



THE TALISMAN^{.CA}

October 2013

∞ LET'S GET CRAFTY: MA "JUG" AL FACES! ∞

Page 3

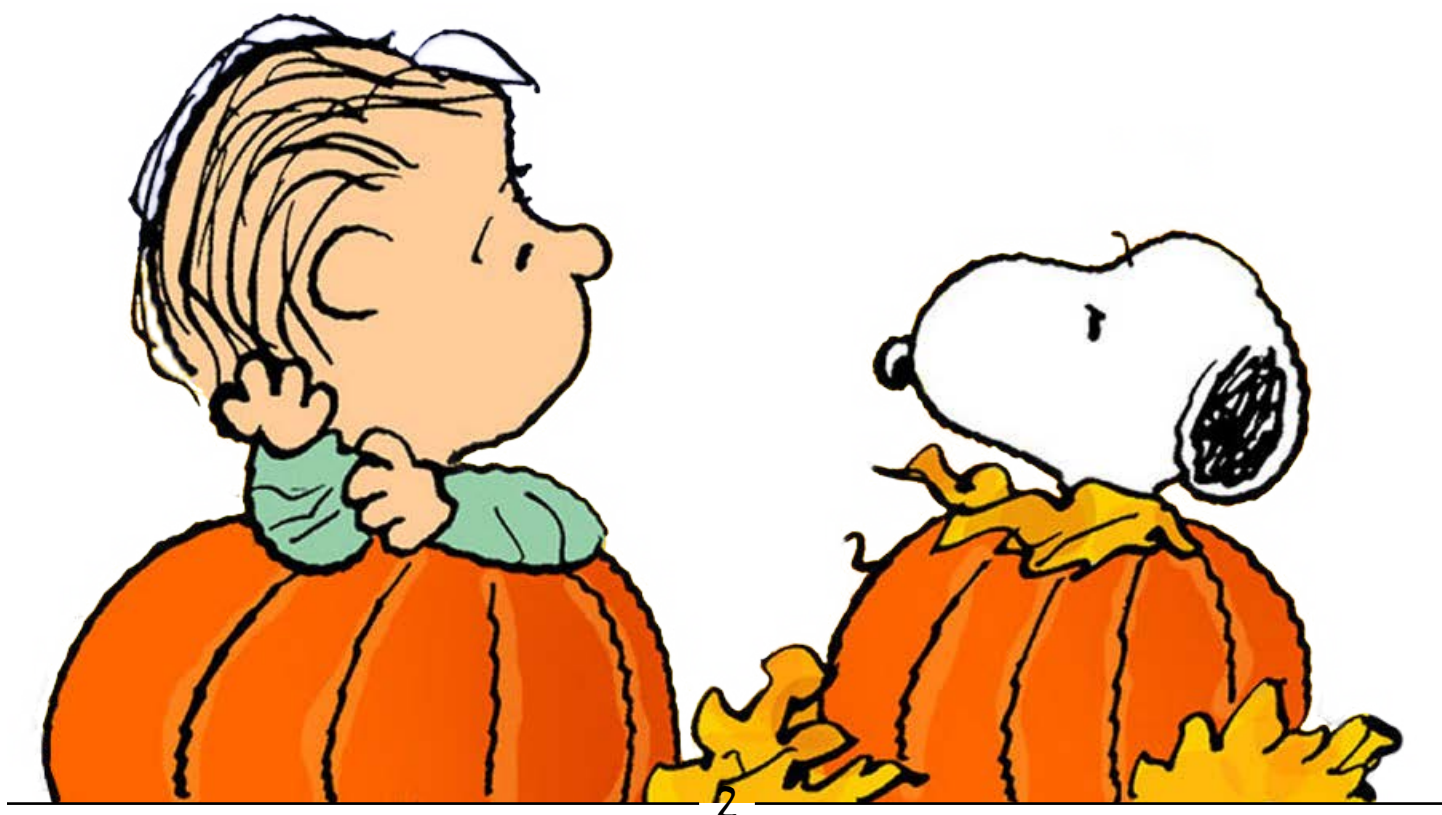


Happy Halloween!

DIY Halloween Lanterns

TABLE OF CONTENTS

Page 3.....	Let's Get Crafty
Page 4.....	Hydrate Yourself
Page 4.....	Fall Fashion
Page 5.....	Horoscopes
Page 6.....	"Article 5"
Page 7.....	Club Feature: Debate Club
Page 8.....	It's a Man's World... But it shouldn't be
Page 8.....	Poverty in Vancouver
Page 9.....	The Evolution of Halloween Costumes



L I F E S T Y L E

Let's Get Crafty!

Cindy Cao
THE TALISMAN

Halloween is approaching and for some, it can take quite a tow on your wallet. The expensive costumes, candies, and jack-o-lanterns can add up to be a hefty price. Instead of spending money on the traditional pumpkin, there are many alternative ways you can brighten up your doorstep this Halloween by using recyclables in your house:

- 1** All you need are cups, candle lights, and a marker! Get creative when drawing faces on a plastic cup and place a tealight underneath to cast a glow on your work!

*Warning: extremely flammable



- 2** Don't throw away your milk jugs! Instead, use them to illuminate your door steps! The same idea applies: draw faces on the jug and place any kind of lights inside. Christmas tree lights work especially well.

- 3** Have jars lying around? Wrap your jars in recycling paper or left-over fabric and again, draw a face on them! Once more, place a candle inside and yourself another glowing buddy to accompany you this Halloween.



Hydrate Yourself!

Jenny Huang
THE TALISMAN

Now that September is over, we're going full throttle into the school year with tests and quizzes being hurdled at us. One thing to keep in mind, stay hydrated! Water is essential; our body is composed of approximately 70% of it. And did you know it is recommended that we drink at least 6-8 cups a day? Most of us probably knew that already but how many of us actually do drink 6-8 cups of water a day, not many. But water provides us with many health benefits that we should really be aware of. Here's just a few of them:

1 Metabolism

Drinking water helps improve your metabolic rate by increasing it. This helps with the process of digestion. So if you're constipated, drinks lots of water and see what it can do for you.

2 Headaches?

Dehydration is the most common reason that contributes to headaches. Don't let headaches get in the way of class, hydrate yourself.

Fall Fashion

Charlotte Steele
THE TALISMAN

Fall season has arrived and along with it, autumn fashion. The trends and styles hitting stores this season encompass not only the grungy and daring, but the angelic whites and pinks that have made this season a unique one. One of fall's biggest trends is the return of the 70's and 80's punk style. Don't hide those piercings and ripped holes anymore, wear them with pride! Plaid shirts, sometimes directly inspired from the men's section, leather, denim and motorcycle jackets, big black chunky boots and striped pants are making a comeback.

To counteract this trend is the white on white style that has yet to be adopted inside of our school walls. Light pinks were also a major part of fall's arrivals, appearing on coats and shirts, to sweaters and shoes. Along with these soft shades, are bright cobalt blues and deep and delicate purples.

And of course, we can't forget this season's staple piece; coats. This autumn they arrived in XXL sizes and crazy colours, proving they were to be fall's big buy. To top it all off, everyone needs a hat, fall's most important accessory. Whether it is a tuque, a bowler, a sun hat, a baseball cap, a fedora, or a riding hat, they instantly add character to any outfit.



3 Look Younger

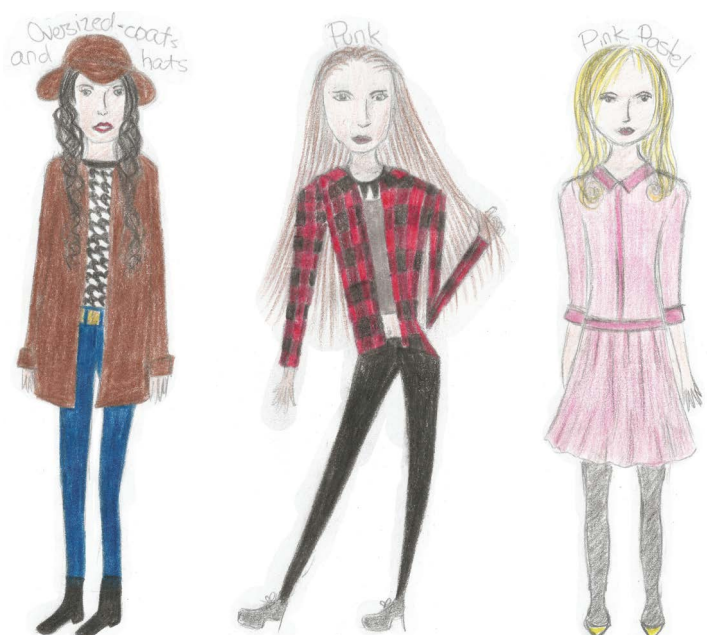
Drinking water helps prevent dry skin, wrinkles spots, and eczema. It also helps with the elasticity and suppleness so that your skin feels fresh and soft. This may not seem useful now but wait until you hit the age of 30. Don't regret it then, so hydrate, hydrate, hydrate!

4 Low in Energy?

Get rid of those energy drinks and take a sip of water. Our brain is composed mainly of water so by hydrating yourself you are improving your cognitive abilities and becoming more energized.

5 Healthy

Water helps fight against the flu as well as other ailments such as kidney stones or heart diseases. Add a little bit of lemon into water and it can help with your respiratory system and digestive system.



H O R O S C O P E S



Aries (Mar 21 – Apr 19)

You might just be a little in over your head this month. Try not to spread yourself too thin. With everything that's going on, remember to take some time off just for yourself. At the same time, try to listen more to what others are

saying this month.



Taurus (Apr 20 – May 20)

There may be rocky waters ahead for you, so buckle up! October is looking to be a difficult month. You may be struggling to keep find a balance between work, school, and you relationships but perk up! But not to worry,

keep try to keep your head above water for now because calm waters are up ahead.



Gemini (May 21 – June 22)

This month is looking to be particularly focused on YOU! Whether it's your work, school, or love life you will excel in them all. You are most definitely on top of things for the month of October. It's looking to be a highly

productive month.



Cancer (June 21 – July 22)

Jupiter is still in your sign for the month of October magnifying your natural desire to care for and support others. Beware not to over do it, as it may result in you feeling underappreciated. Even though you have a

strong desire for self improvement and growth, there will still be challenges to overcome!



Leo (July 23 – Aug 22)

Mars in your sign will bring drive, ambition, and the need for change. You'll take the initiative and go after what you want with passion. You will be impulsive and headstrong, however. The Sun in Libra will bring positive connections

with relatives, neighbors, and people in your community.



Virgo (Aug 23 – Sept 22)

Neptune in Pisces and your relationship sector may bring confusion and chaos if you have a romantic partner or if you have to deal with the public. This has been an ongoing and troublesome influence and it will continue for

a few years.



Libra (Sept 23 – Oct 22)

You'll feel confident and strong with the Sun in your sign this month. A New Moon here on October 4 will help you make a new personal start and use your natural talents and abilities.



Scorpio (Oct 23 – Nov 21)

Mercury and Venus will help you connect with others and be cooperative. You'll take the time to listen and share your knowledge and experience. Saturn will ensure that you're responsible and serious.



Sagittarius (Nov 22 – Dec 21)

You may make an impulsive decision to go ahead and commit to one of these things. Uranus in Aries will bring instability and change in your love life, but this will make life interesting.



Capricorn (Dec 22 – Jan 19)

This might be a difficult month with three planets in square or opposition to your sign. You could feel stressed and find that others are on a power trip or trying to control you.



Aquarius (Jan 20 – Feb 18)

Mars will be in Leo opposite your sign this month. You'll be argumentative and defensive when dealing with your partner or the public, and you'll have to watch your temper.



Pisces (Feb 19 – March 20)

Jupiter in Cancer and your sector of love and romance will expand your opportunities. Whether or not you're with someone, you'll feel more loved and experience more joy.

R E V I E W S

“Article 5”

Dora Xiong
THE TALISMAN

Summary

Compliance is mandatory. Those that do not follow the rules shall suffer severe punishments. Set in a futuristic USA where the Bill of Rights have been replaced by Moral Statutes, Ember Miller finds survival in her ability to go unnoticed. However, her low profile is blown to pieces when Ember and her mother are arrested by the only boy she has ever loved, Chase Jennings. After being separated from her mother, Ember is taken into the custody of Reform School for Girls. In this rehabilitation center where oppression and dictatorship prove to be the standard, Ember's only thought is to escape and save her mother.

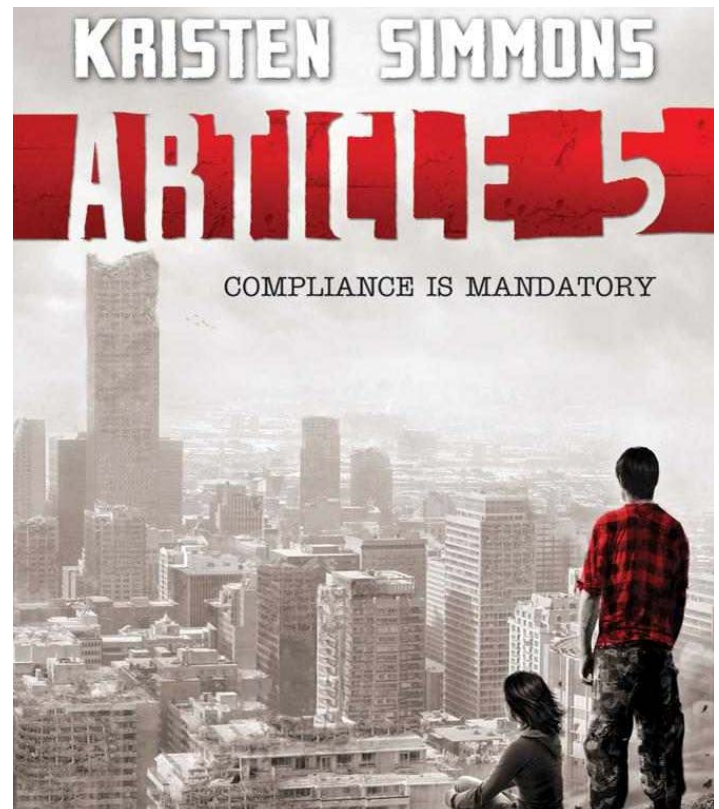
With the help of a surprising ally, Ember manages to break out of the school, but her journey has only just begun. With people all over the country searching for her, Ember must evade the Moral Militia to find her mother before it's too late all while trying to answer a question that has continuously haunted her. What has happened to change Chase from a childhood friend to someone that she can now hardly recognize?

Review

Insert a little girl squeal. Ooooooh, it looks like we've got a romance on our hands!

However, before I get started on that, I must state that I loved the way that the author created the world. The dystopian setting was very well written as the descriptions were very informative yet not overly elaborate. Every time I set down the book, I felt as if I had taken a deep breath and a big look at the world around me. When reading of this future where the country has regressed back into a mindset where gender roles play a large part, the total injustice I felt both angered me completely and spurred me to continue reading. Although a dystopian genre seems to be growing in popularity among teen fiction novels, I'd say that this novel did quite well to set itself apart from the others in terms of warped societies.

In terms of characters, Ember wasn't exactly the type of heroine that I had in mind while reading the summary. It could be said that she appeared to be more whiny and stubborn than necessary at times. Then again, it's not exactly easy to be always in control when you've lost almost everything that matters and people are trying to shoot you down from left to right. As well, Ember proves to be very resourceful from her methods to escape from the Reform School to her incredibly boss plan to get her and Chase out of jail at the end. With Chase, I'll just say that his secretive and independent exterior worked both ways to increase his mysterious allure and to frustrate me with his inability to just talk things out with Ember.



Now, for what I've been waiting to write about the entire time. The romance! Yay! Well, actually, it wasn't that amazing in my opinion. Just kidding, not really. I enjoyed reading about Ember and Chase's relationship. Ember's occasional flashbacks served to create a bittersweet contrast between their past and present. The danger of capture served to increase the intensity between their interactions, and I really enjoyed reading their slow progression back to trusting each other. One thing that I did not like was both Chase and Ember would appear to grow closer to the other only to suddenly pull an unexpected move that would create more trust issues.

Overall, I can easily say that I enjoyed this novel very much. A few things that I wish the author could have done better was to give a little better explanation on how the world came to its current state as a back story here appears to be nonexistent. Although I think that this novel can be enjoyed by any person, I would have to say that the story does quite appear to be directed at a teen/young adult audience. This story is fairly packed with action and romance. It was a great read.

CLUB FEATURE

Debate Club

Zoe Rhiannon

DEBATE CLUB PRESIDENT

Tired of all the clubs at school making you want to yawn? Want something that will look great on a resume, but that doesn't need to take over your life? Have strong opinions and like arguing? If you answered yes to any of these questions, or if any of them made you want to run and hide, Debate Club is the place for you! Now you're probably thinking, 'Debate Club, isn't that where all the squares hang out?'. Yes, it is true that we do things that could be considered 'square', such as yelling about current events at our friends across the room, or getting in fights in the hall comparing Bat Man to Spider Man.

But, we are hands down the most laid back club at school. We're here purely for a good time, and though we'd love to see you at every debate, we don't request or expect full attendance to be part of the club. EVERYONE is welcome, regardless of commitment. If any part of you thinks that debate club sounds interesting, or if you just feel that watching your peers fight for fun would be amusing, drop by a debate someday. We're hoping to have debate once a week on Thursdays after school (room yet to be determined) but for any more information, please email zbeymac@gmail.com.



An average day at the debate club

CLUB NEWBIES

It's a Man's World... But it shouldn't be

Stephanie Lim

THE TALISMAN

We pride ourselves by saying we are living in a free and equal society. That equality is present in every walk of life, no matter our cultural or spiritual differences. That we should be judged by our hard work and our actions, instead of by the colour of our skin, or by our outward appearance. That what counts is what's on the inside, not what's on the outside. But why then, is equality so sorely lacking in such countless ways?

Why is our government representation not even close to having an equal ratio of male and female members? Why are women still objectified and leered at for our motivation and drive to succeed? Why is it still acceptable to think that it is the victims' fault when a rape occurs? Can we allow ourselves to say that our society is equal and just when these statistics and opinions still exist? The truth is that real equality is still a myth. We are still living in a man's world, whether we like it or not.

Despite having the highest percentage of female members of parliament ever, it is still a far cry from the equal numbers that they should be. When a man succeeds in building his own name and creating a fortune, he is applauded for his hard work and dedication, yet, when a woman has a position of high esteem, she is assumed to have slept her way to the top, or simply rode the coat tails of someone else. This mentality simply should not exist.

Women should receive the credit they deserve, not the misogynistic statements that they are getting instead.

Similarly, it is absolutely unacceptable that anyone should think that a rape is the victims' fault. A common excuse is that "they brought it upon themselves" or "they were asking for it" but the truth remains, until explicit consent is given, it is considered a rape, and furthermore, there is no such thing as "bringing a rape upon oneself". One may argue that the way they dress is suggestive, or too revealing, but that is their right, and completely their own. In our free country, everyone has the right to dress as they please. It is embedded in our very constitution. To punish the victim is complete folly, and to say that any woman belongs explicitly to a man is a mentality that should have been abolished decades ago.

Although we as a society are still far from solving this problem, we are seeing significant changes. The wages of men and women, are slowly but surely arriving on par. Issues are being brought to attention and changes are being sought. The only thing that truly remains, is the education of us, the youth, who are in charge of building a better future. If we see these problems, we can fix them, and together, build a society that is not only a man's world, but a peoples' world, where men and women stand alike.

Poverty in Vancouver

Akilaa Ashokkumar

THE TALISMAN

Vancouver has struggled with high levels of poverty for years. The 2008-09 recession hit Vancouver's very high, causing unemployment to rise as the employment insurance coverage decreased. The poverty level had jumped 4%. The Olympics and Paralympics of 2010 had also played its part in stimulating economy. Nonetheless Vancouver's poverty rate remains above pre-recession level, as does the unemployment rate.

In 1995, one-quarter of Vancouver children lived in poverty. Rising to 17% in 2009 (second highest increase to the recession), then 14% in 2010 (second highest increase among large cities). Recent child immigrants and of Aboriginal identity are among the groups with the highest poverty rates in Canada.

Why is this all happening? How can our Canadian government allow something like this to for take?

Did you know that in April 2011, the average rent for a two-bedroom apartment was \$1,181, which increased to \$1,210 in April 2012. In a years time the cost increased by 3%. The rising cost of living is cutting deeply into family budgets, causing the high likely increase between the affluent and the poor.

These are just basic statistics built up from years of experience. We as the youth of Canada must open our eyes and see what lays before us. We, not need, but MUST bring this to a stop. This is just a small taste of what's beyond our closed doors, and it's up to us whether or not we want to make a difference.

The Evolution of Halloween Costumes

Tea Jackson
THE TALISMAN

October is upon us, and as we finally shake off the leftover summer laziness, we realize that the time for Halloween is only a couple of weeks away; the time for grotesque fairy tales, glowing pumpkins with leering grins, and enchanted creatures of all kinds; for hiding under blankets during horror movies and serendipitous encounters on lamp-lit streets, while teenagers who are really far too old to be trick-or-treating run from house to house anyways.

On that one day of the year, the streets buzz with a mixture of magic, excitement and sugar, and it's easy to feel like your Hogwarts letter might actually finally arrive, like a magical land lies through every doorway. Of course, none of this is actually possible, and to save ourselves from the inevitable disappointment of staying in our own mundane world, teenagers and toddlers everywhere spend hours upon hours creating costumes that help us pretend that we are more than just people.

Nearly as magical as Halloween night itself is the school day before, when the halls are filled with ridiculous outfits and gallons of fake blood. And, just as Halloween itself has changed and evolved over the course of time, these Halloween costumes have been changing as well.

Over the past few decades, the majority of Halloween costumes have shifted from homemade creations, made for the purpose of community building, to more extravagant, but often store-bought, costumes. Due in part to mass media and greater consumer wealth, costumes are beginning to be more and more complicated, and a sense of competition is often present as Halloween draws closer and each person tries to out-do those around them.

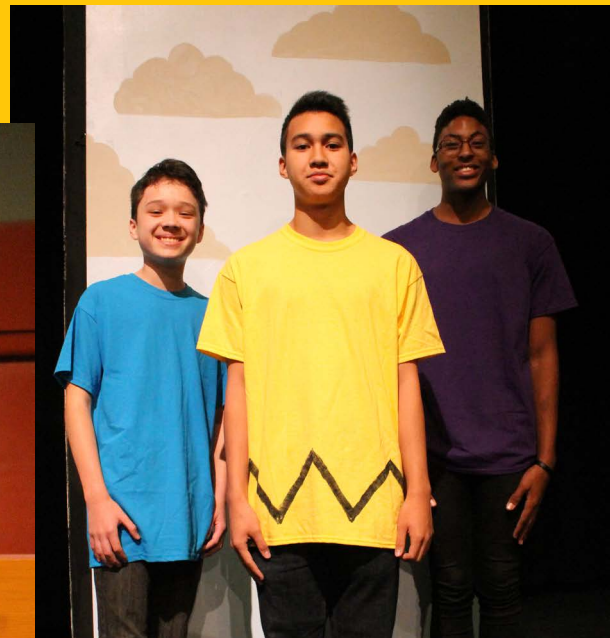
The more notable change, however, lies in the content of the costumes that teenagers and adults are choosing to wear. For some girls, Halloween is a chance to wear outrageous outfits, including very high heels that seem like they would make it difficult to walk up and down stairs at night. Increasingly skimpy costumes seem to have become the standard, and although each person has the right to wear whatever they choose, this new normal does spark the debate of what is and is not appropriate to wear at school. More problematic yet again is the blatant double standard between men and women, as men are not expected to wear costumes that present their bodies in the same way that nearly all store-bought women's costumes do.



The practice of creating costumes for Halloween has undergone a natural process of evolution over the years, as with all things that can be considered arts, from religious paraphernalia, to simple, homemade costumes, and now to elaborate, largely store-bought creations. But we must ask ourselves if this evolution is now threatening to go too far, and if the problematic aspects of modern costumes are enough to require some major changes to how we think about Halloween, especially within professional and educational settings such as our own school.



You're a good man, Charlie Brown



Shows: Oct 10th and 11th

7:00 PM
in the auditorium

Tickets \$7 at the door



Presented by Van Tech Music