Ingredients

- 16 jumbo pasta shells
- 1 egg
- 1 package (12 ounces) frozen cut leaf spinach, thawed, and well drained

Directions:

1. In a large pot of salted water boil pasta shells until al dente, according to package directions. Drain well and rinse.
2. Preheat oven to 375°F.
3. In medium bowl, combine spinach, cheese, cottage cheese, egg, parmesan cheese, Italian seasoning and nutmeg until well blended.
4. Lightly grease a 3 quart baking dish with olive oil.
5. Fill each pasta shell with a heaping tablespoon of spinach mixture. Place shells in baking dish. Spoon tomato sauce over the filled pasta shells.
6. Cover with aluminum foil and bake for 30 to 40 minutes, or until shells are heated through.
Over these Past 10 weeks FDU has experienced many different cultural events on and off campus. It started off with the barbecue at Stanley Park where all the new students got to meet the rest of the student body and some staff members. We played some football and had a sack race where the athletic Rami hopped to victory. There after we had a coin toss which Mohammed won with his hand eye coordination skills paving the way.

Then came the Lynn Canyon hike, where we began our journey with a delicious beaver tail for breakfast. When we arrived we took a long journey up to the water pool where we had lunch and challenged each other to a game of word catch with the tennis ball. There after we took a walk to the lake where we observed the beautiful Nature.

On October 3rd FDU Tuna battled the waves at the UBC longboat competition where we made a competitive run but because of injury to one of our oarsmen we had to stop and await help.

The two pub nights at EBISU had record attendance with the majority of FDU students attending to talk, eat, and drink. Even for people who do not drink this was an experience not to miss as all the people who came had a good time.

Halloween was a new experience and this was shown in peoples Jackolanterns as they carved their pumpkins for the first time. Ronaldo’s killer costume won the costume contest with Juliana coming in a close second in her devil costume.

These past few months have been fun and if you are free you should not miss out come and join us.
Games

The New Year comes with new goodies. The highlights of this year all seem to be sequels from Uncharted 3 travelling to new destinations with drake, to Batman as the journey continues outside the prison. For all Xbox fans out there get ready for gears of war 3. For Wii fans it will be the release of The Legend of Zelda: Skyward Sword.

Movies

This year’s movie highlights will come from the hallowed halls of comic books. Marvels release of Iron Man 3, Transformers 3, Xmen: first class, Captain America and Green Hornet (Not good at all). Meanwhile DC comics will be releasing The Green Lantern and finally a reboot of the Superman series. Another comic book movie to watch out for is Cowboys and Aliens. Comic books seem to be growing popular in Hollywood as they seem easier to make as the storyboard is already set for them. Will these movies be any good or disappointing like green Hornet? Only time will tell.

Music

What is going on with this Justin Drew Bieber guy? A 3d movie really, what is going on in the world these days? The good music out there this year includes the likes of B.O.B, Bruno Mars, Far East Movement and willow smith.
Mistaken Identity.

By Rumbidzai Kabebeate.

Bubbly, loving, compassionate, generous, confident.

Innocent, pure, artistic and beautiful internally and externally.

Her smile is as bright as the sun

Her personality explodes like a bomb around people

You might want to be careful, her laugh is contagious.

Like the rain, she springs forth with life

Drip… drip… drip…! She slowly gives us life

Slow to become angry, often ready to help and make you smile.

Like the season of spring, she blossoms the moment she enters a room.

“You’re too weak! Your absence of strength shows lack of intelligence”

“You’re far from beautiful; your existence is a pure waste of space.”

“You’re a mistake; useless and good-for-nothing daughter!

I never should have had you!”

Like a thunderstorm, these lightning bolts of negative comments

pierced her heart

She really thought she had done her part, and

Clearly shown the world who she really was

But to her dismay, all they had picked up were her flaws,

possessed by all of human nature.

She felt so judged and misunderstood and now what? Who is she now?

To think a few minutes ago she was aware of whom she is but from now on,

All the good things she thought of herself were soon to pass.

The carvings on her wrist and her lifeless body lying on the floor

will tell you the full story.
Probably one of the greatest milestones in Canada this 2010 is the Winter Olympics held in Vancouver from February 12 to 28. As all the nations’ athletes showed their athletic prowess and showcased their talents for the world to see, FDU-Vancouver’s students were also doing the same. No, there was no mini Olympic event held on campus, but students had their own Olympics, or should I say brain-olympics? Well, in order to give recognition to the deserving “brain olympians” who toiled day and night, burned their midnight oil til there was nothing left to burn, and sweat their brains and hands out writing and typing their homework, essays, and exams, FDU – Vancouver handed out awards and certificates to the following well-deserving students who could definitely put the Olympic athletes to shame:

FDU-V’S OLYMPIANS

Academic Honours List for Spring 2010

Jose Dias  IT
Juliana Fiorentino  Business
Amarjitpal Kaur  Business
Hiroshi Kimura  Business
Filip Krol  Business
Ronaldo Martins  Business
Ruvimbo Mukorombindo  Business
Vu Phuong Nguyen  Business
Alicja Rahman  Business
Sandeep Singh  IT
Anh Thy Truong  Business
Xiong Wu  Business
Pedro Zuleta  Business

Academic Dean’s List for Spring 2010

Amr Almarzouki  Business
Hai Ha  Business
Antonie Hildenbrandt  Business
Tarun Khullar  IT
Anna Kroupina  Business
Sungil Lee  Business
Ruvimbo Mavunga  Business
Duy Nguyen  Business
Ha Nguyen  Business
Che-Yu Ou  Business
Sinapa Tanganukulkit  Business