To commemorate Terry Fox’s remarkable sacrifice, Dr. Charles Best Secondary participates in the Terry Fox Run every year. This year marked the 26th run since Fox’s attempt to complete a coast to coast marathon across Canada and collect $1 from every Canadian. Though his dream of running from Newfoundland to British Columbia was not fulfilled, as he eventually succumbed to cancer, Terry’s goal to raise money from every Canadian was not only met, but exceeded. The Terry Fox Foundation continues to raise money for cancer research each year. Unfortunately, Best’s tribute to arguably the greatest Canadian, was met with student apathy.

The Run took place during an assembly block, “Even if I don’t finish, we need others to continue. It’s got to keep going without me.”
- Terry Fox

giving every student a chance to participate by running or walking to pay tribute to Terry Fox’s courage and accomplishments. Students and staff met up in the gymnasium prior to the run to watch video clips acknowledging both Terry Fox and cancer. The videos were meant to show students the reason Terry was such a respected individual: his courage to battle cancer and run a seemingly impossible trek on a single leg. Unfortunately, the vast majority of students paid little interest to the video. Students could be seen chatting to each other or staring blankly at the white screen, absorbing nothing about Terry Fox nor cancer research. Even prior to the assembly, it was apparent that most students weren’t excited by the event. Less than 1/4 of the schools population opted to run. “I was expecting an enthusiastic crowd; instead, I saw a lack of participation,” voiced Best Buddy leader Dennis Park, when asked how he felt about the Terry Fox Run. “Many people don’t realize how severe cancer is. There was a serious lack of spirit.” Additionally, there were some students who chose to skip out of the Terry Fox Run. Rather than paying respects to a Canadian legend, these students saw the assembly schedule as a means of doubling their lunch block. One grade 12 student, who prefers to remain anonymous, confessed to boarding the 151 bus during the assembly admitting that there were at least a handful of other students who took the same bus as well. “Kids from all grades skip because they don’t see the reality of cancer,” explains Dennis Park. “They miss the purpose of Terry’s run.” It is estimated that upwards of 100 students successfully avoided the assembly and Run.

“This is not to say that all students saw the run as a burden. It would be unfair to believe that nobody cares since many students and staff members of Dr. Charles Best have been touched by cancer whether it be through a family member, relative or friend. Some who chose to walk had humble intentions, albeit a larger portion of walkers were walking out of apathy. A two km walk through a beautiful park on a clear day hardly compares to the 42 km Terry ran daily in even sleet encumbered skies. Sadly, the Terry Fox Run for the most part was seen more as a chasm in the schedule than a tribute to a hero.

“Many people don’t realize how severe cancer is... They miss the purpose of Terry’s Run”
- Dennis Park
Choking on Health Food
by Echo columnist
Devon Henderson
For some years now, the Ministry of Education has been threatening to implement a “healthy eating” policy in BC schools. I remember when my middle school first acted upon this new program by placing a single granola bar in the vending machines. Just one, solitary granola bar sitting in the very bottom corner of the vending machine, being constantly upstaged by the plethora of chocolate and other glorious sugar-fried products. For the record, that granola bar has probably still been sitting in the same place since it was put there four years ago. Since then, SD43 has gone to more extreme measures to lower the fat content of its students, and I believe that these efforts will soon prove to be just as futile.

Step One: ensure that no student is able to purchase a foot-long sandwich from Subway, thus discouraging the purchase of what is probably the healthiest option in the school cafeteria. Forget the greasy Pizza Hut products or calorie-packed burger cuts, cut back on the fresh made subs. How would you have loved to be in the room when they came to that educated conclusion. If anything, the district should have been thrilled by students’ willingness to bypass a massive tub of curly fries for a foot’s worth of veggie and cold cuts. They attack Subway, yet they still let students run amok with icings-doused cinnamon buns the size of their entire head. Then again, these are the same people who came up with the ever-anticipated Grad Portfolio, so I don’t know why I’m surprised.

Step Two: overprice the healthy options such as salads and Happy Planet juice, because if it’s harder for you’re getting rid of junk food, then that’s a bit extreme. It just doesn’t make sense to always go on about health and then keep the burgers and pizza breadsticks. If you say you’re getting rid of junk food, then get rid of junk food. Don’t bring in pricey healthy options, slow down Subway, and then dangle fries in front of our faces with a fishing rod. I don’t like being faced with a debate every time I go into the cafeteria; it stresses me out.

Step Three: take sugar products out of the vending machines for maximum impact; it’s not like the students are in any way aware of the masses of nearby stores that will gladly cater to their sweet-tooth. In all fairness, this is probably the best measure that schools have taken to prevent unhealthy eating on campus, but they can’t really believe that because we can’t get junk food at school we’ll never eat it again. Since, in general, students who have been warned of the terrors of obesity and absolutely pummelled with nutrition facts by our teachers, believe me, the morbidly obese kid isn’t so because of the chocolate bars he’s eating at school. Bear in mind, people, school only makes up for about seven hours of the day, leaving the remaining seventeen hours free for trips to McDonald’s and the consumption of Pillsbury Pizza Pop.

I’m not saying that the school district should just lie down and let students stuff themselves with fat; it’s just that because we can’t get junk food at school we’ll never eat it again. Students are in any way aware of the masses of nearby stores that will constantly upstage by the plethora of trendy night club.

And later that night, while partying with her young “adult” BFF Lindsay Lohan (who had sneaked out of rehab to enjoy an evening of champagne and cocaine), a drunk Britney misplaced the backpack in which her children were hidden in a toilet stall of a trendy night club.

When questioned about whether or not her partying is good for her kids, she replied, “What am I doing wrong? My kids love a good party, and I’M BRITNEY SPEARS!”

Mad ex-husband, Kevin Federline, is now fighting for custody of their two kids so that this time HE can get publicity by doing weird things instead of Britney.

Why Britney...Why?...Why?...Why?...Why?...Why?...Why?...Why?...Why?
by Echo columnist
Makau Doust
Oops, Britney Spears has done it again. What next Britney? B r i t n e y Spears has now shaved her head and those of her two children so that they “could be [her] clones and can scare people on the street.” And but a few hours later, Britney was seen driving drunk, naked and hairless with her two children in the back seat.

And later that night, while partying with her young “adult” BFF Lindsay Lohan (who had sneaked out of rehab to enjoy an evening of champagne and cocaine), a drunk Britney misplaced the backpack in which her children were hidden in a toilet stall of a trendy night club.

When questioned about whether or not her partying is good for her kids, she replied, “What am I doing wrong? My kids love a good party, and I’M BRITNEY SPEARS!”

Mad ex-husband, Kevin Federline, is now fighting for custody of their two kids so that this time HE can get publicity by doing weird things instead of Britney.

Charrie Best Goes to School

Just to Complicate Things Even More...
by Echo columnist Omar Chu
The Ministry of Education recently introduced a bill stating that students must get twenty minutes of exercise every day outside of PE. Teachers will be responsible for keeping track of student’s physical activity. This will inevitably lead to teachers sending home a form to confirm students get their exercise. Parent-signed forms will probably create scenarios like these:

Gerald’s Day

Gerald Jones is an aspiring athlete. His day passes like this:

- 6:00 AM: Gerald wakes up before his parents, so he can catch the bus to basketball practice.
- 7:00 AM: While not the strongest or the fastest at practice, Gerald knows the plays flawlessly because he has been studying them for months.
- 8:30 AM: Instead of doing his schoolwork, Gerald thinks about his afternoon volleyball game leading to several reprimands for daydreaming.
- 12:30 PM: Gerald’s friends eat at Zhao’s, but Gerald brings his own healthy lunch.
- 1:30 PM: Gerald plays well in his volleyball game. He doesn’t get much playing time, but with his willingness to sacrifice his body for the team, he earns the respect of his teammates.
- 3:30 PM: Gerald and his friends have so much fun playing football work.
- 12:30 PM: Harry eats a cheeseburger and fries, and manages to get four other students to give him part of theirs.
- 3:05 PM: Although the bus leaves five other kids behind, Harry elbow

Harry’s Day

Harry Richardson is an aspiring politician. Monday, his day passes like this:

- 8:20 AM: Harry’s alarm goes off. He promptly hits the snooze button.
- 8:30 AM: Harry’s alarm goes off again. Realizing he’s late, he gets up, steals his brother’s breakfast, and prepares for school.
- 8:39 AM: Five minutes after he should have caught his bus, Harry asks his mom for a ride.
- 8:45 AM: Sneaking into class without the teacher noticing, Harry manages to find three viable excuses for not doing his home-
By Echo Reporter
Lauren Jeanneau

It was only a month ago that Best Buddies found themselves awake before 8am and at school, all while it was still summer. August 30th marked the unofficial beginning for hundreds of new grade nine students, as they filtered into the front doors for their formal orientation. The ‘Best Buddies,’ who stood out in matching purple shirts, had attended a training camp earlier in May and were prepared to take control of this situation. After being directed through name tags and pictures, the new students were gathered into the gym for a welcome assembly. Despite the rehearsed delivery and directed advice, as it was given to grade nine students. “I was so impressed by such a strong new group, and by the risks that they were willing to take,” recalls Case. Anticipated returning actor Jonathan Dick agrees. “Judging by the level of talent in the auditions, I would say [that] this is going to be one hell of a show.” Jokingly he adds, “One that I will undoubtedly steal.”

Over the course of the sixty minute presentation, anticipate humour, tears and drama. In one hour, maybe the play will relate to its audience. In one hour, maybe we’ll understand what school daze is all about.

Long “Daze” Ahead for Metfest Cast
By Echo Reporter
Lauren Jeanneau

Schools may take drastic measures to create safer school environments, but it is undoubtedly impossible to protect students from themselves. As peer pressure increases, students find themselves asking how far will someone go to fit in these days. What is it that turns school days, into ‘School Daze?’

This years Metfest play, titled “School Daze,” is a highly anticipated script. “The word ‘Daze’ is meant to portray haziness, an uncertainty of our reality,” says director Mr. Case. Simply put, the goal of the play is to challenge moral issues and test the limits of manipulation. “Safe schools’ aren’t usually as safe as they seem,” he said.

To gain student perspective this year, Case has made an unorthodox move: the script (which has not yet being written) will be developed entirely by the cast. This play building project intends to illustrate that fitting in has become a fade, and that an action that may appear to be safe and nurturing, may in fact lead to humiliation and doubt.

Brainstorming script ideas was the first step. To begin, cast members were asked to recall a time where they took any extreme actions to attain a goal. Did they end up getting what they wanted in the end, or were they left unsatisfied and regretful of their choices? “You rarely get what you expect, even if you get what you want,” says Case, “because there’s always someone who thinks it will be okay to use you.”

To create such vulnerability and honesty through scripted performance is a difficult task, but the Best Players certainly seem to be on the right track.

The cast consists of a whopping twenty-six members, seven more than originally planned, and includes an impressive number of grade nine students. “I was so impressed by such a strong new group, and by the risks that they were willing to take,” recalls Case.

Anticipated returning actor Jonathan Dick agrees. “Judging by the level of talent in the auditions, I would say [that] this is going to be one hell of a show.” Jokingly he adds, “One that I will undoubtedly steal.”

Over the course of the sixty minute presentation, anticipate humour, tears and drama. In one hour, maybe the play will relate to its audience. In one hour, maybe we’ll understand what school daze is all about.

Best Buddies Welcome New Grade Nines
By Echo Reporter
Lauren Jeanneau

It was only a month ago that Best Buddies found themselves awake before 8am and at school, all while it was still summer. August 30th marked the unofficial beginning for hundreds of new grade nine students, as they filtered into the front doors for their formal orientation. The ‘Best Buddies,’ who stood out in matching purple shirts, had attended a training camp earlier in May and were prepared to take control of this situation. After being directed through name tags and pictures, the new students were gathered into the gym for a welcome assembly. Despite the rehearsed delivery and directed advice, as it was given to grade nine students. “I was so impressed by such a strong new group, and by the risks that they were willing to take,” recalls Case. Anticipated returning actor Jonathan Dick agrees. “Judging by the level of talent in the auditions, I would say [that] this is going to be one hell of a show.” Jokingly he adds, “One that I will undoubtedly steal.”

Over the course of the sixty minute presentation, anticipate humour, tears and drama. In one hour, maybe the play will relate to its audience. In one hour, maybe we’ll understand what school daze is all about.

Getting to Know Some of the New Staff
By Echo Reporter
Ted Carr

Mr. Stuart
Which subject would you teach if weren’t the principal? English
What’s your biggest pet peeve? Garbage
If you didn’t teach, what would you be doing? Woodworking
What do you do in your spare time? Children-no spare time
Favourite movie? Top Gun, High Fidelity

Mr. Wiebe
Which subject do you teach? Business Ed. ICT, Web Publishing
What’s your biggest pet peeve? No aid for those who live in poverty
If you didn’t teach, what would you be doing? InfoTech industry, web publishing
What do you do in your spare time? Kids, soccer
Favourite movie? The Lord of the Rings trilogy

Mr. Schaner
Which subject do you teach? Marketing, Accounting, Tourism, Planning
What’s your biggest pet peeve? Traffic
If you didn’t teach, what would you be doing? Selling land in Mexico
What do you do in your spare time? Hike, snowboard, tennis, teach yoga
Favourite movie? The Outsiders

Mr. Bruxelle
Which subject do you teach? French Immersion
What’s your biggest pet peeve? Ringing cell phones in class
If you didn’t teach, what would you be doing? Running an art gallery
What do you do in your spare time? “Read…what an original response”
Favourite movie? Out of Africa

Mrs. Hill
Which subject do you teach? Socials and History
What’s your biggest pet peeve? “Would you like them listed alphabetically or chronologically?”
If you didn’t teach, what would you be doing? Travelling the world with my Lotto 649 winnings
What do you do in your spare time? Run and Bike
Favourite movie? Shrek

Mr. Macdonald
Which subject do you teach? Math
What’s your biggest pet peeve? Laziness
If you didn’t teach, what would you be doing? Scientific Research
What do you do in your spare time? Ultimate Frisbee, horseback riding
Favourite movie? “EuroTrip, have you seen it?”

Photography By School Staff

[Image: Photographs of new students and staff members]

[Image: Photographs of new students and staff members]
Don’t Smoke!

By Echo Reporter: Lorena Buxto

The first meeting of Student Council was called to order Monday, September 17th with approximately 30-40 students attending. It was said by previous members that this was the largest turnout ever for student council. The meeting was chaired by President Chelsea Pescielli and vice President Carly Williams. The meeting lasted for an hour and focused on Charles Best’s first school dance, a key social event of the year. An event planner from Fully Loaded Productions presented a variety of optional themes and props, including the possibility of a cage for students to dance in. A number of students agreed that the dances should be PG-13. Student council also discussed ways to advertise the dance by possibly having a DJ perform in the cafeteria and even creating a Facebook event and even creating a Facebook event and inviting all students from the Charles Best Network (Yes, it is taking over our lives.) Finally, there was discussion of a Spring Fling, to be held here at Charles Best which unlike the winter formal, would be made available to all grades on a first come, first serve basis. Student council believes that all grades have a chance to participate in a formal dance instead of the traditional “11’s and 12’s only.” With all the effort being made, and the number of enthusiastic students wanting to be involved, 07/08 should prove an exciting year for Charles Best students!

Council Considers Plans for Spring Fling

President Chelsea Pescielli and Vice President Carly Williams
Thursday, October 4th, 2007

Grade 9 Survival Guide

Page 5

A Day in the Life of a Procrastinator

I swear I was only going to grab some Cherries, but when I noticed we didn’t have any milk, I had to walk up to the corner store and grab some. I was in no way avoiding my homework; tell me how can I eat cereal without any milk? Once arriving, it only seemed logical to buy a few magazines, some makeup (and another) Starbucks along with the milk. I mean, there’s no point in wasting more pre-cious homework time later by walking up there again, right?

5:02pm

I’m pretty sure my Mom might be sick. I totally saw some stray Kleenex lying around the house today. Or was it a couple days ago? Maybe it was just some scrap paper... Regardless, I don’t want to get sick, so I feel inclined to make my own dinner. I’ll get to my project afterwards, I swear. It’s sheer self-ab-solute if I skip supper just to do my homework.

6:54pm

I cannot com-pre-hend how it can be so difficult to type something in a frozen lasagna. The kitchen is a mess, and needless to say, acciden-tally lighting an oven mitt on fire did not help the situation. Logically concluding that the kitchen hates me, I decide to order a pizza instead.

4:45pm

7:29pm

Finally logged on to the computer, I open MSN and intend to start my research. But someone starts an MSN conversation, and it would be rude to ignore them. They inform me that there’s a party down the street, an offer I can’t pass up. Hurriedly I log off the computer, grabbing my jacket off the chair and out the door without noticing twice.

Sunday, 2:15pm

Sleep is a wonderful thing. I’m refreshed and ready for a day of studying, after a night of partying. As soon as I get some nutritious food in me, I’m ready to be ready to get to that assignment.

2:18pm

The computer is logging on as we speak. While I wait, I turn on my stereo and TV. Hey, homework doesn’t have to be boring, does it?

6:00pm

Mom says it’s time for dinner. Where did the time go? Oh well, at least I got some of the homework done... well, more or less. I set high scores on all of the popular.addictinggames.com games. But I had a research window open, and that should count for something.

6:31pm

Back on the computer, set to go. Wait! Crap, I still don’t have the criteria sheet. I did e-mail a few friends, but no luck. Maybe I can just wing it? Nah, I can’t even remember the topic question. Time to call in the reinforcements!

6:34pm

A friend says she can run-over her assignment criteria when she’s done with it. “About a half hour wait,” she said. Perfect for me: that’s just enough time to watch my favourite “Friends” rerun.

7:22pm

It’s about time! My friend just left, leav-ing me with the seem-ingly intimidating crit-eriasheet, and an empty feeling in my stomach. I’ll grab a quick snack, and then I guess I’ll get started.

7:27pm

Oh my gosh! I have to write a page about Municipal Sewer Laws!!

8:54am

I really was researching my project. But, the games website popped up and I couldn’t resist. I was just going to play one round of Monster Truck racing, but one round turned into two, which turned into twelve... Whatever... I have willpower. I can do this. I have the criteria sheet, and an assignment.

8:57pm

I have willpower. I can do this. I just need to sit down and focus and I’ll be done by 10:00pm, enough time to get a good night’s sleep. 10:00pm

Yeah, no. Not going to happen. I needed a two page essay? I’m only at half a page, and it’s not very good. Ugh, this is so pointless.

11:59pm

Waiting for an ingenious idea to spark...

Monday, 12:02am

Still waiting... 7:30am

I wake up with my head uncon-scious on the desk. Panicked, I look up to computer screen, and I see that I finished! I’m tired and I think my neck is broken, but I fin-ished! I Have all so to do now is print it all out and get to work.

8:26am

I walk into my Social Studies class exhausted, but elated that I’m done. My good humour quickly dies down. There is a substitute teacher sitting at the professor’s desk, and the whiteboard reads, “Projects to be handed in tomorrow.” Ugh! All that work for nothing!

Nobody cares about municipal law anyway. I read over what I’ve got so far, and it means nothing to me. The words are beginning to blend together. I have to get this done though.

10:02pm

I can’t do this! It’s SO lame! I should just give up. Ooh, maybe I can tell my teacher that I forgot it at home; that will give me a whole other day to finish up.

11:52pm

300 more words! I can do that!

11:53pm

No I can’t. I need food. A good sugar high will surely spark ingenious ideas.

11:55pm

A friend says she can run-over her assignment criteria when she’s done with it. “About a half hour wait,” she said. Perfect for me: that’s just enough time to watch my favourite “Friends” rerun.

7:22pm

It’s about time! My friend just left, leav-ing me with the seem-ingly intimidating crit-eriasheet, and an empty feeling in my stomach. I’ll grab a quick snack, and then I guess I’ll get started.

7:27pm

Oh my gosh! I have to write a page about Municipal Sewer Laws!!

8:54am

I really was researching my project. But, the games website popped up and I couldn’t resist. I was just going to play one round of Monster Truck racing, but one round turned into two, which turned into twelve... Whatever... I have willpower. I can do this. I just need to sit down and focus and I’ll be done by 10:00pm, enough time to get a good night’s sleep. 10:00pm

Yeah, no. Not going to happen. I needed a two page essay? I’m only at half a page, and it’s not very good. Ugh, this is so pointless.

11:59pm

Waiting for an ingenious idea to spark...

Monday, 12:02am

Still waiting... 7:30am

I wake up with my head uncon-scious on the desk. Panicked, I look up to computer screen, and I see that I finished! I’m tired and I think my neck is broken, but I fin-ished! I Have all so to do now is print it all out and get to work.

8:26am

I walk into my Social Studies class exhausted, but elated that I’m done. My good humour quickly dies down. There is a substitute teacher sitting at the professor’s desk, and the whiteboard reads, “Projects to be handed in tomorrow.” Ugh! All that work for nothing!

Nobody cares about municipal law anyway. I read over what I’ve got so far, and it means nothing to me. The words are beginning to blend together. I have to get this done though.

10:02pm

I can’t do this! It’s SO lame! I should just give up. Ooh, maybe I can tell my teacher that I forgot it at home; that will give me a whole other day to finish up.

11:52pm

300 more words! I can do that!

11:53pm

No I can’t. I need food. A good sugar high will surely spark ingenious ideas.

11:55pm

A friend says she can run-over her assignment criteria when she’s done with it. “About a half hour wait,” she said. Perfect for me: that’s just enough time to watch my favourite “Friends” rerun.

7:22pm

It’s about time! My friend just left, leav-ing me with the seem-ingly intimidating crit-eriasheet, and an empty feeling in my stomach. I’ll grab a quick snack, and then I guess I’ll get started.

7:27pm

Oh my gosh! I have to write a page about Municipal Sewer Laws!!

8:54am

I really was researching my project. But, the games website popped up and I couldn’t resist. I was just going to play one round of Monster Truck racing, but one round turned into two, which turned into twelve... Whatever... I have willpower. I can do this. I just need to sit down and focus and I’ll be done by 10:00pm, enough time to get a good night’s sleep. 10:00pm

Yeah, no. Not going to happen. I needed a two page essay? I’m only at half a page, and it’s not very good. Ugh, this is so pointless.

11:59pm

Waiting for an ingenious idea to spark...

Monday, 12:02am

Still waiting... 7:30am

I wake up with my head uncon-scious on the desk. Panicked, I look up to computer screen, and I see that I finished! I’m tired and I think my neck is broken, but I fin-ished! I Have all so to do now is print it all out and get to work.

8:26am

I walk into my Social Studies class exhausted, but elated that I’m done. My good humour quickly dies down. There is a substitute teacher sitting at the professor’s desk, and the whiteboard reads, “Projects to be handed in tomorrow.” Ugh! All that work for nothing!
Remember August, While You Still Can

By Echo Columnist Matthew Newton

Remember the night. Remember the girl. Remember August. In 2004, three teens from Richmond set out to make music and became an instant success. In less than a year, they were winning awards, selling out shows, and dominating the stage at the Vans Warped Tour. The first time you hear their music, one thing quickly becomes apparent: Remember August is not simply some garage band. Their smart,quotable lyrics and high-energy, passionate stage presence is in part, a testament to viral promotion. With over 150,000 downloads between their MySpace, PureVolume, Nexasia, and their own website, RememberAugust.com, it couldn’t be easier to give their tracks a listen (and, subsequently, a re-listen) and then refer them to friends. With the easy access to their music, the band’s popularity is constantly rising, even after the news of the break up. “We might have been the biggest all ages band to ever come out of Richmond and that is something to be so proud of because we all grew up in this scene wanting to be a part of something more. I would hope that for a lot of kids, we became that something more.”

So, on October 5th, 2007, Remember August will be playing their final show, at South Arm Hall in Richmond, to celebrate three years of amazing music, joined by openers The Februarys, Lights, Kanye West, and Game Set Match. Hundreds of people have RSVP’d to say that they are attending the event, which promises to be a high-energy send off to what Roy calls “Some of the best, if not THE best, times” of his life. Roy reflected, “The highs that we attained surpassed anything we could have wanted and the lows were more heart-wrenching than I think we thought possible for a bunch of kids playing music together.”

As for the future, it looks as if fans will have to listen to the band’s studio recordings for their Remember August fix. Roy finished by saying: “While it is difficult to say goodbye, this is the right time… this is going out on a high. We hit a certain level that I do not feel can be exceeded and in that sense, it is important to be true to ourselves, our Friends, and the people who are sharing this with us. Therefore, while this is the end of one chapter, it is the beginning of a new one. Believe me, the best is yet to come.”


eddy

Leftover Crack & Citizen Fish

By Echo Columnist Josh Armstrong

In “Deadline”, two bands, Citizen Fish and LoC, offer up six new tracks each and a cover of one of the other’s songs. Both bands offer a wealth of opinionated and relevant lyrics and commentaries on modern culture and society, whether it’s Meltdown, which speaks satirically about how our current wasteful ways are hurting the earth and will, in the end, come back to haunt us or it’s the earth and will, in the end, come back to haunt us or it’s the Game Set Match which speaks metaphorically about the impact on small, independent stores. In “Deadline”, two bands, Citizen Fish and LoC, offer up six new tracks each and a cover of one of the other’s songs. Both bands offer a wealth of opinionated and relevant lyrics and commentaries on modern culture and society, whether it’s Meltdown, which speaks satirically about how our current wasteful ways are hurting the earth and will, in the end, come back to haunt us or it’s the Game Set Match which speaks metaphorically about the impact on small, independent stores. In “Deadline”, two bands, Citizen Fish and LoC, offer up six new tracks each and a cover of one of the other’s songs. Both bands offer a wealth of opinionated and relevant lyrics and commentaries on modern culture and society, whether it’s Meltdown, which speaks satirically about how our current wasteful ways are hurting the earth and will, in the end, come back to haunt us or it’s the Game Set Match which speaks metaphorically about the impact on small, independent stores. In “Deadline”, two bands, Citizen Fish and LoC, offer up six new tracks each and a cover of one of the other’s songs. Both bands offer a wealth of opinionated and relevant lyrics and commentaries on modern culture and society, whether it’s Meltdown, which speaks satirically about how our current wasteful ways are hurting the earth and will, in the end, come back to haunt us or it’s the Game Set Match which speaks metaphorically about the impact on small, independent stores.

The music itself is just as remarkable, offering a dynamic mixture of genres. Though the album is dynamic, one or two of the tracks drag down the experience slightly, but never to the point where listening is a chore. “Deadline” is an absolutely astonishing album for anyone who likes any form of rock, though fans of ska or hardcore will likely get a little more out of the experience.

The music itself is just as remarkable, offering a dynamic mixture of genres. Though the album is dynamic, one or two of the tracks drag down the experience slightly, but never to the point where listening is a chore. “Deadline” is an absolutely astonishing album for anyone who likes any form of rock, though fans of ska or hardcore will likely get a little more out of the experience.

The music itself is just as remarkable, offering a dynamic mixture of genres. Though the album is dynamic, one or two of the tracks drag down the experience slightly, but never to the point where listening is a chore. “Deadline” is an absolutely astonishing album for anyone who likes any form of rock, though fans of ska or hardcore will likely get a little more out of the experience.

The music itself is just as remarkable, offering a dynamic mixture of genres. Though the album is dynamic, one or two of the tracks drag down the experience slightly, but never to the point where listening is a chore. “Deadline” is an absolutely astonishing album for anyone who likes any form of rock, though fans of ska or hardcore will likely get a little more out of the experience.

The music itself is just as remarkable, offering a dynamic mixture of genres. Though the album is dynamic, one or two of the tracks drag down the experience slightly, but never to the point where listening is a chore. “Deadline” is an absolutely astonishing album for anyone who likes any form of rock, though fans of ska or hardcore will likely get a little more out of the experience.

The music itself is just as remarkable, offering a dynamic mixture of genres. Though the album is dynamic, one or two of the tracks drag down the experience slightly, but never to the point where listening is a chore. “Deadline” is an absolutely astonishing album for anyone who likes any form of rock, though fans of ska or hardcore will likely get a little more out of the experience.

The music itself is just as remarkable, offering a dynamic mixture of genres. Though the album is dynamic, one or two of the tracks drag down the experience slightly, but never to the point where listening is a chore. “Deadline” is an absolutely astonishing album for anyone who likes any form of rock, though fans of ska or hardcore will likely get a little more out of the experience.
Blue Devils Shock Port Moody

By Echo Reporter - Mersad Youssefi

In two recent outings, the senior boys soccer team has begun to exhibit the skill and finish that was expected when the season began. Last week, the boys trounced Terry Fox 5-1 and Heritage Woods 4-1. With a 3-1-1 record to begin the season, the top team in the league, and by far the toughest match of this season.

The Port Moody starting 11 played in the Metro division. Port Moody’s first game was an 8-0 thrashing over Terry Fox. Fortunately, the Best team also has skilled players and were ready for a tough game before their home crowd. The game started out with Steven Zakarro scoring with a stunning shot from the corner of the box into the opposite side of the net after a great pass by Tate Mason. The game was physical and skilled one, with both teams unwilling to give up a loose ball or a goal. Port Moody countered at expected after the goal, and scored to tie the game. With the home crowd cheering on the Blue Devils, Best pushed for a second goal, capitalizing on a great cross by Tate Mason which was volleyed into the back of the net by Scott Duncan. Even though Port Moody’s relentless attack got an equalizer to end the game in a tie, it was a great performance for the Blue Devils. After the game the Blue Devils received numerous compliments from the opposing coach and the ref.

In the opening games of the season, Best defeated Glenelgale, lost to Riverside, and soundly defeat Terry Fox. Against the Glenelgale Talons, the team was glad to see a good turn out of Best fans. The team started out rusty, but still managed to win 3-2. The scorers were Scott Duncan, Justin Walry and Kresmis Ukulovic.

Next, The Blue Devils had an away game at Terry Fox. After conceding an unexpected goal early, the boys came out firing on all cylinders. Their first goal came from a great running shot by Paul Min. The next two goals came from Kresmis Ukulovic, the top goal scorer on the team. Although our boys had a comforatable lead, it didn’t stop them from slotting in two more goals, both scored by Josh Rogers.

Charles Best MVP’s

Andrea McCrea

This month’s female MVP is German import Andrea McCrea. Andrea played a huge part in the Senior Girls Volleyball 5th place finish against Alpha High School. The tourney was held from September 14-16 at SFU.

Scott Duncan

Scott Duncan is this month’s male MVP. Scott scored a handful of goals while helping the Senior Boys soccer team get off to a great start. Although the refs often recognize him for his physical play, we recognize him as this month’s male MVP.

Cross Counry team is great in first meet

By Echo Hall of Fame: Zane Jiwa

The Cross Country team got off to a running start, and show no signs of letting up. Even though a few noteworthy runners were missing, the team, both boys and girls, show cased their talents, and will no doubt be one of the best teams in forthcoming year. Their ability to excel early in the year has given one of the coaches, Mrs. Hill, a reason to look forward to the upcoming season. “The girls in both divisions run extremely well. I was surprised how well they ran considering it was their first meet of the season. The boys, on the other hand, have some room for improvement, but this was a great start. I am proud that we got off on the right foot,” stated Mrs. Hill, one of the two coaches.

In the opening games of the season, Best defeated Glenelgale, lost to Riverside, and soundly defeat Terry Fox. Against the Glenelgale Talons, the team was glad to see a good turn out of Best fans. The team started out rusty, but still managed to win 3-2. The scorers were Scott Duncan, Justin Walry and Kresmis Ukulovic.

Next, The Blue Devils had an away game at Terry Fox. After conceding an unexpected goal early, the boys came out firing on all cylinders. Their first goal came from a great running shot by Paul Min. The next two goals came from Kresmis Ukulovic, the top goal scorer on the team. Although our boys had a comforatable lead, it didn’t stop them from slotting in two more goals, both scored by Josh Rogers.

Win Lunch for a Week

Enter the Free Echo NHL Pool!

For the first time ever, the Echo is running a school-wide NHL hockey pool. Students who wish to participate are asked to check one (1) box from each of the 10 lists of players. Your total points will be based on how many points your selected players earn. Please hand in your entry forms to the front office or emails to the.best.echo@gmail.com. Only one entry per person. Only 90 student and 10 teacher entries will be taken. Deadline for entries will be October 12th. Prizes will include free lunch for a week!

Name:                          Grade:                          Dv:
☐ S. Crosby - Penguins                          ☐ J. Iginla - Flames                          ☐ P. Stastny - Avalanche
☐ D. Heatley - Senators                          ☐ H. Zetterberg - Red Wings                          ☐ A. Semin - Capitals
☐ V. Lecavalier - Lightning                          ☐ M. Hossa - Thrashers                          ☐ R. Gretzaf - Ducks
☐ J. Thornton - Sharks                          ☐ D. Alfredson - Senators                          ☐ P. Bergeron - Bruins
☐ J. Spezza - Senators                          ☐ P. Datsyuk - Red Wings                          ☐ E. Staal - Hurricanes
☐ J. Jagr - Rangers                          ☐ D. Briez-Flyers                          ☐ J. Staal - Penguins
☐ M. St.Louis - Lightning                          ☐ E. Malkin - Penguins                          ☐ J. Cheechoo - Sharks
☐ A. Overchin - Capitals                          ☐ M. Nylander - Capitals                          ☐ M. Nashlund - Camucks
☐ J. Kukinen - Panthers                          ☐ S. Gomez - Rangers                          ☐ N. Lidstrom - Red Wings
☐ M. Savard - Boston                          ☐ H. Sedin - Canucks                          ☐ S. Gonchar - Penguins
☐ T. Vanek - Sabers                          ☐ D. Sedin - Canucks                          ☐ C. Pronger - Ducks
☐ M. Hossa - Thrashers                          ☐ M. Nylander - Capitals                          ☐ S. Gory-Oilers
☐ P. Datsyuk - Red Wings                          ☐ A. Tanguay - Flames                          ☐ B. Rafalski - Red Wings
☐ E. Malkin - Penguins                          ☐ E. Staal - Hurricanes                          ☐ K. Timonen - Flyers
☐ M. Nylander - Capitals                          ☐ M. Nashlund - Camucks                          ☐ T. Kaberle - Leafs
☐ A. Tanguay - Flames                          ☐ E. Staal - Hurricanes                          ☐ K. Bieksa - Camucks
☐ E. Staal - Hurricanes
“French Connection” Leads Volleyball Team to 5th Place Finish

By: Echo Hall of Farmer: Farhan Devji

On Friday, September 14th, around the same time that the rest of the school was parading around Mundy Park in honor of Terry Fox, the Senior Girls Volleyball team was in the middle of nowhere, aka the Harry Jerome Sports Center, where they received an immense boost from the “French Connection.”

Typically, when you think “French Connection,” you think about the clothing line, you think about the legendary Buffalo Sabres line from the 1970’s, or you think about “The OC” episode named “The French Connection” when Taylor’s French ex-husband came to Newport to promote his erotic book about their marriage. Think again. The “French Connection” of Lauren Pineau, Theresa Lawson, Chelsea Eades, and Darien Miyata were among Best’s top performers of the tournament.

“...5th out of 56 teams is really impressive. We’re not a tall team so I guess other schools underestimated us and we just gave ’er.”

- Tanya Gavieres

Coming off an 8th place provincial finish last season, the girls came into this year with elevated expectations and their performance at the SFU Senior Girls’ High School tournament didn’t disappoint. Although they came up short against High-road Academy, last season’s “A” Provincial Champions, they won two out of their three games on Friday. The group then made their way to the top of the world, aka Simon Fraser University on Saturday for playoff action. After winning their first two games of the day in straight sets, the girls fought hard but were unable to overcome Pacific Academy’s all-around attack. However in their fifth place showdown against Alpha, the girls overcame a combination of adversity, fatigue and a severely biased and clueless lineswoman to cap off a successful tournament with a top five showing.

Captain Tanya Gavieres shares her thoughts on the lineswoman and the overall performance of the group. “There are plenty of games where the linespeople are going to be siding with another team, but we are talented enough to win back those points,” said Tanya. “Personally I thought I could have done better but as a team we played great considering it was our first tournament...”

The team captain is being too hard on herself. “For her first tournament, she played really well,” said the coach. “She has really high expectations for herself and everyone has their ups and downs. Could she have played better? Yes, but I was still really happy with her performance.”

Lauren, one member of the “French Connection,” also the team’s defensive specialist, or the libero, shares her insight: “I thought it (the team’s performance) was really good, especially with it being our first tournament together. I think our defense and offense really picked up near the end. I thought we played well as a team.” Another member of the “French Connection,” Theresa Lawson also provided a huge spark, playing her in first tournament after her knee injury which caused her to miss all of last season. “It felt great,” said Theresa when asked about how it felt to be back on the court. “You start to really miss it, but everything was definitely a little rusty.” It certainly didn’t look that way from the sidelines. Another standout was the German import Andrea McCrea. Official league play has already begun and the senior girls will be making their much anticipated trip to Hawaii on October 6th. Tanya sheds some light on what we have to look forward to for the rest of this promising season. “I think we’re going to make it to Provincials and hopefully succeed, but we have to take it one game at a time.”

- Tanya Gavieres

Two members of the “French Connection” Chelsea Eades and Theresa Lawson block Alpha in their final game.