

Top 10 Broken New Year's Resolutions

There are probably hundreds even thousands of resolutions that never see the end of January, but the most common are ones that most of us have all failed at once or twice.

1. Getting fit - We've all been there. After ramming down as much Christmas cake and other festive food as we possibly can, we decide that shedding those post-Christmas kilos is a must and we resolve to work that treadmill until we can work it no more. Unfortunately, more often than not, we find ourselves lacking motivation after a few months.

2. Stop smoking - It goes without saying that smoking is bad for you and also very expensive. That said, it is very difficult to quit.

3. Learn a new skill - Wanting to learn to play the saxophone, learning French or learning to cook like Gordon Ramsay are just a few examples here. As you get older, we're more resistant to change, so learning a new skill can be too hard for most.

4. Stop spending and save - If you're a big spender and often splurge when you shop, it's almost impossible to reverse this trait. However, adjusting your attitude towards money and taking steps to reduce your spending can help you achieve this resolution.

5. See the family more - As we move through life we inevitably become busier and have less time to ourselves and less time for family. No matter how much we resolve to see more of our granny or second cousin, there simply aren't enough hours in the day.

6. Travel more - Travelling is the one resolution that we should all be looking to stick to. There's a big wide world out there.

7. Give up alcohol - In January this is easy; everyone went out so much over Christmas that a break is needed to take some time off anyway. But when the following months arrive, the temptations come back again.

8. Do some volunteer work - If we don't have time for our families as it is, when exactly are we going to find time for people we don't even know? Again, with more and more responsibilities in life, it's hard to dedicate some personal time to the less fortunate.

9. Calm yourself - Resolving to worry less about things is important to maintaining a stable mind. Unfortunately, if you're a serial worrier, it just takes the garbage men to turn up a few hours late and the barriers are broken. Couple that with your shock credit card bill from December and you're back where you began.

10. Eat better - The diet starts in January. It goes well. Soups aren't that bad and fresh fruit is fine as well—who knew? But when you're strapped for time and looking for a quick and easy meal, or you just can't be bothered to cook, it's so much easier just to go to the nearest take out restaurant.

—By: Kristen Shirtliff



Sabre Scoop



Sanford Collegiate

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Welcome to the Sabre Scoop, your school newspaper! If you have any ideas or suggestions on what you would like to see in the paper, such as rant ideas, questions for our advice column and more, or if you just want to tell us what you think, feel free to e-mail us at sabrescoop@hotmail.com. You can also tweet us at [@sabre_scoop](https://twitter.com/sabre_scoop).

The Unknown of Exams

Exams are a stressful thing. There is normally a lot of information that you have to try and remember, and exam alone takes up 30 percent of your mark. That is a very large portion of your mark, and for most people the pressure of that makes it harder for them to study for the exam. For some people exams are very easy because they know the information by heart. But for those other people that find studying and remembering all that material problematic, it makes the exam something to be feared. For those people who find exams and studying that way you won't forget the information and you can look back to see it and write on from there. Exams can be stressful but only if you make it stressful, if you study what you need to know and get it down pat they won't be as hard as you think they are.

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--Haden Laudin

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Gym Riot 2016

Gym Riot this year was crazy. This year gym riot consisted of its usual teams of the separate grades. Although some things this year were not so traditional for example, this year there was no head cheese in the food race... or food relay. Another thing that was added to the Gym Riot this year was the Water Bottle Flip Challenge, where the 2 best water bottle flippers from each team put their gloves on and got to work, ok, maybe it wasn't that intense, but it was a new event. Unfortunately, this year there was so many events that a few events were cut out. Now, I don't know the entire timeline but for those wondering I think that the events they cut out was the Orange Necking, and the game where you strap a tennis ball to your head and try to knock over water bottles, not entirely sure what the name of

that game is.

The leaderboards for this year looked like this,

1st: Gr. 11's

2nd: Gr. 12's

3rd: Gr. 9's

4th: Gr. 10's

(We all know Coach Hanks's performance took 1st place)

Unfortunately for the Gr. 10's, they had to take the first 'L' of the year. —Adam Boyle



Articles

How to Study for Exams

Ah yes! Everyone's favourite time of year is approaching. The time where there are endless smiles in the hallways, long hours of sleep each and every night, and stress free minds all set to hit the books. Oh, who am I kidding... there's no doubt the majority of you will scowl at the idea of exams, the sleepless nights, trying desperately to cram as much information in your brain as possible. If you're one of these people, and urgently need help, you're reading the right article. **Tip #1:** Don't cram! As a procrastinator, myself, I know how difficult it is to do everything last minute and it really doesn't help. Space out your studying early on, so it is less stressful and your brain has more time to absorb all of the information and you will remember more. **Tip #2:** Get rid of distractions! Electronics are not the best thing to have around you when studying. Since I'm always glued to my phone, I found a

website where you can lock your phone for a specific amount of time while you study. **Tip #3:** Sleep! Sleep is something that not a lot of people get when exams are coming up. Get a good night's rest so your brain has the opportunity to consolidate new knowledge. **Tip #4:** Eat food! Who would've known chocolate could help you study better? Dark chocolate is considered a "brain food". It contains antioxidants that stimulate increased blood flow to the brain resulting in improved memory and concentration. **Tip #5:** Set goals! List down all of your goals when you study (ex. A certain amount of pages you need to read in a textbook) so that you can track your progress and reward yourself after you've completed that goal. Don't feel nervous! As long as you study hard and don't give up, you will 100% destroy those exams! Good luck everyone.

- Gabby Murray



Top 10 New Year's Resolutions

Have you thought about what your resolution will be for the New Year? Starting the New Year with a goal in mind is great for kicking off the New Year with a positive attitude! Here are the top 10 New Year's resolutions to help you make up your mind if you still have not come up with yours yet:

1. **Weight loss**– This one is a typical one that many people make, but it can be hard to stick with. The key is to make small goals to reach rather than just shooting for a large one.
2. **Stop a bad habit**– Whether it is biting your nails, smoking or drinking, or another bad habit you have, this is one that is also on the list of top 10 new year's resolutions for most people.

3. **Becoming more frugal**– This one truly will change your life and is a great example to set for everyone around you.

4. **Eating healthier**– Maybe you don't necessarily have weight you want to lose, but you just want to feel better. Eating healthier is a very popular new year's resolution.

5. **Living more "green"**– Like choosing to live frugally, living greener is a lifestyle change that will truly make a very positive impact on you and the earth.

6. **Have more fun**– Maybe you spent this year working too much, stressing too much and not laughing enough. This is your year to turn that around. Make long term plans to make a trip or perhaps just promise yourself that you won't sweat the little things this year and you will be

well on your way to achieving this top 10 new year's resolution!

7. **Learning a new skill**– Maybe you want to further your education or perhaps just learn how to cook a better meal. This is a great goal to have for the New Year as one can never know too much and you should never stop learning.

8. **Take the plunge in the job market**– As our economy is slowly digging its way back up, this may be your year to finally pursue another career or possibly work towards a promotion.

9. **Make family a first priority**– For many people, it is easy to forget why we do all the hard work we do and get lost in our responsibilities and forget to make priorities.

10. **Volunteer**– Giving back is something we all should do, but in our busy lives, it is often hard to do. Simply making it a priority can switch our life around enough to make it happen. Pick a charity that really means something to you and start there.

-Kristen Shirliff



A Rant On Exams

Exams, the time of year that we all dread, the end of January and at the beginning of June are without a doubt some of the most stressful weeks in the whole year. Why are we put through this stress and pressure when it is what we've been doing all semester long?

I get that it is to test that we pay attention in our classes all semester long and know all the material that was covered in those classes but why does it have to be so stressful and hard on us? Whatever happened to exemptions? Why don't we have them anymore? If we had exemptions it would encourage us to do even better and try even harder throughout the whole year. It would take all the stress that piles up at exam time and spread it out over the whole semester. Exemptions would be better for everyone because students wouldn't have as much stress all at one time and teachers wouldn't have as many exams to mark, giving them a break at the end of each semester too. Giving exemptions to exams would be better all around, even if it is 'old school' and not many schools have them now.

What else is wrong with exams

besides the stress it provides? The fact that we have to live like hermits for a week before, in order to get in enough study time to do well on each exam. If you want to do well, the week before exams you have to basically just quit your social life and live behind a desk, studying away for hours on end. There is a reason it is called studying, it's because you are dying from boredom and exhaustion when you are **studying**. It is not fun and that is why it would be helpful if there was more time in-between exams. This way studying for however many exams you have doesn't have to be crammed into a short period of time and you would have time to go out with some friends or do something to have fun and take your mind off of everything. It would also be giving your brain a rest since it is working nonstop when you are studying, or at least trying to study. Not having all of our exams in one week would give us time to spread out our studying and give our brains some more breaks. This is probably healthier for us and it would also help out the teachers by giving them more time to mark their

class's exams.

I hate exam time, and I am sure you do too. It is something all students could definitely bond over since you will never hear anyone say, ever "Boy, I love exams and studying for hours on end!" It is something we all hate, and it will never go away. We can always make ourselves feel better about it by ranting and complaining about it twice a year when it comes around, even though we will never be able to change it with complaining, it will at least satisfy us for the time being. Exams will be exams and we will always hate them, but knowing that exams are the end of the semester will always pull us through all the studying and exams, even when we think we will not make it through them.

-- By: Hayley Shirtliff



National Days of January

January 1- New Year's Day

January 2- National Buffet Day

January 3- National Fruitcake Toss Day

January 4- National Trivia Day

January 5- National Bird Day

January 6- National Technology Day

January 7- National Bobble head Day

January 8- National Winter Skin Relief Day

January 9- National Static Electricity Day

January 10- National Oyster Rockefeller Day

January 11- National Human Trafficking Awareness Day

January 12- National Pharmacist Day

January 13- National Blame Someone Else Day

January 14- National Dress Up Your Pet Day

January 15- National Hat Day

January 16- National Nothing Day

January 17- National Bootleggers Day

January 18- National Winnie the Pooh Day

January 19- National Popcorn Day

January 20- National Disc Jockey Day

January 21- National Granola Bar Day

January 22- National Blonde Brownie Day

January 23- National Pie Day

January 24- National Compliment Day

January 25- National Opposite Day

January 26- National Peanut Brittle Day

January 27- National Big Wig Day

January 28- National Blueberry Pancake Day

January 29- National Puzzle Day

January 30- National Bubble Wrap Appreciation Day

January 31- National Backwards Day

--Stephen Bachalo



Sabre's Basketball

Every Sabres basketball team started play in December in January. The Varsity girls started the season off in a tough tournament at St Norbert. The ladies unfortunately weren't able to secure a victory but we're sure they will be able to turn it around once league play starts and they play in more tournaments. This year's squad has many returning players and also some new members mixed in. Team members are: Keysha Manningway(12), Erika Labby (12), Kaddy McClusky, Teaghan Vidal (12), Lydawn McGarry(12), Renee Epler(12), Bailey Thompson(12), Brit Champagne(12), Sam Fossay(12), Novalee Vidal(11), Mackenzie Bruce(11), Cameryn Johnson(11). The JV girls had a good start to their season with a win against Northlands Parkway Collegiate in their opening game. The girls played a solid two way game getting contribu-

tions from many players. The girls have a solid mix of new and old players in the lineup that can contribute to the team's success. Lets hope they can keep the wins coming as the season continues. Team members include: Sam Dunn (10), Ellen Bestland(10), Amy Wowchuk(10), Jordynn Barrett(10), Tayler Arkle(10), Olivia Thompson(9), Teagan Hnidy(9), Kyla Bellisle(9), Ashley Gard(9). The varsity boys started out the season strong with a big tournament win at home (you can read more about it in the previous issue of the Scoop). Unfortunately they were not able to retain that momentum in their next tournament only winning 2 out of a possible 5 games. The boys will hopefully soon be able to return to their winning ways when they play their next tournament as the host and in the Morden Tournament the week after. The JV

boys saw their first action with a home game against Northlands Parkway. They were able to come away with a nice victory showing great promise for their season. They have a few returning players but also some new faces to bolster the roster this season. Team roster consists of: Cole Baker(10), Roman Rivard(10), Kole Adams(10), Dallas Buss(10), Greg Zeaton(10), Kye McClusky(9), Jayden Cormier(9), Aaron Van Nieuw Amerongen(9), Colby Hay(9), Carver Epler(9).

--Logan Nyman



Arts + Life

Meme of The Month

Over the break people had a lot of time to themselves. Some people used this to their advantage and did good, maybe worked out a bit, maybe even made a difference in the world. But there is a lot of people who didn't do that. There is a lot of people who sat at home and tried to make the next best joke, or meme, that would be going around the internet. For this meme of the month I

present you with the 'Youtuber' meme. This meme usually consists of something that would be normal for someone being mentioned such as "Starbucks Employee: 'Hey'" it will usually be followed up by something dramatic that a Youtuber has made a story about. example, "Youtuber: 'CRAZY STARBUCKS STALKER'" This is just the internet's way of telling Youtubers to quit

complaining about every day life events.

-Adam Boyle



Peace by Chocolate

December 4, 2016 marks the one year anniversary of Syrian refugees immigrating to Canada. It was a joyous time for all, as their lives back in Syria were horrendous, and families were able to start a fresh new life here in Canada. Since December of 2015, nearly 39,000 Syrian refugees were welcomed into Canada. Over 13,000 were privately sponsored, whilst about 25,000 were governmentally funded. Settling into a new life, is a different experience for each individual, but the majority, if not all refugees claimed they were extremely grateful for the opportunity, and quickly took action into making their new lives worthwhile. Out of many of the amazing stories each family had to share, one story from an incredible family, is very much worth sharing. "In Syria, it was my father's passion to make chocolates. He was an excellent chocolatier, and he established a factory in Damascus for 20 years" Tareq Hadhad explained, talking about their family business back in their homeland. They would sell their delicious treats all over the Middle East to countries like Yemen, Jordan and Lebanon for over 20 years. Unfortunately, the Hadhad factory was destroyed in a bombing that forced their family to leave everything behind and flee to Lebanon. For three years, their home was now in a refugee camp with little oppor-

tunity for hope. Their lives had been altered and they only dreamed of returning to the lives they loved. Their dreams came true, when they were invited to live in Canada and become full Canadian citizens. With the support of their new community they were able to rebuild their chocolate company and are once again doing the work they love. They now have the business they've dreamed of and ship their chocolates across the province of Nova Scotia and now across the world, and renamed the company "Peace by Chocolate" This is just one out of thousands of family's successful stories that changed their lives for the better.

-Gabby Murray

