

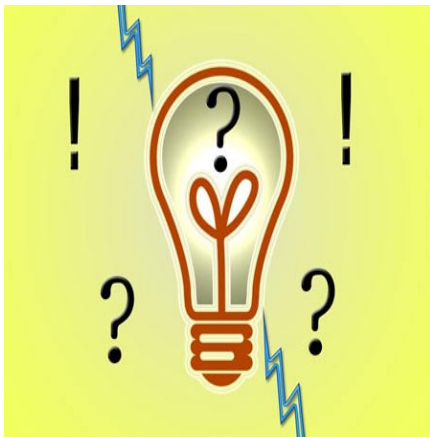


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Senior Editors and Layout Design: Shannon Cox and Jason Parker

Writing and Organization:

- Danielle Klein
- Kaili Plain
- Lia Hong
- Saber Nawaz
- Amani Anam
- Camy Tan
- Lisa Wallis
- Melany Chaiquin
- Natasa Bansagi
- Yolanda Wu
- Rachael Ostroff
- Angela Chen
- Ms. Leahy
- Ms. Griffin
- Mr. McMahon



Brain Teasers

I am eight letters long - "12345678"
 My 1234 is an atmospheric condition.
 My 34567 supports a plant in the ground.
 My 4567 is to appropriate or steal.
 My 45 is a friendly (British) thank-you.
 My 678 is a male name.

What word am I?



Thanksgiving

I C M I T S E V R A H T L L L
 A E R A I P O C U N R O C R O
 D L B S T U F F I N G F F C Y
 I E C U A S Y R R E B N A R C
 N B I A E N I G N R C N T O G
 F R L P G P R T E M D C F U N
 R A H N N G I W U I U F T G I
 A T O O M I O L E R R T Y E R
 E I L T F L K D G I K L U D E
 M O I N F E Y P E R I E R A H
 E N D Y E A A N M M I T Y R T
 A S A E M E D S A U R M O A A
 L M Y S I S U F T R P B S P G

- AUTUMN
- CANDIED YAMS
- CELEBRATION
- CORNUCOPIA
- CRANBERRY SAUCE
- FAMILY FEAST
- FRIENDS
- GATHERING
- HARVEST
- HOLIDAY
- MAYFLOWER MEAL
- PARADE
- PILGRIMS
- PUMPKIN PIE
- STUFFING
- TURKEY



Rising tuition: ludicrous or justified?

By Danielle Klein

For many students in Ontario, education follows a natural formula; elementary school, middle school, high school, university. As we enter grades 11 and 12, we are presented with the challenge of getting into our choice of universities. In recent years, however, another critical challenge has presented students as they are approaching university: rising tuition.

Over the last 20 years, provincial and federal funding for post-secondary education has decreased dramatically. Since 1991, university fees in Canada have tripled. In Ontario, provincial policy allows tuition fees to increase 4 to 8 percent every year. These climbing fees cause many students to go into debt during university. The average student loan debt for an undergraduate degree in Canada today is \$27,000. Despite the adverse affect that the tuition will have on us, I believe that the rising fees are highly justified.

Some argue that higher tuition fees greatly inhibit university access to students from low-income families. However, 30% of the fee increases are used for scholarships and student grants in

Over the last 20 years, provincial and federal funding for post-secondary education has decreased dramatically. Since 1991, university fees in Canada have tripled.

order to increase access to university for these families.

Lowering tuition fees will also result in higher taxes. The economy is not in its best shape and for many Canadians the higher taxes would have negative results. Canada spends more of its tax dollars funding primary and secondary education than many other countries. While Canada has a mounting high school drop-out rate, university enrolment remains strong and steady. Funding must be put into primary and secondary education in order to maintain a strong base before it is put into post-secondary education.

University tuition fees are high and still increasing in the near future. In order to offset the price of tuition fees, we can consider many options. Student-loan programs require improvement in order to make university more accessible. Students who attend professional schools, where fees are particularly high, could do government service after they get their degrees instead of paying the entire price in dollars. Some university degrees can even be shortened from four years to three.

Canadian students cannot allow their post-secondary education to be hindered by skyrocketing fees, but also must recognize the reasons behind them. Students should present effec-

tive ways to keep university accessible, possibly by writing to their Members of Parliament. As students, this is an issue that directly affects us. Increased government funding is not the only answer. Those who directly benefit from a university education must also bear some individual responsibility, within a system that provides a framework of options.

Fun Day

By Lia Hong and Saber Nawaz

On Thursday, September 18 2008, there was Fun Day for the students of grade nine. Fun day was the day for the grade nines to interact with the seniors and to get to know some of the teachers. This event was held by Student Council after school. A few did not want to go because they worried that they would get covered in ketchup and mustard. Since I attended as a yearbook photographer, I witnessed a lot of action. When I interviewed some of the students as the day came to a close, they said, "It was quite fun." Some of the events that took place were tug-of-war and twister. Everyone who went there had fun and they said so. Also, grade 12s got just as dirty as the grade 9s. Fun day is a an other way of saying orientation, but according to the Student Council president, dis-orientation portrays a negative vibe towards the students, parents, and teachers. But I think Fun Day suits the occasion because it is a messy day of interaction with teachers and senior students. To me it seemed that everyone who was out there had fun, even the spectators.



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Borden News and World News

Congratulations to Kaili Plain – a published poet

Grade 10 student/aspiring poet Kaili Plain entered one of her poems in a contest last fall on the recommendation of her English teacher, Mr. Jones. She thought she had a long shot, but lo and behold she made it to the finals of the contest and then received notice that her poem, “We Align”, was to be published in an anthology of young Canadian poets titled *Inside Passages*. A copy of *Inside Passages* is displayed in the library, so please go take a look. Don’t forget to congratulate Kaili, SRB’s Poet Laureate!

We Align
by Kaili Plain

Never really had someone to lean on
Never really had someone to care
But since I met you that’s all gone

I can’t express myself in words
I can only think of meaningful thoughts
But it was you that taught me a lot

You taught me meaning
You taught me sorrow
You even taught me healing

But it was how to love
It was love that made all the difference
You showed me much more than the power of the mind can imagine

Living is a gift
It’s much more when you have a wonderful bliss
It was you who showed me this

There’s no need to fear
No need to shed a tear
Not when I have you here

You’ve guided me
You’ve helped me in need
Not once did you leave

You’re my inspiration
What keeps me going
Just having you is knowing

I’ll never be alone
There’s always you
That’s when I knew

Even in the shadows
Underneath all the stars
We align and it becomes all ours

I couldn’t ask for a greater bond
It’s like no other
So forever we’ll have each other

Current events

by Amani Anam

Ottawa International Writers Festival: Fall Edition, 2008:

The Ottawa International Writers Festival has been happening since 1997. This is where your imagination leaders in the worlds of science, history, poetry, politics, spoken word, economics, drama, fiction, biography, music and more can be seen. It is a fun event which many attend. It will be happening from October 18th to the 26th. It will take place on the weekends from noon and on week days after 5:30pm. Admission for the passes cost \$75/\$65. Members will get in free with minimum donation of \$20/month and individual tickets will be sold from \$5 to \$20. It will take place at Library and Archives Canada, 395 Wellington Street.

One World Film Festival:

One World Film Festival is an annual event showcasing outstanding and inspirational films and videos from around the world. It is a bilingual event which will be held at various locations from October 29 to November 1st.

Festivarts:

Festivarts is a one-day, community-based festival that shines the spotlight on local talent. Come and see exciting stage performances and visit the many displays, including the Loch Murray Dancers. It is a free event on the 1st of November from 10am to 4pm. It will be held at Place d’Orleans in the central court.

Objectif Cinéma:

Objectif Cinéma is a French-language film festival presenting 7 films for viewing by the general public and 2 films during school-day matinéés. They will be presented from November 6th to 9th. Admission is \$6 and it will be held at Empire Cinemas at Town Centre, 250 Centrum, Orléans.

Would you like to **share your talents** with other students and have them be shown in the next issue of PawPrint? Submit your talents (be it painting, breakdancing, or acting) and a description of where they have taken you to srbpawprint@hotmail.com and you could be **featured in the next issue!**



School Sports and World Sports

Shooting stars

By Lisa Wallis

After the intense try-outs in the beginning of September, this year's Junior Girls Basketball team is roaring. All players, six returning and eleven new, are excited for a great new season.

The team practices three times a week, usually twice in the mornings and once after school. Practice starts with some shooting as a little warm-up. Then the coaches (Mr. Laale and assistant Mrs. Deguef ) get the team working on drills. Typically, this involves splitting the girls into two groups, and reviewing skills particular to their assigned positions.



On September 22, Borden's Junior Bengals had their first match up against West Carleton. It took the team a little while to really get used to playing together. The girls were behind by only one point by half-time, with a score of 18-19. Then they pulled it together and scored 10 baskets in the second half, ending the game at 38-23 for the Bengals. The whole Borden team played really well, and the evening ended on a positive note.

Two days later, the team prepared to play against Redeemer Christian High School. This game definitely challenged the Bengals. The girls were down by six points at the end of the first quarter, but they got their stuff together and pushed back until they were just ahead by halftime. Impressively, the team managed to add to their lead and the score was 28-18 for Borden when the final buzzer sounded. Way to go team!

The team extends a huge thank you to Mr. Laale, Mrs. Deguef , and Ugbaad Kosar for her great coaching during the second game. The girls would also like to thank all the parents and friends who came out to cheer the Bengals on. We appreciate your support! Hope to see you on the courts at the next game!!

Will China keep their Olympic promise?

By Shannon Cox

When advocating for the 2008 Summer Olympics in Beijing, China promised that it would be an opportunity for the improvement of human rights in their country. China has yet to allow the freedom of media; the newspapers, journalists and internet are under extensive surveillance by the Chinese officials. Chinese citizens are being arrested for peacefully speaking their political, religious or personal beliefs and frequently charged with "subversion". Since China has failed to release statistics on how many prisoners are sentenced to the death penalty, many are concerned. Many of these prisoners are even denied the right to a fair trial and those who are given a trial are subject to the biased judges with hidden political motives. Before the Olympics, China promised that this would be their chance to improve their record and end the countless human rights violations, but have they? You be the judge.



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Entertainment

Entertainment news

By Amani Anam

Lauren Conrad Fighting to stop dating-violence:

Teaming up with Mark, the beauties and accessories line, 22 year-old Lauren Conrad will be helping to stop dating violence. As she promotes for Avon, profits will be donated to organizations which help raise awareness for the cause. Even though she's ear-high in her reality show drama, Lauren Conrad still finds time to promote something she believes in. On her MySpace blog she wrote that she has "partnered with Mark in its first initiative aimed at ending the cycle of dating abuse and violence. Women ages 16-24 experience the highest rates of partner violence, and Mark and I want to change that statistic." Lauren will be the co-chair of a panel that will select up to five organizations to receive the funds. Also, in their cosmetics line, Avon will be selling twenty-two dollar necklaces which on them have written "Have a Heart." Twenty dollars from each necklace will be put into causes helping the fight against domestic violence.

2008's Best Dressed List:

People magazine recently put out their 2008 list of "Best & Worst Dressed". Winners included Reese Witherspoon, Beyonce Knowles and Katie Holmes. Other categories included were Worst Dressed, and Best-Dressed Men.

London's Fashion Week:

"London's fashion week was a full five day slot." This year, London's fashion week was from the 14th of September to the 19th. There were many models and styles, but even more designers. A few of the cat walk designers this year were Basso and Brooke, Bora Aksu, Duro Olowu, and Betty Jackson. Some old faces were there as others never before seen. There were also a wide range of styles this year. Sponsored by the store TOPSHOP, many of the clothes shown were associated with the TOPSHOP style. The TOPSHOP style is a very hip and fashionable style with an odd mix of circus to it. Being a very unique style it is still incredibly popular brand in England where you can expect only teens to shop. The winners this year for fashion week in England, however, were Christopher Kane, Erdem, Marios Schwab and Roksanda Ilincic.

DJ AM and Travis barker in plane crash with critical injuries:

Blink 182 drummer, Travis Barker, and DJ AM, Adam Michael Goldstein, were in a plane crash September 19th. Their injuries were critical, though they are now in stable condition. Some say a **blown tire may have been the reason for the crash. Their injuries were enough to have many more people worried including Barker's**

ex-wife Shanna Moakler, Fall Out Boy, and Lindsay Lohan.

Slim Shady planning comeback:

After his album Encore came out in 2004, fans were scared to think that he wouldn't be back with another album, especially after the 36-year-old rapper had a heart scare. Rapper Eminem, Marshall Mathers, is rumored to be planning another comeback.

Lady Gaga album out and song strong:

Lady Gaga has had her hit song Just Dance out for awhile now, however her popularity is still not wavering. Her debut album The Fame has also just released a new e-single "Poker Face" also she has released "Beautiful, Dirty, Rich". The album The Fame will be out everywhere October the 28th. She will be going on tour soon and the Canadian places she will be going are Vancouver, BC, General Motors Place, Calgary, Saddledome and Edmonton, AB, Rexall Place for New Kids on the Block.

Dear Abby

By Yolandu Wu

What is the meaning of life?

- Philosophy Dropout

Dear Dropout

What a profound question to be asked, my very first day on the job! I had to do quite a bit of research for this one. After consulting with many wise and credible sources, I've finally come up with an answer. You're probably expecting something like true love, happiness, or helping others, right? Wrong.

Peanut butter. Yes, you heard me, it's peanut butter. That is the true meaning of life. You want to know why? Just think about it. It's crunchy and creamy and sweet and salty and delicious all at the same time, that's why. Seriously, what more could you ask for? And oh boy, don't even get me started about fluffernutters. If you've never had one, the second you get home from school today, Google it. You're missing out.

More proof. You know when you have such a craving for peanut butter it's like the, gosh, if-I-don't-get-some-right-now-I'm-actually-going-to-DIE kind of feeling? It's not because you need the protein or whatever, that's your body's way of telling you to GET A LIFE!

Um, I'm guessing that won't make much of a convincing argument in your class. Wish I could be of more help, but I am only in tenth grade after all! Sorry!



Entertainment

The video game scene

By Camy Tan

Rock Band 2
XBOX 360: Rated T

The first Rock Band revolutionized the game world and took the markets by storm, changing the way that music games were played forever. Now they are back for more in Rock Band 2, where you have some of the old features mixed with the new for an multi-sensation game that will keep you jamming for hours on end. You can sing, play drums, guitar, or bass alone or with three of your buddies just as you could in the first. The game play is still the same, but there've been new things attached such as the drum trainer that now allows you to practice and improve your drum skills. This is especially good for new players to the game (and a good way to stop looking like a rhythmically challenged noob banging away on pots and pans.) As well, they even have a no-fail setting! So you and your band mates can rock on even if your playing is bad enough to make paint peel. The game provides more than 80 songs with a variety of bands and styles. You can also rip 53 of 58 songs from the first rock band onto your hard drive and play them in Rock Band 2. Overall, Rock Band 2 still lives up to its predecessor and is generally the same as the first, looking exactly the same to boot. Even if some of its songs may be just too long, it's still a great party game to go around. For any people new to the game, it's one to pick up for sure.



Lost In Blue 2
NDS: Rated Everyone 10+

Everyone's been asked this question at least once before: "If you were stranded on a deserted island, what would be the one thing you'll take with you?" Or something to that matter. But no one really thinks it through because seriously, what are the chances of that happening? Created by Konami, Lost in Blue 2 is the sequel to the Lost in Blue series. The entire game revolves around two teenage kids

who are shipwrecked and are washed ashore on a desolate island. Your goal? Why to survive and get off the island of course, along with your partner. You can choose in the beginning whether to play as the boy or girl and the dialogues will be differ slightly according to that. For the first 10 minutes or so the game seems to be interesting and unique, though it's text heavy in the beginning and it's not until your character and your partner start complaining about being hungry and thirsty that it suddenly hits you: this game is really, really, hard. It's not until awhile after that things start becoming smoother, with having to find food and firewood that taking up half of your time. There are small mini-games that make the game slightly more realistic such as blowing into the mic to stroke your fire and fending off wolf attacks with the weapons and tools you create. This game is certainly a challenge and you can barely travel anywhere since the characters' constant complaints about being thirsty, hungry and tired every 5 minutes will make you feel more like you're babysitting idiots who'll die without your undying love and attention. When your overall status reaches 0%, it's game over and since it's too cruel to let your partner die on you, it's game over when they reach 0% as well. This game has a great concept to it and is certainly something new. For those looking to try anything or those with better patience, this game is worth a try, though repeating chores would be one thing I wouldn't bring with me to a deserted island.



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Editorials

Perfectionism: Is it getting in the way of really living?

By *Natasa Bansagi*

Is 'good' simply not good enough? Is every step taken calculated and thought out to the utmost detail to the point where nothing but the ideal would do? Welcome to the life of the perfectionist – one who lives these kinds of thoughts and carries out these kinds of processes on a day-to-day basis.

The term “perfectionist” is defined as a person who is displeased with anything that is not perfect or does not meet extremely high standards; it is someone who tends to set goals of unreasonable and unrealistic excellence, leaving little room for error. You may know a perfectionist – maybe it's the person whose locker is beside yours; perhaps it's that person in your second period class or in the cafeteria at lunchtime, or would you ever dare admit that it is you?

So, is the life of the perfectionist truly that perfect? You be the judge. Having a vision for your future, setting high goals and working hard to achieve them is in itself excellent! Nobody ever said getting good marks or even graduating was going to be easy. And, what a sense of satisfaction we have in every step of the way in getting there: passing the test, writing that seemingly impossible essay, understanding the concept in math or physics. Work hard and don't let the challenges overwhelm you. But, along the way, balance your hard work with reasonable expectations – otherwise, your life ends up being nothing but stressful! Enjoy the process, enjoy the ride, and don't beat yourself up if the results are less than perfect. Remember: the journey is as important as the destination.

Change your attitude. Handle criticism without reacting defensively. We're all in this together and if we use constructive criticism as a stepping stone in our lives rather than as a point of anger, we could improve it greatly. Of course, if the criticism is harsh, it is okay to remind people that mistakes are a great way for us to learn and that lifting us up instead of crushing our spirits makes us learn much easier! Remember, too, to not be so critical of yourself! Don't focus on your imperfections; rather take pride in your accomplishments. Don't spot the tiny mistakes and glance over all the amazing things you have done and are doing.

Finally, don't be afraid of failure because it's pushing you to unnaturally overdo your efforts to succeed. You never know what you can do unless you try and do it. Stop all the negative talk about yourself (whether you say it or think it). If negative stuff fills your thoughts and minds, how could we ever have room for the positive? The more you practice challenging your thought patterns, the more automatic it will become and the more you'll like whatever it is you have to do. I can guarantee that your stress levels will decrease and you will see things in a more positive and enjoyable light!

Finally, remember - “The thing that is really hard, and really amazing, is giving up on being perfect and beginning the work of becoming yourself.” -Anna Quindlen

Our shallow democracy

By *Rachael Ostroff*

A Canadian polling company, Ipsos Reid, found that 14% of Canadians are paying less attention to this election than previous ones. This is an issue, but I believe that there are much bigger problems with Canadian politics than the election itself. Even during the last elections, I would try to be informed about election issues, every grainy detail, because in theory, we should care about who is running our country. Though instead of a political conscience, I developed a strong frustration towards the Canadian political system. Is this cynicism unnecessary? Probably. Nevertheless, it's important to examine some of the reasons behind it.

The problem is the politicians. We are presented with a choice of several plastic candidates: bad, inconsistent actors who make it quite obvious that their biggest concern is getting more votes. While an obsession with public image and our votes of course, is only natural, politicians have taken it too far. We do see exceptions, but by being exceptions, politicians tend to be very unpopular. We should see real characters, with real human flaws. We should know exactly what we are voting for.

Take Trudeau for example. He did extremely controversial things and was upfront about what he believed in, no matter how it looked in the eyes of the public. He took action by implementing the War Measures Act, so that terrorist acts by the FLQ in Quebec could be prevented. The act was unpopular, not to mention a major compromise of our democratic values. It allowed the police to arrest without legal grounds to do so, and it was abused in many places. When asked how far he would go in the suspension of civil liberties to maintain order, Trudeau told reporters to “just watch me”.

Trudeau slid down banisters, and danced jokingly behind the Queen. He also brought Canada the Charter of Rights and Freedoms.

Now the Charter did not please everyone, but that's a whole different issue. Trudeau took risks. He was most definitely hated by some people, but he did not play juvenile “spin-doctor” games either. He was, in my opinion, Canada's best Prime Minister.

Much has changed since then. Somewhere along the way, politicians decided to avoid being controversial. They decided to say a lot without saying anything at all, and to strategically dodge questions. They forgot about the importance of charisma, and uniqueness. Politics became a superficial game.

Trudeau could have just been an exception; things were quite possibly just as “artificial” as they are now, before his time. Moreover, this is not so much a problem of the politicians themselves, but rather a combination of them and our acceptance of our democracy's dull state.

Then again, there are many different groups living in Canada with competing interests. It is possible that the only way to keep everyone under control in such a multicultural country is for leaders to be universal, or “artificial” so as to semi-please everyone.

It's important to realize that something universal usually will not be bad, but will never be remarkable. Therefore, look deeper than ridiculous cartoons, and trashing of opposing leaders. Realize that being unique and controversial can be very positive. Think about what people out there have to say; even they are not the typical politician-types. Why should we trust the typical politician-types anyways?



Editorials

Sweet dreams...

By Melany Chaiquin

“I’m so tired”, “My eyes are closing”, “I need to sleep!”... These are comments we’ve all heard at some point or other during school. Tests, presentations, clubs, and meetings are but a few things that can stress us as we go through high school. On top of school, we also need to deal with family, part-time jobs, and carry out our social lives. This stress accumulates and, as is the case with many students, it affects our “ability” to sleep normally, changing our whole routine.



Insomnia refers to the inability or difficulty a person has falling asleep and/or remaining asleep for the night. It is normal to have more trouble than usual in falling asleep the night before a test: stress can cause sleeplessness. However, if you feel you cannot sleep easily on a daily basis for a prolonged amount of time, you should look for ways to help ease up the possible insomnia. Ironically enough, insomnia causes more insomnia. This is to say, due to a lack of sleep, we change and accommodate our daily routines to cope with this tiredness, which just keeps on building. We exercise less due to low energy, we may want to “nap” during the daytime, and most commonly, how many times have we pulled an all-nighter by surviving on stacks of coffee cups? Probably many. These habits make it even harder for us to fall asleep the following night.

As students, we need to have a rested and clear mind in order to do well in school. Otherwise, we’d drive ourselves into a vicious circle of sleeplessness, fatigue, and more sleeplessness. In order to help our own bodies to fall asleep, we need to feel physically and mentally calm, since falling asleep is a passive process, not active.

There are many different ways to help us cope with a lack of sleep, whether it’s due to insomnia, or simply anxiety. Exercise would be a big one, since it has been shown to reduce the effects of stress on the body, improve one’s mood, and deepen sleep. It is best to exercise at least four hours before going to sleep, since this has been shown to remarkably improve sleep quality. As well, smoking and consumption of alcohol before bedtime further impede normal sleeping patterns, so try to avoid them if you are looking for a good night’s sleep. Relaxation techniques also help a great deal. Ideally, you should stop all work-related tasks about ninety minutes before going to bed, as a start to clear up your mind of stress. Before you go to sleep, concentrate on breathing properly and try to relax your muscles. There also are techniques, such as “the 20-minute rule” or “sleep restriction” which are tactics through which a person sleeps for the minimum healthy number of hours, which will increase sleep deepness, or pressure. For example, the 20-minute rule consists of simply getting up if you stay in bed trying to fall asleep for what seems like twenty minutes or longer, and returning once you start to feel drowsy. Quick fact: clock faces should be facing away, since clock-watching actually produces more tension on you. Hypnotics could ultimately be used, but as a last resort for the shortest period of time possible, and in their lowest doses, since natural stress-reliever tactics such as exercise and relaxation are healthier.

So now you know. Pick up on those healthy sleeping patterns: Try to exercise at least three times a week, relax your muscles, breathe deeply, and don’t convert caffeine into your body’s rechargeable battery. These tips will help you to fight stress away, to perform better at school, and to get a good night’s sleep!

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