



# THE TALISMAN.CA

September 2013



## A "VANTECH"STIC NEW WEBSITE!

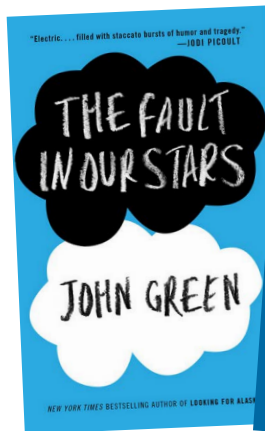


Our website is being redesigned!

Look out for new updates on twitter @TheTalismanNews

### Note from the Tech Producer

We are looking for a few younger students who are interested in server administration, webmastering, and production of the actual newspaper who can take over once our senior team graduates.



Book, Line & Sinker  
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A message from our sponsor



**Thunderbird Community Centre** [ThunderbirdCC.ca](http://ThunderbirdCC.ca)

2311 Cassiar Street, Vancouver, BC, V5M 3X3 T 604.713.1829 F 604.713.1828 [Thunderbird.Volunteers@vancouver.ca](mailto:Thunderbird.Volunteers@vancouver.ca)

Thunderbird Community Centre offers Programs and Services FREE of charge or at subsidized rates for youth. If you would like more information about our programs, please contact us at [Thunderbird.Volunteers@vancouver.ca](mailto:Thunderbird.Volunteers@vancouver.ca) or like our Facebook page [www.facebook.com/ThunderbirdYIP](http://www.facebook.com/ThunderbirdYIP). We have a lot of new programs and services this new school year!

## **Youth Incentive Program (13-18yrs)**

This is a volunteer and leadership program for youth (aka YIP). Volunteers can assist program instructors and also run their own programs or create their own community projects. Youth development workshops are included. Please contact us for more information. Supported by CKNW Orphan's Funds.  
Tue 6:00-7:30pm

## **Youth Mahjong Drop-in (13-18yrs)**

Fri 6:00-8:00pm

## **Youth Cooking Drop-in (13-18yrs)**

Fri 6:00-8:00pm

## **Youth Council (13-18yrs)**

Do you want to be actively involved in shaping youth programs? Do you have thought and idea about how to better influence your community? Youth Council will help you become a leader in this community, share your voice, and really impact the youth community.  
Thu 6:30-8:00pm

## **Tutoring Service (10-17yrs)**

Need some help with your homework? Here's your chance to get some help in a friendly environment.  
Tue 6:30-9:30pm

## **Nighthooops Basketball (12-18yrs)**

This is an opportunity for male youth to participate in a community basketball league. There are weekly practices and all games are on Saturday evenings.

JR Team	Mon	8:00-9:50pm
SR Team	Thu	8:15-9:56pm

## **Floor Hockey (10-14yrs)**

Mon	6:00-8:00pm
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## **Roller Hockey Drop-in (13-18yrs)**

Wed	6:00-8:00pm
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# Looking on the Bright Side

Mychelle Wong

THE TALISMAN

When we think of September, one thing comes to mind: "Back-to-School". For some of us we can't help but groan at the sound of these words. Why? Well there's the fact that we have all experienced the terrible feelings that come with homework, the tests, and the stress that seem to ruin our school life to no end. Even so, all of that is inevitable and returning this fall isn't as bad as we think. There are many things to look forward to this school year, for some it's seeing our friends again, for others it's a chance to meet new people, while for us seniors it's our chance to go through that important time of university applications, graduation, and prom. For some of us, especially the grade 8's who don't know where to start, here are some tips to make sure that your school year goes by smoothly:

**1** Have a positive attitude. If you think you can't, you can't. So why not try and have a positive attitude. Something good might come your way.

**2** You're in school to do work, actually do it. If you can, use your school time wisely so you have less to do at home. Why spend time outside of school doing the work you could have easily finished in class?

**3** Plan breaks and relax when you're doing school work. You'll find that you work more efficiently after you take breaks (think of it as a reward!)

**4** Reward yourself. After working hard, don't forget to reward yourself, whether it be your favorite food or your favorite activity. You'll stay motivated to do work in the future. Plus, it feels good to have something to look forward to.

**5** Set goals for yourself. They don't have to be huge goals; make simple ones like getting to school on time and expand from there. Having a taste of that self-satisfaction is a great way of staying motivated for the school year.

Although these tips are simple, it's surprising how many of us know these things but don't follow them. If you have nowhere to start, give them a chance. Cheers to a brand new and exciting school year!



# L I F E S T Y L E

## The *Perfect* Study Space

Cindy Cao  
THE TALISMAN



The school year has fallen upon us once again and that means it's time to crack open those books and study. Yes, it's important that you stay concentrated and take notes in school, but it's also important to review those notes at home.

The place you choose to study in takes on a large role on the amount of success you can reach while trying to study. For example, if you study in bed, you might end up falling asleep and all your efforts and studying would be vain.

A perfect study place should help you avoid distractions as well as falling asleep and will help you snag those A's for the year. A lot goes into making a perfect pad –lighting, seating, setting, and décor, but it's worth it.



## Setting

### Where are you most comfortable?

*Comfortable with noise:* your family kitchen is a great place to study if you're comfortable enough with noise. It allows you to stay close to your family while not having any distractions such as a TV or stereo, and probably won't have as many distracting conversations as in the living room.

*Prefers silence:* if you are heavily distracted by noise you may choose to opt for a separate room away from everyone to have the least amount of distractions. This means no TV, stereo, computer (unless used for study), game stations, and people!



## Music

### Motivator or distracter?

Music is often used as a motivator when studying. Its beats and tunes can help dull the pain of doing your homework; however, it may cause the duration of your length of study to double!

While some are strong enough and have the mentality to listen to music without being distracted, others feel that it hampers with their concentration. If you find yourself reciting the lyrics of the song rather than the context of your textbook, you may have a problem. If you must, play some classical music in the background and avoid lyrics to avoid distractions as well as increasing your mood while doing homework.

## Chair

Choose a chair that doesn't have wheels on the end to avoid playing around in them. Your chair should be comfortable enough to not make you sore but hard enough so you won't be able to fall asleep in them.

Make sure both your feet are planted on the ground, ready to learn.





## Desk

Make sure you're doing your work on a table or desk top rather than on your bed. Doing homework on the bed leads to falling asleep and the inability to fall asleep later that night.

Your desk should allow your elbows to rest down comfortably while sizing up between your waist and below your ribcage when sitting.

## Lighting

*Dim lighting* will strain your eyes and put you to sleep. Stray away from dimming your lights. It's recommended that you have an overhead light that not only will be good for your eyes, but help you concentrate on your papers.

*Lights that are too bright* will also hurt your eyes especially when they're hitting the shocking white pages of your schoolwork.



## Be Prepared

Have all your stuff organized and ready so you won't have to waste time finding them later.

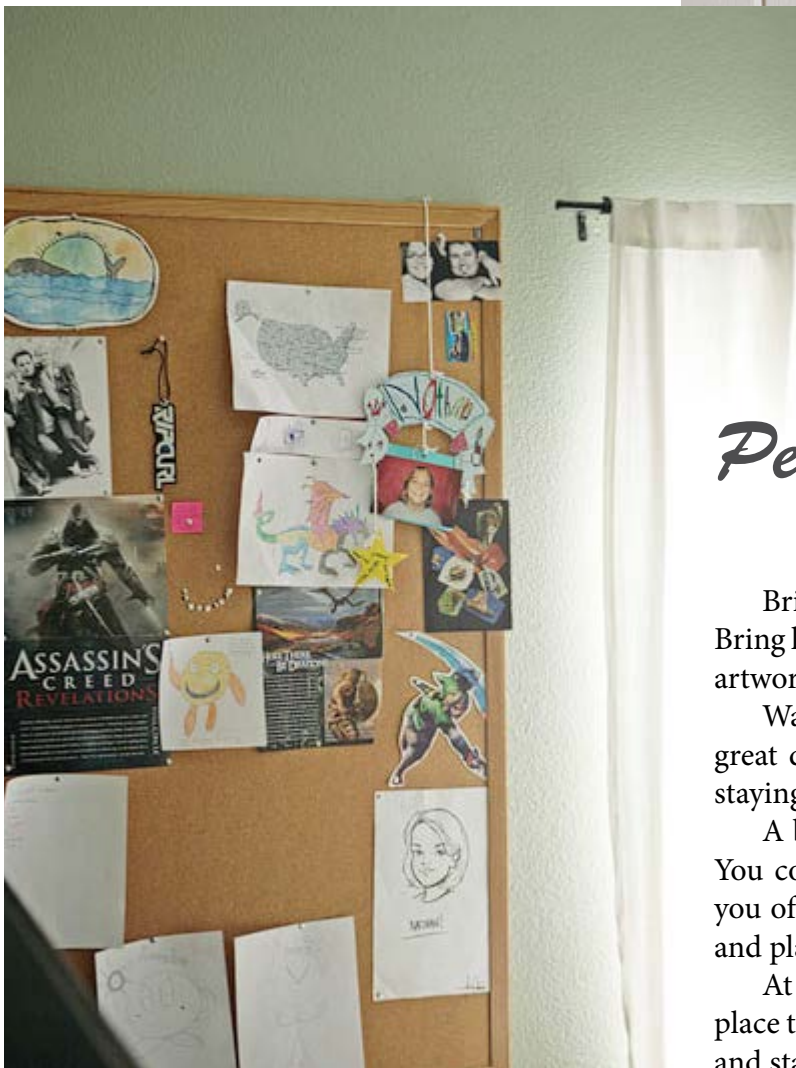
Essentials include: lined, blank, and construction paper, rulers, pencils, lead or pencil sharpeners, pens, highlighters, white out, and erasers.

Make sure to keep them organized in drawers or in a small box so you won't lose them.





think



## Personalize Your Space

Brighten your space with your own personal touch. Bring life to your room with wall decals, picture frames, artwork, and more.

Wall stickers with inspiring words or quotes are great décor that could help you moving forward and staying motivated.

A board for your room may serve many purposes. You could put some sticky notes on them reminding you of projects due, or use them as a decorative mean and place artwork and pictures.

At the end of the day, you want your space to be a fun place that you could comfortably do your homework in and stay motivated at the same time.

# TECHNOLOGY

## Breaking the Habit

Steve Lam  
THE TALISMAN

It's time to get back into the habit of turning your phone off or putting it on silent every morning. Although let's be honest, how many of us actually remember to do that every morning? Who knows, but luckily there is an app for that! For Android, there is Llama; a Location Aware Mobile App. It uses phone towers to determine your location so it can silence your phone; it even changes system settings accordingly.



Llama - Free

If Llama is not your thing, you can try Tasker. With Tasker, you get complete and total automation. It can do almost anything you can do on your phone, only faster. In fact, it can probably do things that you didn't even know was possible!



Tasker - \$3.99

iPhones users aren't as lucky. There are no apps available that detect location and hardware states; however, it does have a built-in automatic time based silencer. It's known as "Do Not Disturb". There is an option for it at the middle of the screen right when you open up the settings. Many people may have seen it but overlooked its useful nature. By using this iPhone feature, you can set a start and end time for when you want to disable all call, alerts, and notifications. This can all be done by tapping **Settings > Notifications > Do Not Disturb > Scheduled**.



For the people who sometimes just lazily snap a picture of the board with all the homework or someone else's agenda and never go back to look at it again, much like everything else in life, there's an app for that. myHomework is a multiplatform app that is designed to replace your agenda. This particular app syncs with the cloud. No matter where you are, you can still view



myHomework

your assignments and classes. If you have any teachers using Teachers.io, you can even join their class in the app. All of the class information will automatically be synced to your myHomework account. Once you get used to it, it'll immensely increase your efficiency.

I know that a lot of teachers don't allow you to use your phones in class, in fact, you're not even allowed to have them turned on in the building; however, if used in a productive and unobtrusive fashion, I'm sure teachers won't mind too much. That means NO games, NO texting, and absolutely NO Facebook, as much as I love all of those things, you're at school to learn and you can't do that if you're staring at a screen all day.



Teachers.io  
A place for Teachers!

Organize your classes and share with students. It's free!



# MUSIC NEWS

## Practice Hard, Play Harder

Amanda Coccimiglio

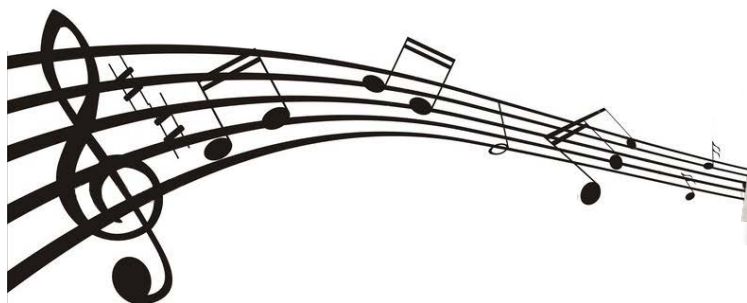
VT MUSIC COUNCIL PRESIDENT, THE TALISMAN

Band-geeks, orch-dorks, choir kids and aspiring musicians of the VT Music Program: you've got every reason to be excited for this upcoming school year. While you're stressing out over your new 2013-2014 timetable, you can take comfort in knowing that this year's Music Council is looking out for you. It hasn't even been three days into the year and yet the brand new Chamber Choir is already preparing for their very own retreat on Friday, September 6th. Not only that, but the Senior Strings Orchestra also has a fantastic retreat in store for them on the 20th. The Senior Concert Band gets their getaway just 6 days later. (Yes, you can be a little jealous of the hardworking hybrids in all three streams.)

Admittedly the previous few months of planning and preparation for the events to come in the music program this year have been hectic, but worth every minute. At one point someone asked me, "Just how big is the Music Program anyway?" My answer surprised myself once I almost started running out of fingers to count on. "Well you see," I began, "Over one-third of students attending Van Tech are in the music program. The program consists of a beginner, an intermediate, and a senior concert band, a junior and senior strings orchestra, a vocal ensemble, a concert choir, a chamber choir, a clarinet choir..." I tried to think of the best way to sum ourselves up without rambling or sounding too proud, even though I definitely was. "We're kind of a big deal," I concluded.

That being said, it is with my greatest hope that the graduating class of talented musicians (as well as the intermediates working their way up) are as stoked for this year in the music program as the new grade 8's should be. Even when you think you've seen it all before, you really never have any idea what could happen when you're involved with music at Van Tech. My advice as a Music Council Executive to all students of the program is this: practice hard and play harder. It sounds cheesy, but the sheet music sitting in your totally-not-untouched Long & McQuade folders were prepared a whole season in advance for a reason, so put it to good use - practice early and often. You won't regret it.

You may also want to put some durable tape on the sides of your folder if you don't want it in dilapidated-shreds condition by the end of the year. I promise you won't regret that either.



# ENTERTAINMENT

## "Middle School" Word Search

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

Academics  
 Adventure  
 Athletics  
 Backpack  
 Cafeteria  
 Change  
 Chess club  
 Class schedule  
 Clean slate  
 Cliques  
 Clubs  
 Dance

Detention  
 Diverse  
 Drama  
 Exams  
 Exciting  
 Freedom  
 Friendly  
 Friends  
 Fun  
 Homeroom  
 Homework  
 Independence

Lockers  
 Melting pot  
 Nervous  
 P.E.  
 Popular  
 Report card  
 Responsibility  
 Study hall  
 Tardy  
 Transition

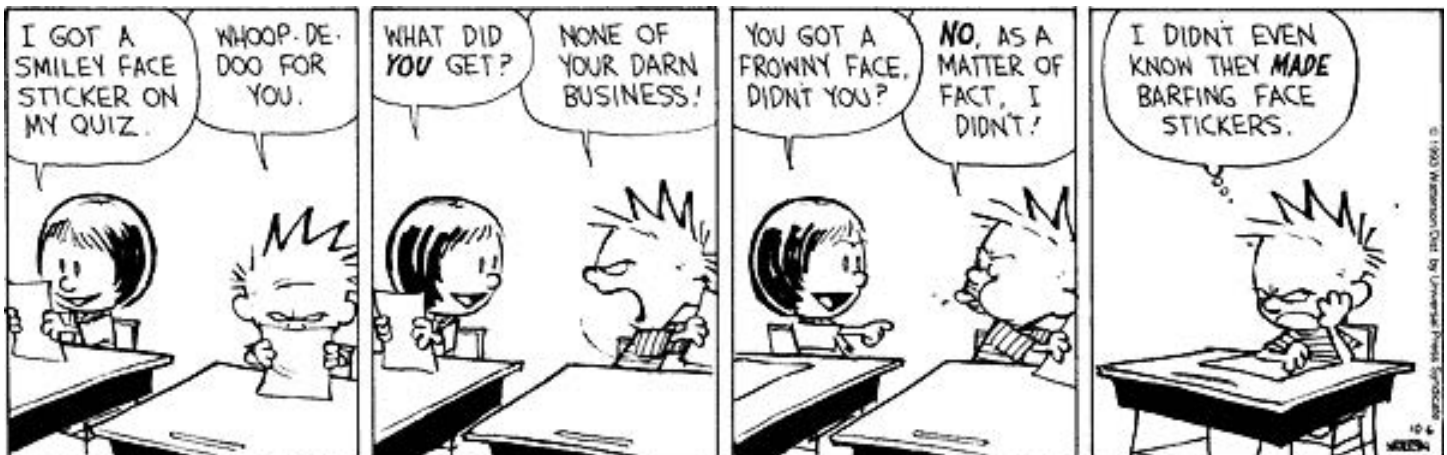
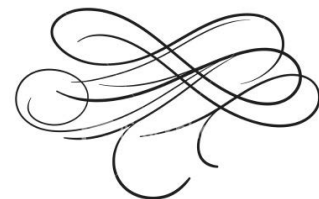
Now That's...

Punny!

WHAT DO YOU CALL AN  
 ALLIGATOR IN A VEST?



AN INVESTIGATOR.



# H O R O S C O P E S



## Aries (Mar 21 – Apr 19)

You have a strong month ahead! Here's some good (or bad) news for you, this month there will be many people competing for your attention. Be careful not to let it go to your head. You'll have many projects on the go this month; make sure to pay close attention to detail.



## Taurus (Apr 20 – May 20)

With fall quickly approaching, you are filled with a new found enthusiasm. This month, good vibes will surround you. Out of all the signs, you have the most to look forward to in both your social and romantic life.



## Gemini (May 21 – June 22)

The new school year is finally here; so why not a new you? Try something different this month. Venture out of your comfort zone (go boldly where no one has gone before). Take a chance and be a little more spontaneous; it might just pay off in the long run.



## Cancer (June 21 – July 22)

September is an adventurous month for you; with a new season rolling in, you want to be anywhere but home. It's a good time to go travelling or even exploring in your own city. Your communication skills will also be coming in handy this month, it seems like you'll be doing a lot more writing, public speaking & reading than usual.



## Leo (July 23 – Aug 22)

It's a good month to be a Leo, Mars is in your sign all month putting you at the top of your class. Having Mars in your sign means that you'll have more determination, courage & drive, be sure to use it wisely. Get a head start for the rest of the year & good things are sure to come your way.



## Virgo (Aug 23 – Sept 22)

For many birthday months past, you had some very difficult aspects that spoiled your special month, so you may have begun to assume happy Septembers just weren't going to happen. Those days are over, dear Virgo. You are looking at a solidly supportive month where you can get so much closer to a dream that is dear to you.



## Libra (Sept 23 – Oct 22)

September offers a sweet oasis. It's time to rest and reflect. You will be encouraged to rest, think, plan, and dream. If you are paid for your creativity, it's time to tinker with an important project while alone, away from the cacophony of voices.



## Scorpio (Oct 23 – Nov 21)

This is a month to focus on your career. You can do really well this month, but you must extend yourself. Try not to stay holed up in your room on the computer, as Scorpions tend to do. If you are single, you may meet someone new and intriguing at that point in the month, you won't have to try too hard to find interesting romantic interests come over to you.



## Sagittarius (Nov 22 – Dec 21)

You will love September because it's a solidly strong, friendly month, and it will give you outstanding opportunity to make stellar progress in your career. You will have other things going on in your chart, but career stands out as a top priority.



## Capricorn (Dec 22 – Jan 19)

This month is all about relationships for you, whether it's family, friends, or that special someone. Somehow everything this month just seems to fall right into place. Although this month you'll mostly be focusing on those around you, remember to take some time for yourself occasionally.



## Aquarius (Jan 20 – Feb 18)

You are not a materialistic soul, so this month's heavy emphasis on money seems a little out of character for you, dear Aquarius. You are happy to buy your new digital products, of course, but you are not one to indulge in conspicuous consumption.



## Pisces (Feb 19 – March 20)

It is a good feeling not to have the weight of the world on your shoulders, dear Pisces. This month it will be clear to you that you'll have someone who is as committed as you are to the outcome of a shared goal, and who will gladly help you with all the decisions that have to be made.



# SUBMISSIONS

## Alfred Adler, Genius or Nutcase?

Aisha Ismail

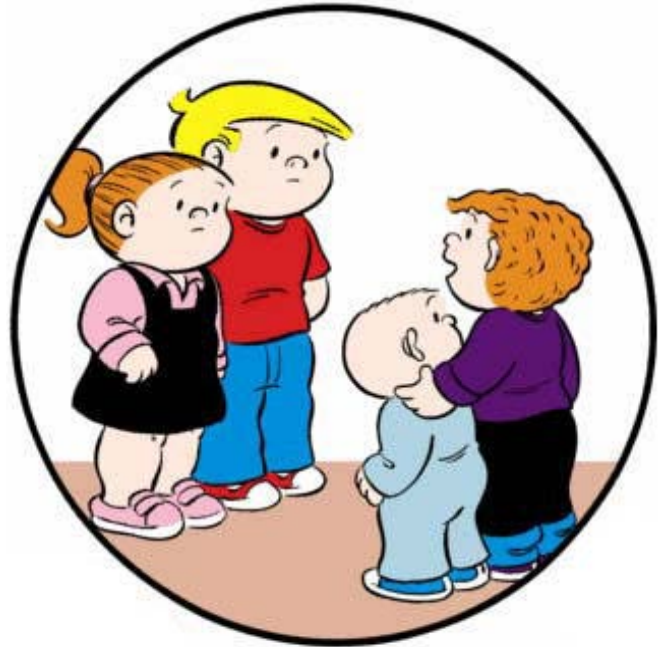
GRADE 12

Here's to a man who proposed that the order in which we are born defines not only our personalities, but also our career choices, intelligence and success in life. Alfred W. Adler (1870 - 1937), an Austrian psychologist, pioneered the study of birth order which continues to interest psychologists and researchers of today. By categorizing each individual child or children to a group, Adler created his theory. While no position is good or bad, each has its advantages and disadvantages. See for yourself, is Alfred Adler a crazy lunatic or does this guy actually know what he's talking about? Where on the chart do you fit, easy-going and hands-on or studious and self-critical?

You decide.



Alfred Alder (1870 - 1937)



"I was very, very happy when we got PJ 'cause I wasn't the littlest anymore."

### First born

Often conservative, nostalgic, and supportive of authority

### Second born

Often ambitious, competitive, and optimistic while heading in the direction opposite to firstborn

### Middle child

Skilled in manipulation and negotiation

### 2nd Middle child

Keenly aware of family politics

### Only child

Mature early, quickly introjecting adult attitudes and behaviors; generally pampered and deficient in social interest

\* This chart is stripped down, you may find more info online

# R E V I E W S

## Book, Line, & Sinker

Dora Xiong  
THE TALISMAN

The summer has ended and that dreaded time has finally arrived. Well folks, it looks like we are finally going "back to school". But does that mean that it's time to drop all the summer reading novels and shove them onto a bookshelf? NO! Although, it may feel discouraging to pick up a book when there are pop quizzes, tests, and projects to deal with, reading can actually improve a person's life in a great deal of ways.

So to the bookworms who keep it up throughout the whole year, good job! And to those who feel a little less inclined to read, here are a few reasons to head to your nearest library and pick a few books off the shelf:

### Reading can make you smarter.

From learning new words to gaining new knowledge, books have a wide range of ways to boost your intelligence level. As well, when your brain reads, it learns to spot patterns and it forges memories for all the things that it has just read. This helps to improve both your memory and your analytical thinking. Boy, does reading make you one smart cookie!

### Reading can improve your grades.

Ask just about any teacher (especially your English teachers!) and they will probably tell you the exact same thing. As stated previously, reading can help boost your thinking and memorizing abilities, which will definitely help with all of those tests and quizzes. While you read, you're also being exposed to the author's writing style. When you compile a variety of techniques from multiple authors, you might just find some of them making their way into your own writing!

### Reading can reduce stress.

Perhaps the idea of picking up a book doesn't sound like the most effective solution when you're swamped with work, but transporting yourself to another world can sometimes be very helpful in taking your mind off the endless problems of everyday life. That being said, I'm not telling you to spend a whole night reading when you should actually be studying for that test or completing that essay that's due tomorrow.

Here are some personal favorites that I definitely recommend if you're looking for a good read:

- The Casual Vacancy - J.K. Rowling
- Memoirs of an Imaginary Friend - Matthew Dicks
- The Age of Miracles - Karen Thompson Walker
- The Fault in Our Stars - John Green
- Gone Girl - Gillian Flynn



# CLUB FEATURE

## Key Club

Grace Chiang

KEY CLUB VICE PRESIDENT

Have you ever wanted to give back to the community but aren't sure how to begin? Key Club is the perfect place for you! We are an international student-led organization dedicated to helping others. It's the oldest and largest service program for high school students. Van Tech Key Club is the biggest club at our school and we provide various fun volunteering opportunities, service projects, and fundraisers.

So what exactly do we do? Key Club continuously presents YOU exciting opportunities. All you have to do is choose which ones you are interested in and sign up! This way, members can have experience in practically every type of service. We love going to festivals, parades, marathons and so many other events. Past events have included the 24 Hour Famine, Roger's Santa Clause Parade, Underwear Affair, and Trick-or-Treat for UNICEF.

Key Club is unique in a way where we do not simply raise money for a single cause. There are many different charities we support such as the Eliminate Project and Kiwanis Children's Cancer Program; however, we do not simply focus on fundraising money. Our main focus is on more hands on volunteering.

If you are interested in joining Key Club please come to our meetings, which are every Tuesday, at lunch in the Drama Room. Our first meeting starts on September 24. Hope to see you there!



### EXECUTIVE BOARD:

President - Diana Pham

Vice-President - Grace Chiang

Secretary - Lucinda Mah

Treasurer - Crystal Song

Bulletin Editor - Arlene Nguyen

Feel free to contact us with any questions at  
[vantechkc@gmail.com](mailto:vantechkc@gmail.com).



Lovely Key Clubbers helping out at the Child Run



YOUR **ARTICLE**  
**STORY** **or** **QUESTION** could  
be

**HERE** in the next edition

so what are **YOU**?



waiting for

no, seriously...

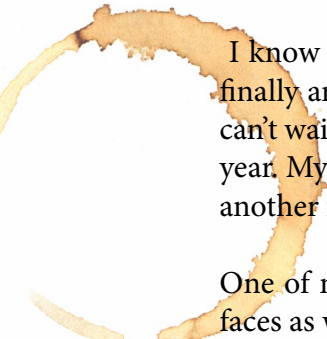
Why are you still here?

**SUBMIT NOW!**

<http://thetalisman.ca/submit>

# LETTER FROM THE EDITOR

Hey there Techies,




I know that as students we're never fond of the words "back to school", but that time has finally arrived. First off, I want to say WELCOME BACK. Whether you're in grade 12 and can't wait to graduate or just starting at VanTech as a grade 8, I know you'll have an amazing year. My advice is to get organized and settle in to your classes quickly because you're in for another full year. I hope that each and every one of you has had an unforgettable summer.

One of my favorite parts of the new school year is definitely getting to see some friendly faces as well as some new ones in the hallways. Make some new friends this year; especially if you're in grade 8. You'll be sticking around for a while. As for the grade 12s, remember not to stress out too much! It helps a lot if you get an early start on applying for scholarships, universities, colleges & hand all of your Grad Transition assignments in on time! Of course, don't forget to block out some time for fun & relaxing. But here's some advice for everyone: get involved at the school whether it's student council, music council, sports teams, or even clubs.

That being said, this year from September 18-20th VanTech will be hosting its first annual club fair in the gym during lunch! I recommend attending this event to check out all the different clubs that VanTech has to offer. There will be service clubs like Key Club & Variety to clubs like GSA (gay straight alliance) or even newspaper club. My bias may be showing a little bit when I say that you should definitely come and check out the newspaper club stand at the club fair.

This year we're looking to recruit talented writers, photographers, comic artists & graphic designers such as YOU to be on the newspaper's team. If you're interested feel free to drop by our booth or shoot us an email at [editor@thetalisman.ca](mailto:editor@thetalisman.ca).

Best of luck this year,  
(and may the odds be ever in your favor)



Jessica Sung

