.

Why do people believe the Earth is flat?

There's no good reason; please pay attention in class! (Also, from personal experience, using a prop like a tomato to assist in explaining why the globe isn't flat can be helpful.)

Is it paw-sta or pah-sta?

It depends where you are. In America, they mostly say paw-sta, while Canadians typically pronounce the word as pah-sta due to the different accents in each country. However, it's equally delicious either way.

I need a pesto pasta recipe.

No, what you need is to get creative with a taco pie. Flip the page for the easy and tasty recipe!

Is broccoli good with mac 'n cheese?

Apparently yes, but there's only one way to know for sure; try it! It probably won't hurt to add something healthy.

Inclusion Revolution: Changing the Game

By: Ana M.

There's an exciting new project beginning very soon in Chilliwack, and it's run by one of GWG's own!

Megan Owens has been involved with Special Olympics for 4 years, coaching the swim team, and has served as the volunteer coordinator on the executive for the past 2 years. She has grown a passion for coaching the athletes, and is continually inspired by how positive, motivated, and friendly they are.

Megan recently applied for and received an \$1000 Youth Inclusion Engagement grant from Special Olympics British

Columbia, who is a special education teacher in Agassiz and Hope, earned a grant as well. Megan and Rachel partnered to be able to reach more youth across the city with the project they created, called "Inclusion Revolution Sports." The project is inspired by a similar one done at UBC, and they also worked with Maddy, a local Special Olympics athlete with an intellectual disability (ID), to brainstorm how they could make an impact.

Through Inclusion Revolution Sports, local Special Olympics athletes will visit 5 different elementary schools starting this month and into February, taking over their PE classes along with Megan, Rachel, and student volunteers from GWG. They will teach the elementary students about inclusion through sports and introduce them to the Special Olympics.

Megan believes sport is an "extremely powerful tool to connect people regardless of skill, race, age, ability, any-



thing!" She has gained valuable experiences, skills, and opportunities from her involvement as an athlete in many sports, and her gratitude drives her desire to "empower others to be inclusive and kind so sports can positively impact everyone." The goal of the Inclusion Revolution Sports project is for the students to interact with the athletes and realize how "capable and amazing people with IDs are."

Follow them on Instagram: @inclusionrevolutionsports to see inclusion in action!



Inclusion Revolution Sports

Columbia. Another swim

INTEREST IN GETTING WORK EXPERIENCE CREDITS NEXT YEAR? SEE MRS. WISEMAN OR MS. MACCONNELL FOR MORE DETAILS.

GRAHAM'S FIRST GIRLS CURLING TEAM CAME FIRST PLACE IN THE FRASER VALLEY EAST CHAMPIONSHIPS! WISH THEM LUCK IN PROVINCIALS!

Teacher's Favourite

Impossible Taco Pie

By: Ms. Aquino

6-8 servings

Ingredients

- 1 pound of Ground beef
- ½ cup of chopped onions
- 1 envelope of Taco seasoning mix
- 1 can (4 oz.) of chopped green chilies, drained
- 1 ¼ cups of milk
- ¾ cups of bisquick baking mix
- 3 eggs
- 2 tomatoes, sliced
- 1 cup of Monterey Jack or Cheddar cheese, shredded

Grease 10" quiche dish or pie plate. Set oven to 400°F

Cook and stir ground beef and onion over medium heat until beef is brown; drain.

Stir in seasoning mix.

Spread in quiche dish or pie plate; sprinkle with chopped green chilies.

Beat milk, baking mix, and eggs until smooth, 15 seconds in blender on high or 1 minute with hand beater or whisk. Pour into plate.

Bake 25 minutes.

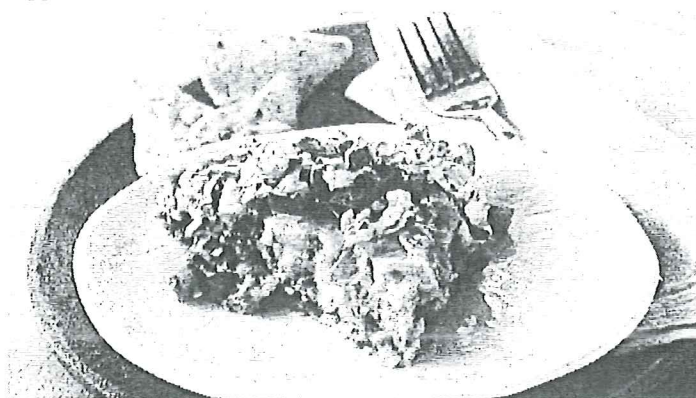
Top with sliced tomatoes; sprinkle with cheese

Bake until knife inserted between center and edge comes out clean, 8 to 10 minutes longer.

Remove from oven and cool 5 minutes.

Serve with sour cream,

chopped tomatoes and shredded lettuce if desired.



<https://images-gmi-pmc.edge-general Mills.com/272dc3b9-a125-1175-b0e3-e3b9ec91cac3.jpg>

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<https://tinkerlab.com/?s=pulled+string+art>

<https://louisem.com/wp-content/uploads/2016/01/creativity-quote-mistakes.jpg>

<https://www.montrealfamilies.ca/wp-content/uploads/2019/06/PulledStringPainting2.jpg>

<https://tinkerlab.com/wp-content/uploads/2018/06/pulled-string-art-color.jpeg>

Hands On

Pulled String Art

By: Alisa G.

Supplies

- Liquid watercolors
- Cups
- String cut into 18 inch pieces
- Paper

Pour the watercolours into the cups and add one string into each leaving about 2 inches hanging over the edge to hold on to. Choose your first color, make sure the string is coated in paint, and pull it out of the jar. Arrange the string on your paper where you want the flower to be. You can make loops, squiggles, whatever you want. Remember that there's no wrong way to place a string! Now carefully drag the

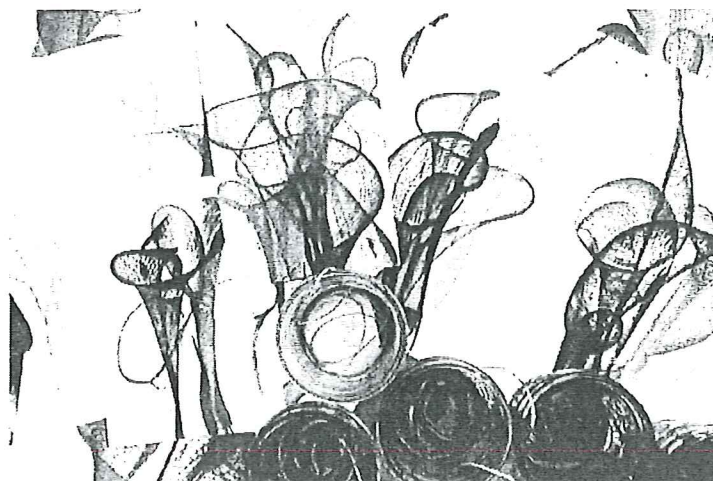
string off the paper to make the first flower. You can now repeat this process with different colors on the same paper as many times as you want until your art piece looks fabulous. Don't be afraid to experiment with different colors and string sizes!

Try something new, something out of the box, get your hands covered in paint, and have fun!

**Creativity is
allowing yourself
to make mistakes.
Art is knowing
which ones
to keep.**

~Scott Adams

[@Louisem.com](https://louisem.com)



Key Club

By: Ana M.

Contrary to popular belief, Key Club has nothing to do with making physical keys, but it can help open doors!

Key Club is a service club with plenty of volunteer opportunities available for everyone. It's also the world's largest youth-led service organization! The GW Graham Sohl Key Club meets **Tuesdays at lunch in portable 1**. New members are **always welcome**, so why not come check it out?

The club has lots of fun volunteering and fundraising to better the community and the world. Last year they raised money for the Thirst Project, bringing clean water to Swaziland in Africa, through Water Wednesdays where they sold water bottles for donations. Members also love to help out once a

month at a soup kitchen downtown, serving food to those in need of a hot meal. They get to meet new friends from small collaborations with Sardis' Key Club and during huge events like the District Convention in the USA with over 2000 attendees.

This year, Key Club has a lot more planned! In support of a fellow grade 9 GWG student currently going through cancer treatment, Samantha Frank, candy is being sold at Grizzlies home games. Pizza sales are also happening at lunch. Keep an eye out for the students selling yummy treats to make a difference!

Key Club is all about having good experiences with amazing people while positively impacting those around you, and it looks good on a resume! If you need any more reasons to join or support the club, check out the snazzy bulletin board near

neers or construction workers.

For grade 10s, this is when you have to pick which science, social studies, and math you want to take. This is the year you should start thinking about university.

Grade 11s, You have the most freedom with what courses you take, so you need to think about graduation requirements, which college/university you want to go to, you need to have a minimum of 30 hours of work but the counselors recommend more.



Making The Most of 2020

By: Kalie H.

Happy New Year everyone! Have you made a resolution for 2020? Do you have a skill you want to learn? A trait you want to work on? A goal to accomplish? I asked around and received some responses from fellow GW students who shared their 2020 plans!

"Cut out people who are toxic [...] and surround myself with good people."

"Keep my grades up, work out more often, get a new job, and donate my old stuff and rearrange my room."

"To be kinder, [...] read every night, and use electronics less. I plan to keep all of them."

"Be more active and outgoing, but also draw more. To spend less time on the internet and study more."

Feel free to submit your resolution to our Submissions Box in the library if you'd like it featured in our next issue!

Picking the Courses that are Right for You

By: Aiden S.

When picking new courses, you should think about your interests along with your future career.

For grade 9s, the only thing that really matters is what stream of math you take: Workplace or Foundations. Workplace math is for people who want to get jobs that involves trade. Foundations is for jobs that require more mathematics like engi-



Song Studies

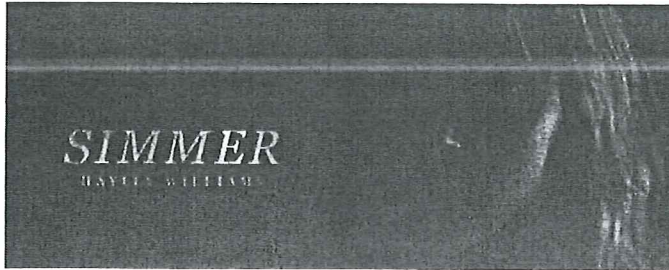
By: Avery A.

Single: *Simmer*

Artist: Hayley Williams

Genre: Alternative

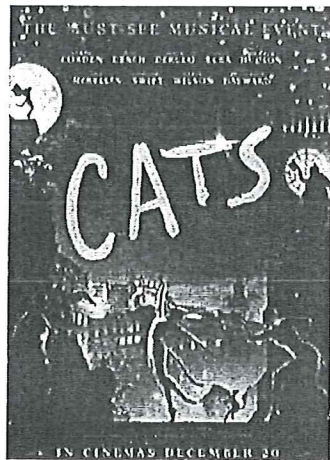
Rating: 5 stars



<https://www.theedgesusu.co.uk/records/singles/2020/01/27/review-hayley-williams-simmer/>

Moviegoer's Plaza

By: Anisa Q.



Hayley Williams, the lead singer of the band Paramore, has been an icon of alternative music for years, but had yet to venture into a solo career until now. In her new single, *Simmer*, Williams has reinvented herself entirely. With raw and

powerful lyrics, she perfectly expresses the universal female experience- bottling rage to maintain elegance. The line "How to draw the line between wrath and mercy?" raises questions of how much slack to give to loved ones. Meanwhile, she says, "If I had seen my reflection as something more precious, then he would've never", reflecting on her lack of self esteem and how that has affected her relationship. Her empowerment shines through in this song, and when it's paired

with the intense instrumentals, it makes for an invigorating listening experience. Deeper, more solemn lyrics about past pain are paired with quieter melodies for emphasis. In its entirety, *Simmer* is a masterpiece. This was uncharted territory for her, as Paramore has previously been associated with a pop-punk sound. As she comes into her own, fans can only hope her upcoming album *Petals For Armor* will be as vibrant as the single.



Title: *Cats*

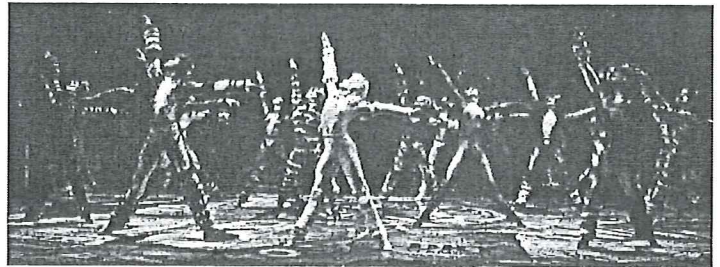
Rating: 2.5 stars

Genre: Musical

Starring: Jennifer Hudson, Taylor Swift, Rebel Wilson, James Corden

Cats was interesting to say the least. Not only did the motion capture bodysuits make for amazing nightmare fuel, but it did an intriguing adaption on the famous musical it took inspiration from. Of course, there is some criticism that needs to be addressed on a larger scale--such as the eerie camera angles,

[https://en.wikipedia.org/wiki/Cats_\(2019_film\)](https://en.wikipedia.org/wiki/Cats_(2019_film))



<https://dancemagazine.com.au/2015/10/cast-member-emma-delmenico-talks-cats-australian-tour/>

the oddly humanoid forms of each of the felines which left viewers baffled and perplexed, and the general confusion of it all. The cat jokes were expected, that much I understood from the hour spent watching it.

I left the theatre discontent, confused on what I truly felt about the film and what I had left to interpret. But to make things short, it wasn't a pleasant feeling.



Bookworm's Corner

By: Kalie H.

Title: *Foolish Hearts*

Author: Emma Mills

Rating: 5 Stars

Genre: Contemporary

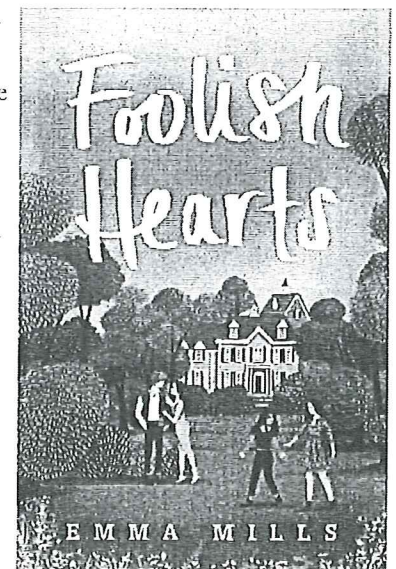
Category: YA

With an engaging cast of characters and a fun voice, *Foolish Hearts* is enjoyable from beginning to end. The protagonist's journey over the course of the story is extremely relatable as she works toward self-discovery, self-acceptance, and allowing change. The romantic subplot and the friendship that takes

centre-stage are just as developed and interesting as the rest of the plot. Following the structure of a romance but with a platonic relationship felt fresh and new, and additional subplots were well balanced without feeling overwhelming. Highly recommended to fans of Becky Albertalli, Morgan Matson, and Shakespeare plays!



<https://www.pinterest.ca/pin/25895766595428116/>



Mills [...] thoughtfully explores the nuances of all kinds of relationships, both friendly and romantic [...] [and] evokes the high stakes and vast rewards of trust, intimacy, and honesty.

Publishers Weekly (Starred Review)



Featured Athlete

By: Alisa G.

GW is widely known for our athletic programs and our determined Grizzlies. This month we want to highlight Megan and Sydney Owens for being amazing students and athletes.

Megan is involved in basketball and is running the Unified basketball program, as well as swimming, cross country, track and field, and ultimate frisbee. Sydney is also part of the basketball team, the curling team, and swim teams. Megan's athletic journey started with soccer, and though she doesn't like soccer anymore, she's discovered many other exciting activities. Sydney has been an athlete for so long she doesn't remember how she even started. In Megan's opinion, the best part of being an athlete is how the school basketball team is

now like their second family, and that this really creates a positive and loving environment. Megan also enjoys seeing what her body can do when she gets into competition mode and that the training has paid off. Megan is thinking about playing basketball in college and Sydney wants to become a kinesiologist. They both love being part of a team because you always feel supported and like someone has your back. The best motivation is to stay healthy and active, while doing something that they love.

"Being a student athlete is the best part about being a student at GW. Make sure you stay on top of your work. Try to find your passion, whether it be sports, academics, etc. Your passion will give you a sense of pride, purpose, and happiness." - some great advice from a great athlete, Megan Owens.

See what else Megan is up to on the front page!

Ski club is back! If you want to join then talk to the office or Mr. Giber for more information. There are 5 trips and 4 half days with 4 lessons in case you're new to skiing or snowboarding, and your parents can come to all of them. The biggest

trip is to Sasquatch Mt. on March 6. If you want to join then hurry now because the first trip is already done!

Provincial Coaching With Mr. Mouritzen

By: Kalie H.

Can you tell us a bit about this new opportunity you have for basketball?

I have been selected by BC basketball to join the U17 boys provincial team coaching staff. This team will represent BC at the Canadian National Championships in Kingston Ontario August 3-8, 2020. I will serve as the assistant coach, the team will be lead by Cassidy Kannemeyer the current men's head coach of Capilano University.

Do you take a different approach for this team than you would for the senior boys at Graham? Yes this will be a very different experience for me. My main responsibilities with the provincial team will be on the defensive end of the game. This will be an awesome opportunity for me to grow as a defensive coach. I will work to build relationships quickly with our players and push them to be excellent on the defensive end of the floor.

What goals do you have for this new team? At this level the goal is always to win. However, I think going into this new opportunity I will have two lists of

goals: team goals and individual/personal goals. Team goals will include: ensuring that every player grows and advances their personal defensive skill set; as a team we work every day to meet our set out team and individual defensive goals, as a team we represent our province on and off the court to the best of our abilities.

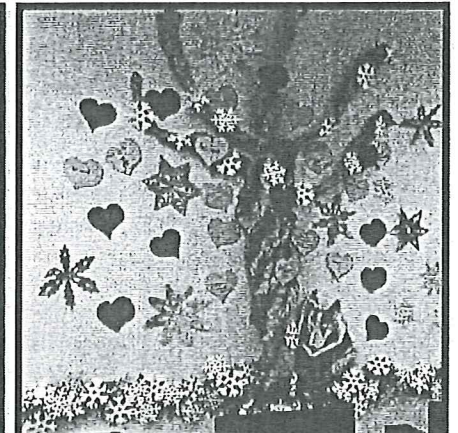
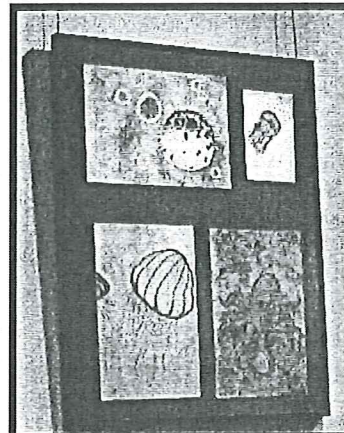
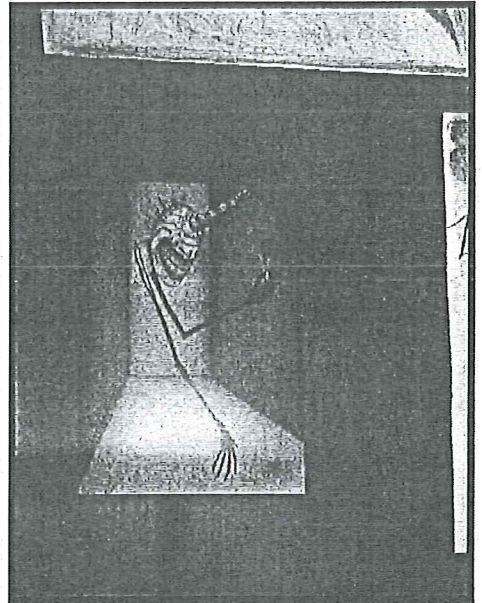
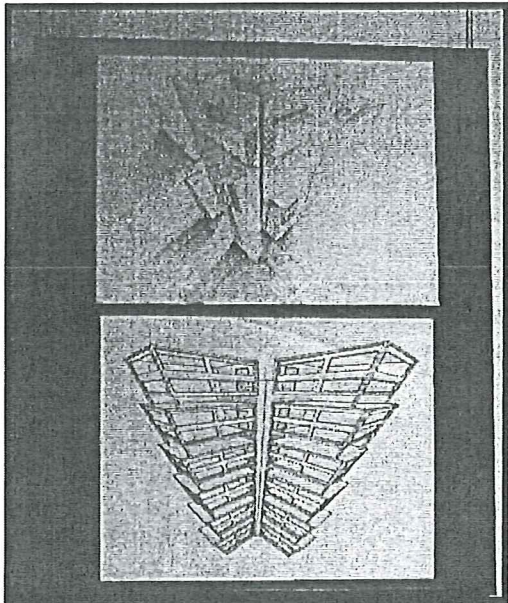
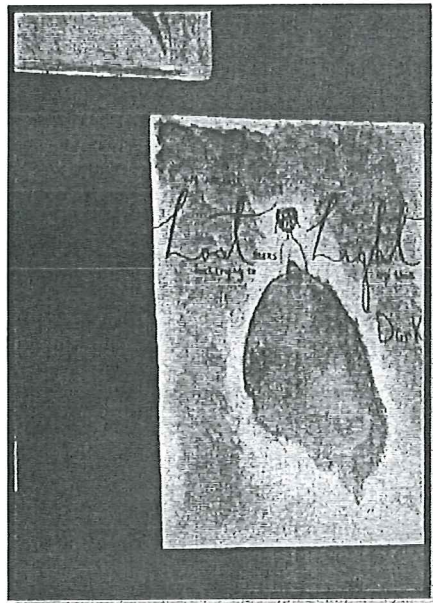
Individual/personal goals will include: being a positive motivational part of the coaching staff, building positive relationships with both fellow staff and players; Learning as much as I can through interaction with all elite players and coaches involved in the program and throughout the country, and most importantly doing my very best to become 1% better every day.

Are there further opportunities that you're looking to pursue in your coaching experience? Over the last year I have been working on completing my Top Canada Basketball coaching certification (Train to Compete). With this certification, new opportunities have become available. I think this awesome opportunity with Team BC is another step for myself to become a better coach for those players I get the opportunity to work with here at Graham, in club basketball and in the future. My plan in the future is to continue to provide elite opportunities for student athletes within our school, community and province.

Ski Club

By: Aiden S.





Riddle

<https://www.greetingcardpoet.com/good-riddles-with-answers/>

Submitted by: Alisa G.

I can fly but have no wings. I can cry but I have no eyes. Wherever I go, darkness follows me. What am I?

Joke For You and Your Friends

<https://www.id.com/funny-stuff/short-jokes/>

Submitted by: Alisa G.

I invented a new word! Plagiarism!

Trivia

<https://trivia.fyi/>

Submitted by: Alisa G.

1. Which is the only Disney Princess that has a child?
2. Who was the first queen of England?
3. Which marine animal is the only known natural predator of the great white shark?
4. What was Walt Disney's original name for Mickey Mouse before his wife convinced him to change it?

Fun Facts

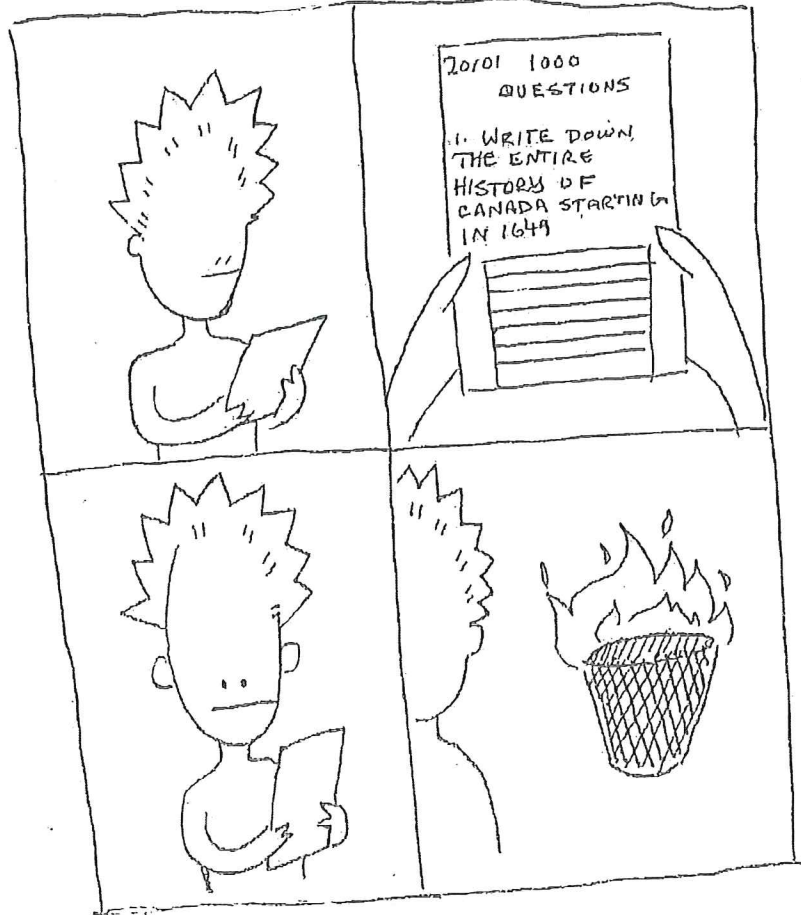
<https://www.thefactsite.com/1000-interesting-facts/>

Submitted by: Alisa G.

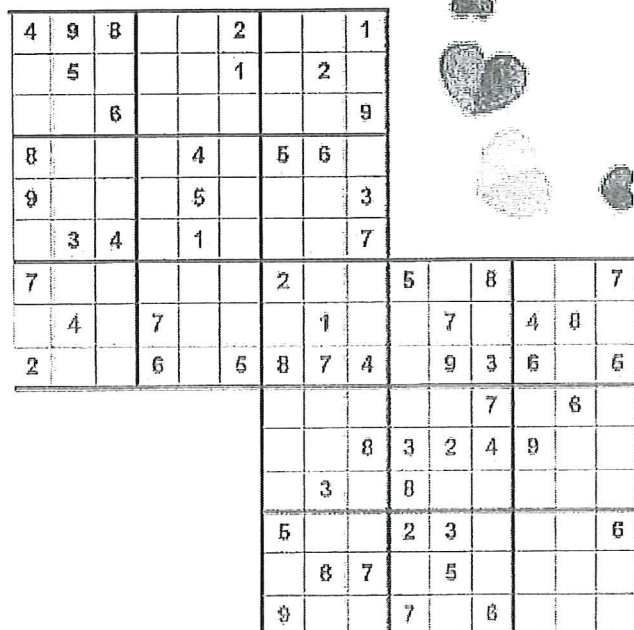
1. The scientific term for brain freeze is "sphenopalatine ganglioneuralgia".
2. Canadians say "sorry" so much that as evidence of admission to guilt, a law was passed in 2009 declaring that an apology can't be used
3. Back when dinosaurs existed, there used to be volcanoes that were erupting on the moon.

Riddle Answer: A cloud

1. Ariel
2. Mary I
3. Orca (Killer whale)
4. Mortimer Mouse



By: Bella S.



<https://cdn2.vectorstock.com/i/1000x1000/62/46/love-with-hearts-in-continuous-drawing-lines-in-a-vector-21706246.jpg>

<http://www.clarity-media.co.uk/samurai-sudoku.jpg>

Horoscopes

Aries (Mar 21–Apr 19)

Your emotions may run extremely high this month. You need to calm down and relax, think before you act. It's okay if things are difficult right now. You need a day off to catch up with yourself.

Taurus (Apr 20–May 21)

Slow down and think about the people you forgot. You can't find peace anywhere because you are restless. Look back to find the person who has always been there for you, they will help you find peace within yourself. To your surprise they need you too.

Gemini (May 22–June 21)

This month you will harness the confidence to take the next step. With a clear vision, dare to dedicate yourself to wherever it may

lead.

Cancer (June 22–July 22)

You often give people more chances than they deserve, this month take some time to help yourself and acknowledge your own issue.

Leo (July 23–Aug 22)

Your loyalty can earn you true, lasting friendships with people who trust and care for you. Don't forget it's okay to lean on your support network when things become tough. You don't need to face things on your own.

Virgo (Aug 23–Sept 23)

Stop trying to do it all by yourself, there is no shame in asking for help. If you put your pride aside you will achieve much

more than you can imagine.

Libra (Sept 24–Oct 23)

You can't always be around your special person. That is why you should text them and don't be afraid to ask them out.

Scorpio (Oct 24–Nov 22)

Honesty is important to you, and it makes you a better friend. Make sure your fear of being lied to doesn't stop you from opening up to others and creating new, deeper friendships.

Sagittarius (Nov 23–Dec 21)

Big dreams and optimism motivate you. Be patient as you go after your goals, and remember that things often happen as they're supposed to.

Capricorn (Dec 22–Jan 20)

You're very responsible and always prepared for the worst. This can ensure you're ready to face challenges, but it can also be exhausting. Remember to not let the future overshadow the present and enjoy the moment.

Aquarius (Jan 21–Feb 19)

Your stubborn nature allows you to achieve what you work for, but can also lead to avoidable conflicts. Try to reach healthy compromises with others this month.

Pisces (Feb 20–Mar 20)

You have a strong intuition; trust it despite your fears and try something you've always wanted to do. You never know what could come putting yourself out there.

Library Challenges

February: The challenge for February is to write 100 words on why we should not ban books.

March: The challenge for March will be to complete our GWG Library Book Bingo.

SUBMISSIONS WELCOME!

If you have a piece of work that you'd like to see in the Newspaper, submit it to the Library.

If you have a question for the Advice Column that you'd like us to answer, submit it to the Library.

If you wish to join: Meeting are every **WEDNESDAY** and **FRIDAY** in the Conference Room, join us either day, or both.

NEWSPAPER CLUB CONTACT INFO

Email: GrizzliesNewspaper@gmail.com

Credits

Photographs	Student Share	Bookworm's Corner	Name	New Article	Name	Ad #7	Group
Headline	Name	Moviegoer's Plaza	Name	News Article	Name	Ad #8	Group
Club Article	Name	News Article	Name	Sports Article	Name	Trivia, Riddle, Jokes	Name
Ad #1	Group	News Article	Name	Featured Athlete	Name	Did You Know?	Name
Ad #2	Group	Art Article	Name	The Grizz Says...	Name	Funny Comic	Name
Sweet Treats	Name	Art Article	Name	News Article	Name	Game	Name
Meal Time	Name	Ad #3	Group	Ad #5	Group	Horoscopes	Name
Short Story	Name	Ad #4	Group	Ad #6	Group	Library Challenges	Name