

THE ICEAPost

Friday November 29, 2013

Editor in Chief: Level Five

Final Exams...FINALLY!

Exams Are Final

Final exams are coming. When interviewing with ICEAP students in level 5 and 6, a common conclusion about the attitudes towards final exams, seems to be consistent.

Jonson, a level 5 student stated that, “focusing on listening for a long time and figuring out its meaning would be difficult for me. As for the presentation part, it is too nervous to speak out in public. (sic)”. Wendy, a student in level 6 said: “the final test decide whether they can go up to next level for further study. Including participation and attendance in final score is reasonable (sic)”.



Level 5 student Dennis (Da Xu), interviews fellow level 5 student Johnson, about the upcoming final exams and the anxieties that come with examination time.

Story by Justin & Dennis, Photo by Justin.



Hot pot on a cold day *Nicole & Vicky*

Hot pot is one of the most popular dishes in China. Spicy is considered the most common flavor recipe. Any meat, fish, various bean curd products, and varieties of vegetables are all boiled together in the soup base. Great on a winter's day until next time.

Joke of the Day *Aaron & Wang*

Teacher : Why are you late for school every morning?

Tom : Every time I come to the corner , a sign says :School-Go slow.

Swimming to better skin

Jennifer & Landy-Level 5.



Burn/60 mins [Ⓢ]	
Jogging [Ⓢ]	655 [Ⓢ]
Swimming [Ⓢ]	1036 [Ⓢ]
Dancing [Ⓢ]	300 [Ⓢ]
Rope skipping [Ⓢ]	448 [Ⓢ]

Swimming is a fun way to stay healthy. Like aerobic exercise, it is also a great way to lose weight. But did you know that swimming can improve your skin health? While swimming, the water creates resistance, which helps our body's metabolism, which will help improve the skin's blood circulation. This helps make the skin more

elastic and helps wrinkles disappear, resulting in a healthy complexion. If you've ever wondered why swimming is considered one of the best ways to improve muscle tone and lose weight? Take a look at the chart above. Until next time, see you in the water...

Tomatoes, no matter how you say it, it's all good.

Jennifer & Landy

Now that our exercising is moving swimmingly, let's introduce some foods, that can not only help after swimming, but also for your general, daily life. Tomatoes contain large amounts of carotene and arious vitamins that help preserve healthy skin cells and prevent oxidation and damage from the sun. Basically, tomatoes help keep our skin to breathe and stay healthy.



A Canadian jacket for Canadian Winters.

Need a warm jacket? Try Canada Goose. Tiny goose feathers are lightweight, compressible, and efficiently holding body heat. Down is rated in "power fill". The higher the number, the greater the quality. The greater the quality, the better the loft and warmth-to-weight ratio. Jacket prices range from \$500 to \$2000, but our price equal to your expectations. This product will serve you for next 3 plus years.

If you want to buy one, you can order it at the website . (<http://www.sportinglife.ca>).



Abdul Almutarri

Shopping Places in Sydney & Glace Bay

When people move to a new place, the first thing they may want to do is “go shopping”. For international students, it is difficult to find stores. So, we wish to provide some useful information for them, and help them adapt to their new environment as soon as possible.

Please use the following webpages for more information:

Grocery Stores [↕]	Shopping Mall [↕]
www.walmart.ca [↕] www.sobeys.com [↕] www.superstore.ca [↕] www.foodland.ca [↕] www.nofrills.ca [↕] www.target.ca [↕]	www.mayflowermall.com [↕] www.smartshopplace.com [↕]
Second Hand Stores [↕]	Other [↕]
www.valuevillage.com [↕] www.salvationarmy.ca [↕]	www.dollarama.com [↕] www.tweedandhickory.com [↕] rudderhams.sourceforsports.com [↕]

Remembrance Day

----- We shall not forget

By Miya, Photo by Bowen

Remembrance Day is a holiday in common wealth countries since the end of WWI. This day is a special day for everyone to remember the members of their armed forces who have died in the line of duty. Remembrance Day is observed on 11 November to recall the end of hostilities of WWI on that date in 1918.



“Faker” is the Real Deal. How a teenager came to rule a world.

Tianyi Zhang

“Faker”, a 17 year old Korean boy who plays mid line on team SK Telecom, has become the 2012, most topical person in LOL(League of Legends). Faker joined team SK Telecom in 2013 and has become the youngest in history to win the world championship.

He is currently acknowledged as the best mid line player in the world. As season 4 approaches, Faker looks to continue his success.

Car for Sale

It is a nice car.

Engine:2.7L

comfortable, safe and at a very low price.

80,000 km, \$8500, price is negotiable.

If you want to know more information, please contact me:902-217-3388.



Caper's Continue Losing streak



In basketball game on Saturday Nov 23, the St. Mary's Huskies held off the Capers Men's team 92-74. This was the second loss for Capers in this week as they were defeated 77-53 by the Huskies on Friday. The same situation happened to the Capers women's basketball team who got a 87-59 loss to Saint Mary's on Saturday. The Capers will return home for AUS action on Friday Nov 29 with games against the University of P.E.I. The women's game will begin at 6 p.m. and the men's game will follow at 8:00.

Flu Shot

By Calvin, Victor, Leeky



On Friday November 8th, ICEAP invited the Max Bell Health Centre to Morrison Campus in Glace Bay to administer free flu shots to all students and staff who wished to participate. The shot is still effective even if you put off getting it until later in the season. It takes about two weeks after immunization before the flu shot gives you full protection.

THE EXTRA NEWS

ALL ABOUT THE BIG WORLD WE LIVE IN

EXCLUSIVE NEWS TODAY

YOUR HEADLINE IS HERE

YOUR TITLE HERE

In libris graecis appetere mea. At vim odio lorem omnes, pri id iuaret partiendo. Vivendo menandri et sed. Lorem volumus blandit cu has.Sit cu alia porro fuisset. Ea pro natum invidunt repudiandae, his et facilisis vituperatoribus. Mei eu ubique altera senserit. Ea pro natum invidunt repudiandae, his et facilisis vituperatoribus. Mei eu ubique altera senserit, consul eripuit accusata has ne. Ea pro natum invidunt repudiandae, his et facilisis



Ea pro natum invidunt repudiandae, his et facilisis vituperatoribus. Mei eu ubique altera senserit, consul eripuit accusata has ne.

vituperatoribus. Sed ut nunc adipiscing leo porttitor pharetra. Nam dictum. Mauris eu eros. Aenean vulputate dolor quis felis. Etiam accumsan adipiscing massa. Nunc pharetra tortor a odio. Nullam molestie justo. Maecenas eget nunc. Nunc pellentesque aliquam magna. Suspendisse ultrices sodales orci. Vestibulum dolor dui, viverra sit amet, venenatis eu, volutpat vitae, massa. Aliquam at est.

YOUR TITLE HERE

Lorem volumus blandit cu has.Sit cu alia porro fuisset.

Ea pro natum invidunt repudiandae, his et facilisis vituperatoribus. Mei eu ubique altera senserit.

“Hi, I’m Roy” a perspective interview

By Level 5 Student “Mr./Mrs. X

-Why did you choose to come to Canada?

Roy: To be honest, before I came here I had two options – USA or Canada, I chose Canada because this country seems friendlier.

-What can you say about the people here?

Roy: It was unusual for me that people on the streets say “Hi” and smile at you. Here people are very open.

- Your English is really better than that of many others newcomers. What are you doing to improve your skills?

Roy: I like to meet people and talk with them as much as I can. I also read a lot more and write more. How do I improve my pronunciation? I ask my friends and my teacher to point out my mistakes. I am grateful when people correct me. I don’t feel they are being disrespectful to me, I always say “thank you” to them. I always watch TV in English and listen to the radio as well.



Nelson Mandela scholarships announced by Stephen Harper Canada dedicates up to \$5M to scholarships in name of anti-apartheid icon Nelson Mandela, who died last week

By Laura Payton, [CBC News](#)



SATELLITE AND RADAR

Dec. 13, 2013 10:00 AM AST



°C | °F

Summary

Fri Dec 13, 13 at 5:00 AM AST

Today

A mix of sun and cloud. Flurries beginning late this morning. Amount 2 cm. Wind west 30 km/h gusting to 50 becoming light this morning. High minus 8.

Tonight

Flurries. Amount 2 cm. Local blowing snow late this evening and overnight. Wind west 30 km/h gusting to 50. Low minus 11.

Saturday

A mix of sun and cloud with 60 percent chance of flurries. Wind west 30 km/h gusting to 50. High minus 8.

Extended Forecast

Saturday December 14	Sunday December 15	Monday December 16	Tuesday December 17	Wednesday December 18	Thursday December 19
Chance of flurries	Snow	Chance of flurries	Sunny	Periods of snow	A mix of sun and cloud
High -8°	-1° -11°	-1° -2°	-4° -8°	-1° -6°	-2° -4°
P.O.P. 60%		P.O.P. 60%			

CULTURE

By Norah

Culture is a word for people's 'way of life', meaning the way they do things. Different groups of people may have different cultures. A culture is passed on to the next generation by learning, whereas genetics are passed on by heredity. Culture is seen in people's writing, religion, music, clothes, cooking, and in what they do.

The concept of culture is very complicated, and the word has many meanings. The word 'culture' is most commonly used in three senses.

Excellence of taste in the fine arts and humanities, also known as high culture
An integrated pattern of human knowledge, belief, and behavior.

The outlook, attitudes, values, goals, and practices shared by a society
Now, 'culture' includes all human phenomena which are not purely results of human genetics. The discipline which investigates cultures is called anthropology, though many other disciplines play a part
There's a lot of cultures and different in the world.



Culture is defined as the system of shared beliefs, values, customs, behaviors, and artifacts that the members of society use to cope with their world and with one another, and that are transmitted from generation to generation through learning. Culture helps us understand how things are created, developed, managed and changed. Each culture is unique, I do not think people will find any culture that is exactly like another culture but I think that they can find many similarities. Some similarities that I have noticed are their dedication to their families, religion and their own native cultures as well fitting into fitting into the culture in which they live. Differences between cultures seem to almost outweigh the similarities. Some differences other than the obvious language barriers that I have noticed are personal and family values, what is considered polite, how hygiene is regarded to the food that they eat.

I believe that my culture has shaped the way that I have lived my life.

Glace Bay boy a character in author's new book



Author W.C. (Wendy) Mack included Matthew Crane, a Grade 4 student at Glace Bay Elementary School, in her most recent book “Breakaway.”

Matthew’s mother Charlene Boutilier said her son loves books about hockey and read several written by Mack.

“They are really cool books,” said Boutilier. “We read all three and he even liked one she put out for girls.

However Boutilier said it was quite a thrill when Mack asked if Matthew would like to be in her new book.

©Sharon Montgomery-Dupe - Cape Breton Post

Winter driving safety

Winter weather conditions can make road trips stressful and dangerous. **Prevent Problems Before They Occur: Top 10 tips for safer winter driving**

1. Get your vehicle ready for winter in the fall.
2. Install four matching winter tires.
3. Pack an emergency kit. (shovel, sand, gloves, salt, etc)
4. Learn and practice winter driving techniques before you need them.
5. Plan your trip, check road and weather conditions.
6. Remove all snow from your vehicle before each trip.
7. Give yourself extra travel time in bad weather.
8. Avoid using cruise control on slippery roads.
9. Travel with a fully charged cell phone.
10. SLOW DOWN and WEAR your seatbelt.