



Teachers Work to Rule

by: Courtney Narin

As all of you know, the teachers are not happy with the contract the government has offered them. Their first course of action was to extend our lunch a whole extra hour, which, by the way, the teachers are entitled to in their contract. They voluntarily give that up for us. The extended noon hour went on for a few days and nothing was done, so the teachers decided to take "work to rule" to the next level, which meant the many hours that the teachers volunteer for us STOPPED!

If you stop and think about how much the teachers voluntarily do for us, this is a huge course of action. No more sports, clubs or even dances, nothing but classes and breaks.

An even bigger subject which does not include all students but is a huge concern for the grad class is our prom and graduation, things that we have looked forward to



ever since we started school.

I asked some of the students for their opinions about what was going on. Amanda Whipple, grade 12, said "I think the work to rule is horrible; it doesn't affect me, but it does my friends. I think they should just go on strike and get it over with, so everything can go back to normal. I mean, if they do go on strike it won't last too long - a couple of days maybe." Maureen McLaughlin replied: "It's not solving anything at all. It's just giving us more time to do our own thing."

As for the students who believe a strike would be best, you should take into consideration the following: if the teachers do go on strike, there is NO guarantee that it will be for only a short period of time. This means that for all of you grads out there who are in classes that are required, you may not get to graduate and may have to come back next year. We also have to take into consideration that the work to rule is seriously cutting back on our instruction time. Are we all going to be prepared as we should be for whatever adventures we choose to go on next year?

Some advice would be to take advantage of the letter campaign going on in the school right now. Write a letter to the Provincial Government and tell them how this job action is affecting you. Let them know that- if you can't already- you'll be able to vote soon, and the outcome of the situation will affect the way you vote. If you feel extra motivated send a letter to the NBTA (New Brunswick Teaching Association) as well and let them know how you feel.

SJHS Exchange Students

by: Kristina Brown



Saint John High School has been a home to many different exchange students from many different countries. Since they are visitors to our fine school, I'm going to start a new tradition of making the exchange students feel welcome by properly introducing them to the student body.

Pelle Zandler was the first exchange student on my list to interview. Pelle is from a small town in Sweden called Växjö. He arrived in Canada on August 19, 2004. When asked why he took part in the exchange program he responded, "My brother made me!" I then asked him why he chose to come to Canada, "My other choices were taken" he laughed, "but, I'm not disappointed. I like it here a lot, I don't want to go home."

I asked Pelle a series of questions about the differences between here and Sweden, and what he missed about home. "High school is a lot different here. I like the sports here. I miss the candy and meatballs from Sweden though."

Finally I asked him if his expectations of the program had been met. "I didn't have any expectations. I really just wanted a break from Sweden."

Pelle seems to be enjoying his time here in Saint John. He'll be going home at the end of the school year.

I also interviewed Alexander Stappen from Viersen, Germany. He arrived here on January 31, 2005. He joined the exchange program to "start an adventure, learn about a foreign culture and learn English."

He said he came to Canada because "it's a great country." He was shocked to see "so much snow" when he arrived here. Whether he enjoyed all the snow is hard to tell.

I also asked him about the school system in Germany. "The school system is very different," he said, "the school I attend in Germany is not as easy as Saint John High."

The overall feeling from both students was that they are enjoying their stay here. Hopefully the students here have made them feel welcome, and hopefully this article will help. If there are any other exchange students I haven't mentioned, WELCOME TO SJHS!

Graduation Stress

by: Erin Melanson

It's drawing close to that time of year again; spring has sprung and summer is just around the corner. It's almost time for summer vacation and for some of us that means the end of high school once and for all. As graduation grows closer the stress of it all brews greater than ever before.

If you have already applied for university then you know all about the stress you are under while you are waiting for the school to send you back an acceptance letter. The pressure to get and maintain high marks to qualify for university is unbelievable; it is a very competitive process. Not only do you need high marks to be accepted but also you must maintain a passing mark while attending the university. Whether you make it or not in that school depends on the skills you acquired in high school.

Another thing grads need to consider is getting scholarships and bursaries. The rates of universities are very high and every little bit helps. There are many businesses out there just waiting to help out. You just have to apply, but it's not as easy as it sounds. This is also a very competitive process but if you work hard at it you will be ahead of the rest.

While the whole university process is going on there is still prom to think about. Yes, it's that huge event that every girl waits for, so she can dress up like Cinderella and have the perfect night. Before you know it prom will be here; some of us are so caught up in our work that we forget all about prom. This brings another stress, running out and spending over \$400 at the last minute on a dress you're only going to wear once.

Everyone says your grad year is supposed to be fun and laid back but a lot of the events come fast and all at once, which can be very stressful. So when you're thinking about University and all the other "fun" parts of graduation take a deep breath and think about what you're doing before you do it. Don't let the stress get to you.

Body Hair

by: Carolyn Radcliffe

Laser hair removal, waxing, shaving, plucking, sugaring, tweezing, creaming.... You name it; people will try anything to get rid of unwanted body hair. When it comes to body hair, what exactly is considered acceptable?

Hair removal goes all the way back to over twenty thousand years ago. Waxing, tweezing, shaving is definitely not new. Men would use sharp rocks to shave their faces, and women would wax and tweeze. According to a Middle Eastern tradition, every bride before her wedding night would wax off all the hair on her body as a sign of cleanliness and respect for her husband...ouch.



When clothes started getting skimpier in North America, Gillette launched a new advertising campaign directed at women. Their goal was to convince women that body hair was unhygienic and unfeminine. Needless to say, it worked, and in just two years razor blade sales doubled.

So for women what kind of body hair is acceptable? Eyebrows and the hair on your head. That's pretty much it. If girls don't shave they're practically shunned from society.

Men, on the other hand, are free to walk around as hairy as they please. Men are not really expected to shave anything, except maybe their face but even that's optional. For men it's perfectly fine to be complete slob about body hair and women have to stay perfectly groomed.

Some facial hair on a man can be nice too, just as long as the person doesn't start to resemble a certain wizard from Lord of the Rings. When men have a nicely structured jaw, a little scruff can be very nice. But that's just me... it really varies from person to person. One of my friends loves guys with goatees. Another one of my friends thinks this guy with a really long braided beard is hot... I suppose it's whatever "turns your crank" but that's just gross.

I suppose it really depends on the age group. Our generation seems pickier about hair on men. "For men I HATE a hairy chest and back," says Sam Tobias. "It's very unattractive."

However, I find our parents actually like hairy men. My mom told me the other day how sexy she thought it was when men had hairy chests. And it's not just my mother either, a lot of my friends' moms agreed. She said something about it being very wild and animal like and primal which makes it attractive. Well... for me that's exactly what makes it unattractive, but to each his own.

Same Sex Marriages

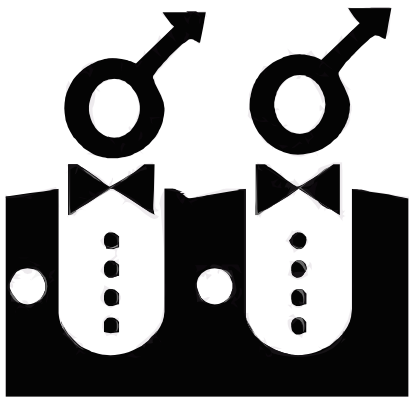
by:Melanie Chaisson

To walk in someone else's shoes for a day seems pretty intense. In society today, it seems like everyone is made fun of for one reason or another. Homosexuality is sadly one of the ways of life that is looked down upon the most, especially the idea of same-sex marriages.

Even the thought of liking the same sex today seems pretty risqué, but some see it as a way of life. What's so wrong with that?

In the Bible, the act of homosexuality is portrayed as a sin. It is not the people themselves, but their ways of life, and their practices that are criticized. Religious individuals are opposed to same-sex marriages for this very reason, but even religious people have their own opinions.

Most of those who oppose same-sex marriage, regard all homosexual behavior, including that within a loving, committed



relationship to be immoral. Many would like to have it criminalized. Most feel that granting marriage rights to same-sex couples would damage and perhaps destroy the institution of marriage, and perhaps damage the culture of Canada beyond repair.

Most who are in favor of same sex-marriage see marriage as a human right and they feel that creating and maintaining second-class citizenship for same-sex couples is immoral. They feel that granting marriage rights to those same-sex couples who want to marry would strengthen the institution of marriage.

Holland and Belgium were the first political jurisdictions in the world to allow same-sex couples to marry. In mid-2003, the province of Ontario became the third.

As of February 1st, 2005, same-sex couples can now marry in seven out of the ten provinces of Canada and in one out of the three territories. A court case is expected in Alberta in early 2005. If that case authorizes same-sex marriage in the province, then only 3% of Canadians will live in a jurisdiction that still prohibits it.

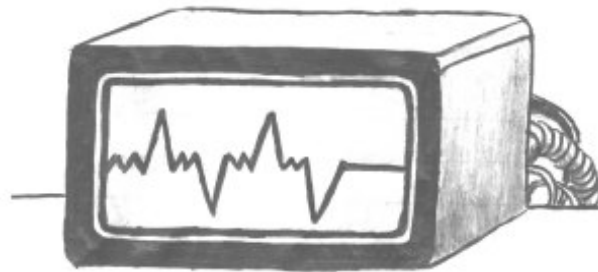
Canada is one of the few countries which permits gay immigration for partners in same-sex marriages and, now, with the imminent legalization of same-sex marriage, Canada is a torch bearer. By recognizing same-sex marriage, Canada has distinguished itself as being a progressive nation and it has become a beacon and a preferred destination for partners of same sex marriages around the world wishing to live in a country which not only permits same-sex marriage but ascribes the same rights to partners of a same-sex marriage as it does to heterosexual couples.

Saint John isn't seen as a place which welcomes the homosexual society fully. We've been told that we can't have a Pride Parade, for the simple reason that people, who are straight, don't have parades because they are straight. Why don't they then?

Gay Pride should be something that is promoted, and if people want to get married sexuality shouldn't matter. If they love each other, let it be.

Just Let Go

by: Libby Bolton



Look at your life. Think of all the things you can experience, places you can go, things that you have accomplished, and things to come in the future. There are unlimited possibilities in your life!

Now imagine that you're in a hospital bed, and the only thing that's keeping you alive is a feeding tube. You've suffered brain damage, so you can't communicate in any way. You can't move either. You're basically a vegetable. When you take the time to think through this situation, you realize that no one would want to live in that state.

But if you can't communicate, who has the right to decide if you should live or die? It's true, for almost all of us, our families know us the best. But if they had to make the choice between keeping you alive or not, their decision would probably be biased because of overwhelming emotions such as grief, anxiety, and remorse.

Besides your family, there is the federal court that can make the decision. Even though they don't know you, their decision would probably be more practical, without being biased.

When someone is in a vegetative state, they can appear to be awake with their eyes open and moving around. This can make it very difficult to accept that they are completely and irreversibly unaware of their surroundings. But we know that their condition will not improve, and that without the food tube they will die. So why force this being to live an artificial life? Why not just let them go in peace and die a natural death?

Tons of people need medical attention every day. What if, patients in a vegetative state are using up time and space in hospitals, and people who could actually benefit from medical help couldn't receive it in time? Or had a harder time receiving the attention the need?

People should realize that in these situations, it is not practical to force a person to live an artificial life. In the end, the decision isn't about eliminating their life, but simply letting them go.

The Mental Corset

by: Meredith Hickman



We all have a mental corset, meaning an image in our head of what we should look like. We think that if we look any other way that we are ugly. Some girls think that the only hope for them is plastic surgery.

Beauty is in the eye of the beholder. Many different things that the modern-western society would consider

ugly would have been considered very beautiful in other cultures. People would do such things as in Mayan society where head flattening was very popular. This was done by taking an infant and binding their heads between two pieces of wood. Slowly the soft bone in the infant's head would elongate into what was thought to be very beautiful; they would be admired by their society. When most people hear about this their first thought is: Why would you do that? But this is just one of the extreme examples of how views of what is beautiful can differ greatly.

Girls and women alike try to achieve this perfect body that the media throws at us, but really over time the body image that is most desired has changed greatly. Women used to wear corsets to change the way that their body shape looked. The first corsets actually flattened the body in to a cylindrical shape and then later progressed to the hour glass figure that we are so used to seeing with corsets. Instead of using corsets, women could use waist training to decrease their waist size. The gradual tightening of corsetry would routinely reduce a 22-inch waist down to the breadth of a hand-span. It's crazy what girls have done to themselves to try to fit the standard that the media has set.

Then there was the flappers, who had their athletic figures, bob cuts and short skirts. In this era it was completely normal to practice breast binding. A tight cloth was wrapped around the breasts to make them smaller, to try to get that flat chest look that was so in at the time. There was Marilyn Monroe with her natural hour glass figure which would more than likely be thought to thick for our media today.

Hearing all of this leads us to wonder: Is it all really worth it? That question is really for each person to decide but the most important thing to remember is that really it doesn't matter what other people think. The only person that you have to make happy is yourself and the sooner you realize that, the happier you will be. Any person who doesn't want to go out with the real you is not worth going out with

Shopping for Joy

by: Carolyn Radcliffe

Ahh... How do I even begin to describe the joy that is shopping? I think Rebecca Bloomwood from *Confessions of a Shopaholic* says it best: "That moment. That instant when your fingers curl round the handles of a shiny, uncreased bag-and all the gorgeous new things inside it become yours. What's it like? It's like going hungry for days, then cramming your mouth full of warm buttered toast. It's like waking up and realizing it's the weekend. It's like the better moments of sex. Everything else is blocked out of your mind. It's pure, selfish pleasure."

Yes, shopping is definitely a pleasure and a very good way to relieve stress. Worried about school? Go buy a pair of shoes! Fretting over work? Go get a manicure or a facial! When it comes to stress relief, shopping definitely kicks aromatherapy's butt! Although... buying lots of candles is fun too. "I always say shopping is cheaper than a psychiatrist!" says Tammy Faye Bakker.

I don't understand how some people hate shopping! It is something I will always fail to comprehend. Even grocery shopping can be fun! How could somebody possibly hate a day of pampering yourself? The only downside to shopping is that you need money to do it. But all the same shopping is still one of the best pastimes I can think of. Think of all the things you can buy! Clothes, makeup, shoes, movies, mp3 players, laptops! There's always something for everyone.

No doubt about it! When it comes to shopping there is no way to be disappointed, unless you've made a bad investment choice, that is. "Shopping is better than sex," says Adrienne Gusoff. "If you're not satisfied after shopping you can make an exchange for something you really like." Precisely!



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Cheating At School by: Lacey Ellingwood



"I didn't have enough time to study last night because I was so busy." "I had too much homework so there was no time to study for the test." "I didn't know the teacher said the test was today." "I don't understand the work." What are all these excuses for? They're people's reasons for cheating, of course.

In movies, cheaters are stereotyped as the slackers at the back of the class, but in reality, almost everyone cheats. Even the people you think are the smartest in your math class may not have achieved the highest mark by doing all the work themselves, or by being honest about their marks.

At one point or another we are all tempted to cheat on a test or quiz, or copy our friend's homework; it's better than failing... or is it?

Cheating is so common these days that we don't even think twice about it. It has reached a point that if someone doesn't let you cheat off his or her test or homework, you're left wondering what their problem is.

So why do people cheat? There are lots of reasons, but the most common is that they would rather have a dishonest mark than a failing mark.

Seems like a good idea at the time, but if you spend the entire semester cheating, what happens when exam time rolls around and you know nothing at all? All the material you got 100% on earlier in the year, you are suddenly failing. The high mark that you spent cheating for all year is brought way down, and your teacher is going to look twice next time you pass something in.

In a study, 74% of students who were surveyed admit that they have cheated in school on very serious assignments and tests, and another 54% say that they have plagiarized off of the internet.

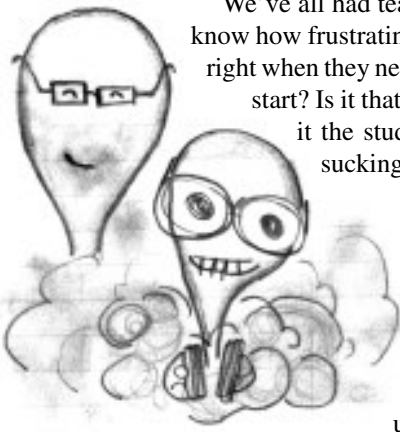
If so much cheating is going on, how come more students aren't getting caught? Is it too much work for the teachers to find out who is really doing his or her own work? And if a student does get caught, are the consequences severe enough to teach them a lesson?

Sure, the next time a big test comes up and you're not prepared, you can cheat and chances are that you'll get away with it, but you'll never be able to do anything on your own. Instead of cheating, why not learn how to do the work and understand it? Go in for extra help, do more questions, and not only will you achieve high marks on your own, you'll feel better about yourself without the guilt from cheating.

Stop being so scared to ask the teacher for help and just do the work, and with time, little by little, we can help bring those statistics down.

Lovable Teachers' Pets

by: Libby Bolton



We've all had teachers' pets in our classes before, and we all know how frustrating it can be. They always get what they want, right when they need it! But who makes a class pet? How does it start? Is it that certain teachers favor a certain student, or is it the students who make themselves pets by always sucking up?

Most people seem to conclude that a teacher's pet is a combination of both. "A class pet is more of a combination of a teacher liking someone, and then a student who uses that to their advantage. Some can be really bad and they'll just do ANYthing for the teacher" says Camilia. "Yeah, it can make the rest of us look bad I guess."

But others don't really notice teachers' pets. "I don't really notice them I guess," says Jason Akerman. "I mean they're not too bad. They just have a lot of little compliments for teachers. Sometimes they're not even really that smart."

I've noticed this as well, that teachers pets aren't always smart. This could be interesting... a new generation of teacher's pets whose sole purpose is to make the teacher love them because they have an outgoing personality (not because they're geniuses) so they can get whatever they want.

Horrible Home Reports

by: Piers Doiron

Every year there are some students whose lives are halted by the thought of something so unimaginably horrible, that just the thought of it makes them hate the day the real thing comes. The smarter students don't have such a problem with this though.

A home report is the one thing that students worry about the most, well the other half that is. It's a time of panic to get those last minute grades up, and hopefully you did. It's kind of like seeing if you won the lottery but you're too scared to actually look because what you might see could get you grounded or praised for a good effort.

"The report cards are one of the worst things that can happen to a student," says Jon Balemans. This horrific event comes four times a year and it always seems it comes too fast. Students are frantically trying to pass in assignments for extra marks while their parents are sitting home in anticipation of what this devil card will bring.

For some lucky students this day is one of the best days of the year. They



yearn for the feeling of home reports on their fingers. They love to get this card and have the magnet in hand and rush to put it on the refrigerator. Their parents' expectations are met and so are the students' as they talk like home report day is Christmas and the teachers are their Santa.

It all depends how you prepare for this day. If a student does work throughout the year they are swimming in the winning pool. BUT.. for the rest of us, we will always dread this day and will despise the opening of the envelope and glancing at our average marks.

Staying on Your own Turf

by: Krista Cobbett

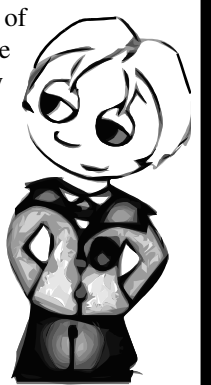
It's kind of depressing when you really sit back and think about what makes us who we are when labels are involved. What gives us the invisible stamps on our foreheads identifying which group of people we will belong to

throughout our high school years? A part of it has to do with our personalities and the way we just click with people, but in my opinion the focal point is our appearance. There's an uncountable number of different groups in every high school. You have your preps, as they like to call them, which means clean-cut, stylish, popular, pretty people who supposedly think they're better than everyone else. Then you have your nerds, which is honestly rather self-explanatory. Next are the jocks, can't forget about them, the athletic, sport-lovin' people. There's a whole bunch of other groups that follow these and that stick together, and never stray into the frightening unknown.

Yes, obviously we hang out with our friends because we ultimately enjoy their company, but did you ever sit back and think that it's almost like this strong magnet from the time you walk into high school till the time you walk out that takes all the people who look like they share a lot in common, and sticks them together? Before you know it the year is over and only one percent of students have strayed outside their group to get to know someone completely opposite from them in appearance and personality. People might be surprised to find out they're really not all that different after all. I'm not saying every situation will end like this, but you really never know until you step outside of the box and look deeper than the surface.

People feel safe with what they feel is familiar. When a gothic person begins to walk over towards a group of preps it's like there's this loud alarm and flashing lights that go off in their heads, belching out: WARNING, DANGER, WRONG TURF!. That's how members of every group feel when they stray into a new group. Although the name of this article is called gothic verses preppy, the problem really goes much deeper than that. We are practicing something very wrong, and at such a young age: stereotyping. We shouldn't feel threatened around those we don't know. We shouldn't feel obligated to belong to a certain group because of the way we look. What we should do is get hands-on experience before we judge, and give each other a fair shot.

To bring this to an end might I just point out that this place we call school, shouldn't feel like a war zone. Once stripped of our titles, reputations, music, money and clothes, we are all just students here for the same reason. It's time to grow up look around and say: "You know what, it's really not all that bad, as a matter of fact everything's way too serious and scary, after all this is only high school."



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King Street Madness

by: Stephanie Doucette



We have all experienced it at one time or another. When the bell rings at 3:20 you go to your locker and you get your stuff. You then go to meet your friend at her locker and then you walk to the King street bus stop. You arrive and you need to push your way to find an empty spot on the side walk. You are waiting for the bus and one pulls up...but it's the wrong one, it's Fairville. All of a sudden you hear a heard of elephants, wait... its just anxious students racing for the bus.

It's really stupid how people act when they are trying to get on the bus, there is pushing and shoving. I'm not sure why, because everyone will get a seat. Sometimes there are people other than students trying to get on the bus. On many occasions I have seen elderly people trying to get on the bus and they are shoved by disrespectful students. It really makes high school students as a whole look really bad, not only to the elderly person but to the passing cars and also the bus driver.

Last year, Milledgeville was the worst bus to get on. But this year, many Milledgeville and North End students were not given a bus pass, to make the bus easier to get on. But the problem is continuing with Fairville.

Another problem that occurs in the winter time is snowballs. They get thrown across the street to where the East buses stop, at passing cars and also into the bus doors.

I believe all of these actions make our school look really bad to the public. So the next time you need to take the city transit don't push and shove, let elderly people on first and thank the bus driver, because taking the bus is a privilege.

Elementary School

by: Ellen Higgins

Remember the elementary school? Days when sidewalk chalk could fill an afternoon, and recess was always scheduled for tag and red rover. Maybe it was the fact that we were living in that moment, and that the things we were doing were our own, but it seems kids today are growing up a lot faster than they used to. The subject of how the times have changed always seems to pop up around the dinner table but who would have thought we'd be saying it instead of our parents?

We've all heard of these "sex bracelets" that seem to be popular with middle/elementary school kids, but the scary thing is how literally kids take these fads, and how far these games are actually taken. These sorts of activities are strange and somewhat disturbing for high school and even college kids, and having a little sister myself, I'm terrified to believe these actually exists. Not to say we all didn't tease and joke about these "grown-up" matters, which we barely understood, but I doubt anyone would have imagined the level which this behavior has reached today.

I always thought the media, and my surroundings just became more "mature" as I grew up because I was growing as well and was noticing these new aspects of life as they became appropriate for me, but I've realized between what adults have said about today's generations and what I have observed in younger kid, the kids today are living in a completely different world. There's no way of changing their environment back to "the good ole days" or of censoring every detail of their life, but maybe sexual education should be introduced earlier on in a way that would hinder these children from making dangerous mistakes, and doing things they will regret.

In Search of Snooze Time

by: Ronnie Nicolle

Do you think school should start at a different time? Well I do and I think it would be a lot more effective. Do you feel like you would be more awake and understand things a lot better later in the day? I personally would rather start school even at ten, rather than nine: an extra hour of sleep would do a lot.

I think that having two classes in the morning and three in the afternoon would be better too. I know that many people work at four, but getting scheduled for five wouldn't be hard or bad either. By doing this you have a little time to eat later on before your shift. You might be able to get an extra hour of sleep in this way because you would still probably get off around the same time.

I have asked students what they think of this and they liked the idea. "Instead of having an extra hour for lunch, make school

start later!" one student said. Many commented on it, but no one I asked disagreed about this option.

I think having school start at a later time would be a very good idea.



Too Much Makeup

by: Melanie Chaisson

Ah, makeup, a female's best friend. How much is too much though?

In the halls of Saint John High School, it seems that a lot of people are getting too carried away with their self-expressions with makeup these days.

It's not only Saint John High either. Stars in the business these days can sometimes go WAY overboard with their makeup as well. An example would be that phase with Christina Aguilera. Can you say YIKES?!

The over-use of makeup can sometimes be comical and necessary when it comes to the life of television. People like Mimi Bobeck from *The Drew Carrey Show* have their character lines based around the hideous makeup. She doesn't look like that in reality, but the makeup provides a sort of comic relief.

We live in a world where you have to dress to impress; this includes your makeup. Runway models seem to emphasize that greatly with their many makeup lines. Can't they just realize that beauty doesn't revolve around makeup and clothing? Guess not.

Girls today tend to feel naked without their daily refreshment of makeup products added to their faces. Some touchups aren't needed at all. Why not be natural? Okay, so there are many people who wear makeup naturally, some even wear no makeup at all.

The media today has a big impact on the way we act, whether we know it or not. So, I say congratulations to the independent girls out there who know they are beautiful, even without makeup.



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Can You Hear Me Now?

by: Stephanie Doucette



At Saint John High cell phones are used in class more than some teachers might like to think.

Cell phones now are much smaller than Zack Morises' on the good ol' T.V. show *Saved By The Bell*. Now they can fit anywhere, for example in your pocket, in your pencil case or even beneath a blanket of hair.

The rules for the use of phones is, well...there is no 'use'. You just can't, unless you are off school property.

"It's stupid how we are not allowed to use phones at break," said Bronwyn Atkins.

Most teachers say cell phones are not allowed to be used because they are disruptive. But who are they disruptive at break? at lunch?

Students always find a way to get around that rule. For example, how many times have you been in class and the sound of a muffled Ja Rule ringtone is heard? And then that student suddenly needs to go to the washroom. Coincidence? I don't think so.

Or, you hear a phone ring while the teacher is writing on the board and the student is talking into the palm of their hand.

Also how many times have you

seen a student leaning far into the depths of their locker, or heard a one-sided conversation in a bathroom stall? The answer would probably a number so high that you would need a complex mathematical equation to figure it out, so complicated that even Mr. Holder would run and hide from the sight of it.

The use of phones at school will never be eliminated. They are just too small and discrete.

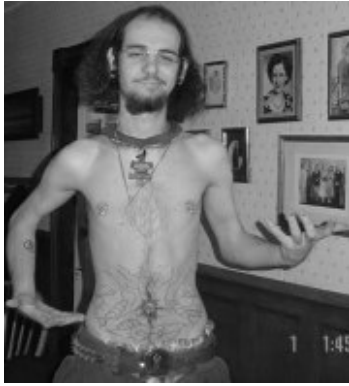
On many occasions, I have seen students use their cell phones in the middle of class, either just to talk to a friend (who is probably in the middle of their own class) or to make a prank call. Also text messages make things even easier since you don't actually need to talk and draw attention to yourself.

Punishment for using your phone in the hallways at break can range from just the teacher saying to 'put it away' to it actually being taken away and at the end of the day you have to go get it from Mr. Harbinson.

So next time you need to talk to someone you know (or don't) or you want to order a pizza in A block, make sure you borrow someone else's phone so if it gets confiscated, you can just use your own.

Tattoos and Piercings

by: Lyndsay Donnelly



Lately it seems everyone you meet has either a tattoo or a piercing.

I am not one to say anything about anyone who has either one of these because, as those of you who know me realize, I've had piercings and I have tattoos and my boyfriend probably could set off metal detectors! But I don't think some peo-

ple think about the long run when they get a tattoo or piercing.

Are you really going to want a tattoo of Bugs Bunny when you are 80? Probably not! The same goes for when you get a piercing. Even though you can take it out if you don't want it any more, they can leave scar. Believe me I know, my boyfriend had the bridge of his nose pierced then he took it out because he wanted to get a job and now he has a very noticeable scar and a little lump in the spot where it was.

I am not saying that piercings are awful. I just think people need to think if they really want that particular piercing before they get it. The same goes for tattoos and that is an even bigger decision than a piercing because you can't remove a tattoo without having an awful scar.

When you do decide to get a tattoo make sure you check out the place that you are getting it from. Don't just go to the place you think would be the cheapest. Check with other people who have gotten tattoos from that person to see if they are happy with the work they did. I have known one too many people who have gotten tattoos and regretted the person they went to afterwards because they didn't do a good job.

One of my close friends says she went to get a tattoo and thought the guy did a great job but a few months later it started to fade even though she took care of it the way the guy told her to. She had to go to someone else to get it touched up.

So before you go get a tattoo or piercing make sure you really want it and make sure you know about the person who is giving it to you.

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Disabilities

by: Lacey Ellingwood



Sometimes it's really hard to concentrate in class and learn the material because you're so tired or bored. Can you imagine how much more difficult school would be if you had a learning disability?

A learning disability is a neurobiological disorder where a person's brain is structured differently or works differently than other people's brains do. This can affect someone's ability to remember and think. When a person has a learning disability it may be hard for them to spell, speak, read, write, listen, organize information, remember things and do mathematics.

There are many different types of learning disabilities that people can be affected by. Dyscalculia is when someone finds it difficult to solve mathematical problems and understand math concepts. Dyslexia is a disability in which a person has a hard time understanding words, sentences or paragraphs. People with Auditory and Visual Processing Disabilities have trouble understanding language even though they have normal vision and hearing.

A learning disability is a lifelong issue that many people have to deal with because there is no way to fix it. A lot of people who have learning disabilities aren't even aware of it, and it goes undetected all of their lives.

A study performed by the National Institute of Health, concluded that one in seven people have some sort of learning disability; this means that fifteen percent of the population are affected by this in one way or another.

Just because someone has a learning disability does not mean that they are stupid in any way. People with learning disabilities can achieve as much as everyone else, accomplish their goals and have a successful career and life.

If you are having a hard time understanding or learning the material taught in class, this does not mean that you have a learning disability, you may just need to talk to your teacher and go in for extra help, or pay better attention in class and do more work. If you have not been diagnosed with a learning disability then you should not use it as an excuse to fall back on when you don't feel like doing some work, but if you strongly believe that you have a learning disability there are some signs to look out for that can help you detect it.

If you tend to spell incorrectly, avoid writing and reading assignments, work slowly, misread information, have trouble summarizing, have weak memory skills and either focus too much or too little on details, there is a chance that you may have a learning disability. Talk to your parents or a professional and they can help.

People with learning disabilities are not less intelligent than you and need people to be supportive, not negative. When you're in class and someone doesn't understand, instead of making fun of them, help them with the problem or teach them how to do the work, whether they have a learning disability or not. We can all use a little extra help sometimes.

Alcohol At School Events

by: Jeff Marr



they are acting like they are loaded, then there should be some punishment for being stupid. Over the years people have been punished severely for being drunk at a school event, mainly at dances.

In the eyes of the school administrators it is totally taboo to do it. Threats are put out over the announcement system: "For anyone under the influence of any liquor tonight there will be severe consequences!" That is ludicrous because people who do a lot worse than this get the same or smaller punishments. It wouldn't be so bad if the people in charge of these events didn't look to get people in trouble for this when they are not causing any trouble. Sure it is illegal for school students to drink liquor, but it is really impossible to avoid it totally because kids are going to be kids. What can you do?

I am not condoning this, and saying that anyone should do it because I for one wouldn't even think of doing something illegal like that, but some of what I see is absurd.

Of course alcohol will never be condoned or allowed to be around school. It is illegal and most students are underage. But there are other sides that could be looked at when it comes to this topic.

Looking for ways to identify people who are intoxicated at school events is ridiculous. Because their eyes are a little red or they act like they might be "under the influence", they are punished. In my opinion, unless they are hurting someone, they shouldn't be condemned. If

Year-End Burnout by: Kristina Brown



It's that time of the year again, the time when the sun starts to shine, the snow starts to melt, loose-leaf supplies are at an all time low and everyone seems to have an attention span equal to that of a humming bird. I like to refer to the effect of this time of the year as "end of the year burn out".

As the school year carries on, it becomes harder and harder to stay focused on schoolwork and teachers are constantly trying to keep their classes under control. It's as if the entire student body has come down with some acute form of cabin fever.

When asked about this issue, Dorothy Eggenberger said, "We should have four-day weeks during this time of the year. No one has the energy; no one can concentrate." This statement would appear to be true. I find myself drifting off to lah-lah land more than once throughout the day and I've noticed others around me doing the same.

There must be a solution to this fatigue problem. Should the school board consider shortening the year? Should the weekend be extended after March Break when this outbreak of no energy seems to occur? It's hard to tell. One thing is for sure, if the students are expected to experience the last two or three months of school as more than just a blur, something has to be done!

Bathroom Adventures

by: Lorne Kincade



What a common occurrence it is to see a student get up and ask the teacher for permission to use the washroom. Sometimes teachers are on to you and know what you are up to and that using the washroom isn't really all that necessary but sometimes you just need a break from class to stretch your legs. Everyone's bathroom adventures vary. Some take nice long walks down the 4th floor hall and some take it to the science wing.

I asked some students of SJHS what they were up to on their bathroom breaks. "I like to stroll down to the first floor and make my way up to the gym for a quick game of pick-up basketball and then head back to class, no big deal!" says Joe Storey. "I have seen kids just not come back from using the washroom, it was like they disappeared into

thin air," says Joe Boyce, a bathroom adventurer himself.

Some people like to be called pros in the bathroom game. They can swindle the teacher any time of day to use the elusive washroom. "It's all in the way you carry yourself; you have to sell out for those next 30 seconds. You must walk to her desk like you can't hold it any longer and you're about to explode." Says Dave Eisner.

If you have not already experienced a bathroom adventure I would highly suggest it. Along the way I picked up a few tips from local adventurers. Be sneaky, when roaming the halls; you have to be on the lookout for roaming teachers and don't forget the hall pass. Good luck to all of you and maybe we will meet up sometime on our adventures.

Anorexia by: Jodi Moore

Anorexia (Anorexia Nervosa) is an eating disorder that is characterized by a refusal to maintain a minimally accepted body weight, intense fear of weight gain, and a distorted body image. Inadequate calorie intake or excessive energy expenditure results in severe weight loss.

The exact cause of anorexia is unknown, but it is believed that social attitudes and family factors play an important role in its development. Anorexia usually occurs during adolescence and in young adulthood. This condition affects mainly women: about 1-2% of the female population vs only 0.1-0.2% of male population.

Anorexia is mainly seen in women who are high academic achievers and have a goal-oriented family or personality. Some experts have suggested that conflicts within a family may contribute to anorexia. It is thought that anorexia is a way for a child to gain attention because of family problems. People who have anorexia may feel they are overweight because of treatment at school or in the work environment.

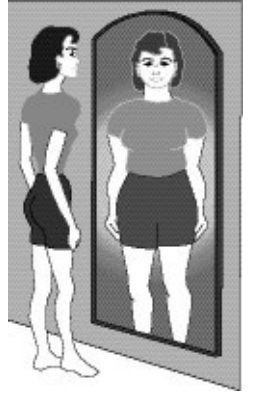
Symptoms of Anorexia Nervosa are: 15% of body weight lost, inappropriate use of laxatives, enemas, or diuretics, loss of fatty tissue, and depression. There are more symptoms but these are the most common.

There is not always the possibility of prevention. Promotion of healthy eating and

realistic attitudes toward weight gain and dieting may help in one way or another.

When you walk down the halls here at Saint John High you see a variety of people right? Well just think of the ones you have called fat, ugly, or stupid. What you have said to them and what others have said may have caused them to become anorexic, Bulimic, or even suicidal. Teenagers are very self-conscious about their bodies, popularity standings and friends. So next time you see someone who looks different from you don't tease them; you never know what their life is like and what they are going through. They might be friends you have yet to meet. They may also be really nice.

"They came for the nerds. I was not a nerd so I did nothing. They came for the geeks. I was not a geek so I said nothing. They came for the Goths. I did nothing for I wasn't one. They came for the normal kids. I was popular so I did nothing. When they finally came for me there was no one left to stand up for me."



Humorous Teachers

by: Courtney Narin



By now whether you are a senior student or a rookie, I'm sure you have had your share of different classes with different teachers, and I'm sure you all have your favorite class to go to, and the ones you don't look forward to. But what is it that makes these certain classes exciting to go to? For me it's the teachers that put a little extra into their teaching, joke with you, and try to make things as fun as they can be.

I asked a few students which teachers they thought were interesting and which teachers' classes they enjoyed being in. Jessica Johnson, a grade 12 student replied, "My fave teacher was Mr. Sutton because he was like a friend with us, and he made class fun so I wanted to learn. He joked a lot and made me wanna be there!" Krisanne Stout, grade 10 French immersion student says, "Mme. Garey because she's a good

teacher. She treats students with more respect than other teachers. She treats us like we are on the same level as her rather than like we're little kids."

The teachers that laugh with you and do not take things too seriously are the easiest to learn from because they make you want to learn and you can pay attention to them without feeling like you're struggling to stay awake! I don't know if you are aware of this teachers but we would much rather be in a class where we feel comfortable rather than a class where if I say one word I feel like I'm going to get screamed at!

So my point is: I want to put a special thanks out to the teachers who make class fun to go to, who make little games to help us learn and who can loosen up and have a good laugh! Keep it up and maybe others will take after you!

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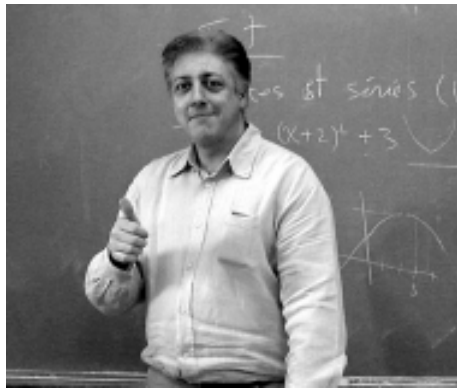
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All Round Good Person

by: Lacey Ellingwood



He walks into the room and all eyes are on him. Everyday it's the same routine, he becomes the center of attention as thirty students look on. In room 405 it's not your ordinary math class, it's Mr. Doiron's math class.

Jean-Roche Doiron grew up in Caraquet and although he didn't always have his sights set on teaching, he thankfully changed his mind.

After being a fisherman, working at the Acadien Historical Village, and being a cartographer, JRD realized that teaching was where he belonged.

Mr. Doiron attended universities in Moncton, Sherbrooke, and Rimouski in order to achieve the degrees that he needed.

But it's not all work in this busy teacher's life; he enjoys spending his spare time with his two cats and his wife of fifteen years. Even though he doesn't have any children at the moment, Mr. Doiron says he would like to change that.

After a long day at work, JRD likes to sit down and watch *Smallville*, *Malcolm in the Middle*, and *Historia* or turn on a film starring his favorite celebrities, Isabelle Adjani and Vincent Cassel. But after a very stressful day Mr. Doiron just likes to listen to music; he likes all genres, but his favorite band is Indochine.

Although he has many other interests, nothing can compare to the satisfaction that Jean-Roche gets from teaching. He says that he loves his profession a lot, and confesses that his grade eleven FI math class is his favorite.

Aside from being an excellent teacher and husband, Mr. Doiron is just an all around good person. I won't have him as a teacher next year, so I'll miss his class and all of the detentions; and it's quite obvious that JRD will miss his E block students as well. But one thing is for sure, we'll always come back to visit and "enter" the classroom.

Miss Ayer: Like no Other

by: Jacquelyn Abraham

She's famous for her acting of Shakespeare, her random jokes and her great teaching techniques. Miss. Ayer is a teacher like no other. She always thinks of some new way of teaching her class. Stephanie Doucette and Diana Debly share the same feelings: "She is a really good teacher" and "She's hilarious!"

Miss. Ayer was born and raised in Oshawa, Ontario. When she was four years old her parents decided to move back to their home city Fredericton. She attended Fredericton High School and she was very involved with SRC and with the musicals – go figure! She graduated in 1992 and continued her studies at UNB Fredericton. She says she decided to become a teacher when she was in grade two. This led her to get her B.Ed.

English and Miss. Ayer are "tight". She says that English chose her and they have been together for her teaching career. She really enjoys teaching English and it is her favourite subject. She would like to apologize to all of her students for her acting of Shakespeare and her "weird sense of humour", but she says she really enjoys the students' reactions to the way she teaches it and enjoys every minute of it (except for her E block 111 English class).

She has many different opinions on things. She feels that "sharing lip-gloss is gross" and "respects the circle of life". She says she has no interesting facts about herself to share, but I am sure that there must be some secrets hidden away from the public. She does however admit that she has done some stupid things in her life and also admits she is very clumsy. For example: "I run into doorways sometimes. I guess that counts as stupid since the doorway never moves and is always in plain sight". She does not really enjoy watching T.V. (she would rather pick up a good book) but there are two shows she is quite interested in: "Antiques Road Show" and "Pimp my Ride".

Las Vegas, is where Miss. Ayer went for her March Break. I asked her about this trip and she said "Well, whatever happens in Vegas must stay in Vegas!!" She did however state some things she learned while away:

1) "When two grown men are caught on top of a mountain in the cold desert all night, ill-prepared after a day of rock climbing, they must hunker down close to preserve their body heat."

2) "Gambling is addictive, so why even start. I didn't gamble a penny!"

3) "Vegas looks exactly like it does in the movies"

4) "Vegas should be renamed "The City of Random".

If you want any more info you must talk to her yourself!!

Miss. Ayer has been a great teacher for me and probably many other students this year. She adds a certain flavour to her classes which gets the students' attention. Every student I have talked to agrees that she is one of the best teachers at Saint John High School!!



The Forums

by: Melanie Chaisson



Oh, the forums, how I love thee. The Saint John High forums are a popular spot for kids to post about their thoughts and feelings (with restrictions) about pretty much anything. These forums were made by the ever incredible, Paul Saulnier, who is also the creator of our very own Saint John High School website.

"With quite possibly the world's largest and most active public high school forum service, Saint John High School stands apart from the rest. Many other schools (including a few locally) have launched their own forum services in the past, but they never catch on and fail quickly. We seem to have a unique array of resources and enthusiasm that makes it all work for us," commented the graduated webmaster.

Over the years the forum community has become like a family, if you will, whether the users like to admit it or not. The forums were launched in September of 2002 because students were suggesting that we have them. Students also suggested that we have a live chat service, but that was shut down because of district regulations against live chat, and also a lack of popularity. Still, the forums continue to remain popular as they inch towards 3 years of existence this fall.

"The live chat was hard, technically, to run, harder than the forums. In the begging an anonymous faculty member Holdered the idea that the forums would never work out, still, no one opposed the idea, and they worked," noted Paul.

I'd like to thank Mr. Saulnier for 95% of my information and also I give sincere thanks on behalf of all forum users. We love you.

Shad Valley Program

by: Diana Debly



The Shad Valley Summer Program is a camp for students from across Canada who want to obtain solid experience in science and technology as well as entrepreneurship and leadership. It helps students understand and see the world of business behind science and technology. There are eleven host campuses around Canada which offer students the best faculties and a chance to live the university lifestyle.

Shad Valley challenges students who are high achievers to realize their full potential by building their leadership skills, creativity, and an appreciation for entrepreneurship, as well as other essential skills used in the economy today. Shad International develops strong innovative leaders through learning experiences and programs.

Shad Valley also allows students, through this one month of camp, to take part in

Story continued on Page 11

Embarrassing Moments

by: Channing Muise

We have all been there at one time or another. You feel your face turning red and it seems as if everyone's eyes are focused on you. As you look back on some of your own embarrassing stories you may laugh now but at the time, it may have felt like the end of the world. I went around asking some people to tell me their absolute most embarrassing story.

Have you ever wondered why Poley Mountain doesn't have tubing anymore? Well you can thank Vashti Gardner for that one. "One very sunny December afternoon," says Vashti "I was tubing with my youth group at Poley Mountain when my friend had a bright idea to connect our tubes together and go down the biggest hill. On the way down we managed to totally miss the patch of hay that's supposed to slow you down and we flew off the slow-down ramp, with the orange fence trailing us like a kite. We took out a bunch of kids and adults and finished by clothes lining ourselves on the bunny hill pulley. I've never been so

scared or humiliated in my entire life, but now that I think about it, it was hilarious." That one was my absolute favorite story.

I was told another story, by someone who wishes to remain anonymous: "I was at the mall and I decided to go into Music World. So when I walked in, the beeper went off for a second but then stopped so I just ignored it. I looked around for a bit and when I was leaving, the alarm went off and the employee at the store yelled at me to get back in the store. So I walked back in and the beeper went off again. By this time I was very embarrassed; everyone was staring at me. She checked my pockets and then realized whatever was beeping was in my coat so she made me take my jacket off and she searched it. It turned out that it was just because I recently bought my jacket. How embarrassing!"

Those are the two funniest stories I heard. If anyone has any funny stories they'd like to share with the school, let me know and we'll put them in the next issue.

The Good Ol' Days

by: Kristina Brown



It seems like just yesterday when the students of Saint John High were all sporting mushroom cuts and matching sweat suits. These times have become known as the good old days to many of us. Footy pajamas were hip and juice stains were a common, if not, a semi-permanent occurrence. I often found myself wondering how some kids managed to get these telltale stains all the way up to their eyes. I personally was not allowed to drink from a "big girl" cup. This brings to mind another fond memory of childhood...sippy cups! Oh, yes! Those wonderful contraptions that allowed you to drink all the juice you could handle without spilling a drop. My sippy cup was taken away from me at the tender age of four.

Around the age of five, most of us were shipped off to kindergarten. I remember my first day as if it were yesterday! Wearing a white blouse, a black and white checkered skirt and an ever-stylish brown, blue and yellow knitted sweater, I set out into the world of school with my multi-colored umbrella in one hand and my Barbie lunch box in the other. Ahh yes...kindergarten. The lessons in sharing, juice and cookie breaks (fights over who had more juice), story times and building castles with cardboard bricks still remain vivid in my memory.

Most kids at this age rushed home (with no after school activities to be heard of) to watch their favorite TV shows. In my case, and many others', the BEST show was the Mighty Morphen Power Rangers! This show was a classic! Nothing compares to it, especially all of these new fangled spin offs of the original! Another after school activity was playing outside! Tag, king of the castle, snow forts, playing in filthy puddles, getting your bike stuck in a huge pile of mud, trying to get it out by peddling really hard and getting a huge mud stain up the back of your shirt...good times!

Another fad of the time was POGS! This was one the most skilled games ever created! One minute you're winning everyone's pogs and the next, some kid whips out a metal slammer and you knew right away you were done! Nothing could beat the rush of a good game of pogs. I say we bring them back. These times were priceless, nothing can or will ever compare to being a young child. We lived carefree lives with our pet hamsters and fish.

It's true what they say: youth truly is wasted on the young! I wish I could go back just for one day to fully appreciate the good times I had with my friends in the backyard and the schoolyard. Long live pogs and Power Rangers!

The Mystery of Pocket Lint

by: Channing Muise and Kristina Brown



What is it? Where does it come from? These questions have been stuck in the minds of humans since the beginning of pants. According to our research, this mysterious substance has also been found in the "lint trap" of several dryers. One of several questions we attempted to answer during our experiment was: "How does it get in your pant pockets?" So without any further ado, because we know you're all dying to understand this phenomenon, the lint travels into the tiny crevices of your pockets whilst in the dryer. Shocking, we know. So it turns out, lint is a sign that your pants have been washed. Congratulations to all you linty pants out there, keep up the good work!

Pogs Anyone?

by: Kyle McKee

Milk caps are not just for milk anymore. Back as early as the 1920's kids all over the Hawaiian island of Maui began to turn simple everyday milk caps into a cheap source of amusement. Almost 70 years later, a Hawaiian schoolteacher reintroduced the game to her class and mass appeal soon followed.

The ever popular name 'Pog' coined by the Maui class who re-popularized the game in the early 90's, is an acronym for a popular Hawaiian drink made from Passion fruit, Oranges and Guava juices.

Now that the history lesson is done, I'd like to quickly run through the rules for all of you who weren't around or just weren't cool enough to play the game back in its glory days. Two or more people stack on top of another an equal number of rounded cardboard discs called Pogs. Then in turn, each player takes a thicker heavier disk called a 'slammer' and launches it with all his or her might at the stack sitting in front of them. Every 'pog' successfully flipped by the 'slammer' is picked up and pocketed and the rest are stacked back up, ready to try again. The player with the most 'pogs' at the end is the winner.



You never can figure out what the attraction of toys like Pogs are. It seems like one kid gets them and then soon everyone wants them. Pogs was part of a long string of fast-dying fads that popped up in the 90's. Some of the other major fads you still might remember are the Tickle Me Elmo, Pokèmon, Furby, Beanie Babies, Gig-a-pets and Crazy Bones. Pogs along with all the other fads enjoyed their 15 minutes of fame and then quickly and quietly fell back into the shadows of been there, done that and died. I think it's about time for the Pog to be reborn...anyone up for a game?

The Right Moves

by: Ellen Higgins



Non-verbal communication affects roughly 60% of how we are received and how our messages are understood. You could have a voice like Rico Suave and all the right words to say, but if you don't have the moves, you're just an awkward Latino singer with a bad haircut. The way someone moves while speaking often gives you more of an idea of the truth than the information they are verbally giving you.

Dishonesty and anxiety are both made more obvious through body language. Touching your face and scratch-

ing around the mouth or cheek is considered a dead give away that you are lying. Not only because everyone can detect a liar, but also because it is distracting, your message isn't being received, as you would have liked. The next sign is crossing your arms. People read this as a defensive, nervous gesture. Although you might not feel this way, it may just be a position you find comfortable. But the perceptions of others are what count when communicating. The third sign is breaking eye contact. Averting your stare suggests that you are unsure of yourself or the other person, or that you are nervous. Eye contact is extremely important whether you are listening to a friend, picking up on Friday night, or being interviewed by a potential employer. A shifty eye is not usually the best way to impress.

The way someone appears, whether it is clothing or pure hygiene has control over everyone's comfort level. How we dress determines how we will be treated, judged, and how we will feel about ourselves too. Any situation has a proper way of dressing to go along with it, depending on the message you are wanting to send. It may seem "phony" to dress in a certain way to set people at ease, but it's really just up to you and how you want to be received. You have gone beyond your needs and desire to satisfy those of others, which will ultimately work in your benefit.

Also, your posture tells a lot about your attitude and emotions. Because the other person is standing or is positioned in a certain way, this must be a comfortable place for them and therefore, that is also a way you could stand that would surely make them comfortable in your presence. It has been scientifically proven that if two people were sitting with their legs uncrossed, and one decided to cross their legs to the right, the other would soon follow this same gesture without even realizing it. We are programmed to conform to each other, but we all still need a little fine tuning.

So pay attention to the body language of the people around you, and achieve a greater understanding, and a clearer view of all that's really going on in your world and make sure you've got all the right moves as well.

Choosing Courses

by: Jodi Moore

Your future is affected by every move you make during high school. One of your hardest decisions will be choosing what you want to do when you graduate. This year you were made to decide what courses you want to take next year for your grade 10, 11, or 12 year. Whatever you decided keep in mind that it should be something you will enjoy and something that will some how benefit you in the future. A few ways to decide what courses will be good for you are: think of what you want or may want to

be, choose courses that will let you in for a few different things, choose courses that will be possible and not too hard for you. The most important thing I can tell you is not to just choose courses that will give you credits but will help you in no way in the future. Trust me it isn't fun when you are in the last two months of your graduating year and you realize that you don't have the courses you need to become what you want to be. Remember nothing is out of your league when you try for it.

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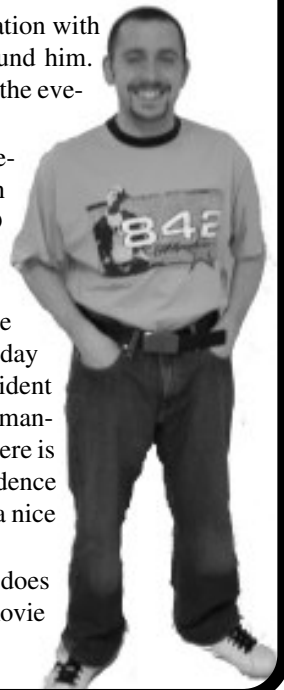
Napoleon is Dynamite by: Joe McLean

There is a young man who has been sweeping the nation with his lack of style and his obliviousness to the world around him. This alienated teen struggles with a bizarre home life and the everyday challenge being an outcast at high school.

Napoleon Dynamite is a low budget film that has become almost a cult movie. Jon Heder who plays Napoleon is a 26 year old university student who is majoring in 3D animation. He and his twin brother are both incredible actors.

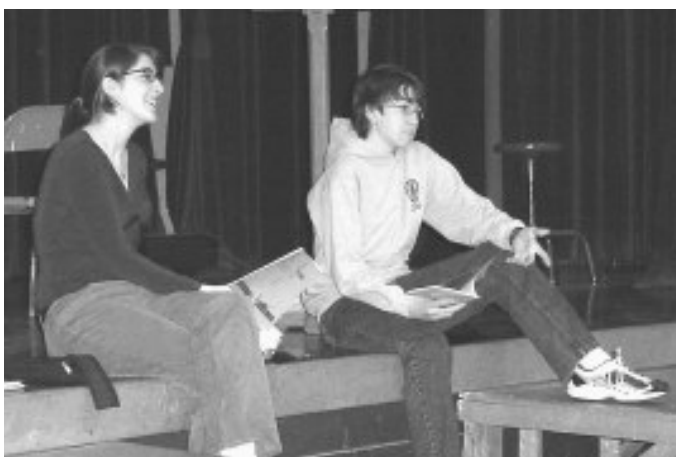
In this movie Napoleon's main goal is to impress the ladies and with his new best friend Pedro they make everyday happenings hilarious. Pedro then decides to run for president in their high school election and appoints Napoleon as his manager. His life at home is, to say the least, a bit different. There is a football-obsessed uncle who lives at the Dynamite residence and a thirty-three year old brother whose idea of a date is a nice talk in the chat room.

People either hate or love this movie and if someone does like this movie they should be shunned and isolated. This movie is a refreshing change of pace in the film industry.



Mandy Dear!! by: Jacquelyn Abraham

On May 6th two student directors, Chelsea Brake and Jon O'Kane, are taking eight students to Saint Thomas University in Fredericton for Drama Fest. Dorothy Eggenberger, Mike Brewer, Jessica Clark, Neil Bonner, Marie-Claire Sanderson, Brian Beckett, Emily Pickett and Andrew Hicks are all part of the play "Mandy Dear".



"Mandy Dear" is about an advice columnist named Molly (Dorothy). Molly receives a letter for her column; she thinks it is from her ex-boyfriend and decides to give all sorts of crazy advice. It turns out that the letter was not sent by her ex. This results in ruining Brian's (Mike Brewer) relationship. While all of this is happening, Renee (Jessica Clark), Molly's co-worker, is very cynical and provides comic relief. Crazy things ensue!! "Its very Bridget Jones!!"

We needed the perfect cast and we found it" says co-director Jon O'kane. Though the cast was chosen a month ago, there have not been a lot of practices because of *Seussical, The Musical*. As soon as musical is done it is full steam ahead for the two busy directors. "Since all of the cast was in the musical, it was hard getting practices in, but in the end it will be a fabulously fun production!" says Chelsea.

Of the practices that have happened, they seem very fun and a lot of hard work. I attended one of their rehearsals, and even though they have basically just started, it's going to be great. The directors Chelsea Brake and Jon O'Kane are leading their cast into a great performance. "Mandy Dear" is going to be a great play and if anyone is free May 6th, they should definitely attend!!

IB Art Exhibit by: Libby Bolton



On Friday, April 1st, the grade twelve IB Art class of three students had their exhibit opening at the Saint John Art Centre. Libby Bolton, Andrea Eggenberger and Jacques Marmen showed their year's hard work at the Frazee Gallery.

Very few students or younger people have the chance to show their work in such a public setting, so the students were very fortunate. They were able to see how their work looked on a gallery wall, received feedback from viewers, and had the opportunity to practice dis-

cussing their methods and ideas with others.

"Many people don't take art seriously. They don't understand how much work it really is," says Jacques. "IB Art takes up more time than all

my other classes" says Andrea. IB Art students have to follow strict criteria for their studio work, such as: imaginative expression, purposeful exploration, meaning and function, formal qualities, as well as technical and media skills.

Besides all that, research criteria are included: independent, critical, contextual, and visual research.

Aside from having their artwork on display, these three students will have an outside examiner assess their work, and they will also be sending their work and essays to IB for evaluation.

Women Exploited in Music Videos

by: Carolyn Radcliffe

If you've ever seen a rap or hip-hop video, then you know what I'm talking about. Just about every music video has girls wearing next to nothing and it's all for the sake of what? We all know that sex sells but there's definitely a point when it just starts getting tacky.

When people start getting as dirty as Christina, it has to change. And although I'm sure there's a perfectly logical reason why the girls in Nelly's *Batter Up* video are playing baseball in heels and string bikinis, it's really not necessary. Don't these girls have any self-respect? I love this kind of music but this is just getting way too repetitive.

What ever happened to the good old days when people would leave it to the imagination? Like Olivia Newton John and Let's Get Physical; still a sex related song but much classier than those of nowadays.

Some music lyrics are getting way too graphic. Songs like What's Your Fantasy remix and How Many Licks make me wonder why anyone would ever call people like Ludacris and L'il Kim an artist.

These kinds of videos are portraying women as nothing but sexual objects created to serve men. Okay. So maybe I'm being a little overdramatic, but you have to agree it is degrading to women. If they're going to have music videos full of trashy girls then they should at least make it equal and have some guys in it too. When was the last time you saw a music video with guys in Speedos and girls pouring vodka



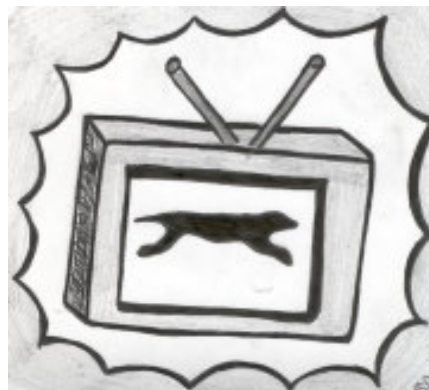
on the guys' chests? ...Exactly.

When I asked a male student what he would think if males were portrayed the same way in videos he said, "I don't think it would work. Who wants to see that?" Well, practically every straight girl and every gay guy, but that's beside the point. Don't you think that's kind of a double standard? Society makes it perfectly fine for women to be represented as floosies but jaws would practically drop if men were represented the same way.

"I don't really mind slutty videos," says grade 11 student Stephen Stone. "Not that I'm a huge sleazy pervert or anything, I just don't find it as demeaning as girls do...girls take offense to it."

Personally, I don't take offense to it. I just don't understand why girls would willingly put themselves in such a degrading position. I also don't understand why it's supposed to be sexy. Well, maybe some people like the mass-produced Barbie doll look with silicone, collagen, hair extensions and airbrushing, but it really has nothing to do with the music.

TV High Schools by: Stephanie Doucette



sic high school show. It's about a group of friends who are the ultimate stereotypical students. There's the jock (Slyter), the nerd (Screech) and the preppy (Zack). Then there is the shopaholic (Lisa), Kelly (the girlfriend of the jock and also the cheerleader) and the feminist (Jessie).

They always seem to get into trouble, whether it be having a hallway fashion show or wrecking Mr. Belding's car. Their adventures might not be what happens at a real high school, but it's closer than *Degrassi The Next Generation*.

A high school on a movie must be better than on a T.V. show...right? *Mean Girls* is a movie about a group of "plastics" who try to make another girl fit in. Some of the parts are really good at representing school, but others are just ridiculous.

I think the only way to really represent a high school is to get current students to write the scripts because they are the only ones who know what high school is like now.

We have all seen a movie or a T.V. show that takes place in a school, whether it's a true representation or not. Who can forget the classic *Degrassi* show? It shows, somewhat, what high school is like. And then there came *Degrassi-The Next Generation*. It shows real life situations but it doesn't exactly represent high school as good as it could.

Saved by the Bell is also another clas-

Theater or Rental? by: Ronnie Nicolle

Many people enjoy going to a movie on a Friday or Saturday night. I know I do. The problem with this though is money. There are a lot of people who don't drive so this can be very pricy for most people. The average ticket price on a Friday, Saturday



and Sunday night is in the range of nine-ten dollars per person, and by the time you buy popcorn, fries, t.c.b.y., pop, juice, candy, and what ever else you like it can cost you in the range of \$20.00. As I stated earlier, a lot of people don't drive so taxi fares can range anywhere between \$25.00 - \$30.00 per person. If this is a date and you go out for a meal, you can spend from \$60.00 - \$80.00. Or you might just stay at home, rent a movie and buy a box of popcorn, a bottle of pop and whatever else you might like and save a lot of money. The cost to rent a movie ranges depending on where you rent from. They can cost you anywhere from three to five dollars. This is a lot cheaper, and you don't have to take a cab or bus to and from there (depending on where you rent from).

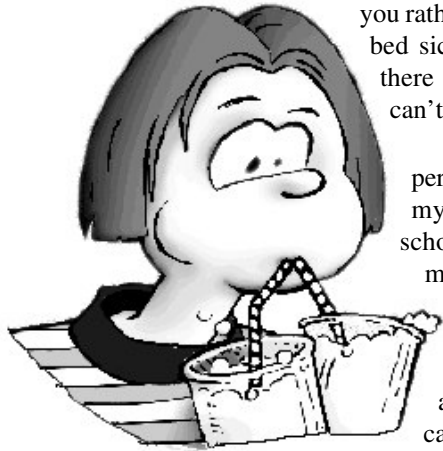
If you already have a big screen T.V and surround sound you can watch from the comfort of your own home.

Eating in Saint John

by: Cecil St. Coeur

Take a look around Saint John. Everywhere you turn your head you see some kind of food around you. Whether it be fast food or not there are hundreds of them. Take a look at Rothesay Avenue. On the left hand side and the right hand side it is full of fast food restaurants. Doesn't this say something about our society? Are we really too lazy to cook nowadays? Do we even have all this spare money to be spending on these things? Well let's think hard about these two questions.

Society seems to be getting even lazier as the days go by. We have computers that will help us with any business, school work or just research. Well now we have places that are offering to try to feed us more quickly and healthily but is it really that easy? McDonalds and Subway promise you that their food is healthy if you get the right thing but is there really anything that isn't cooked in grease? No one has reason not to get off his or her lazy butt and start cooking healthier. Saint John seems to make a big deal about eating healthily and exercising everyday. Well if we're too lazy to cook then we're to lazy to eat. Everyone around us seems to depend on the food chain to help them make it trough their day. Well people wake up! Being a teenager I can tell you I probably eat out at least twice a day and I'm probably more unhealthy than my great grandmother. When you reach for something more to eat think about your grandparents and tell me would you rather be sitting there enjoying life with them or in bed sick because you couldn't eat probably? Then there are the money issues. We're only teens. We can't be making that much.



I know I'm a teenage girl who only makes \$7.00 per hour and maybe work 15-20 hrs a week. So all my money goes to eating lunch every day at school. There might be a few students who get money from Mom and Dad or make a little more than the rest of use. You all are going to be graduating and where do you think all your money will go then? I know my parents can't afford all of it so I have to help out. Even if they can shouldn't you be thinking about your future?

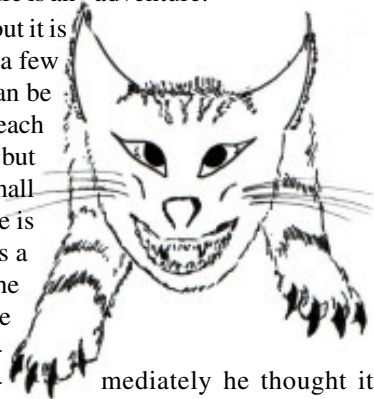
As young adults I'll tell you right now: save your money and don't waste it on all this food when you can bring a freshly cooked meal from home and heat it up in school. Right at this very moment I'm kicking myself in the butt because everything I want to do I can't anymore because I have no money left so moving out of the nest won't happen now. It will take me longer and that's my fault because I should have been saving sooner.

Kyle the Underdog Cat

by: Jeff Marr

Who is this cat? He is Kyle the Cat. He resides in the North End. He has many things wrong with him including some deseases but he is still a nut. From extra paws to rabies to doing extraordinary things, Kyle the Cat's day to day life is an adventure.

You may not believe this story when you hear it, but it is indeed true. He stopped growing at the tender age of a few months, so he still appears to be a kitten, but looks can be deceiving. He is solid black and has an extra claw on each paw. You might think all the hype comes from just that, but oh no. There is more. His hind legs are similar to a small rabbits legs. This cat uses the bathroom outside. There is no litter box to be found in his house. There is always a window open so it can go out the window and use the bathroom. Imagine that. Not too long ago, within the past few weeks, the owner of this illustrious cat noticed that it was foaming white stuff at the mouth. Immediately he thought it was sick, and right he was. The cat now has rabies.



He has never gotten any needles and wasn't taken to a vet because that costs money, and they weren't willing to sacrifice the cash for this courageous cat. It got bad as the cat got sicker, and plus the owners feared for their lives as they didn't want Kyle the Cat around them for fear of contracting the rabies. They finally took it to the vet, and he got some vaccination shots. He still has the rabies but it is no longer contagious and he can live a fulfilling life of a cat. This is the true under-dog story (all PUNS aside) of Kyle the Cat.

PlayStation vs Xbox

by: Meredith Hickman

There is a lot of controversy around this subject and a lot of people feel quite strongly about which is better, but like most things it comes down to individual preferences. Most people only own one of the systems whether it was because of cost reasons or they where interested in a game and they wanted it so they bought a system to match.

Most well-rounded gamers say that the PlayStation has more games and the Xbox has better graphics, but most will have a favorite. It just depends on the person and what they like. Really it seems that people who like anime will chose PS2 over X box, because Sony who makes the PS2 is centered in Japan, so therefore they have a lot of games that are made in that style. People who like shooting games such as Halo and war games will more then likely pick Xbox.

There are people who are very one-sided and they will not even touch the other console or even look at the games. Each of these people has their reason, what ever it is, for being so passionate in the dislike of certain game systems. PlayStation players will usually not like Xbox because it doesn't have many games that they like. Xbox has more extreme games meaning, they tend to be darker games or thoughtful games which might not appeal to the gamer who prefers the happier games that PlayStation has to offer. There are thoughtful darker games in PlayStation as well, just not as many.

So both gaming systems have their ups and downs. What really just matters is the gamer's interests.

The Hound

Saint John High School

Michael Jackson

by: Kelly Sherman

Michael Jackson is the only man in the world who can say that he was black AND white. He has so much money he obviously doesn't know what to do with it considering he changed his race and face many of times! Mike was born a cute African-American guy. He was considered "normal" and extremely talented. Who knew he'd get addicted to plastic surgery (and possibly child molestation)? Jackson claims he only had TWO operations on his nose to help him breathe more easily so he could hit those higher notes. Would a person who only had two operations on their nose look the way Jackson does? He denied having any surgery done on his lips, cheeks, chin or eyes.



When Michael Jackson was 19, he looked very similar to his childhood photos, in other words, normal. Then just 4 years later at an awards show, his face was said to be "getting a little bit more interesting". In 1993, Jackson said that his skin color was changing because of a skin disorder called vitiligo (A disease that causes white blotches to appear on your face and other parts of the body.) When doctors studied Jackson's face their reaction was that it was the most unusual case of vitiligo they have ever seen. Jackson started bleaching his skin because of these white spots and that's when the surgery and all that jazz began! Jackson said growing up, his father would tease him about the size of his nose. But still, what's the point of changing your appearance completely into a totally different race just because your father jokes about the size of your nose? "I don't control puberty and I don't control the fact that I have vitiligo," said Jackson. Jackson claims that his face just "squared out" in adolescence, and that he never ever got surgery on it. Every year while Jackson's skin was getting whiter, his nose and lips were getting thinner, his eye brows were getting higher, his eyes were getting wider and his cheekbones were getting bigger. He STILL claimed that he wasn't involved in any kind of surgery other then the two surgeries on his nose. You almost had us fooled there Michael....

The Game

by: Tony Lee

Jayceon Taylor aka The Game is from Compton, California. He was not even interested in rapping until October 1, 2001 when he was alone in his apartment late one night and somebody broke in, shot him five times and left him for dead.

While recovering he had an idea. He sent his brother to the store to buy him Cd's such as Dr Dre, Snoop Dogg and 2-Pac and for months he studied rap. In late December he rapped for the first time and he hasn't stopped since.

By mixing all the artists he listened to after he was shot he made a mix of West and East Coast rap.

On March 26, 2005 The Game gave Saint John a great concert featuring songs from his CD *The Documentary* and rapped a few songs of 2-Pac and Biggie to show respect to his fallen brothers of rap.

The concert was not as great as 50 Cent or Snoop Dogg but The Game is still young and I don't think this is the last time we will see him in Saint John.

Rapping with Lil' Maxso

by: Kelly Sherman



I'm sure most of you have heard of "Lil" rappers like Lil' Bow Wow, Lil' Flip, Lil' Jon, Lil' Kim, and Lil' Romeo, right? But looking up at the title you're probably wondering who in the world is Lil' Maxso? For those of you who don't know him, he is not only "The World's Youngest Rapper" but he is also an innovative and unique entertainer. When Lil' Maxso was just two and a half years old, he could perform songs he had heard on the radio for only

the first time and put on a show for his family and friends! This kid is amazing!

This forty-five pound, 3'6" super kid sure is gifted to rap. He started performing in front of crowds in the year 2000. From 2000-2004 Lil' Maxso performed with some of the greatest entertainers around such as: 50 Cent, Snoop Dogg, Eminem and Xzibit. Lil' Maxso received a fan craze when he was just six; that's when his family and record companies knew that he had the potential to create his own musical imprint, one that could influence a generation.

Well there's no doubt this little man can rap, but what else can he do? Well this little guy can act too! He has made an appearance on 50 Cent's "Wanksta" video, Mase's "Welcome Back" video and Nas's "I know I can" video. He also has starred in movies such as "Like Mike" with Lil' Bow Wow in June of 2002 and the movie "GAS" which was released in the fall of 2004. Lil' Maxso has also appeared on many shows such as Jenny Jones and The Wayne Brady show and was in many Reebok basketball commercials.

Lil' Maxso is now eight years old and is one of the youngest successful rappers ever. He's working on writing his own songs for his next album and his song "New Wanksta" is becoming well known to many younglings out there. Of course his voice sounds a bit childish but what do you expect from an eight year old! Give the kid time to grow up, and he's going to make it big in the hip-hop world... watch out for Lil' Max\$0-Lil' guy- BIG future.

Issue 2, 2005

No More Tearaways? by: Jodi Moore

One day you are walking down the street and bam your pants are gone. Has this ever happened to you while you were wearing tear away pants? If it hasn't; welcome to the club, if it has I hope you were wearing something under them.



So what ever happened to these pants? Where did they go? Well I'll tell you they went out the fashion window express delivery. So why did these pants suddenly go out of style? Was it because they were just way too ugly? Or was it because too many people were having their pants ripped off of them?

Well wherever they went is it better for society? Or should we bring them back into style like bellbottoms? I say it would be no big deal as long as people remembered to wear shorts or something under them and not just go commando.

Here is what one student from Saint John High had to say "I prefer to remain nameless because I don't want my social standing to be destroyed. When I was in grade seven tear aways were pretty popular and I loved them except for on that horrible day...

It was a beautiful day outside so I wore them, as did many students at my school. The only problem was some one who I really did not get along with decided he was going to be mean and do the most horrible thing anyone could imagine. He walked up behind me, and pulled them completely off!!! The big deal is that...." I am sorry greyhounds he couldn't finish the interview he broke down screaming and we had to send him to the hospital by ambulance. You can probably imagine what he was going to say.

Well fellow students if tear aways ever do come back into style remember to wear shorts under them and not tear away shorts either or you may end up traumatized just like our own heroic greyhound.

Volleyball Team by: Lorne Kincade

The Senior Boys Volleyball Team looks like it is on its way to a very promising season. Last year the team made provincials but did not fare too well in the tournament. This year, the team has been together since only the beginning of March and the players have been practicing hard everyday after school. The team has a core group of seniors that includes: Peter Shaw, Kevin McMullin, Piers Doiron, Rob Munroe and Jared Holder.

The season has started and the team is currently 6-0 edging out our uptown rivals St. Mac's, Hampton and Simonds. "Things were looking shaky at the start of the year, but that was just a little rust from not playing since last season. After a month of practice and a tournament to start the year the team has really come together and become a team that looks like is going to dominate this side of the province" says Shaw, a power hitter for the team and a 4 year volleyball player. "We have some tournaments coming up in Fredericton and that should be a good chance to see how we match up against the high-powered teams such as Fredericton and Moncton who always have



good teams that compete for the banner."

If the team keeps up the same pace as they are setting now they have a good chance to make it to provincials and make a run for the title and bring home a banner. "It's going to be hard with the amazing French teams that come down to play in provincials but if we practice as hard as we are now I think that we have what it takes to be very successful in the final tournament," says Jared Holder, a middle player for the team.

Let's wish our team luck through the year and support them by attending their games. Good luck boys!

Shad Valley

continued from page 7

several different activities such as field trips, hiking trips, building a boomerang and making a parachute. Also each campus of students has to make their own innovative product and come up with a business theme that can be recognized nationwide. They also get the chance to talk with successful business leaders who will discuss the importance of technology and business for the future. Students also participate in many sports and games such as soccer, basketball, ultimate Frisbee, volleyball, and much more. There are also socials which are put together by the students and may include activities such as a coffee house, a dance, and even a game show.

Shad is not just a boring science camp for nerds; it is an opportunity that you may not want to miss. Participants have a great time and get the chance to meet new people and make life-long friends.

In July 2004, two SJHS students were accepted into the Shad Valley Program. Frank Wang attended the University of Waterloo program and Matt Robichaud attended the program held at Queens University. When asked how he liked the camp Matt Robichaud replied: "Shad is definitely a great way to spend a summer. I will never forget all the friends I met and all the fun activities we did. It is definitely an experience of a life time."



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Upcoming Baseball Season

by: Ronnie Nicolle

There are many expectations this upcoming season for many teams. The 2005 season kicked off with the world series champions Boston Redsox falling 9-2 to the New York Yankees.

Through the off season many teams lost their star players. They did on the other hand sign players to take their place. The Arizona Diamondbacks lost their ace Randy Johnson but he was replaced by Javier Vazquez. They also lost Richie Sexson who was replaced by Sawm Green. The Redsox despite losing their ace Pedro Martinez signed pitcher Matt Clement and veteran David Wells. The Toronto Blue Jays lost Carlos Delgado but signed Corey Koskie, Corey can't fill Delgado's shoes but will be a key part in defense this season.

A few teams didn't have to give up much for some players. The Seattle Mariners managed to capitalize on free agents Adrian Beltre and Richie Sexson. These two players should be a key part in their offence this season. The New York Mets also signed some big free agents: Pedro Martinez, Mike Cameron, Doug Mientkiewicz and Carlos Beltran.

There were a few teams that lost some big name players, like the Chicago Cubs lost "Slammin" Sammy Sosa and Matt Clement. The Oakland Athletics lost their ace Tim Hudson.

Last season happened to be the last season for the Montreal Expos They are now located in Washington and are known as the Washington Nationals. The new team

has some hopes of a great season this year; they signed some great players such as Esteban Loaiza, Vinny Castilla, and Christian Guzman. The team kept its staff and head coach legend Frank Robinson. The team is staying in the same division which should be tough with teams like the Atlanta Braves, New York Mets, Florida Marlins and the Philadelphia Phillies. In spring training the team didn't finish with a great record at 13-15. The team has it's ups and downs.

In the first game of the season newly acquired Randy Johnson of the New York Yankees and David Wells of the Boston Redsox faced off. Randy Johnson was amazing in his Yankees debut pitching 6 solid innings and giving up five hits, one run, two walks and getting six strikeouts which let him pick up the victory. David Wells on the other hand, in his Redsox debut, picked up the loss pitching only four and one third innings, giving up ten hits, four earned runs, one walk and four strikeouts. The Redsox went through seven different pitchers. The Yankees on the other hand only went through three pitchers Could this be the season in which they have some key pitching? The game would have been much better if Curt Schilling was able to pitch.

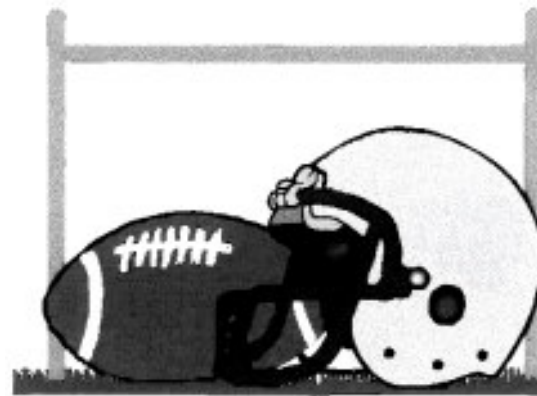
There is a lot of talk in the MLB about steroids. Tampa Bay Devilrays' Alex Sanchez is the first MLB player to be suspended for violating the league's drug use policy. "I take some kind of stuff I buy over the counter: multi-vitamin, protein shakes, muscle relaxers. I'm surprised because look at what kind of player I am. I never hit any home runs. I don't know. It surprised me," Sanchez said on Sunday April third in Florida. Sanchez wants to fight this. He states that he has never used steroids. "I didn't see that coming," said the Tigers' Brandon Inge. "He's the furthest guy from testing positive that I ever thought would happen. You don't need steroids to bunt like he does. Actually, I'd think he'd be taking the opposite of steroids."



NFL Draft by: Lorne Kincade

Every year the next new group of superstars is drafted into the NFL. This year's NFL draft is quickly coming upon us. This year's class of college football players is exceptional.

There is a lot of speculation around the draft as always like who is going to be drafted. first overall. With the 49ers having top pick in the draft they are looking for a QB to build the team around, but some think that they will draft Braylon Edwards one of the top receivers in college football only to trade him to the Chargers for last year's pick, QB Phillip Rivers. Another couple of QB's that should go high in the draft are Alex Smith from Utah and Aaron Rodgers of Cal.



This year's draft offers a few good RB's that should go very high. A couple of good prospects are Ronnie Brown projected to go to the Dolphins and Carnell Williams from Auburn Projected to go to the Bears. Cedric Benson should also go high in the draft and might possibly find himself in a Tampa Bay Uniform.

On the defensive side of the ball there are two exceptional corners that are projected to go first among DB's, Adam Jones and Antrel Rolle, either of which could go to the Redskins or Titans.

Any way it goes it should be a good draft and I look forward to seeing these new and exciting groups of stars on the field in the near future.

Jill Blanchard: Superstar!

by: Ellen Higgins



Jillian Marie Blanchard is a wonderful example of the kind of hardworking and talented students we have here at SJHS. Besides being a great friend and student, Jill is avidly involved in sports, student activities and the year-book committee. She is a member of the SJHS Soccer, Basketball, and swim teams but her true love has come to be Volleyball.

Jill started playing volleyball in grade 6 at Princess Elizabeth Middle School, coached by Mr. Trevor Morris who could see her incredible athletic talent from the beginning. With the skills she developed at P.E.S., she went on to play for our Saint John High Senior girl's volleyball team and has been for the past 3 years.

In 2003, Jill was welcomed onto Team NB 2 volleyball team and then again in 2004 to team NB 1. As a member of the Sussex Sonics, she has gone onto win juvenile provincials and received an all-star award for her contribution to the win.

These girls went to the Canadian Open in 2004 and will go again this year, as they will also be traveling to Winnipeg, Halifax, Calgary, and then Regina for Canada Games.

Just this past March, Jill was named to the Canada Games women's team and is very excited for the months of training and dedication to come. I couldn't think of somebody more deserving of such success than Jill Blanchard. She is a member of the IB program and keeps her marks up very well, and still has times for sports, friends, family, and other activities throughout the school and community. Jillian is a beautiful, funny, smart individual, who treats her friends like gold and would do anything for anyone and I wish her great luck in her pursuits to come!

Mr. Grandy: Teacher and Coach



by: Diana Debly

There are all kinds of different relationships between teachers and students, some good, and some bad. The relationship between Mr Grandy and his students is always the same. There is not a student in the school who knows him and who has any complaints or bitter thoughts towards him.

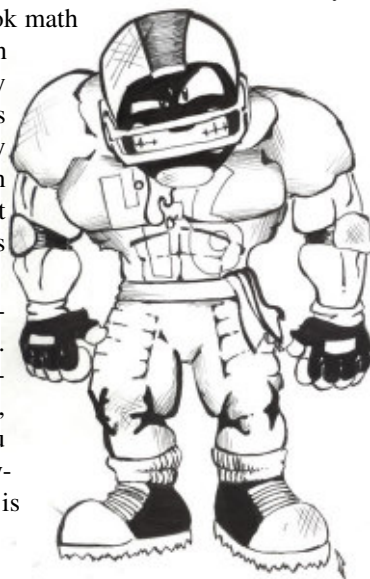
Mr Dave Grandy was born in Halifax, Nova Scotia. Mr Grandy attended university at St.F.X where he decided that he wanted to know more about Human Kinetics. Although he was no rookie to the sport, he played football for their team in his first year. Once Grandy earned his degree he realized that he wanted more. He had a calling! He wanted to be a teacher. So he then went to Presque Isle, Maine where he got his degree in education. He wanted to be a physical education teacher. So he then moved to Saint

John, New Brunswick in search of a job.

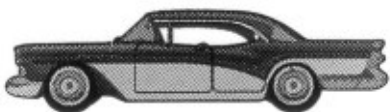
Mr Grandy was then able to make his way into SJHS. When he said he wanted to teach Phys.Ed he was told he would really be appreciated if he was to teach math and the odd gym class. Mr Grandy accepted. He then became the boys' varsity football coach and the junior varsity boys volley ball coach. He was right where he wanted to be. Mr Grandy who happens to be very modest about it, never even took math

in university, and teaches the class like a pro. Even his first time teaching he worked very hard each day to ensure that his class would understand. He has the respect of students, including me, and so many others. "He is so cool and everyone pays attention to what he has to say" says Jessica McGrath. He just really knows how to find a way to connect with his students.

Mr Grandy is also highly respected on the football field. He knows exactly what he is talking about. In fact he coached his team to bring home the provincial title last year. When he speaks, every one listens, for he is one of the best motivational speakers you will ever meet. He really knows how to pump his players up! This is what he loves to do, and what he is really known for!



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Sports Injuries

by: Jacquelyn Abraham

Any athlete can become sick or injured. This can be disappointing if it happens during a big competition, an important race or the last game of the season! Though it is impossible to prevent every injury, it is a known fact that following rules and training well can reduce injuries by 25%.

It is necessary for an athlete to cross train. Cross training helps prepare the whole body for physical activity. The body becomes fit and ready for any obstacle. Some examples of cross training are: at least ten minute runs every second day, weight training and leg work such as lunges. A variety of activities help prepare the body for what is demanded of it.

In every sport there are certain rules that must be followed. Though they can sometimes be annoying and can seem to get in the way, they were created for a reason. The rules provide for the safety of the athletes. In contact sports such as rugby and hockey, following the rules can make a huge difference. Unnecessary tackles and blocks can cause serious injuries. Play safe, then you will be safe!

Protective equipment can be a life saver. Helmets, mouth guards, knee pads, etc are all very important and must fit properly. If the gear is worn, athletes have less chance of becoming injured.

One of the most important exercises for every athlete is the warm up. The reasons for a warm-up are to prepare the body by bringing the heart rate up and warming up the muscles. Preparing your body for vigorous activities, is not only healthy but WILL prevent pulled muscles, sprained joints, etc. For every sport, stretching is an absolute must. Activities such as stretching, a light jog, or a slow swim work well. If a warm-up is not performed there is a serious chance of injury.



One of the biggest mistakes that an athlete can make is to play with pain or when they are tired. If there is any sort of pain that causes discomfort you should consult a coach, doctor or therapist. Over-use injuries need to be prevented. For example, sore shoulders are a common injury for swimmers. If the shoulder is over-worked then it can become inflamed and loose, leading to dislocation. Injuries can be prevented by proper training. Proper nutrition and rest is essential for all athletes.

Most sport injuries can be prevented using the above guidelines. Coaches, doctors and other support staff should be knowledgeable about their sport and the training required. Athletes should be confident with the advice these people give them.

Well trained athletes can rise above adversity. Canadian rower Silken Laumann, won a bronze medal in the 1992 summer Olympics after suffering a severe leg injury ten weeks before. At the 2005 World Figure Skating Championships, Irina Slutskaya won gold, even though less than a year before she suffered from a serious heart condition. When athletes are well trained and dedicated, they can rise to the top. It is very important for athletes to do everything they can to prevent injuries.

SJHS Badminton

by: Diana Debly

Most people think badminton is just some lame or boring sport; others don't even consider it to be a sport, but just a dumb game or a hobby of some sort. Well indeed it is a sport which is played all around the world, including in the Olympics since 1992. Badminton is becoming more and more popular. Many students are picking up badminton as their main sport, and many more adults are finding time to play badminton at night as a recreational activity. There is no doubt whatsoever that badminton is great exercise. Some people really do have passion for this undeniably lovable sport and take it very seriously.

On March 30th and 31st Saint Mac's held a badminton tournament for all the high school teams in the area (including Hampton High) to determine who would go on to regionals. This was a tournament held for singles, doubles, and mixed doubles. This year's team was only chosen the Monday of that same week, before the actual tournament, but regardless they worked very hard by practicing every day after school.

On Thursday the 31st the senior team put up an amazing fight. The rules were once you lost you were automatically out. It was interesting when SJHS 's own girls (singles) Leslie Steeves and Tanya Troffimencoff beat all the other teams out and ended up playing each other to be ranked 1st and 2nd. Good job girls! Also in doubles action Tanya and Leslie went head to head for another round, when playing with their own partners who were Alicia Mehta and Jenny O'Connell. They played a terrific match and will be going to Regionals.

The badminton tournament was an overall success for SJHS. Good luck to the team next year!



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