

THE ICEAPost

A Student Perspective

Feb 7, 2014 Edition

Heroic dog “Chance” passed away

Take a “chance”, adopt today.

Leo, Sun, Seven, Louis, Amber

Mr. Delorey’s family adopted Chance when he was very small and sick. However Chance became healthy the following year and started his miraculous life.

“Chance saved a girl’s life in 2006. He dragged the girl from a lake when she almost drowned, and protected her from feral dogs.” Mr. Fraser, Ms. Delorey’s brother, said

“In 2009, Chance almost saved James Delorey

(2002-2009) who was lost in the forest. At night a storm came, he kept accompany with little James and tried to make him warm.”

Two days later, a rescue team followed Chance’s tracks and found James, but it was already too late. Until then, Chance got a name “Special Savior”.

Last week, 12-year-old Chance passed away by cancer. Best wishes for him, super hero!



Italian Seafood Spaghetti Jenny, Annika, Yaun, Sylvia.

- Fry the garlic with the olive oil for one minute.
- Put sesame oil of the vegetables and scallops which are prepared in the pan and stir-fry for 10 minutes.
- Add some soy sauce and chili and pour the into a plate until they are cooked.
- Heat them in the oven. (PS: the temperature should be 220°C and set time for 20 minutes)
- Bring 1000ml water to a rapid boil.
- Add pasta and stir until water returns to boil for 12 minutes.
- Drain.
- Toss hot spaghetti with vegetables and scallops and a little cheese.

Materials: noodles, scallops, coriander, green beans, cucumbers, cauliflower and mushrooms, spinach and celery.

Condiments: salt, soy sauce, garlic, oil and chili.



Kimchi: Health in Korean Culture and History.

Cindy, Sam, Jenna, Marvin, Anne

Kimchi is made of cabbage, garlic, ginger, salt, red pepper powder, and sugar. Cut the cabbage in half and soak in brine for 8 to 24 hours. Mix all of the sauces together.

Put the sauce between the salt pickled cabbages. Ripen at least two months in a cool place. Make the sauce as hot as possible and ripen as long as you can. Enjoy.



Weather Report: Thursday

February 7, 9:20 a.m.

Some areas have appeared the low temperature of -10' to -25'. As same time a fast-moving storm pushed into Atlantic Canada Wednesday bringing heavy snow, white-out conditions and blustery winds. Cleanup was underway in Nova Scotia Thursday morning after being slammed the hardest by the system. Conditions will be changed better on today, but there have been chill as well, feeling like -30' degree or colder with the wind chill even though there is sunshine today.

Kristy, Jessica, Euphie, Joanna.



Snow continued to fall throughout the night Wednesday. According to statistics, Canada suffered the worst snowstorm within a decade.

A Guide of Stores For New Students

Chandler, Tyler, Leon, Henry

Walmart: Full range of commodities except fresh foods (meat, fruits and vegetables).

Address:80 Sydney Port Access Road, Grand Lake Rd & Trunk 125 Sydney Bypass

Target: This store is like a bigger Walmart with more choice of clothes and less choice of foods .

Address:455 Prince Street Sydney

Sobeys: A grocery store provides all kinds of fresh vegetables and fruits .If you want to buy seafood going to Sobeys will be a good choice. Frozen foods and cooked foods are also available.

Address:144 Reserve St, Glace Bay

Super Stores: Same as Sobeys but with more produce.

Address:155 Reserve St, Glace Bay

No Frills: Large amounts of fruits and vegetables available as well as various meats snacks and daily necessities.

Address:332 Welton, Sydney

Dollarama: A very “special” store as the price of commodities is all under 3 dollars.

Address:3 Sterling, Glace Bay



Go Eagles

Friday, Jan 17th, the Cape Breton Screaming Eagles were victorious in a high scoring 8-3 finish, over the Moncton Wildcats, at Centre 200. The unusually large score created enthusiasm in the crowd. All of the fans were very excited for the big win.



The screaming Eagles are back in action on Sunday the 19th, when they host Daniel Strong and the Charlottetown Islanders.

Chester, Flora, Lucien, Bert.

Random spectator interviewed:

Which player do you think performed best tonight?

"Number 24, Guillaume Gauthier, who was just traded on Jan 5. He lives near us, that's why he is the best."

What do you think of the performance by the Eagles tonight?

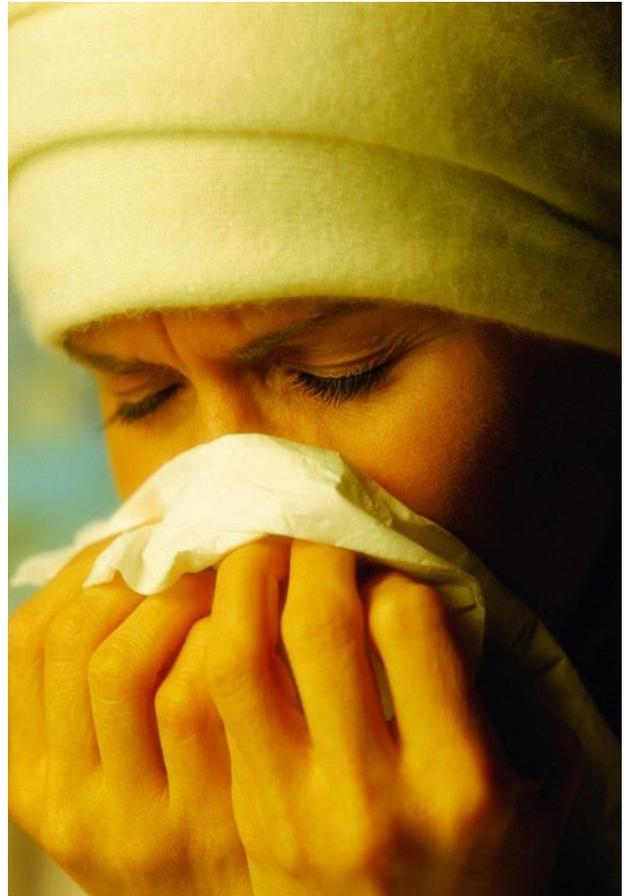
"They played very well."

Do you think the success will continue in the next period?

"Of course, they will get 4 goals, and expand the lead."

Seasonal Influenza

Influenza (flu) is an infectious respiratory illness caused by influenza viruses. It can cause mild to severe illness. Serious outcomes of flu infection can result in hospitalization or death. Some people, such as older people, children, and unhealthy people, are at high risk for serious flu complications. People who have the flu often feel some or all of these signs and symptoms: Fever or feeling feverish/chills, Cough, Sore throat, Runny or stuffy nose, Muscle or body aches, Headaches, Fatigue (very tired). The best way to prevent the flu is by getting a flu vaccine each year.



Tony, Summer, Ray, Chris, Cynthia.



World Cyber Games: 2013 Championship

The World Cyber Games 2013 Grand Final came to an end with a big success on December 1 in Kunshan, China. This is WCG's 13th Grand Final and again proved to be the world's best e-Sports festival. Total of 155,000 spectators visited the WCG 2013 Grand Final to watch the world's top 500 players from 40 countries, and about 400 journalists from over 30 countries including China's major broadcasting station CCTV .

Source www.wcg.com