



SU
PER

HE
ROES

TIN LUTHER KING - STARR CARTER - SPIDERMAN - MALALA - FRONT LINE WORKER



Table of Contents

Page 1: "The Real Heroes: A Reverse Poem"
by Jessie Xiao

Page 2: Artwork by Zeyus Spenta

Page 3-6: "The Birth of Pisces" by Jessie Xiao

Page 7: Artwork by Nicole Nielsen

Page 8-9: "My Hero Mom" by Fahmia Rahman

Page 10: Artwork by Zeyus Spenta

Page 11: "Who Am I?" by Aryana Mehin

Mehrkhodavandi

Page 12-14: "Gerry Brewer" by Emma Clark

Page 15: "S U P E R H E R O E S" by Claire Zhong

Page 16: "How to be a Hero, According to the
Books" by Michelle Zhou

Cover artwork by Zoe Brown



**THE
REAL HEROES
A REVERSE POEM**

**BY
JESSIE XIAO**

The real heroes
Are the people with capes and masks
So
Normal people like me can't possibly make a change
Don't tell me that
I can help people
I know that
I have no superpower
Even though
People say,
"Follow your dreams"
I cannot do it
Believing that I can do nothing but watch
The 'real' superheroes
There is no time to wait for
The day I become a hero
Today

Now read it from bottom to top!



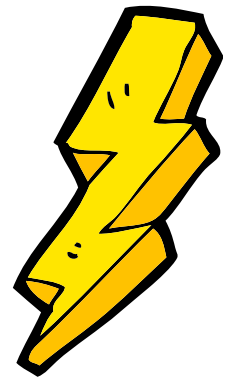
ABOUT THE ARTWORK

BY ZEYUS SPENTA

Sprinkled throughout the drawing, there are distorted faces, peeking out from within the patterns surrounding them. These faces represent superheroes, as they are always around us, blended within the fabric of life, but if you look a little closer, you will catch a glimpse of them in the forefront, standing out among the patterns. In addition, many of these heroes, such as health care workers, don't receive recognition for their valiant acts, yet they persist and enrich our world.

THE BIRTH OF PISCES

BY JESSIE XIAO



"Cari? Earth to Cari!"

I jolt to attention, my gaze focusing on my friend's sly expression. With a glance around, I verify that I had indeed been spacing out.

"C'mon, Cari. You can't space out every time I mention Aro." She teases, her half-lidded aquamarine eyes glinting with mischief. "Besides, they're going to be coming to the beach with us and it's the perfect time to make a move."

I sigh, pulling one of my snowy-coloured pigtails over my shoulder and brushing my fingers through the locks. "Let's be real, Adella. I'll never have to courage to tell them how I feel."

My dual-tone-haired companion scoffs, but I've already stopped listening. I'm already regretting my agreement to attending the beach party.

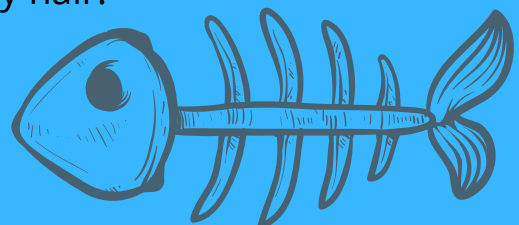
And it had nothing to do with Aro's attendance.

This isn't that bad! I realize, watching my classmates laughing in the water from a distance.

"Hey, this party is sick!"

I turn to see the one person I had been hoping to avoid tonight.

"Oh, hey there, Cari! Didn't expect you to show up!" Aro says, brushing a bronzed hand through their bob of dark, wavy hair.



"Uh, what do you mean? Of course, I would come!" I stutter, cringing at my awkward tone.

"I know it's your first party, don't be nervous. Just go with the flow. And don't worry, you don't have to go in the water." They encourage, shooting me a wink and a thumbs-up before joining their friends' game of beach volleyball.

I sigh, yet again failing to speak normally to my long-time infatuation.

Aro was always so confident; they would never fall for someone like me.

Someone who's afraid of water, for God's sake.

A piercing cry shatters my overwhelming thoughts and I look out into the ocean just in time to see a small, familiar hand disappear into the waves.

Amai, Adella's younger sister. And she doesn't know how to swim, no less in a riptide.

And neither do I.

My eyes sweep the beach for a lifeguard, but I find no one that would fit the description.

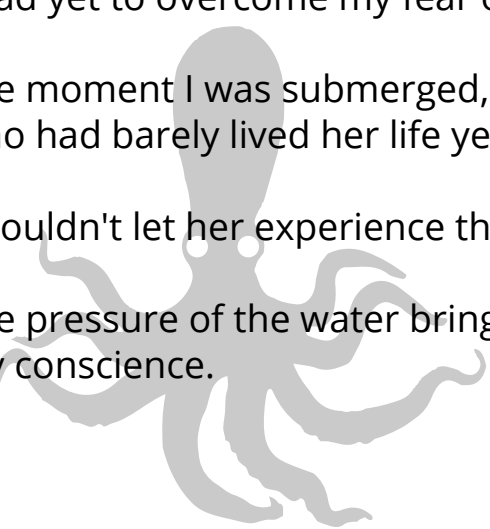
Jumping straight into a riptide would be my all-time WORST idea.

I had yet to overcome my fear of water, but I had no choice.

The moment I was submerged, I began to blindly search for the little girl who had barely lived her life yet.

I wouldn't let her experience the paralyzing fear of suffocating alone.

The pressure of the water brings the resurface of a memory buried deep in my conscience.



It's cold. It's so cold.

I helplessly flailed in the raging waves.

But before I succumbed to the waters' wrath, pressure around my form pushed me onto the shore.

"C'mon, Pisces, I've alerted the authorities. Someone will be here to resuscitate her."

Through my blurry vision, I could see a navy-haired female standing in the waves, but before I could speak, she had disappeared into the water.

But right now, I can't be distracted by the past.

I began to move my limbs and swim parallel to the raging water, my foggy brain recalling an article I had skimmed about swimming in riptides.

Just as I had wrapped my fingers around the small wrist of the little girl, I felt a sharp sting on the lower left of my stomach.

I should've known there'd be jellyfish in this godforsaken place.

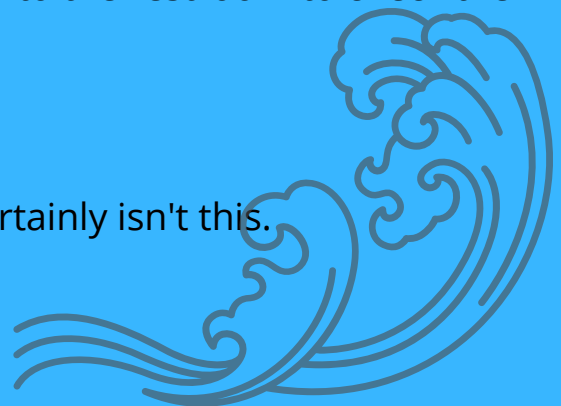
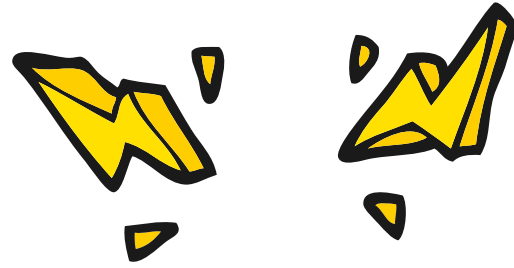
But I couldn't stop, not with another life on the line.

I continued to kick till I reached the beach, where Adella and the rest of the class were waiting.

Ignoring their questions of my wellbeing, I let the now present lifeguard take care of Amai before heading straight into the restroom to check the sting.

What is this?

I don't know what I was expecting, but it certainly isn't this.



Because etched on my stomach was the glowing signature of Pisces.

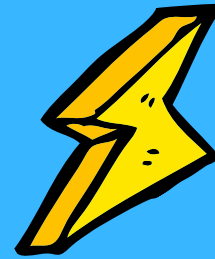
Does this mean-?

"Yes, Cari Labelle. You are now the new symbol of Pisces. So, you will take over for me."

I turn from the mirror to see the very same navy-haired woman who saved me all those years ago, though she was significantly more aged than I'd remembered.

Hold on, what did she just-

"The symbol of Pisces?!"



She nods, lifting her blouse to show me the signature of Pisces on her stomach, though notably duller.

"The power of Pisces gives the user the ability to manipulate water. You will use it for the greater good."

From then on, I became Sanctuary City's very first superhero.

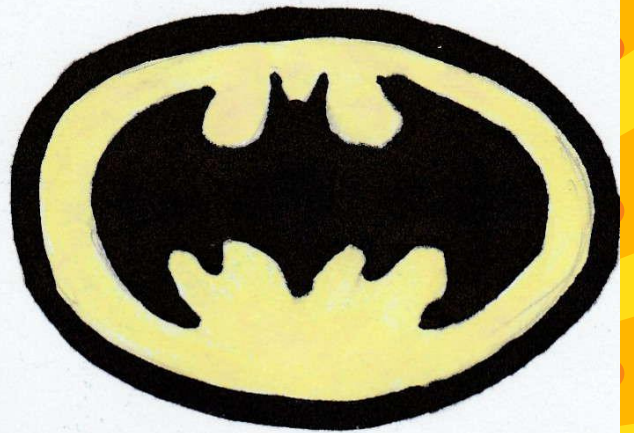


BY NICOLE NIELSEN

HEROES



COME



IN MANY



FORMS

MY HERO MOM

BY FAHMIA RAHMAN

When most people think of a hero, they may imagine a superhero like Spiderman or Superman, but the Oxford English dictionary states that a hero is a person admired for doing something brave or good. Using this definition as the benchmark, many people in the last year and a half would be considered a hero. Nurses, doctors, and other frontline workers were the heroes of the pandemic. My mom is one of the many frontline workers who have helped Canada in these difficult times. She works at a women's home in Vancouver's Downtown Eastside.

While the pandemic has negatively affected the mental health of millions of people around the world, it has also created new hurdles for people already facing substance abuse problems. My mom says that the beginning of the pandemic was especially difficult for the women, because they were not allowed to have any visitors, which led to feeling isolated and alone. As the pandemic restrictions continue to ease up, so have the restrictions inside the women's home my mom works at. Now they are allowed to have two visitors per person, which helps them feel less lonely.

Another side effect of the pandemic that has continued to affect the residents of Vancouver's Downtown Eastside is the surge of drug related overdoses. My mom states that there are two main reasons for this surge in overdoses. The first one is now that people are isolated, many are doing drugs alone, causing them to overdose without anyone there to help them.

The second reason is that since the borders are closed, limiting the amount of street drugs coming into Canada has caused dealers to lace drugs with other substances. My mom states that one way to help this overdose crisis is for the government to supply clean drugs, which will limit the risk imposed by street drugs, because drugs from the pharmacy will be safer. Good news is that the BC government introduced a safe drug policy earlier this summer, which should hopefully shrink the number of overdose cases

While the pandemic has negatively affected the lives of the residents in Downtown's Eastside, one way it has improved is the increase in donations and government funding. My mom states that "over the last year and a half, the volume of donations coming into shelters and homes has increased exponentially." The BC government has also increased funding for these women. Before the pandemic, my mom's home was receiving \$400 for the food budget each week for 20 women, but now they receive \$1000. The government has also been giving them social welfare support, all of which has helped these women a great deal.



BY ZEYUS SPENTA



HEROES ARE EVERYWHERE



WHO AM I?

**BY ARYANA MEHIN
MEHRKHODAVANDI**

Life isn't always a happy fairy-tale,
With fancy heroes with a cape and mask,
Life is full of hardships and hail,
With challenges and obstacles that are hard to grasp,
Sometimes its hard to understand,
But we all have our own ship to sail,
No; its not about the fancy brands,
You have to work and you'll have days where you'll wail,
It's not about the diamond rings and waiting in line,
Why do movies wait for someone to save them?
The hero with the dashing smile?
You got it wrong, because in life,
YOU'RE the one that needs to shine!
YOU'RE the hero that shines so bright!

GERRY BREWER

**BY EMMA
CLARK**

Gerry Brewer and his brother were two of the founders of the North Shore Search and Rescue. Mr. Brewer is married and has two children. Search and Rescue started in September 1965 and has lasted until now, and it's still going as strong as ever. The North Shore Search and Rescue is run by a group of volunteers and is paid for by the province of BC. Isn't it hard to imagine that this million-dollar-a-year company is only run by volunteers? So since this year's Teen-Zine theme is "superheroes," I thought it would be a great idea to interview Mr. Gerry Brewer.

Where did the original idea come from?

The original idea came from an ad in the paper that was about disasters like nuclear bombs. Mr. Brewer and his brother responded and they trained for a while so they would be able to help people successfully. Then, in 1968, a man fell from a mountain and it took three days to get him, so then they decided that they should focus on mountain rescue. At this point they had realized that they needed to train others so they made a four day course to teach everyone. Even now they're still looking for new ways to rescue.

Did you ever think it would become as big as it did?

I had no clue.



What was the most difficult and dangerous rescue you did?

In 1972, on Birk Mountain, a guy fell hundreds of feet in the winter, so they used a military helicopter because he was in a really steep gully. They thought the man was still alive, so they hooked him up to the helicopter and brought him up, to later discover that he had actually passed away and the movement they had seen was because he was laying in water and the wind was moving him.

What was the stupidest call you had to go to?

A guy and his girlfriend went hiking on a mountain with no plan or tools and they kept hiking until dark. Eventually, they got lost, and the boyfriend told her "stay here and I'll go get help." At midnight, he finally got to the help centre at the bottom of the mountain, and when asked where his girlfriend was he said, "she's up there somewhere." Once they found her, they told her he was at the bottom but she stated: "If I ever see that moron again, it'll be too soon."

What was the biggest rescue you did?

It was a friend of the Vice President of the U.S., and because of the connections the VP and his friend had, the government gave them helicopters, police teams, and six rescue teams. They spent a week in glaciers; his girlfriend survived the fall of the mountain but he disappeared. Since he was close friends with the Vice President, there was a lot of political pressure, so at this point, everyone was watching. His body was found the following spring when the glacier was melting



How old were you when you started?

31 years old; they started the North Shore Search Rescue in 1965.

Do you think that you're a superhero?

No, I just think that I'm an average guy who wants to help his community.

What advice do you have for hikers?

Wherever you're going, make sure you always know where you are, and don't rely on anyone but yourself. Don't follow the bum in front of you. If the person you're hiking with, or the person you're relying on, gets hurt and falls, then all you can do is help yourself.

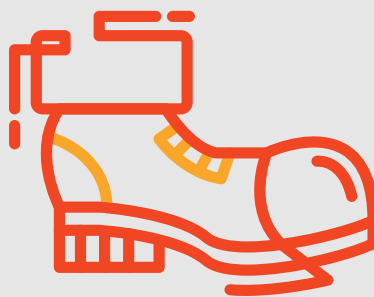
Some other things Mr. Brewer would like you to know are:

Search and Rescue is free, so if you need them, call them, because it won't cost you anything.

It takes hundreds of man-hours to run a search.

On www.northshoresearchandrescue.com, there's an interactive safety video you can watch to help you before you go on hikes.

Even though Mr. Brewer is 87 years old, he is still a major part of North Shore Search and Rescue. Because of this and how he started North Shore Search and Rescue in the beginning, this is why he is a superhero, even if he doesn't think so.



BY CLAIRE ZHONG

HEROES ARE

SELF - DISCIPLINED

Unique

Principled

EARNEST

Respectful

HUMBLE

Empathetic

RESILIENT

Open - minded

EMBOLDENED

Selfless



HOW TO BE A HERO, ACCORDING TO THE BOOKS

BY MICHELLE ZHOU

For my very brief 14 years of life so far, I've come to a sworn code of reading just memories and autobiographies. There is simply nothing better to me than the pure bliss of reading about how our favourite celebrities used to spend their time doodling away in class, or how a well known politician believed as a 6-year-old that eating blueberries made you go blind.

Though arguably unhealthy, indulging myself in the real life stories of hundreds, dare I even say thousands of people, has taught me some valuable lessons - the most being that all of us, whether criminals or teachers or the best people, all have our flaws, and all have our strengths. All of us will have regrets, all of us will make mistakes, but all of us will also help people, and all of us can do good things. It's about the choices we make. Because if I've learned anything from all of these memories and autobiographies, it's that it is never too late to start again, no matter how terrible or embarrassing our past - and it is never too late to change the world.

Reading about so many people escaping poverty, climbing the social ladder, saving whole nations - it taught me that anything is possible, and that anyone can be a hero. Which means that right now, all of us are kind of just heroes in the making. So what do you guys think? Maybe it's our turn to go out there and put some good out, be the next Superman or All Might? We can all do it. It's just up to us to start - and I don't know about all of you, but I've gotta be a hero. After all, what else will I write about in my own memoir one day?



Acknowledgements

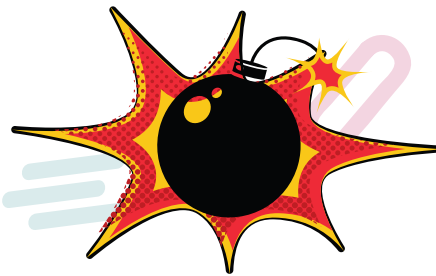
Contributors

Jessie Xiao - Grade 8, Ecole Moody Middle School of the Arts

Michelle Zhou - Grade 9, Sentinel Secondary

Nicole Nielsen - Grad, Handsworth Secondary

Zoe Brown - Grade 12, Handsworth Secondary



Editors

Aryana Mehin Mehrkhodavandi - Grade 10, Carson Graham Secondary

Claire Zhong - Grade 10, Sentinel Secondary

Emma Clark - Grade 9, Sutherland Secondary

Fahmia Rahman - Grad, Carson Graham Secondary

Zeyus Spenta - Grade 9, Handsworth Secondary

