

Rent Won Over All The Critics

By Jasmine Nicolici



Photo: Esrah Boulton

When I first heard that Vic High would be presenting the High School edition of my favorite musical, I was a little apprehensive. For one thing, I'd never seen a musical put on by this school before. Secondly, I wondered at the likelihood of the leads not only having good vocals, but also being able to act. I was anxious for my peers to do justice to this revolutionary Broadway hit. However, I was not disappointed in the least. I found my seat and grinned when

I saw the beautifully painted set; the brick wall, the graffiti, the "dancing" pole. **Mike Ireland** blew me away as he kicked off the show with the first song. The company was quite involved; they were refreshingly alive and energetic. **Angel Antonio**, playing Mimi, and **Rick Laird**, who was Roger, had the sweetest, most magnetic onstage chemistry. **Rayne Lyall** was an absolutely brilliant Joanne, her vocals were superb; I had no idea she could sing like that.

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An Interview With a Visionary



There is no conceivable means to describe the way a teacher imparts knowledge to his students, Jim Pine...

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Titans: Crushing Claremont



A stunning 48-0
Victory
(see page IV)

Want to write an article, take a photo, or send a letter to the editor? Contact Sarah Allan at: changephotography.allan@gmail.com

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Changing the Earth in a Week

By Caleigh Inman

On April 22nd, Vic High will be taking part in the worldwide celebration of Earth Day. The first Earth Day was held on April 22nd, 1970. The founder of Earth Day was US Senator Gaylord Nelson, who was

multiple speakers in the foyer at lunch. Presentations include a talk from the Dogwood Initiative, which deals with oil tankers on BC's coast, and from Solar BC, examining the possibility of a Vic High solar panel.

We will also be participating in Lights Out. On Wednesday the 22nd, we will turn out as

education workshops by the Sierra Club. This is a chance to take a break from your classes. Check with your science or social studies teachers to see if they have signed your class up for these workshops.

Don't forget that these issues don't go away after Earth Week ends. Make sure to always turn out lights that aren't being used, turn off the tap, recycle everything you can and use Vic High's new composting program.



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inspired by popular anti-Vietnam war protests called teach-ins. His vision was to organize a nationwide grassroots protest over what was happening to the environment. The first Earth Day was met with enthusiasm across America, and since then it has spread globally.

Vic High is turning Earth Day into a weeklong event. There will be

many lights as possible in order to decrease our ecological footprint and raise awareness. Often we use lights unthinkingly, when there is enough natural light in the classroom. We challenge Vic High kids to participate at home. You may be surprised at how little electricity you really need. Another activity we are hosting is environmental



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Bagels and Tea With Mr. Pine

By Jordan
Felixberto Johnson

and Charlotte
Priest

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There is no conceivable way of describing how a teacher imparts knowledge upon his students. One can only imagine what could go through the mind of the educator on to the learner. Mr. Jim Pine, who began teaching at Victoria High School in 1998, experienced the dramatic conflict between student and teacher early in his career. This unsettling experience reminded Mr. Pine of the things in school

that he disliked. Since then, he has come to understand the value of working with the students and avoiding pointless power struggles. He believes he will never stop improving as a teacher and growing as a scholar, just as long as he remains conscious and mindful in practicing his profession. Book smarts only go so far in terms of knowledge and strategic learning. For Mr. Pine, the single greatest educational experience of his life comes from the traveling he has done. It is his firm belief that every student should spend their eleventh grade in another country. For such a dynamic and, as his students know, fascinating teacher, it is ironic that when he was in school he felt there was "No freakin' way I was going to be back in school!" One must develop a sense of irony.

It's also ironic to think that a peaceful man like Mr. Pine's number one super hero is Conan the Barbarian by Robert E. Howard. He admires the author's ability to create his own reality with some good imagination.

Meditation to Mr. Pine is as familiar to his daily life as eating and breathing, he finds it difficult to imagine not doing it. He often ponders the public education system that has not changed enough since he was in school. It is his belief that for the traditional education system to prevail with the problems we are facing in today's culture, schools need to shift their focus to creativity, ingenuity, working collectively, cooperation, imagination, problem solving, and critical thinking. Jim Pine's message to our graduating class is: "Follow your heart and not your mind. I am still trying to do this."

"Don't believe anything you hear see or read, ask questions, inform yourself, and finally think for yourself."



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The Musical Stuck in Everyone's Head

By Jasmine Nicolici
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Vic High's production of *RENT* was about as close as a high school can get to the quality of a Broadway show in my opinion. Sure, the *Tango Maureen* wasn't really a tango, and there was some off-key singing here and there, but exceptional acting and overall captivating stage presence definitely made up for that. Speaking of Maureen, having **Chelsea Murray** playing her absolutely made my life in *Over the Moon!* It was definitely up to par with the performance in the movie but ten times more amazing to see live. I found myself lip-synching to *I'll Cover You*. **Alex Rand** and **Andrea Swallow** were adorable and shuddering with emotion during *Without You*. I liked how even though there was a bit of censorship of *La Vie Boheme*, it still kept the overall feeling and energy of the number. Ah yes, the

energy. Did I mention there were tones of it? Everyone clearly immersed themselves, mind, body, and soul in the show.

Wardrobe was absolutely genius. It definitely felt like the early nineties, with that extra bohemian flavor. My favorites were Angel and Mimi's outfits, along with the glitter. Not to mention the fishnets, corsets, and a fuzzy pink bra.



Major props to the techies, **Lucas Kavanagh**, **Jennie Dolberg**, **Chris Jordan** and **Jacob Leggatt** for getting every cue and creating marvelous effects with the lighting. The *No Day But Today* finale was breath-taking; I couldn't have been more impressed. The show has ended, but there is still talk about *RENT* floating around the school,

RENT puns going around, and *RENT* songs stuck in everybody's heads. Why is that, you ask? Well, because everything is *RENT!*

Titan's Road to Victory

by Vishva Weeratunga

In their first official game in the season, Titans crushed Claremont Spartans in amazing **48-0 score**. Titan's aggressive and assertive game play dominated the game from the beginning. Captain **Ben Herman** returned to his usual power play from a injury, and **Tomoaki Go**, "the Iceman", dominated the game with his tremendous game play and brought the Spartans to their knees by scoring five tries. The Titans' first exhibition game was held on March 4th against the top high school rugby team in the province, St. Michael's University School. The Titans lost the game by 15-7 but gained more experience, and both coaches felt as though the team is improving rapidly and that the boys played well against

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a tough team like St. Michael's

The second exhibition match took place at Esquimalt High against the Esquimalt Ravens, Vic High's rugby rivals. Both teams scored three tries but an unexpected injury occurred in Captain **Ben Herman's** knee. He was hurt in an illegal tackle by opposite team, and this cost the game for the Titans, who played the game without their kicker. Returning player **Tomoaki Go** was named man of the match because of his intense and competitive game play, while **Mathias McHugh** and **Julian Cecco** displayed their skills very well.

Though they lost two tight games in a row, the unshaken Titans were able to come back to their potential and stand victorious against GNS on March 12 at Windsor Park. The Titans smashed GNS by 24-5 and regained their confidence and focus. Coaches **Matt Staples** and **Clayton Daum** expressed that they feel there is a huge improvement in the whole team and they are confident

that Titans will pull off amazing victories in next few months. The team was lead by **Wes Colwell** for the GNS game due to the injury of Captain **Ben Herman**. Tries were scored by Vice Captain **Travis Brooks**, unstoppable **Mathias McHugh**, superstar center **Mario Espinosa**, and lightning-fast **Jasper Smith**. **Julian Cecco** once again came on top as a superior player with his intense and smashing game play, and even the new players showed great effort and improvement throughout the game.

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China: Before and After, Thoughts on my future trip

By Charlotte Priest



In less than two weeks, I will be on a plane to travel to China with my school. I admit China is not at the top of my travel list; in all honesty it intimidates me. Home to over 1.3 billion people, one fifth of the Earth's total population, and containing the world's oldest living civilization, China is a daunting destination for a relatively novice traveler.

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In my opinion, China is a nation of contradictions; a Communist government that loves capitalism, a one-child policy with an exploding population, insanely wealthy business tycoons and devastatingly poor farmers. When I think of China, I think of huge crowds and smog. 'Pretty' is not a word that comes to mind. But who said 'pretty' was interesting? I would rather learn about a culture firsthand than experience it from the confinements of a hotel room.

Another thing I find daunting is the language. It is so utterly different than my own, something I would probably never be able to learn. And yet China is soon going to be the largest English-speaking nation in the world! If they can learn English what gives me the right to discount my ability to learn Chinese? Perhaps this hints at the determination of the Chinese people compared to the stereotypical lazy ways of their western counterparts. In

China, if you don't own a business, you dream of opening one, and in the meantime you work 12 hours a day in hopes of working your way up the ladder - learning English is just a logical step in the wheel of fortune.

The China that I know appears in a variety of ways: on my latest clothing purchase where the ubiquitous 'Made in China' phrase can be found, posters of Mao in my history classroom...

Next issue will contain Charlotte's thoughts after her unforgettable trip...



Cats Are Us

By OCMEEK

I think that one cannot understand the meaning of life without having a relationship with a cat. Recently I have been analyzing these strange creatures. Each cat is different, and a very powerful social tool.

Cats are a medium for many activities like relaxing or socializing. They make good mouse catchers, bed warmers, or alarm clocks. When there is nothing to do or say, a cat can say it for you with their purrs. If you are sitting with a friend, petting the cat, you are still doing something together. Petting a cat is relaxing, and this unselfish activity makes most people feel good.

Cats also do funny things like: trying to get in the car, making funny noises, peeing on my stuff, or sliding on the carpet. The peeing isn't entertaining, but it teaches me to not leave clothes on the ground. People find cats funny. Look in a gift store, on TV, or the Internet. You will find cards, videos or websites dedicated to cats doing comical things (Lolcats anyone?).

Cats have attitude, personality, and compassion. Cats don't need to speak, they just understand and observe. Sometimes I wonder what my cat would be like if he could speak English, but then I realize I am

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content with my cat being a cat.

It may be a problem, but I cannot help but talk about my cat, Squeak McGuigan Meek. Most people don't care, but I think he is hilarious. To maintain friendships it may be wise for me to avoid talking about my cat's daily activities.

Spending time with my cat helps me reflect on my life. It also broadens my range of compassion because I care so deeply about old Squeaker. He reflects aspects of my personality, but never judges me. Cats help people to relate to one another, and to another species. My life wouldn't be the same without a cat, and definitely not as exciting.

30 Hours. No Food. Can you take it?

By Alex O'Brien

How many times have you been hungry in your life? I mean truly starving; you can't think of anything but food, you feel frail, and your stomach grumbles louder than you could ever imagine. Most Canadians would answer never, as food

is a given in today's industrialized societies. But for nearly 1 billion people worldwide, getting enough food to live off of is a huge obstacle.

World Vision's 30 Hour Famine is just one way you can do something to help out. On Friday, April 3rd, Vic High students will refrain from eating for 30 hours, giving them a taste of what life is like for millions of impoverished children in the world. These students will raise money through personal donations to go directly to helping World Vision's work. The areas they money will go to this year are helping with the global food crisis, digging wells, and combating the child soldier and trafficking issues that face many developing countries today.

It's not too late to get involved with the 30 Hour Famine. Pick up a donation form from Mr. Daum, and talk to anyone you know about donating to this great cause. There are also prizes available if you raise enough money.

You can receive a necklace, water bottle, jacket, or all of the above! Remember: food and clean water aren't privileges, they're basic human rights.

Collected Experiences Captured

By Jess Maclean



When entering the photography room the week before opening of the first show of the year, one would have to be completely insensible to their surroundings to not perceive the rather frantic and supercharged energy of the atmosphere. From students rushing to the darkroom trying to perfect that final print to the flurries of frustrated students framing each image, the amount of effort going into the exhibition at the Collective Works

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Gallery is staggering. With at least eight different committees and only 15 students, the dedicated Photography 12 class produced a show of stupendous quality.

The opening was an impressive kickoff for this year's Photography course. The clever arrangement of music and the delicious array of desserts and savories were provided by the students, while beverages were kindly provided by the Cornerstone Cafe. The Cornerstone will also be displaying a Vic High photography show in June, so be sure to keep updated.

A Fusion of Flavour: Ginger Tofu Veggie Wraps

By Caleigh Inman

This tofu recipe takes quite a bit of time, but it's well worth the wait. Use whichever fresh veggies you have on hand. Carrots and sprouts are a really good option! This recipe is vegan, and you can use wheat free soy sauce and wraps if you are gluten or wheat intolerant.

Ginger Tofu:

- 1 pkg extra firm tofu
- 1/3 cup soy sauce
- 2 tbsp rice vinegar

- 2 tbsp sesame oil
- 1 clove garlic, minced
- 1 tbsp fresh ginger, peeled and minced (use 1 tsp of ground ginger if you don't have any fresh)

Dressing:

- ¼ nutritional yeast (also known as engevita yeast)
- 3 tbsp olive oil or flax seed oil
- 2 tbsp sweetener (you can use brown sugar, maple syrup, or agave nectar)
- 2 tbsp soy sauce
- 2 tbsp water
- 1 clove garlic, chopped
- whole grain wraps
- handful of sprouts (try sunflower sprouts)
- 1 carrot, thinly sliced lengthwise (leave the peel on)
- ½ red pepper, thinly sliced

To make tofu:

Drain the tofu, and wrap in paper towels. Place tofu on a plate and top with another plate and a heavy object. Set aside for 30 min - 1hr. This helps remove the moisture from the tofu so it will soak up more flavour. Meanwhile, whisk together the soy sauce, rice vinegar, sesame oil, garlic, and ginger in a small bowl. Slice the pressed tofu into long strips and place into a deep dish and pour the mixture over top. Cover the dish, place it in the fridge, and let tofu marinate for 4-8 hours

(overnight is best). Preheat oven to 400°F. Oil a baking tray, and place marinated tofu on the tray. Bake for 10 minutes on each side. Let the tofu cool, and then keep it in the fridge in an airtight container. It should keep for several days.

To make dressing:

Blend together all ingredients in a food processor until smooth.

To assemble:

This recipe makes enough for 4 or 5 wraps, but if you are taking them to school, make just one or two at a time and save the rest for the next day. First, place several strips of tofu in a line down the centre of your tortilla. Top with slices of red pepper and carrot, then add sprouts. Drizzle with 1-2 tbsp of dressing (Don't use too much or it will drip out of the wrap). To roll up the wrap (this can be tricky), fold the left side over top of the fillings, fold in the bottom and the top, and finally fold the right side over the top.

