

# The NorthStar Chronicle

October 2015

*Facts and Tips for your fall!*

**BAKE UP A STORM WITH HANNAH**

*Learn all about animals with Soleil!*

Fall Colors on Carry Ridge



# Editor's Note



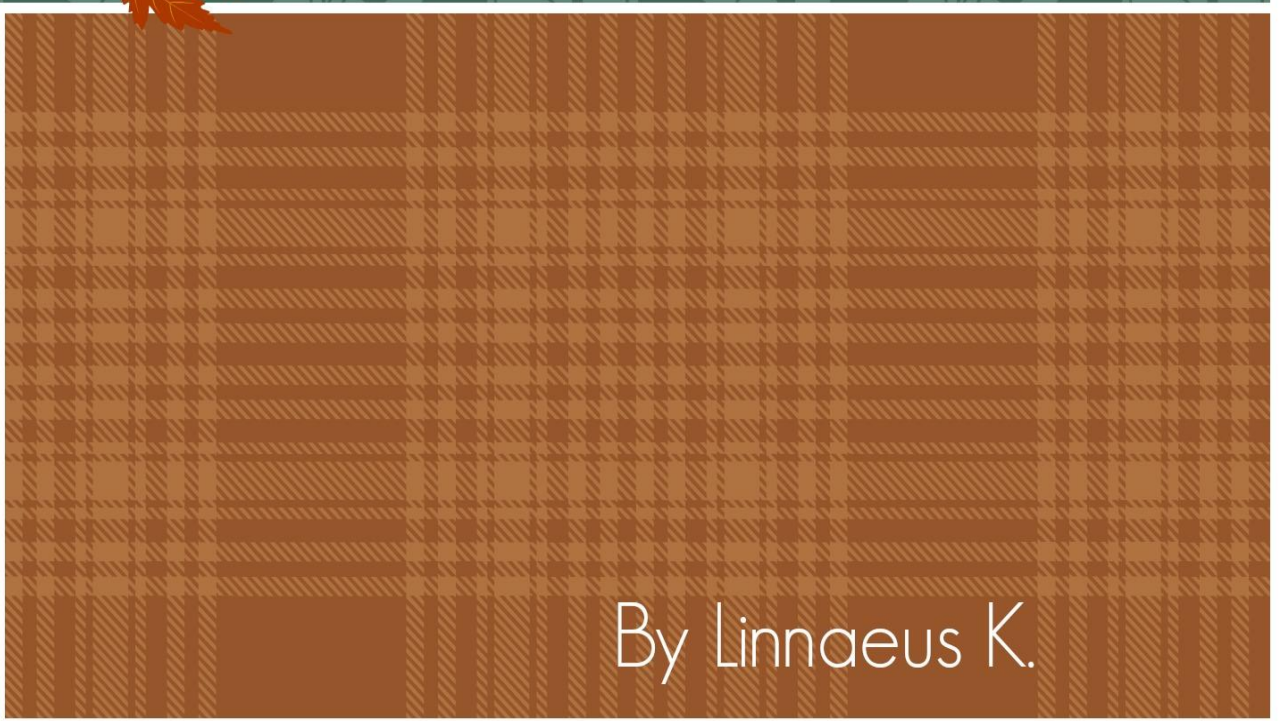
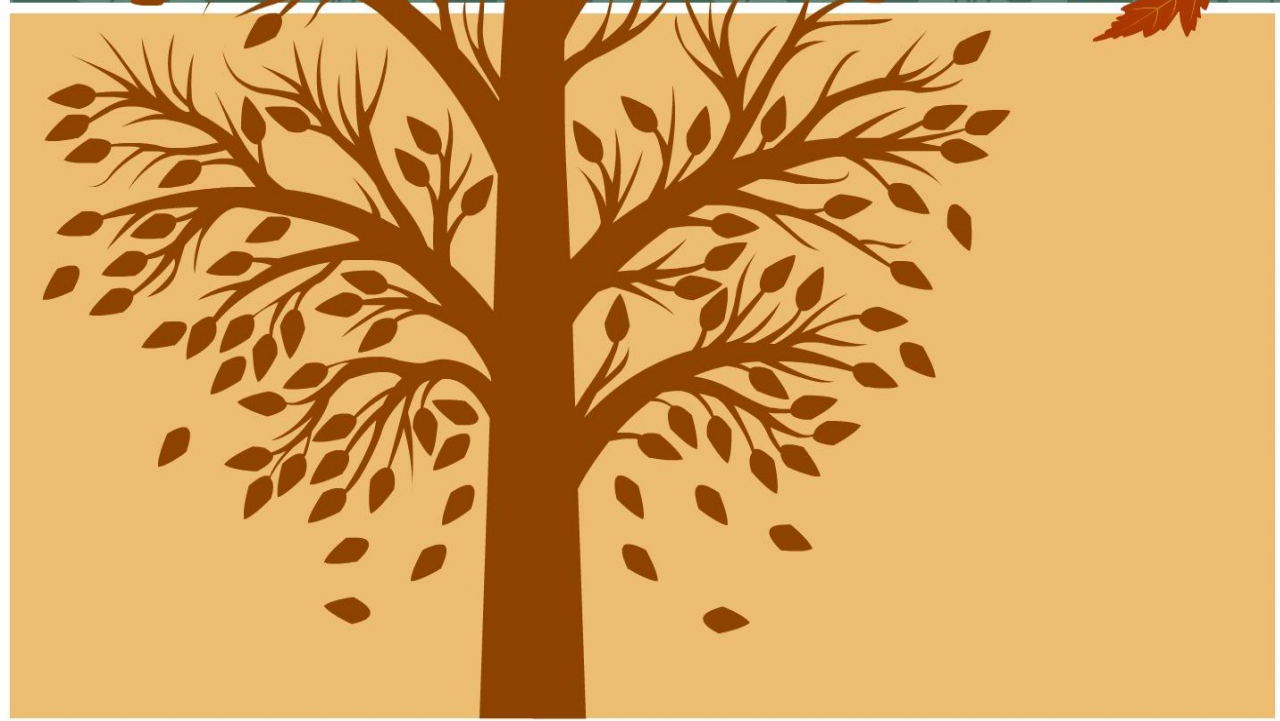
Dear Readers,

Welcome to the new school year! If you are new, we hope you are enjoying North Star as much as we do. And if you're not new, welcome back! For those who don't know what the North Star Chronicle is, it's a bimonthly magazine full of fun, started and put together entirely by North Star's students. We hope you'll enjoy reading it. With that, have a great start to the school year!

~The Editor and Crew~



Tips



By Linnaeus K.

It is autumn in this part of Canada soon, which means Thanksgiving. The frenzy of cooking, making, and preparing for Thanksgiving dinners will be upon uncountable houses. Here are some tips to (hopefully) ease your Thanksgiving preparation mania.

## 1. Freezing Rolled-Up Pie Crusts

After rolling out your pie crust, put in the freezer for 20 minutes to an hour, maybe while you're making the filling. Wrap it tightly with aluminum foil or seal tightly in an air-tight bag. If you are going to bake it, there's no need for thawing. Just bake it directly from the freezer. Freezing will also prevent the crimps from sagging or shrinking.

## 2. Gravy Tips

If your gravy tastes bland sometimes, you can add some soy sauce to make it much better and bring out the flavour! You can also try this [recipe](#) (press Ctrl and click to go there).

## 3. "Peeling" Potatoes

When you are done boiling potatoes, just take them out and leave them in ice water for 5-10 seconds until they are cool enough to handle, then just pull the skin off. Video [here](#).

#### 4. Creative Pie Crimps

Want to be a bit creative with pie crimps? Here are some ideas in this [video](#) and in this [video](#).

#### 5. Softening Sugar

If you have brown sugar that's brick-hard, microwaving it in a baking dish covered with a wet paper towel for 20 seconds should do the trick.

#### 6. Keeping Cake Moist

If you're done making cake and ready to move onto making frosting or something else, and you don't want crumbly, hard bread by the time you're done, put a slice of bread on top of your dry cake to keep it moist.

#### 7. Cutting Those Cherry Tomatoes

Having a hard time cutting those nasty, tiny things in groups? Put them in between two same-sized lids (preferably with a ring)/plates and while pressing onto the top lid with your hand, start cutting them from the side. Video [here](#).

#### 8. Cherry Pitting

Spending too much time trying to "pit" cherries? Don't own a cherry pitter? Simply bend a paper clip, stick it into the stem part of the cherry, rotate it, and then pull it out! It's all in this [video](#).

#### 9. Perfect, Golden Eggs

Shaking your eggs vigorously for 2-3 minutes before boiling them will result in evenly-dispersed yolk, turning it to a golden egg.

#### 10. Dropped Eggshells

Having to pick up fallen eggshells in your egg yolk can be frustrating. Wetting your fingers to pick them up will definitely change that.



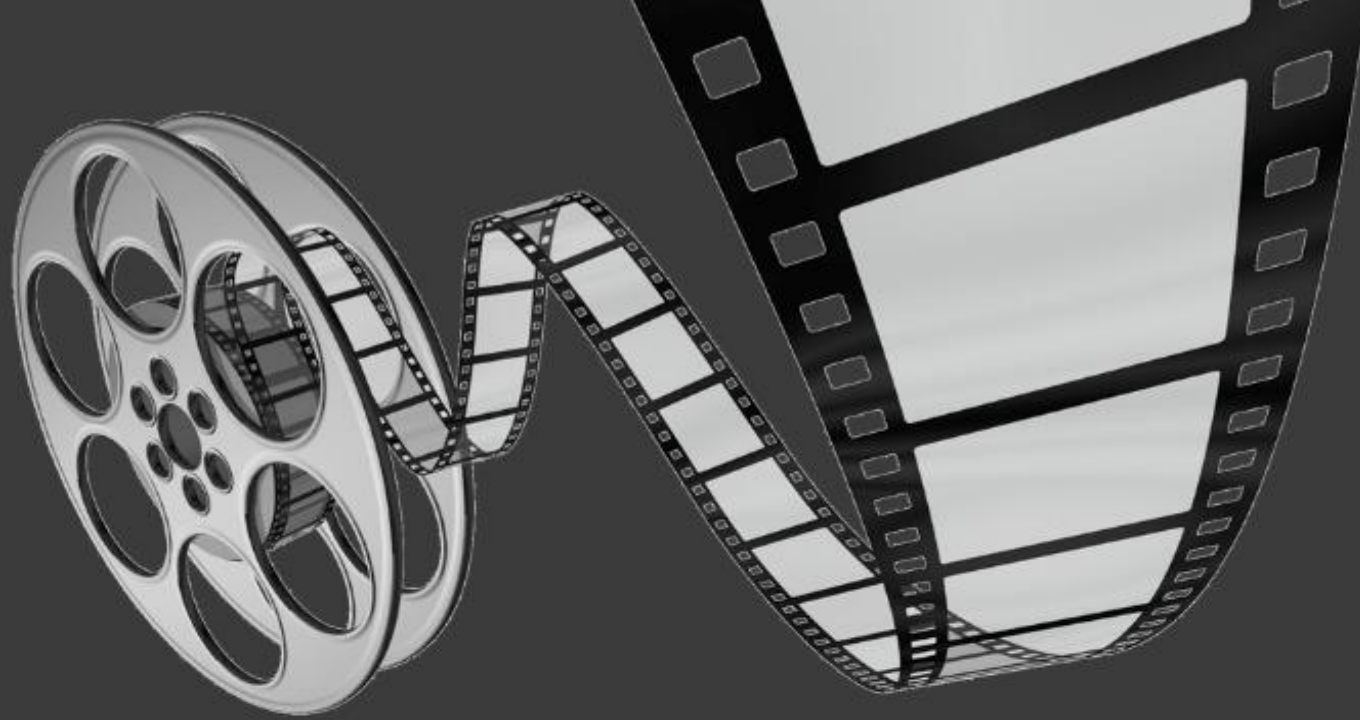


# ART CORNER

By Mika C.







*Movie*

*Reviews with*

*Kailie*



# CINDERELLA (LIVE VERSION)

One of the good movies in theaters this month was... Cinderella (Live Version)!

As a child, Cinderella ([Downton Abbey's Lily James](#)) loses her mother; her father dies when she's older. Both are drawn-out scenes filled with tears and intense sadness, which could upset younger kids. The prince's father also dies. Cinderella is a beautiful, kind, and dutiful young woman who's left to suffer at the hands of her evil stepmother (the divine [Cate Blanchett](#)). Everything about the film is visually stunning – from the sets to the costumes to the actors – and being a courageous, kind person is a constant theme. But the prince is transfixed by Cinderella after meeting her just once, and she has no future until he comes and rescues her.



# BIG HERO 6

Another (this one is *very* good; I laughed so hard!) is Big Hero 6.

Parents need to know that Big Hero 6 is an action-packed, animated adaptation of the same-titled superhero comic that's likely to attract younger kids as well as tweens/teens who are already fans of the Marvel universe. The movie is an unconventional origin story that focuses on the power of brotherhood, friendship, and using your gifts to help others. One of the film's main themes is about coping with grief, as the main character's beloved older brother (his only immediate family) tragically dies early in the film; Hiro's sadness may be hard for sensitive kids. Another near death is very upsetting, and sometimes, intense confrontations between the movie's scary supervillain and the protagonists that injure but don't kill people. On the other hand, the central robot, Baymax, was designed to heal, not hurt, and his moral code influences other characters in positive ways. With its refreshingly diverse cast and uplifting message, Big Hero 6 is a captivating adventure story for the entire family.





# INSIDE OUT

Another one of my favorites is Inside Out. It was sad but funny as well! Plus, it has a 5 star rating!

Parents need to know that Inside Out is an outstandingly original, heartfelt story from Pixar about growing up and learning to handle your biggest emotions. Told primarily from the perspective of the feelings inside 11 year-old Riley's mind (brought to life by the voices of [Amy Poehler](#), [Mindy Kaling](#), [Bill Hader](#), and more), the plot has many moments of peril/tension – including bridges/islands crumbling, a train tumbling over a precipice, and characters falling into a deep, dark pit.

**Spoiler alert:** One key character also permanently fades from existence; that and scenes in which it seems Riley is "borrowing" her mom's credit card and running away are definitely upsetting. Some of Riley's fears are also on display, including a giant, scary clown. Parents are likely to get hit hardest by the film's heart-tugging moments (bring tissues!), but anyone with empathy will feel for Riley as she experiences life's ups and downs. Ultimately, Inside Out has important messages about needing to feel – and express – all of your emotions, whether happy or sad. Although most of the content is appropriate for elementary schoolers and up, younger kids may need a bit more explanation about what's going on, since there are references to abstract thought and the subconscious, and it can be a little confusing when other characters' emotions are shown.



# SHAUN THE SHEEP

There is also – Shaun the Sheep! It's so funny and with no words whatsoever! *And* it is from the creator of Wallace and Gromit. Another 5 star!

When Shaun decides to take the day off and have some fun, he gets a little more action than he bargained for. A mix up with the Farmer, a caravan, and a very steep hill lead them all to the Big City, and it's up to Shaun and the flock to return everyone safely to the green grass of home.

Thank you for reading my movie review! Hopefully you can get a glimpse at what's hottest in theaters now!







## PUMPKIN DIP

This dip is absolutely delicious. It's a great recipe for the fall. Besides, you can use it for multiple things – like to dip apples (and other fruit) in, to spread on your toast, use as icing for sugar cookies, and you can even fill your crepes with it! We've made it several times. And when I brought it to my youth group meeting, everyone was asking me for the "secret" recipe!

So, here it is.

Ingredients:

- 12 ounces (350 g) cream cheese (softened)
- 1 cup (250 ml) brown sugar
- 1 cup (250 ml) pumpkin (cooked and pureed)
- 4 teaspoons maple syrup
- 1 teaspoon ground cinnamon

What to do:

Beat the cream cheese and brown sugar together until they're well blended.

Add the pumpkin, maple syrup and cinnamon and beat until smooth.

Enjoy!

(Makes about 2 cups of Pumpkin Dip)

This recipe is from the cookbook *Simply in Season*, by Mary Beth Lind and Cathleen Hockman-Wert.



Short Stories /

# Wind and Rain

with Taya O.

Swish, swish, my broom says to me, coughing up dirt from the wood deck. I nod in agreement, knowing that the dirt will need to be swept away once more by the day's end. I look up at the blue sky, squinting against the fiery sun's brilliance, wishing that rain would come and turn all this dust to mud.

I close my eyes, imagining a world where I am free, where I am flying through blue skies and over mountain ranges, the wind and sun at my back. Suddenly, I feel a real wind gusts randomly out of the still air, and I am thrown off balance. My eyes fly open, done imagining, as I fall off the porch to the ground a few feet below. I land, bounce, roll, and then I lie silent under the porch.

I sigh as my bones protest, curious about the sudden wind. I hear a crack of thunder, and lightning flashes in my peripheral vision.





Short Stories /

# Wind and Rain

with Taya O.

This cannot be. I must still be imagining.

But no, I am as awake as awake can be, snapped furthermore to reality when drops of heavenly essence begin to fall from the darkening sky. I gasp when I feel a stinging needle pierce me with cool liquid, my body completely still, in awe of the storm.

The ground beneath me is wet and muddy by the time I finally get up, my clothes plastered to my skin. I laugh disbelievingly, turning in circles in the deluge.

So many of my dreams are becoming a reality. Now all I need are the wings to soar on the wind that has brought hope. But one miracle is enough for one day, the sky seems to say, as the clouds eventually disperse and the sun appears once again. It beats down as hot as before, evaporating the life-bringing rain.

The dirt comes back, just as I knew it would, so I grab my broom and continue my day. Swish, swish, and in the back of my mind, I also hear a gentle breeze whispering.



A close-up photograph of a lioness in a savanna setting, surrounded by tall, dry grass. The lioness is looking slightly to the left. The text 'ANIMAL FACTS' is written in a white, sans-serif font, followed by a white paw print icon.

ANIMAL FACTS 

**BY SOLEIL W.**



Greetings, or as I should say, “TAHHHHH!” 😊

## Liger and the Tigon

The liger is the world’s biggest cat.

They’re named ligers because the father is a lion and the mother is a tiger. If the situation was reversed and the mother was a lion and the father was a tiger, it would be called a tigon, and it would be a dwarf instead of a giant. A fully grown tigon is less than 350 pounds, while the liger is nearly 900 pounds. Ligers are not sterile.



## Panther

A black panther is the melanocytic (black, dark pigment) color variant of any Panthera species. Black panthers in Asia and Africa are leopards, and black panthers in the Americas are black jaguars.

- **Body length:** 3 – 5.4 ft (Leopard, Head and body)
- **Gestation period:** 90 – 105 days (Leopard) · 93 – 105 days (Jaguar) · 104 – 106 days on average (Tiger)
- **Height:** 1.5 – 2.6 ft (Leopard) · 2.1 – 2.5 ft (Jaguar) · 2.3 – 4 ft (Tiger)
- **Length:** 6.6 – 9 ft (Tiger, Female) · 8.2 – 13 ft (Tiger, Male)
- **Lifespan:** 12 – 15 years (Jaguar, In wild) · 12 – 17 years on average (Leopard) · 20 – 26 years (Tiger, In captivity)
- **Speed:** 30 – 40 mph (Tiger, In short bursts) · 36 mph (Leopard, Running)



Site: [https://en.wikipedia.org/wiki/Black\\_panther](https://en.wikipedia.org/wiki/Black_panther)





# Places to Go

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By Gabriel J.

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# WINDY POINT RIDGE



Windy Point Ridge in the spring from Foran showing the route up, which starts from the road just outside the picture. The cliffs are bigger than they look in photos. Photo by Bob Spirko

## Overview

I figured you all must be getting tired of ALL my columns being in the same valley—after all, the Kananaskis is a huge place—that I decided I would do this column in a different valley. It had to be off-trail, since that is what this column is about, and I had to have photos with my new camera, since it's so much better than my old one. A few days ago I went to the Mustang Hills in the Elbow west of Bragg Creek, fully intending to write about it, but lo and behold I'd left my camera at home. Snap. So the Sheep it is again, since a week or so ago I was up on one of my favourite spots, Windy Point Ridge, taking nice photos in the early fall weather with a bit of snow on the ground.

Windy Point Ridge is the south end of a very long ridge stretching from Ware Creek all the way down to the Sheep. North of Col 713152, it is known as Gleason. From the highway the ridge is absolutely spectacular, with its HUGE textbook anticline catching you by surprise when you drive around the bend below Foran Hill. I have been up and down many times by many different routes, but this is my favourite. But is really steep.

## Getting there

From the town of Turner Valley (usually accessed from Calgary via Hwy 22) turn right at the four way highway junction down Hwy 546 (Sunset Boulevard). Drive up the hill and turn right, following signs for Kananaskis Country. Drive through foothills a way past the Kananaskis Country sign. Keep going past the turnoff for Sandy McNabb Campground and the winter gate. Round a sharp corner where your ridge comes into view. Go around another corner (heading west again now). Park in a small pullout on the left side of the road just past a road cut below the ridge.

## Map

I wasn't able to include a map.

## The route

Walk back east along the road for a few hundred metres, passing underneath the road cut. There is a dip past the road cut on your left. Go up the first obvious bit of ridge spur again (it has aspen on it). Where the angle falls back the ridge spur becomes open and grassy, scattered with little boulders.



Looking up the spur from near where you first gain it, showing the rest of the route to the main SE Ridge.



## The route (cont.)

Continue up the spur which veers right and steepens about halfway up. The grass can be very long. Resisting the temptation to go left to the “pass” (which isn’t actually there), follow the spur right up to the main SE ridge crest. Look back at the view, which by now is very pretty.

Turn left, descending a teeny bit. Suddenly the ridge steepens. Go STRAIGHT up. Do NOT try to cut across the slope to the right! Keep going up. About halfway up check out the crazy freestanding pinnacle. A last climb up (a few rockyish bits) through trees and you are on the lower summit, the highlight of the day. What a view! There are a great many familiar mountains to ogle. You are now above the cliffs. (The lighting was bad when I was last there, so no great photos showing the mountains. They were mostly shrouded in cloud anyway. But the view really is superb). So turn right along the ridge crest (a bit of a trail) to the main summit, admiring great views all the way along (see the cover). The trail goes into pines for the last little bit to the higher summit, revealing a new view north.



Col 713152

The trail goes on a bit down the ridge into another bit of meadow. Turn left down a grassy slope through a few aspens onto the big, wide meadow that is Col 713152. From here on the ridge is known as Gleason. So the path (very muddy from cows) goes into the trees again for delectable top #3. Make sure to stick to the ridge crest throughout. Descend again to the next col, and up top #4 whose actual summit is kind of indistinct.

## The route (cont.)

**NOTE:** Be very careful here not to follow the north ridge of this top all the way down. You will end up in Death Valley which is called that for some strange reason. So be alert for orange flagging indicating a bit trail LEFT down to Col 708162. The trail is a bit hard to spot, but emerge onto open ridgeline at a cairn. View again.

Turn right and follow the ridge through mini pines to minor top #5. For a view, go down the north ridge for a bit to an opening. But don't descend all the way to the col. Backtrack to the lower top again, where the really steep bit ends.

## Optional descent

For a descent that is easier on your knees, try the west ridge route, which is much more eroded after the 2013 flood. Please refrain from hurting yourself here. Works best as a down route.



Looking from the lower top at the first bit of the descent ridge.

## Optional Descent (cont.)

Go west down the very narrow ridge poised above a steep drop. Don't fool around on the overhang. After a minor top (shown in photo) the going gets steep. Follow the eroded (flood damage) trail down to where it gets really steep and there is a mini rockslide. LEAVE THE TRAIL NOW going RIGHT of the rockslide in a strip of meadow, which soon opens up into a big meadow. Follow this down the middle of the bowl, going left to the ridgeline again where you can see it comes out of pines. But before you get there, go down the descender's leftmost (south most) gully, one of many that drain the slope. It is very important to follow THIS gully and not a different one.

The gully curves left below the ridge, descending steeper than it looks and going on for longer than it looks, through aspens, eventually depositing you at the road less than 100 meters from where you are parked. There is a gate in the barb wire fence.

## DISCLAIMER

Off-trail walking is an activity which requires skill, judgment, and knowledge which can only be gained with experience. It is shocking how some people, though adept at walking and scrambling, have none of the mountain sense learned through years of experience in mountain wandering and familiarity with the mountains in all weathers. Until you are experienced, go with someone who knows what they are doing or stick to the official trails. Turn back if it looks too hard or too long for you, if you can't manage the route finding, if inclement weather is coming, or if one of your group members is having trouble. Mountain weather is very unpredictable and can change very fast. Always bring a compass and know how to use it. The maps I include are not meant to be used for navigation; merely as reference. Maps for these regions are available from any mountain gear shop.

North Star Academy, the author, nor the publisher(s) are not responsible if you have a horrible day or get yourself into a fix.



Thank you reader, for reading our magazine! We hope it has brought some cheer, help, and encouragement to you all! Until next issue,

~The Crew~

The Crew:

Hannah C. (Editor, In the Kitchen)

Noah E. (Manager)

Linnaeus K. (Tips)

Mika C. (Art Corner)

Kailie L. (Movie Reviews)

Taya O. (Short Story)

Soleil W. (Animal Facts)

Places to Go (Gabriel J.)

## THE CREW WOULD ALSO LIKE TO SAY...

### Happy Teacher's Day!

Our teachers work very hard for our learning with what we need to survive out there in the world. The technical staff work so that Moodle can work smoothly and without glitches. We would like to thank you all for your hard work. Even if we may not appreciate the work, it will definitely help us.



# Thank You!

