



“Arno” the German Giant



by:
Derek Vihvelin

It's a bird! No it's a plane! Wait could it be? Yes. It's Arno the German giant! All the way from Berlin, Arno has come to show SJHS how things get done in Germany. Being born and raised in Germany has taught Arno many things but nothing he has learned there can compare to this new experience of living in another country and speaking a new language for one year.

Perhaps you have seen the friendly German walking down the halls or standing by his locker. It's not hard to pick out the mess of curly brown hair and the wide grin he seems to wear everywhere.

When asked why he chose to come to Canada, Arno shrugged his shoulders and said, with that now famous smile, "I could already speak English so I picked Canada, plus you have much better education system than US." Arno has only been here for about four months but already he is becoming well known and well liked. When I asked Andrew Hart what he thought of Arno he said, "I love Arno! He's super cool!" Whether he's laughing it up with his swimming buddies like Andrew or hanging out



with his lunch crew Arno is rapidly becoming "the new black" at SJHS.

I asked him about his newfound popularity and Arno modestly replied, "It is easy. Everyone here is so friendly and nice. It's much different in Berlin. There are a lot more people" A lot more people indeed. Berlin has a population well over three million! A population greater than all of New Brunswick.

Arno's adventures here are only just beginning but even so he has learned much about our culture and our language. He is experiencing and learning everything about Canada from the little things like what jay walking is to watching an NHL hockey game in Ottawa. Arno is diving head first into our Canadian culture and he's enjoying every moment of it. I asked Arno what he thought of Canada's game of hockey compared to soccer and he replied with eagerness "I love hockey!" As I wrapped up the interview I asked him if he had any last advice for the students of SJHS. He was quick to reply with a grin. "Learn another language. It's a lot of fun!"

Lets Go Bazaar!



With Christmas vacation quickly approaching and visions of sugar plums dancing in their heads, Saint John High School students are anxiously awaiting the Christmas Bazaar. This Saturday, December 2nd, with kick-off festivities beginning the day before, December 1st, students will be treated to, what has become, an annual hound tradition.



by:
Jo-Lynn Seaward

The Bazaar began in 1996, making this year as its tenth anniversary. However, most current Hounds are not aware of how this two-day event, which marks the Christmas Season at SJHS came to be. "It was a "joint venture between the faculty and students," said Mr. Harbinson when asked how the Bazaar began. The student council at that time wanted to hold a fund raiser featuring Roy Orbison's brother live in the auditorium. Normally, this would be handled as any other event: the SRC would simply rent the auditorium, however, unknowingly and without reading the fine print, the student council signed a contract which legally bound them to a \$5000 guarantee, meaning that no matter how much they made from this performance, they would owe the artist a minimum of five-thousand dollars. Unfortunately, only twenty-five people attended this event and the school had to pay the \$5000, a price that was not exactly accounted for in budget. As the school tried to scrounge up the money, all of its little elves brainstormed ideas and finally came to the decision that the school would hold a flea market. The school was, amazingly, able to make-up the lost money and more!

Incredibly, the simple flea market fund raiser idea has evolved and matured over the past ten years into a stage on which to showcase the many talents of SJHS. As Anna Richard excitedly put it: "I love the Bazaar; it shows all facets of school life."

The Bazaar, however, shares the spotlight with an equally important festive marker: Pancake Day. Even when simply mentioned in the hallways the response is undeniable, the greyhound population can not get enough. "I love Pancake Day, I'm so excited" Hallie Jewell excitedly noted and Anthony Nolletti's face lit up over the very idea as he said that it's "the greatest school event." Pancake Day, a name lovingly given to the Friday before the Bazaar, is not only what its name suggests, it consists of the scrumptious pancake breakfast, followed by an assembly in which the teachers perform and the Pennyfest winners are crowned. In the afternoon, electrifying crowds of body-painted onlookers cheer on the senior boys' basketball team when they are put to the test as they compete in the Red and Grey Basketball Tournament that occurs in conjunction with the Bazaar weekend.

Most importantly though, Pancake Day is this Friday, so don't forget your Red and Grey, attend the pancake breakfast, show a ton of school spirit, and make sure your smiling face is seen at the Bazaar. It is, after all, Saint John High's single most important fundraiser bringing in, on average, \$6000 annually!



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Exemptions Examined

by:
Charlotte Bursey



Exam exemptions? Yes, the rumor that has been circulating our school halls since the first week of September is true. So we really get to exempt exams? The answer is yes! This policy that is completely new to Saint John High School is now a reality.

Like any other policy, it involves specific strict rules. First of all you are limited to exempting one exam only, and it cannot be a district exam. Also, it is necessary that you be passing the particular course you choose. Further more you cannot miss more than five excused classes in a given course, or a total of twenty-five classes. One unexcused absence cuts you off completely. Keep in mind that this is per semester. Teachers are now equipped with laptops allowing them to see if you've attended all your classes. In other words don't get any slick ideas that you can go ignored.

With this policy being applied, I find that students are putting more effort into attending class everyday, although, there are a few students who don't seem to care. Some students may see this policy more as



a bribe to go to class. Even if it is a bribe it's working with a positive effect. I know most would agree that students are doing their best to be at school everyday.

When I asked Colin Thompson, a grade 11 student whether he thought the new policy was a good or bad idea, he replied, "I find the policy a good idea because it gives students a reason to attend class. The only problem is that it's the first year, so it's more of a trial, but once they get more definite rules it will work very well and students will appreciate it a lot."

The policy is already turning out to be a good idea, and has already helped with one of the school's biggest problem: attendance!

Another grade 11 student, Levi Ellingwood, said: "The exemption policy is evidently an attendance clean-up in the form of a bribe, but it's an all around good thing because teachers and students benefit in the long run."

All in all, this new exemption policy has helped so far. Hopefully, in the long run, it will do even more. Students seem to agree with it. Hopefully it will eliminate most of the attendance issues in the school.

Sea Dogs Game



by:
Kerry St. Coeur

On Thursday October 26, the Saint John Sea Dogs played the Rouyn-Noranda Huskies at Harbor Station. It was a game that will take Sea Dog fans a while to forget.

The crowd stood up for our national anthem just to want to sit back down in disgust. The man who sang the anthem sounded like he had a kazoo in his mouth. He read from a piece of paper but still managed to get words such as "We stand on line..." wrong.

The crowd boomed and he threw his arms in the air and left. Before the game started a Sea Dog and a Husky threw off their gloves and fought. They both received penalties but needless to say, the Sea Dog won the fight.

From that moment on the game was full of excitement. Fights continued to occur and goals were being scored by both teams. At the end of the third period the game was tied 4 to 4 so they then went in to overtime. During the five minute overtime, neither team managed to score, so it was now left to a shoot out. The fans were on the edges of their seats after the first Husky scored in the shoot out. After a couple of tries the Sea Dogs also scored, leaving the game tied once again. The Sea Dogs finally scored the winning goal.

A game that started off so badly ended in a victory for the Saint John Sea Dogs.

The Whirlwind of Pennyfest!

"Do you have any change?" is a question people hope to never hear again. November 9th marked the beginning of Pennyfest 2006 and the quest for the crown. This year proved to involve some very stiff competition as homeroom representatives were appointed through a democratic vote or unanimous decision.

After voting the competitors were off. With their festively wrapped containers of choice the eager students scattered throughout Saint John High School's hallways, hopeful of becoming Pennyfest royalty.

During the following week, most students would be asked half a dozen times for their change, something illustrated by fierce, two-time Pennyfest competitor Janessa Vandenberghe's comment: "I'm pretty sure half the school is mad at me for persistently asking them for donations."

In spite of the stress of Pennyfest, the competitors were motivated by the ultimate goal of this whirl-wind week of fundraising: a hefty donation to the Empty Stocking Fund to help Saint John's needy families. As noted by last year's Pennyfest Prince Anthony Nolletti, "It's an ambiguous feeling actually. It is stressful in the way that it pushes you to rob students' piggy banks, yet it is rewarding to know that this change will be going to a good cause."

For this amazing cause competitors came up with elaborate campaign schemes from cowbells to t-shirts and candy canes to cookies, anything to help them beat their competition to that ever-important dime or quarter.

Pennyfest 2006 came to a grinding halt on Thursday, November 16. During lunch or after school exhausted students could be spotted dragging suitcases, piggy banks, purses, and boxes overflowing with rolled change to the dungeon and into the hands of student council treasurer Brian Beckett. Brian says, "This year's Pennyfest has been extremely successful!"

Now, all that is left is to wait until Friday's Pancake Day assembly for the announcement and coronation of the Pennyfest 2006 court.



Mathmaniac in TOK Class

by:
Andrew Clark




Mathmaniac, Mr. Gahaghan spoke to the D block Theory of Knowledge class on October 19th and 20th. Though his subject was mathematics, the content was far from dull equations. It was not just about doing math. Rather, it was about the "theory of the knowledge" behind math: how we know math is right or more importantly how we don't know math is right.

Mr Gahaghan explained the history behind the development of math and how since the beginning it has been very shady. He said that although math has a concrete center, on the fringes of mathematics there is a gray area where we don't know what's right from what's wrong. This is an area full of contradictions and paradoxes and this shows us that not even math is absolute: not even math has concrete answers all the time.

He also talked about the reasons mathematicians do what they do. He explained that mathematicians love strange patterns and math is full of them. The main example he used was a number called the PHI number. This number is 1.618; it can also be called "the divine proportion". The reason it is called this and the reason it is so famous is because it seems to occur completely at random throughout nature like a formula made by god. It's patterns and strange coincidences like these that keep math hawks going; they love it.

TOK students came away from this presentation with a new appreciation of math. It's doubtful that any future mathematicians were created but students definitely left with a greater respect for math and for the people who love it.



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Pipeline Route to be Decided



As most citizens of Saint John know, there is a question of where the natural gas pipeline should run: under the Bay of Fundy or through Rockwood Park. If the pipeline does not go through Saint John's Rockwood Park, a domino effect may come into play. The company wanting to build the pipeline is Emera Brunswick Pipeline Company Ltd. If there's no land route the Emera Brunswick Pipeline Company will not allow the LNG terminal in Canaport which will lead to no building of the second oil refinery.

On November 2nd, the Saint John Common Council met to vote on which route they preferred. The meeting came to a close in support of the land route through Rockwood Park. The people in charge of making the decision of where the pipeline will go will be the National Energy Board.

If the land route were to not be approved, it could have a huge negative impact on the local industry and economy. The president of the Atlantic Centre of Energy

Tim Curry was in attendance at the November 4th meeting and told the councilors just how much money and jobs the city will be losing. "More than \$129 million in investments at the Canaport regasification facility will be lost and the project mothballed," said Curry.

On top of \$120 million lost there will be 750 construction jobs and around 40 operating jobs. The provincial economy would expand an estimated \$17 million due to construction. Curry also noted, "The message that you would send as a community to external investors would be so strong and so negative as to, I would suggest, discourage any meaningful economic development in this region for a generation."

The Emera Brunswick Pipeline Company heard the argument in favor of the Bay of Fundy route and has researched the route's pros and cons. The company has constructed other marine pipelines in other parts of the world. Their research identifies the Bay of Fundy route to be not acceptable due to the bay's high tides and harsh weather conditions.



by:
Margaret-Ruth Jones

Irving Rep Speaks to SJHS



On Monday, October 16th, after the academic awards were presented, guest speaker Kevin Scott stepped onto the stage. He is currently "Director of Refining Growth" with Irving and he came to our school with an important message to announce: Irving is considering the construction of a second oil refinery in Saint John.

One student asked what the benefits of having two refineries within Saint John would include. A second refinery would open many doors for the public, as it would supply a number of job opportunities. It has been estimated that 5,000 temporary jobs and 1,000 permanent jobs would be created. This was brought to the students' attention because when the refinery is complete we would be exiting college or university.

Scott stated that this, at the moment, hypothetical refinery would have the capacity to produce 300,000 barrels of fuel daily.

With that said questions involving global warming and other environmental concerns began to surface. He assured us that by studying previous issues within the first refinery they will be able to pinpoint the problems and fix them with the help of the newest technologies available. The goal is to become the cleanest refinery in all of North America.

He noted that there is no designated area Irving has set aside for this project to be built on. Their greatest concern as of now is informing the residents of Saint John to make sure they are aware and understand all the details. Irving acknowledges that they must take the public's opinions into account. Common issues discovered include buffer zones, sight lines and noise. People are also concerned with the source of odors, which Irving is determined to address and reduce.

Rumors are spreading that Irving has recently bought a number of lots from owners in Red Head, Saint John. They claim it is just to open the possibility of expanding other areas of the business. Could this be where the new refinery will be located?



by:
Katlyn Hopkins

Short Lunchbreak Frenzy

The 12:20 bell rings; it's lunchtime! When leaving your C block class, the halls of SJHS are at their craziest, busiest and most frantic. But why such a frenzy? Well, the 50-minute lunch break just isn't enough time to get to your locker, grab your coat, rush to the nearest fast food place and yet be back sitting in your first afternoon class by the 1:10 bell.

"Sometimes I don't even go to my locker after class, just to save time," says Mitchell Pert. "I usually just throw my books in the most familiar person's locker and head uptown."

The lunch break, for many of us, just isn't enough time to accomplish all the things we intend to do, be it go uptown for lunch, write a test in the li-



by:
Soleil Leger

brary or even feel like you had a break. "People have a bunch of stuff to do at lunch," says Joe Ellsworth. "The football team has practice at least once a week at lunchtime, which doesn't really give any of us the time to eat or have a break."

Do you remember, those lengthy two-hour lunches we had about two years ago when the teachers withdrew voluntary services? Those lunch 'hours' gave us plenty of time to sit back, relax, enjoy our meal and actually feel as if we had a break from school.

Although asking for two-hour lunches would be an extreme request, an addition of 10 or 20 minutes to our lunch break is not too much to ask. "If each class has to be an hour, I don't see why the lunch breaks shouldn't be an hour too," says Hallie Jewell.

So, at around 12:00, students are anxiously awaiting the bell, planning out their entire lunchtime routine, complaining about the length of lunch and, hoping to be back in class on time.

Battle Of Popped Collars



Ever since the birth of collared shirts people began to "pop" them. Little did these pioneer collar poppers imagine that they would start a great and never-ending debate.

To pop or not to pop? Some guys just love to strut their stuff with the entire bad boy popped collar image, while others prefer the more subtle classic image by not popping it. Some girls will go crazy for a guy with a popped collar while others find it to be arrogant and too cocky looking. Is it stylish? Is it just being plain arrogant? No one can really say for sure; it isn't a question with an absolute answer; it's much more of a case-by-case debate.

Even people like myself will occasionally pop the collar when the right time calls for it. In fact it's all about the right timing when you choose to pop it or un-pop it. It really just comes down to the moment. If it's formal or a time for grace and chivalry it's quite clear the

collar should stay down. However when the music starts and the good times begin that collar should consider itself popped.

Even the now famous Tom Cruise knew when the time was right to pop that collar in the then hit movie "Risky Business". Partying at home and rocking out to Bob

Seeger's "Old Time Rock n' Roll" Cruise pops the collar with style, class and perfect timing to the music. At other times in the movie when he confronts his parents or Guido the pimp his collar is down.

Business in the day. Party during the night. If you hold the collar popping for just the right moment that moment will be all the more perfect. But remember kids its all fun and games until someone has their collar popped at the wrong time. After all no one likes the kid who sits at his high school graduation with a popped collar.

by:

Derek Vihvelin



Cheater Once, Cheater Always



There are few things more devastating in a romantic relationship than being cheated on. It doesn't only hurt your self-esteem, it can totally destroy the trust you once had in your significant other. Once you've been cheated on, the relationship may never be the same again, no matter how hard you try to work it out, and in many cases, it isn't even worth the effort. In my opinion, a cheater should never be given a second chance.



by:
Rachel Titus

"Once a cheater, always a cheater". That little saying has a lot of truth in it. Perhaps it may not apply to every person who cheats, but someone who would cheat on their partner once would probably do it again. Taking a person like that back just leaves you vulnerable to being hurt again, and you won't be as happy with them as you were before. The relationship has basically been messed up for good. If you stay together, there will always be a nagging

sense of mistrust that will make you miserable.

To me, cheating is one of the lowest, most malicious things you can do to someone. A person who would cheat simply can't be trusted. Being faithful to the person you're with is a basic requirement. If your boyfriend/girlfriend can't even do that, what possible good could come out of continuing to date them? Why would you stay with someone who hurt you? There are plenty of others out there who wouldn't. Your time would be better spent finding someone new, rather than staying in an unsteady relationship with a significant other that you can't trust.

When you think about these things, cheating seems pretty unforgivable. I'm not condoning being bitter or holding grudges. Hating the person who cheated on you isn't going to "fix" what happened. It may even make things worse. Forgiving (though not necessarily forgetting) and moving on with your life is the best thing you can do. I know that it sounds easier than it is, but you will feel better in the long run. After all, everyone deserves to be forgiven, but a cheater should never have another chance with you.

The 3 B's of Dress Codes

by:

Kerry St. Coeur



Bums, Boobs, and Bellies are three important rules of the dress code. We know there is a time and a place for everything and the same should go with the clothing a student wears, but have you ever walked down the hall on your way to class, turned the corner and seen a girl's butt coming out of the bottom of her skirt right before your eyes or shirt so low that it appears as if her boobs will fall out?

Most people really don't want to see girls' butts or boobs falling out of their clothes. As far as showing your belly goes it must be realized that we live in Saint John. From September to June we don't get all that much sunshine and warmth, so who cares if you have a cute belly ring or tattoo? We still

don't live in Cuba! We all know you are cold so stop pretending and cover up.

There is a time and a place for everything. The 3 B's are totally breakable at the beach or in places considered appropriate, but why make us look at you? There is always that saying "Don't like. Don't look" Ok great, easier said than done. You have to look at the people walking down the halls no matter what even if it is just so you don't bump into them. So the "Don't like. Don't look" rule does not and cannot always solve the problem. All I'm asking is to cover it up if not for other people's eyes for the fact it is a school rule, although it's not brutally enforced. So I say so what if your skirt has to be a couple inches longer or your top meets your pants? You're still going to look as good but with a little more class and respect.

So next time you pick out your outfit think about the 3 B's to dress codes and the people who, no matter how badly they don't want to look at you, still have to.



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The Military: No Life Like it?



by:
Andrew Clark

As teenagers get older they start to think about what they are going to do with their lives after high school. One option that a lot of teens consider is a career in the military.

A career in the military seems easy and ideal when promoted from a booth on career day; there are all sorts of bonuses: the pay's great - \$77.00 a day starting out - they will pay for your education, you are able to retire when your 40 with a full pension and still have a life ahead of you and they will even give you a gun!

However, what they don't advertise

from the booth is the other, not so pretty, side of joining the military. When enlisting in the regular forces you are telling the government they can send you anywhere at any time to any conflict and with the state of the world today that's not always a great thing. So as far as pay and pension go, they had better pay well, I think risking my life every day is worth 77 bucks. As for paying for school, that's available, true enough, but only with a guarantee of a number of years of service meaning that if you want to quit, all of that money they gave you for school you have to pay back. Oh, and that gun you got? The bad guy's got one too!

I'm not trying to say don't join up. I just want to make sure that teens understand what they are getting into when they enlist.

Also, there are other options in the mili-

tary. If you don't want to sign your life away you can join the reserves instead of the regular forces. The reserves do not have the power to send you out to any conflict they want. You are only contracting for any major conflict that directly affects Canada. However, if you wish to go overseas you can volunteer. Regarding post secondary help, they may not pay completely for school but they will still help out. As well, there is the CIC - Cadet Instructor Cadre. If you like a military life, like kids, and like to teach them you can enlist in this branch of the military where you are not a service officer; you simply help out teaching and participating in cadet units around Canada.

So, I hope after reading this, teens can go away with a better understanding of what they are getting into when they join the strong, proud Canadian Forces.

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Equality: Gone Far Enough?



Throughout history women have made some very significant achievements. These have, in return, finally gained them more respect from men. However, just when women are so close to the ultimate goal of being viewed as equals, they are bringing themselves down. Women must learn to draw the line and quit while they're ahead.

In this fight for equality women are attempting to change the way particular words are presented because they feel it is excluding their sex. This is used with the idea that women are not being recognized in the use of words such as 'human' and 'man-made', etc..

by:
Katlyn Hopkins



It's understandable; they are demonstrating just how strongly they feel by going to the extremes but it's become ridiculous. People won't take this word change seriously. It will be a joke and more importantly women have to realize that yes, they are completely capable of changing any rule they wish but they cannot force the acceptance of these rules. You cannot kill the mentality behind it all and how people have been raised to think.

Some are fighting to have titles changed to better acknowledge both sexes. For example 'Fisherman' would be reduced to 'Fisher'. The problem with this is that originally men dominated that occupation. It was considered to be a difficult job that involved important knowledge of particular skills. That's changing the meaning of it; the title 'fisher' implies that the job isn't really all that difficult since it's become co-ed. Women have finally reached the standards of men and it's being ruined for them.

Another thing to think about is how this new 'language' would be applied. Would it be forced into English classrooms? It would be plausible if their goal were to teach it as an elective in the same way that many dying languages are accessible in universities. The question however of whether or not that's where it will stop is important. Or would schools just be the first step up? When will women finally be satisfied?

The question women should be asking themselves is: 'Are these small changes worth the fight?' When you say something like "Hey guys" to a group of 3 boys and 2 girls it doesn't mean that you are ignoring the females. Or when you see that someone has forgotten something like a bag, you say "He forgot his bag". This does not mean that you are ruling out the possibility of the owner being a female and it does not make you sexist. Of course you could say "Someone left their bag" but that's grammatically incorrect. It's implying that several people that own the bag have left it there. Women who are pushing for this language movement are reading into things and being overdramatic.

Too Young for Promise Ring?

What is a promise? When is it ok to break a promise? What is an unreasonable promise? To some, these may seem like very controversial questions, but so is the question of promise rings in high school relationships. Some will argue that a promise ring is a great way of showing someone how much you care. In my mind spending hundreds of dollars on a promise that you will most likely not keep is borderline ridiculous.

What I don't understand is how you can promise that a relationship will last when you're still a teenager. On average, high school relationships last 2-4 months. That's a pretty short time when you stop to think about it. Many students of Saint John High School share this view, including grade eleven student Dylan Crawford: "I think that they're an alright idea, but not in high



a big deal. Becky Stilwell said simply: "I think they're cute".

I'm not shooting down the idea altogether. If you've been with someone for a long time and you both know where you stand in the relationship then they can be a good idea. My point is simply that you can't promise someone that a relationship is going to work, because you can never know for certain that it will.

If you're thinking of getting one, please just consider everything involved. It could do a relationship more harm than good.



by:
Brittany Saab

school. That's kind of stupid." I understand that many high school students are in very mature relationships and truly do love the person they're with. In these cases I think that as long as you're not doing it to get "brownie points" or just because you feel like you have to then it is alright.

Please, give it at least 6-8 months before you make a decision like this. A lot of the time girls will be put into an awkward situation when they're given one. What if they don't feel the way you do? Maybe they're not ready for this type of relationship. If, after only a couple months, someone makes you a promise like this it kind of backs you into a corner. Sometimes a promise ring is just a desperate attempt to get someone to stay with you. If someone is going to change their mind just because of a piece of jewelry then something tells me this relationship isn't going to last.

While many agree with this, others take a different side to the argument. Many have the opinion that promise rings aren't really

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St. Malachy's: No More Dancin' Dirty?

It is time to enjoy the packed, energy filled air of Saint John High School dances my friends! Thrilled? Our neighbors at St. Macs aren't. The parents and teachers of St. Malachy's High School have recently put into action a ban on "dirty dancing" at school dances. The teachers are required to extensively monitor the manner in which students are conducting themselves on the dance floor and must separate them if they are too close. Is this really necessary?



The act of "dirty dancing" has been around for decades. Although it has evolved in its forms, it has always existed with the same fundamentals. Clarrissa Sheppard of St. Macs "hate[s] seeing people skip out on dances because of the new rule. It kills the fun". On a scale of one to disgraceful dancing, very few are at the top. It is quite possible that people, regardless of their dancing, simply don't feel comfortable with consistently being watched.

The intentions of the ban are good, but there are more concerning issues to be focused on such as drugs and alcohol. Even Harbour View has developed a policy where their lights must be on during dances. Saint John High School does not have such extreme rules put into place at the moment. I commend the authorities for allowing students a chance to prove themselves since they have not quite done enough to deserve such harsh consequences. There is still control at dances, but we have the ability to enjoy ourselves. Anthony Nolletti says: "I think it's unfortunate that other schools have placed such extreme regulations on dancing, when it is one of the least significant problems." It is true that monitoring is needed to prevent fights and serious concerns, but for now, the actual act of dancing is far from a problem.

Perhaps, it is awareness that needs to be created instead of an instant ban. Drugs, alcohol, and violence have been well monitored and prevented so far so let's keep it that way. We all enjoy a dance party in the presence of safety, so why don't we just raise the awareness that teens should not allow "dirty dancing" to get out of hand. No serious matters have come to hand yet and the focus can remain on other problems. For now, keep some innocence in your fun and most of all, enjoy! We are the only school with an ounce of privacy left!



by:
Laura Higgins

Video Games Make Nerds?



by:
Alex Bent

"Nerd! Loser! Get a life! Go outside and play some sports!" These insults are all likely familiar to anyone who likes to play video games. People seem to think that if you play them at all, you forfeit all other activities, and have no life. This argument always comes up. You sit down, decide to

play a game, but you can't talk about it at school without a thousand people telling you to get a life. Video games do NOT take over the lives of everyone who plays them.

Games are a great way to pass the time, vent some rage, or just take your mind off of things. You're at your house, your friends are out, and you've got no homework. Why not just play some online games? Talk with your friends while playing a game, or just play some one player for a while. Many times I have been in a bad mood and just wanted to break things. Why not go play some Halo 2? Sure, people will say you shouldn't get into the habit of shooting things when you're angry, but honestly, we're not all psychopaths.



Lots of people like to play LAN (local area network) games. Which is pretty much just hooking a bunch of systems together, and playing against each other. It's a great way to get together with friends, without spending a whole lot of money to go out to a movie you probably won't

like. I've got countless memories of funny, and stupid things spreading from a night of playing Halo against my friends.

Now, people will read that, and think that we should go outside, do something else, play some sports. I ask you, why? It's not always nice outside; maybe we just feel like staying in, and not everyone likes sports. How would you like it if when you were out playing a game of baseball with friends, someone came up to you and said "Hey! Why don't you just go home and read a book, sports are stupid." That's just ridiculous, and you know you wouldn't like it.

Now, there are more types of games than simply shooters. A lot of games are highly storyline based, and just as good as some books. With video games though you get to participate in the stories you read. A lot of games can provide knowledge you wouldn't get otherwise. They're not all just point and shoot, or kill the bad guys.

So why make fun of people just because they don't like what you do? People won't force you to play them, so just forget about it. It's not your job to go out there and conform all these "nerds" into other things; you're just going to get yourself hated.

Sticks and Stones May Break My Bones

by:
Samantha Cormier



We all know the saying: "Sticks and stones may break my bones, but names will never hurt me." Anyone who has ever been bullied knows how untrue that saying is. People who are being bullied may act like they are not being bothered, but trust me, I know from experience, it does hurt. The person being bullied will always try to remain strong when face to face with their bully, but I can tell you that they hate coming to school and some probably cry themselves to sleep.

People who are being bullied do not deserve it; they're humans too, and they do have feelings. They have a heart and they breathe the same air as everyone else. People who bully other students have problems of their own; they may have been the victim themselves once or may have things going on in their lives that aren't so good. What I don't think bullies realize is the physical and mental damage they are doing to the people they are bullying. Bullying can lead to so many avoidable outcomes.

Some results of bullying include: suicide, low self-esteem, jiggling school, fights,

suspensions, and even expulsion. A lot of teen suicides are the result of bullying. They feel like they have no one to turn to. They think that the only way to stop what is happening to them is by ending their own life. It can also lead to low self-esteem. Low self-esteem can follow someone for their whole life. It can even affect their jobs or maybe even their personal life.

In my opinion, many of things wrong with schools are the result of people being picked on. A lot of schools have problems with fighting. When there is a fight teachers assume that it is just a couple of punks, which could be true, however, the two people who are involved could also be the bully and the one being bullied. Maybe the one being bullied had enough and decided to take things into their own hands since the school was not able to stop the problem. Maybe, just maybe, by standing up for themselves the bullying will stop. The worst thing that could happen is suspension, a week, two at the most. Personally, if I were being bullied and ended up getting into a fight that led to me getting suspended it would

be worth it if the bullying stopped. That's something I don't think the school system takes into consideration. Now, I'm not saying that if you're being picked on by someone to go and start a fight but if you have tried everything in the book to get this person to leave you alone and they just won't ease up, maybe they need to have a taste of their own medicine.


Bullying is something that should not be taken lightly; results of bullying can be awful. No one deserves to be bullied no matter what their appearance or what their style. If you are someone who is being bullied TELL SOMEONE! Go to the principal, cops, anybody. Don't keep it to yourself and next time your bully comes up to you don't give in to him. That's what they want; they need to know that you are hurting. Your pain is what gets them off.

Remember, you are not alone. In every school there is a bully and there are always bystanders watching. Just remember that there is always someone you can turn to for comfort.



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Fashion At it's Best: *the latest and greatest*



by:
Jane-Allison
McKinney

Pick up any fashion magazine and it's pretty clear, that over the past couple of years, what is "in" in fashion has changed. Gone are the days of the super-low waist pants, tube tops, and too-short shirts. Fashion has taken a more conservative turn that I think is for the best.

Nowadays fashion is filled with clothes and accessories that fit a variety of styles and won't violate the dress code at school. Why is it so great? Well, fashion has taken the best of the best of the past and present and combined them to create the styles and trends that are now so very popular. Let's take a look at some of the newer trends that seem to be here to stay for quite a while.

The Skinny Legged Pant: I love them! They originally were a trend started by Audrey Hepburn, however the 80's era is also known for the skinny-legged jeans style. These pants will elongate any leg as they create a long clean line and generally have a higher waist than other styles of pants. Not only do they look great, they go with everything! Whether it is high-heels, boots or flats, you can dress up or dress down in these pants.

The Ballet Flat: A fairly new kind of shoe that goes with everything. Ballet-flats come in any color or style you can think of. Not only are they the cutest shoe around, but also they are extremely comfortable.

Tights: They've been around forever but are extremely popular right now. They are especially great for winter, when it is freezing outside and you want to wear a skirt. So this winter, don't freeze in the cold, throw on a pair of tights and you will not only be warm, you'll look nice too!

These are just a few of the latest styles; there are many others that are just as great. The best thing about them is that you don't have to give up your individuality to follow the styles. There are so many of them you have lots of options. In my opinion, change is a good thing, so why not start with your clothes?

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Our Fearless VP



by:
Alex Bent

"Philippe Marmen" is a name probably familiar to you all by now. He is our fearless VP, organizer of dances and friend to many. How many of you *know* Phil? Mr. Marmen was not always the High School going VP he is today. Yes, like us all Phil had to go to school before this, but unlike most of us, he was home-schooled.

I asked Phil what he thought about being home schooled, and if he preferred his new, high school lifestyle. I was surprised to hear; "I think being home schooled helped me develop a sick (g-e-w-d gewd) work ethic that's been working for me ever since I came to public school." Phil was actually raised speaking both English and French, as his parents speak both fluently.

I asked him if he found being bilingual had affected his schooling, and he told me: "Being bilingual has not really affected my schooling, since I'm exempt from any and all French courses, unless I choose otherwise... Which I haven't. I think it'll give me a leg up on the pile a little later." Phil speaks mostly French in his own home, but solely English in school, something he has always done, and never really found difficult.

Now, we all know Phil is our VP, and was our grade 11 VP the year before, so I had to ask, what made him want to do this? "I had a friend who suggested that I run for grade 11 VP. Everyone around (pretty much my friends) said heck yes, so I did." Being put into the system almost solely on his friends' recommendations, I wondered if Phil actually enjoyed it, or if he simply did it because he felt he had to, but he assured me that SRC was a "SAWEEET time" and that it's affected him for the better a lot over the years.

Phil has always been rather religious, and when I asked how it affected his views, he had this to say: "My views are definitely affected by my faith, but they aren't the right-wing views people stereotype Christians to have. Discrimination or shunning isn't the way to deal with things, because that's not what is taught in the bible at all."

There's more to Marmen than just his school and church life though, Phil is an avid paintball player, and he loves both board games (like Risk and Chess) and video games. Phil's been in this school since Grade 10, and I asked him what he thought of it all, and he said what a lot of us would say... in different words: "In general, it's been pretty rad. Ups and downs, but overall rad. Lots of friends and wicked experiences. Rad."

To our fearless VP, and a good friend, continue having fun in this school, and helping out the way you do. Rock, Rock on.



Influenza *Get the Shot, Not the Flu*



by:
Charlotte Burse

I'm sure almost everyone can say they've had the flu. Influenza, like all other sickness, is preventable. How? The answer is a flu shot.

A person with the flu can easily transmit the sickness, as it is highly contagious, to others. Infants aged 6-23 months, seniors aged 65 years or older, and people with various medical conditions are at a higher risk of developing severe influenza, so vaccination is highly recommended, as it increases protection against the influenza virus.

Because the flu is spread so easily, washing your hands frequently is recommended, to kill possible influenza germs. Other ways of prevention may be exercising regularly, getting proper amounts of sleep, eating healthy, and, of course, staying away from those who have contracted the virus.

Headaches, chills, sore throat, dry cough, muscle aches, and high fevers, are all easily recognizable symptoms of the flu. Your body may take up to 6 weeks to fully recover from the damaging effects of the influenza virus. Although most people recover, influenza can lead to more severe, life-threatening, illnesses, such as pneumonia, which can lead to hospitalization, and even death.

The flu shot has different side effects for everyone, the most common being fever, tiredness, achy muscles, and a sore arm.

Each vaccine contains three influenza viruses. These viruses change each year based on international surveillance and scientists' estimations about which strains of the virus will circulate in a given year. The antibodies that provide protection against the influenza virus begin to develop about two weeks after vaccination.

So, with all this, I hope you keep yourself, and everyone else around you, safe from the flu.

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Bratz Dolls Bad Influence



by:
Soleil Leger

When asked what she wanted for her birthday, my four year old cousin quickly replied with "anything Bratz!" So, to be kind, I went to Wal-Mart to pick up a Bratz doll, baby Pheobe, for her present. She ripped open the gift and then after realizing it was her favorite Bratz doll, didn't hesitate to show my entire family the sexy, pink and black thong Pheobe was wearing.

These Bratz dolls, originally intended to be "girls with a passion for fashion" have developed into sexually provocative dolls, marketed towards girls in elementary school. The first four Bratz dolls were Cloe, Sasha, Jade and Yasmin, each wearing what we'd consider 'club' clothes, from the mini skirts to the halter tops, fake eyelashes and heavy make up. While these dolls were still considered a negative image for young girls by many people, children still seemed to be allowed to play with the dolls, watch the Bratz movies and even wear the Bratz clothing.



"The Bratz portray an unnatural image of what beautiful is," says Adam Donnelly. "They're doing what Barbie did since the 50s," he adds, "making girls depressed because they're not society's idea of perfect."

Recently, the Bratz company has come out with a new line of Bratz dolls, the Baby Bratz. The Baby Bratz are the 'sugar and spice' twins, Pheobe and Roxxi. Pheobe is dressed in a fluffy pink jacket with black and pink lingerie, while Roxxi is wearing a black leather jacket and sexy red lingerie. Childhood experts are claiming these dolls to be "immoral" and "just like child pornography" and despite all this, the Bratz company plans to sell over a million Baby Bratz in Canada this holiday season.

"I think the baby Bratz are way too provocative," says Hallie Jewell. "They give girls a bad idea."

Child development experts worry that the Bratz dolls are adding to, what they call, "sexualization of childhood"; the sexy clothes marketed towards young girls, and the sexually explicit content of today's popular TV. shows, movies and music. They also worry that young girls are ditching Barbie for the new Bratz fad. While the 'socially perfect' image of both Barbie and the Bratz is viewed as a bad image for society, Barbie at least pretended to be innocent.



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by:
Peter Ellefsen

formation. It's all about the sugary cereals. Lucky Charms, Reese Puffs, Cinnamon Toast Crunch... You name it, they're all great cereals, but they are not good for you at all.

There are two types of cereals out there. You're either going to end up with one or the other. The first one, and the better one, in my opinion, is the Nutri-O's. The cereals that fall into this category are Cheerio's, Oatmeal Crisp, Shreddies, Special K, etc.. These cereals are the ones you don't want to eat, the ones that your parents buy. On the other hand though, these cereals are very good for you. If you are trying to improve your

blood pressure, lose weight, eat healthy or just feel good about yourself, the Nutri-O's are the way to go.

But then we've got ourselves the bad boys. The Golden Grahams. These cereals, the Count Choculas and crew, are referred to as the Junk-O's. They are loaded with sugar, and serve nowhere near the nutritional value that the Nutri-O's do. They seem more appealing to younger kids though, because of their boxes. For example, Fruit Loops, with Tucan Sam, have their own commercials. Another guy with commercials, as we all know, is Tony the Tiger for Frosted Flakes. They're great, and they are an awesome cross between Nutri-O's and Junk-O's.

It is pretty obvious that cereal is eaten with milk, but most have tried it dry. In a plastic sandwich bag, you'll pack it in your lunch, and snack on it. You'll take it on your way to hockey or wherever. Cereal is a great snack, and it is widely eaten by teens across the world. Everyone has their favorite, but if your looking to have a good tasting breakfast or snack, but you wanna be a little healthier in your choice, check these cereals out: Oatmeal Crisp (Triple Berry) and Life.

Mrs. Perry Retiring?



by Samantha
Cormier

Yes, it's true, Mrs. Perry is retiring, although she hasn't totally decided whether it will be this year or next. Mrs. Perry has been teaching at Saint John High School for 22 years. Before that she taught at Milledgeville North (when it was a high school). Previous to teaching at Milledgeville she spent two years teaching in Africa!

Unlike some people who are getting ready to retire, Mrs. Perry isn't jumping up and down from excitement. There are obvious things she is looking forward too, but there are a lot of things she isn't. The things she will most certainly miss are: the school activities, students, working back stage during the musical, helping with the yearbooks and most of all the support from all the students.

I'm sure some of you are wondering why we haven't really seen her a lot, especially when she used to be in the library all the time. This is because she has recently been working in her office as the Vice Principal.

Just like most retired teachers Mrs. Perry will be coming back and supplying now and then for an absent teacher.

Mrs. Perry, from the entire student body and staff, we wish you best of luck and we are looking forward to continuing to see you in the future.

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ATM, Finally!



by:
Jory Moore

That's right by now you must all have seen it. Finally, after all these long years of Saint John High being established, we have gotten an ATM machine. That's right! An ATM machine. Now, anytime you want, you can get a multiple of twenty dollar bills inside the school. There may be a fee of a dollar fifty or more but just imagine it's lunch time and you're really hurting for some food because you forgot to bring a lunch and you have no money. Then "bam" you walk to the back of the cafeteria pull out your debit card and get yourself some lunch money. It may have taken them over two hundred years to get an ATM machine but now that it's here do we actually need it?

I asked a fellow student, Alison Floyd if anyone actually uses it and she answered: "Not really because not very many people actually stay at school for lunch. Most just go uptown where they can actually use their debit cards." Have you actually seen anyone use the ATM machine? "No. Now that I think about it, I haven't seen anyone at all use it. I used it once but that was about it."

The ATM machine is a luxury unique to Saint John High. Saint Macs doesn't have one and neither does Simonds. This information was obtained directly from students of these schools. Surely Harbourview doesn't have one if the other two schools don't have one. So that makes us better than all the other schools because we actually



have money! With the new health food plan being implemented it makes a person wonder what would you need an ATM machine for in the cafeteria. Well some people actually like the food and some people are just hungry so they turn to the first ever ATM machine in SJHS history.

This poses the question what made the school finally decide to get it? Was it the students never having any money or was it the teachers who just decided to get one for the fun of it? Another reason they got it may be to bring in more revenue seeing as how the vending machines don't make money like they used to. The student body may never find out any answers to these questions but at least one thing is for sure: we have an ATM machine and no other Saint John school does so that proves we must be doing something right!

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Hannah Sung: A Canadian Who Cares

by:
Soleil Leger



On October 25th, former MuchMusic VJ Hannah Sung visited some Saint John High classes as a part of CARE Canada's youth initiative, "YouthCARE" -- an organization with the purpose of teaching young Canadians about the issues faced by those living in developing countries throughout the world.

Upon finishing her final show "Much On Demand" at MuchMusic on August 31st, Hannah embarked on a one-month journey throughout the developing countries of Indonesia and East Timor with her friend and co-worker, Anne Larrass. Hannah, on her trip, created a video documentary of their travels, which demonstrates the hardships, struggles and the aftermath of natural disaster and civil strife in both countries.

"CARE approached me and I was flattered, honoured and really excited to jump on board," said Hannah Sung in an interview with Metro News before leaving for Indonesia.

Armed with a camera, Hannah visited and talked to the citizens of Indonesia; citizens who, two years prior, were faced with what is being called the deadliest natural disasters in modern history, the tsunami of Boxing Day 2004. The effects of the tsunami, the loss, devastation and aftermath are all documented on the video Anne and Hannah presented to SJHS students.



They then travelled to East Timor, a country that faced a civil war in early April. It forced thousands of inhabitants to flee their homes and seek shelter in refugee camps. In the documentary of East Timor, Anne and Hannah talked to some children; children, who, to attend school, must stay in refugee camps outside of their schoolhouse in order to stay off the dangerous streets.

Overall, the video documentary of both Indonesia and East Timor demonstrates the hard lives of many people living in developing countries, especially after natural disaster and political issues.

"My main objective [with the video] is to connect young Canadians with their peers on the other side of the world, to kind of give them a sense of international scope," said Hannah in the interview with Metro News.

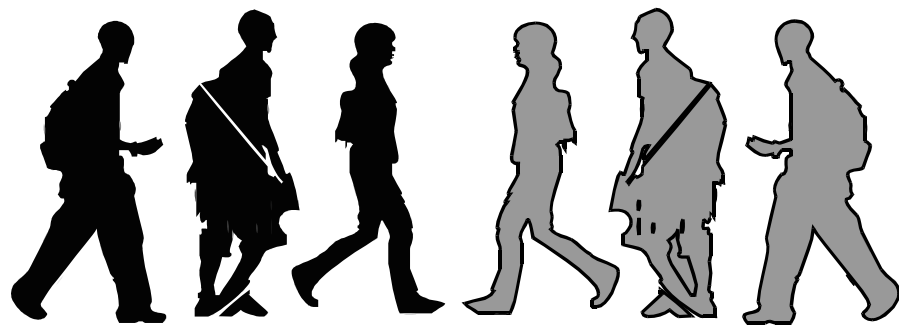
After spending the month in Indonesia and East Timor, Anne and Hannah are now travelling to schools across eastern Canada with the documentary they produced. They began in Nova Scotia, and stopped in Saint John at Saint John High School and Saint Malachys Memorial High School. Then they are continuing through Ontario.

CARE Canada, established in 1946, has the mission to serve individuals and families in the poorest countries in the world and, most recently, has also begun to provide emergency relief to countries during hardships and natural disasters. The activities of CARE range from providing shelters, emergency kits, psycho-social support for children, to constructing schools and water systems; and as demonstrated in Hannah's video, they can also provide a mother's greatest wish: a bike for her child to safely travel to school.

CARE is funded by generous donations from the Canadian government, other organizations and individual supporters. Unfortunately however, a lack of funding has forced CARE Canada to withdraw its aid from East Timor, a country in desperate need of international support. East Timor is not alone in this battle, and thanks to organizations like YouthCARE, more and more youth are being empowered to make differences in the world, essentially fighting against the struggles faced by many developing countries.

For any questions regarding Anne and Hannah's presentation at Saint John High, or questions relating to YouthCARE, students are encouraged to call Anne Larrass, CARE Canada at (613) 882-0304, email youthcare@care.ca or visit the website at www.care.ca/youthcare.

Simonds vs. Saint John High



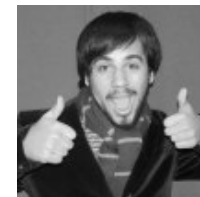
As a student who transferred from Simonds High School to Saint John High School, it is obvious to me that there are many difference between the two. Other than the location of the schools, each school is different in many other ways. When comparing the two one must keep in mind the setting, the location, the academic programs, the sports and the clubs.

One reason I transferred schools had to do with the situation of Simonds. Unlike other schools in Saint John, Simonds didn't have enough places to eat at lunch. At Saint John High we are lucky to have a wide variety of stores and restaurants where we can eat lunch. The area around Simonds only offers a pizza store, a convenience store and a Tim Hortons. So you are quite limited unless you own a car or have someone to drive you places.

Another difference between the schools is the class structure. Like Saint John High, the schedule at Simonds consist of five courses. However, the time breaking up these courses is somewhat different. Rather than providing a ten-minute break between classes, Simonds allows only five minutes. This, of course, is less time than Saint John High allows, and only gives enough time to walk from one side of the massive school to the other. Unlike Saint

John High, Simonds provides a fifteen-minute break between classes two and three, which leaves lots of time to converse and buy food. Simonds also has an hour of lunchtime rather than the fifty-minute lunch period Saint John High provides. So for this matter I prefer the schedule of Simonds.

Academically, I prefer Saint John High. It offers more clubs and courses that are

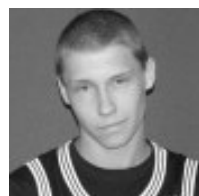


by:
Matt Soucy

not offered in Simonds such as sociology, theory of knowledge, and the IB courses. I also noticed when arriving in Saint John High there is more apparent school spirit. People seem to really care about the activities and sports this school has to offer. School spirit is present in Simonds, but more so in Saint John High.

Although I have transferred from Simonds, it still does have advantages over Saint John High. But it is in the interest of the individual to decide what is best for him; it is not a simple best and worst situation. Some students may prefer the benefits of Simonds, and some may prefer those of Saint John High.

Bending The Mind



by:
Geoff Martin

Long before Houdini escaped from his first straight jacket, people around the world believed inexplicable acts can be the result of greater powers. Witches and black magic were believed to be able to control one's life, and a simple palm reading, or a crystal ball could tell fortunes.

Still today in places such as Haiti, voodoo is common practice, and superstitions are considered to be facts of life. Magic to these people is a part of life, a part that they have accepted.

Modern magicians often visit these places because these people's belief in the supernatural can be quite astonishing. To most people magic is just a card trick, a rabbit out of a hat, sawing an assistant in half, or disappearing from a locked trunk. The more inexplicable the action, the more people that "think" they know how it is accomplished. For some reason our minds will not let us accept that what we believe cannot be. We have never seen it happen before; therefore we believe it is impossible.

This is what magicians use as inspiration, the idea of changing one person's perception, and making them believe that maybe inexplicable things can happen in this world.

To a magician, a card that jumps to the top of a deck is not a "trick"; it is an impossible act that they want to share with an audience. So imagine how they feel when an onlooker shouts, "I know how to do that!" This is their art, this is their time, and their money; they just want to entertain people who have given them nothing but their time, and those people don't appreciate what is being shown to them. Magicians are trying to teach open-mindedness to the most closed-minded people in earth. They are trying to show you that something you can't



see may still be there.

Although many people feel as though magic is just "fun and games", there are people out there who believe that these feats can be accomplished, and there are people who believe in true magic.

Perhaps if the rest of the world had a more open mind, they could also see that there are things in this life that cannot be controlled, and cannot be explained. Perhaps then they could see the world as the Haitians do, and believe. When the world starts to understand that not every aspect of life can be explained, maybe then they can bend their mind.

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Hair Bands: Pour Sugar on Me?

Tease that hair and throw on your acid-washed jeans! Not only is that a fun way to spend your weekend, but it's also the embodiment of the hopelessly mocked 80's glam-rock bands. Unfortunately, hair bands are seen simply as goofy groups of musicians and are not given the reverence they deserve.

Sure, their lyrics aren't profound as they generally deal with chicks, drugs, and alcohol but that can be overlooked as those darn catchy guitar riffs and tight pants captivate the listener!

So, how exactly did the hair band craze arise? It seems as though the genre took heavy influence from '70's heavy metal and rock bands such as *Aerosmith*, *Led Zeppelin*, and *Deep Purple*. Two of the hot beds for the hair band movement were the United States and England; in the US most credit *Van Halen* and *Quiet Riot* for kick-starting this movement whereas others argue the movement was set in motion largely by *Mötley Crüe*. Either way, these three bands were instrumental influences on bands set to take stage throughout the 1980's. In England a band called *Wrathchild*, who were unable to gain the same sort of god-like admiration as their American counterparts, emerged.

The hair band craze was also divided into two waves of impact; the first began in the early 80's spawning such acts as *Twisted Sister*, *Dokken*, and, notably, *Def Leppard* with their release of the incredibly

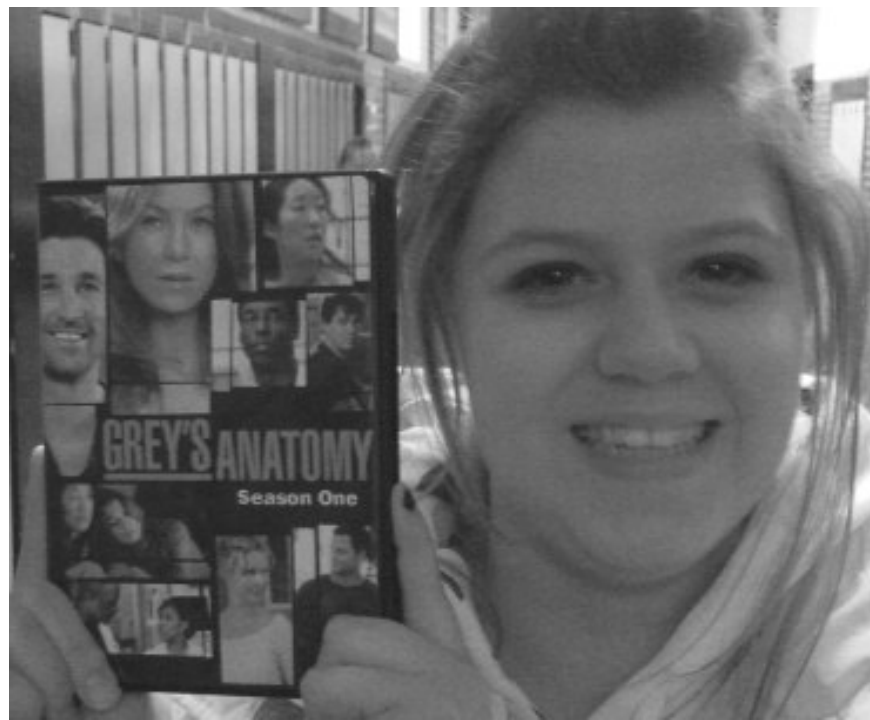


by:
Jo Lynn Seaward

popular *Pyromania* which included such tracks as *Photograph* and *Rock of Ages*. The success of this album influenced other acts to take on a much more mainstream sound thereby bringing us to the second wave of the hair band phenomenon. By the mid '80's glam-rock was further sub-divided into two spectrums: the more mainstream acts; *Bon Jovi*, you know, the band named after their super good looking founding member and singer who said "You Give Love a Bad Name", all the while tugging on the heart strings of girls all over the world and making our mothers swoon. The second sub-group of glam rockers hailed, for the most part, from the same LA scene as *Mötley Crüe*, the *Sunset Strip*; notable mentions include *Poison* and, of course, *Mötley Crüe* themselves!

These hair bands received unprecedented amounts of commercial success all over the world and remained popular for a bit more than a decade. So, what, then, practically eliminated these beautifully made-up men? According to faithful glam rock followers it was grunge. Yes, it seems as though the Seattle based grunge development fronted by the late Kurt Cobain and Eddie Vedder can be blamed for the demise of Tommy Lee - well, maybe not completely but it certainly took the spotlight off of the once popular power ballad, shining it now on angst-filled socially charged lyrics. Also, to blame is the media for its shift of focus from hair bands to grunge music.

Taking all things into account, hair bands had a great run and will forever be sketched into our minds thanks to Much More Music.



Grey's Anatomy: Why People Love It



by:
Kaylah Jackson

As you may have heard, there is a show on C.T.V every Thursday night called *Grey's Anatomy*. If you haven't ever watched it, the first thing that probably comes to your mind is "Oh God, not another stupid hospital show like *ER* and *Scrubs*!" Well, take it from someone who hates going to the hospital and hates, even more, watching hospital shows on T.V., there is just something about *Grey's Anatomy* that makes you want to watch it every single week.

The show takes us an in-depth look into the hardships and struggles an intern in one of the best hospitals in Washington faces. Not only do the characters have insane challenges to face, but they always seem to get themselves smack dab in the middle of trouble.

On *Grey's Anatomy*, there are many wild accident victims that seem to wind up in the hospital, like the man who was shot with a small torpedo that became stuck inside of him. If that isn't crazy enough, there is also an episode where a man and a woman have metal bars that are completely through their bodies. What I find most interesting is that all of these incidents have actually have been taken from hospital records around the world.

Although the situations and challenges the character's face are very interesting and exciting, it is the characters of *Grey's Anatomy* that really make the show worthwhile to watch. Each of the interns has very different personalities. For example, Meredith Grey is a talented intern whose mother is a legendary sergeant. She has a lot to live up to and finds herself falling for her boss. There are also some other great characters like Christina, George, Alex and Izzie, the four other interns at the hospital. The show does not only follow Meredith's challenges, but also the challenges faced by her fellow interns.

What I find the most interesting about the show is that it has exciting action, while maintaining feelings of love, hate, drama and humour, essentially creating a solid hour of fascinating TV. The characters in *Grey's Anatomy* show a great deal of realism with their personality, by having consistent views and beliefs. It's almost like the characters are not paid actors but your next-door neighbors. This show is one of the few shows on T.V. that has a lot of creativity and imagination. *Grey's Anatomy* is a really great show that everyone should watch.

David Blaine versus Criss Angel



by:
Jory Moore

Mind freak or street magician which one is better? This is the question that has plagued the minds of many people who watch these individuals doing their craft. Whether you have watched Criss Angel, mind freak or David Blaine, street magician your'e left wondering how do they do those amazing things.

If you don't know who either of them is well all you have to do is tune into their shows. Criss Angel is on Wednesdays and David Blaine is on whenever a special airs. There is still the question which one is better. Is it David Blaine with his card tricks and levitating or is it Criss Angel with his insane tricks like making lightbulbs float and disappear?

Well I believe that David Blaine is better with the card tricks but Criss Angel is better with messing up your mind. That is where the label "mind freak" comes from. Maybe if you pitted them against each other in a contest we would finally see who the better magician really is. This would involve David Blaine standing on a pole fifty feet



high in the air for twenty-four hours and more and Criss Angel being in an underwater tank in the middle of the street for hours. It really leaves a lot to the imagination to determine who is the better magician.

In an interview with a student I asked who was better David Blaine or Criss Angel? "Criss angel is so much better because he not only about card tricks and he lets the people know that his tricks aren't all illusions, and his tricks are much cooler" Well do you think Criss Angel's tricks are real? "Everything can't be real. Some stuff has to be fake. It's just to crazy!"

I think that David Blaine is the better magician because of the simple fact that his tricks seem more real than Criss Angel's. Anyone can use video editing to make it seem like they are walking up walls or floating across buildings but putting a card through the window and other card tricks like that you really have to be focused.

If there was no David Blaine then there never would have been a Criss Angel because David Blaine was the innovator of street magic. Criss Angel is really just a rip off of David Blaine with crazier tricks. Whether you like street magic or messing with minds it's up to you which one is better.

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16th Avenue's First Tour

by:
Chris Elliott



On Wednesday, November 1st at the Royal Canadian Legion in Marysville, Fredericton the stage lights were on and the music was blaring as 16th Avenue started their very first tour with a bang!

16th Avenue is a local band who have been playing the local music scene for many years and are finally receiving commercial success.

Fredericton was their first stop in their first ever tour. They will be covering the whole East Coast to promote their newly released album, "In It To Win It".

Among the other bands were We The Undersigned, Modern Machine, Birmingham, and Ten Second Epic, who are also on tour promoting their new album, "Count Yourself In".

The show was very successful with many people showing up and supporting the bands. One kid said, "The show was really energetic. Everyone was dancing along to the music, and the bands were going crazy. It was awesome."

16th Avenue played a really good set. The whole crowd was singing along with the songs, and really getting into it. The members of 16th Avenue are really excited to get their album out there and be recognized.

After playing for several years, and working so hard, their efforts are finally paying off as they got their album produced by Murray "Mad Cash" Daigle (also known for Cauterize, The Fullblast, Not By Choice, and Mudmen) and are now being managed by Shawn Buckle, owner of JTB Records, and Geoff Mclean, Juno Award Winning Video Producer (also known for Billy Talent, The Used, Good Charlotte, etc).

So make sure to check them out next time they're playing.

Coffee House Extravaganza



On Wednesday night, the 18th of October, SJHS hosted a coffeehouse in its very own cafeteria. What is a coffeehouse? It's a place to have coffee, sit with your friends, and be entertained by musicians of your lovely school, and/or city. This is the second coffeehouse hosted at our school in six months, and both have been to raise money for the Romero House. Acoustic acts may seem the spotlight, but bands get play time as well. Also, piano acts were a part of the coffeehouse.

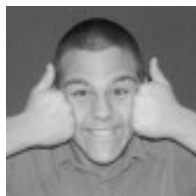
There were two bands that played. First, came The Goodfellas with some mom-rocking tunes. The members of the band include Corey Reid (Vocals), Levi Ellingwood (Lead Guitar), Colin Thompson (Bass) and myself, on drums and occasional vocals. Later, came DunnoYet. They surprised many listeners, by playing what can easily be referred to as hard-core. The members of the band are Brenan Moore (Vocals), Joel Young (Guitar), Cole

Savoie (Bass) and myself on drums. Along followed acoustic acts, including Emily Saab & Katie Grey with some harmonica and guitar, Corey Reid & myself with some acoustic lovin', Anthony Noletti, Tish Logan, and Mike Craig with a wonderful song, Matt Soucy, Sebastian Fleet and Cameron Evans with some blues, Lisa Breen & myself with a song by The Rascal Flatts, Lauren Thompson, Brian Beckett and Anna Richard with some nice pieces on piano and last but not least, Derek Vivehlin and Laura Higgins performed a pretty song.

In total, \$260 was raised for the Romero House. Java Moose supplied all the coffee, and Kierstan Leblanc made cookies. There was also a dance competition, with a few people in front of The Goodfellas. Max, a guy visiting for a week from Alberta, won.

All in all it was a good night for people who enjoy music played by their peers. If this article intrigues you, check out the Club Hope concert, it is certainly for a good cause.

by:
Peter Ellefsen



Piczo versus My Space

by:
Kaylah Jackson



As you might know, just about everyone who owns a computer has either a My Space account or a Piczo website. For those of you who don't know what My Space and Piczo are, they are websites on the Internet where you can creatively put information about yourself, share photos and even create an online web journal.

My Space, in my opinion, is a lot more personal than Piczo sites. With My Space sites, people tend to see more of an indepth look into the website creator's life because there is a place for comments, blogs and plenty other personal writing space. On the other side, though, I think Piczo sites are a lot more interesting. With Piczo sites, the user can create a more personal webpage, with personal and creative touches. You can include write-ups about friends and family, and there is also a great amount of space for photos and graphics.

I think My Space and Piczo sites are really great, as they allow you to create your own personal website, where you can share photos, create a journal and people who visit your site can even leave comments. When using either My Space or Piczo, there is a risk of having your information on the Internet. If you have information on your site about yourself, keep it limited and restricted to your friends. You never know who could be visiting your website and what their purpose is in doing so.

So, if you have never visited a My Space or Piczo site you should definitely check one out. If you have visited one, and have yet to create your own, you should remember that it's a great way to share photos with friends and even, to share your thoughts and writing.

Country Music Sucks

Country and western music is the worst type of music ever. Every country song is about the same thing. They all sing the same way (if you can call it singing) and they use the same few chord progressions for every song. I personally believe that anyone who actually likes country and western music is tone deaf, because that's the only way they could not hate it.

Some bluegrass is decent; if it's done well it's good, but if it's not done well then it is just plain awful. Bluegrass just sounds so hilarious with the banjos, fiddles and the thick and steady bass

lines. But other than the hilarity and virtuosity of some banjo players, fiddlers, and of course the solid and steady bass lines, played on a double bass with a clear deep sound that one can literally feel, there is nothing about any type of country music that is good.



by:
Petter Kristoffersen

Seinfeld: Best Sitcom Ever?

Seinfeld is quite possibly the best sitcom ever made. It ran for a total of nine seasons, from July 5th 1989 – May 14th 1998. Seinfeld was about the lives of a small group of friends and the hilarious problems they would encounter in their daily lives.

The plot of each episode was centered around hilarious events and subjects. For example in one episode George asks a waitress out on a date, and he puts himself in a compromising position. He mentions to his date how he likes manure and he proceeds to explain how it is a "newer" with a "ma" in

front of it. "Its not bad." To which his date responded "My boyfriend has the same watch, he really likes watches." Then George stepped in some manure and she said "Oh you really stepped in it" and he said "I sure did".

This show is about the stupid little things in life that everyone experiences at some point. Don't Double dip!



by:
Petter Kristoffersen

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The T.O Show

Terrell Owens, is a wide receiver who plays in the NFL. He is on the Dallas Cowboys, but his last two years were ones that few will forget, due to his antics with the Philadelphia Eagles.

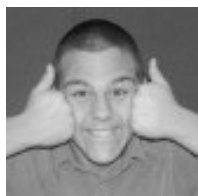
In 2004, after playing his entire career on the San Francisco 49ers, he signed a 7 year, 49 million dollar contract with the Eagles. His first season went well, but his second season was when his strange behaviour started.

It mainly began when he got injured. He hurt his ankle, and his fibula, and he was expected to be out 6-8 weeks. The Eagles went through the playoffs, and they made it to the Super Bowl. Despite being told by doctors that he wouldn't be ready at least for 2 weeks, he told the media he would play in the game.

He owned up to his word, showing up big with 9 receptions for 122 yards. The Eagles ended up losing though, 24-21 in overtime to the New England Patriots.

He commented after the game, stating that if a player like Brett Favre had told the press he would play, then the man would be praised. He only dug a deeper hole, when he commented that he, "wasn't the guy who got tired in the super bowl." Many believe this was directed towards his teammate(Quarterback) Donovan McNabb, but Owens denies it.

On July 1st, things got worse. He was asked to play basketball for the NBA Sacramento Kings, in a summer league. The ownership of the Eagles wouldn't let him play, and he was furious. Meanwhile, he was trying to re-negotiate his contract. He said he wouldn't show up to training camp



by:
Peter Ellefsen

if he didn't get a new contract. Training camp rolled around, and sure enough he was there.

On August 10, 2005, he was suspended by the team for a week, after a heated exchange with head coach Andy Reid. It was known as: Notice of "Unsatisfactory Work Performance". So on the preseason went, and he returned, and the regular season began.

Despite averaging over 100 yards a game, and at least one touchdown, Owens continued to feud with teammate Donovan McNabb. He was very angry that the Eagles did not recognize his 100th career touchdown catch. He also stated, if Brett Favre was the quarterback of the Eagles, they would be undefeated. After more and more similar situations, such as these, Owens was suspended, without pay, for four games, at the end of week 7. The Eagles never reactivated him, and he was dropped in the off season. He was picked up by the Cowboys, and is still the topic of the NFL, despite being on a different team. The best part is, the Eagles and Cowboys play each other twice a year, since they are in the same division. The next time they play is on Christmas day, at 6:00 o'clock.

SJHS Girls Hockey



by:
Kristen Bursey

You've all heard those announcements before: "Girls' hockey game today, 4:30 at Lancaster. Come cheer us on!" but how many of you have actually gone to a Saint John High girls' hockey game? How many of you even knew we had a girl's hockey team? We actually do have a girl's hockey team. Yes a group of 15 girls who are dedicated to the sport.

For us, the hockey season starts early in October. We hold our try-outs and all fight for a spot on the team. The girls who make up the team this year are: Lindsay Lemon, Michelle Harvey, Stephanie Barton, Kimber Shannon, Kaitryn Sewell, Kaitlyne Jolineau, Samantha McDevitt, Gail Estey, Meaghan Higgins, Amber MacKay, Sarah McLaughlin, Kristen Bursey, Brooke McAloney, Tiffany Henderson and Jillian Purcell. Along with the girls, we have our dedicated coaching staff who put a lot of effort into our team. They are: Brian McAloney, Brian Higgins and Al King. We also get support from our faculty advisor, Mr. McNiven.

After try-outs were held, and the team was all decided on, we got straight to work starting with our early morning practices. Every Monday and Friday your girls can be found at the Lord Beaverbrook Rink at 6:45am for hockey practice. Although these practices are unbearable at the time and we all hate them, in the end they work out to be alright for the team and it's when we work best.

This year our team looks promising as we prepare to take on rivals such as Harbor View high school, St. Macs and KV High. We generally have two games a week, one away game and a home game. Our home games are every Wednesday at the Peter Murray Arena at 4:30. Along with our regular season games and playoffs, we usually participate in 3 tournaments, which we generally do well in. Our first tournament of the year is being held on the weekend of November 10-12th when we travel to St. Stephen. This is a tournament which we have done well in for the past 2 years. We also play in the Irving Oil Christmas tournament and a tournament near the end of the season.

Those of you who have never gone out to a SJHS girl's hockey game, you really should. There is a lot of talent within the teams of the league and overall it is an enjoyable experience. So come on out and support your girls. Hope to see you at the rink!



Mr Grandy



by:
Bruce McMillan

Coach, athlete, father, teacher, son, and husband. If you were forced, you could sum him up with the previous words, but David Thomas Grandy is much more than that. The thirty-year-old high school teacher is very well known and respected both inside and outside the walls of SJHS.

Born in Halifax, Mr. Grandy was raised by his two parents Tom & Carolyn. His mother made her living as a secretary, while his father spent his life working in the dockyards in Halifax. Growing up, Mr Grandy's role model was his football coach, John Orlando, and now in adulthood he looks up to one by the name Bill Belichick, head coach of the New England Patriots, who has led the Pat's to 3 Superbowl titles in the past 5 years.

Mr. Grandy and his wife Charlene recently had a baby boy named Dawson. When asked to elaborate on his feelings regarding fatherhood, this proud Dad responded: "It's an unbelievable experience!" Mr. Grandy, who had decided to give back in ways of sports, gave up coaching basketball, volleyball, badminton, and track once his son was born. Aside from Dawson and Charlene, the one thing Grandy loves and still is enormously involved in, is the game of football. When asked about his love for the game, the man who thrives for the physical attributes of the sport said, "It's the one time you can release all your aggression and not get in trouble for it. The team's atmosphere is unmatched, the friends will last a lifetime, and the celebrations after you win a game...are like no other."

Mr. Grandy is currently going into his sixth season with one of Saint John's three MFL (Maritime Football League) teams, the Saint John Wanderers. The Wanderers are both the reigning provincial and maritime champions and his involvement in this dominant squad is nothing to shake a stick at. He is an outside linebacker and is an on-field coach of the defense. He also helps organize league meetings and is in charge of recruiting the Wanderers' sponsors.

Mr. Grandy describes himself as a "people person" who loves to help others, and see people succeed. He doesn't always prefer working with the best of the best, but would rather help a student who is just getting by, to make the grade. Regarding the Hounds' performance this season, he said, "The team grew a lot. What started out as some 30-40 guys, turned into a great year. The finish was disappointing, we didn't execute our best when it counted, but there were lots of factors that played a part. However, all in all, 7-2 says a lot about the program."

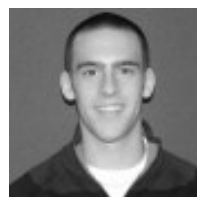
When Mr. Grandy was asked for advice he might have for high school students, after a brief pause, he responded, "If you're ever doubting yourself, keep trying harder. If you keep trying, you can persevere.... You can do it".

The Linemen Lunch

The surprisingly cool temperatures were no match for the linemen of Saint John High School's football team on October 25th. The weather could not keep the friendly giants away from the local Pizza Hut. This annual tradition, which is in its 4th year, was founded by Mr. Keaveney, one of the school's Phys. Ed. Teachers. Mr. Keaveney was quoted as saying, "It's great way to honor the unsung hero's of the team".

The boys left school in a hurry once the bell sounded in attempts to be the first in line for the all you can eat buffet. The participants included all the members of the offensive line, defensive line, and the linemen coaches. "Besides playing in the provincial final, it's the one day of the year that we all look forward to," said senior o-lineman, Jordan Dickens.

The big guys of the football team managed to stuff down some 20 plus pieces of pizza per person. As you can imagine, these rugged athletes managed to turn the event that was supposed to honor them, into a



by:
Bruce McMillan

competition. The victor was none other than grade 12 student, Chris Zeuchner, a 250-plus lbs, offensive lineman. The big man only managed to win by two slices over the above mentioned Jordan Dickens. That winning amount of slices consumed (keep in mind, every two 1/2 bread sticks counts as one) was an astounding 22!

Once pizza hut was virtually cleaned out, the group of about 13, minus the coaches, made their way back to school with notes for being late in hand. When asked why the linemen should be allowed to return to school after 1:10 PM, Jordi Crowther responded by saying, "What normal person could eat 20 slices of pizza in 50 minutes?"...What normal person could eat 20 slices of pizza?

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Hockey Sticks: Wood Or Graphite?



by:
Tom Walsh

For as long as hockey has been around, approximately 200 years, it has been played with wooden hockey sticks.

With the development of hockey things began to change. The sticks began to curve, and new businesses began to form which would produce these sticks. Many years later the world was introduced to something called "Graphite", a new generation of hockey sticks. All the major hockey companies adopted this idea and they are now in mass production world wide.

These sticks are said to be lighter (proven fact), and stronger (again proven). These sticks already outshine the wooden competition; the wood sticks are heavier and break more easily.

The bottoms of the blade waste away in the woods while the graphite remain strong and the durability in the stick altogether ties much better. Plus when the blade does end up breaking then with the graphite you can keep the shaft and replace the blade which is a no-go in the wooden brand.

These graphite sticks may look high and mighty but there are downsides to them. The price for one of these sticks (a good one) is over 200 dollars. With that amount of money you could buy four wooden ones, regardless of anything put against them, you would have four sticks compared to a single stick. It seems crazy to buy a graphite stick at such a price when you can have so much more, however people do it regardless of the price or anything else.

So the next time you walk into a sporting good store rethink which stick you really want and which stick could save you a couple hundred dollars.



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The Hound

Stars Among Us



by:
Bruce McMillan



As the season closed out on the 2006 SJHS Greyhounds, a few bright spots still remained.

Aside from the overall outstanding record the Greyhounds managed to post, the hard-nosed football team also managed to produce seven league All-Stars.

The group chosen was one both diverse and deserving. The players chosen were as follows:

Chris Chestworth (Kicker), Chris Zeuchner (O-Line), Eric Saulnier (Running Back), Joel Seale (Wide Receiver), John Livingston (Middle Linebacker), Chris Ogden (Strong Safety), and Aaron Gordon (Free Safety). These young men all played an enormous role in the Greyhounds success.

Chris Chestworth was quite possibly the best kicker the Hounds had seen since Bruce Dryer or earlier and he gave his team a huge edge on special teams with his god-like leg.

Chris Zeuchner, who battled through an injury-plagued season, helped to create one of New Brunswick's best offensive lines and one of the safest pockets a quarterback could dream of.

Eric Saulnier gave the Greyhounds a solid attack on the ground. His combination of speed and agility led to a few games where he would obtain over 100 yards rushing.

Joel Seale, a second time All-Star, was a dominant force at slot back. His size, strength, and ability to go up and bring down any ball, were unmatched, leaving opposing teams with nightmares of lining up next to this senior.

John Livingston aided the Hounds enormously with his relentless run support and ability to shut anything down through the middle. He was without a doubt a leader of the defensive unit.

Chris Ogden's dedication and intensity were a cut above the rest of the league. What he may have lacked in other aspects, the DB turned LB, made up for it with his incredible ability to get low and make any tackle coming his way, not to mention his hands which led to numerous interceptions for the Hounds.

Last but not most certainly not least, Aaron Gordon was one of the league's most feared players. He was a threat on both sides of the ball, including special teams. But his home was on the defensive unit where he led the team in tackles and interceptions. His ability to read the field was impeccable and his speed was untouched.

When brought together on the same field, this group, along with the rest of SJHS's talented roster managed to have one of the best regular season records in the school's long history.

To make a long story short, this year's All-Stars, are and will be some of the best players to ever sport the red & gray.



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Show Me Some Green



by:
Geoff Martin

In modern cities filled with concrete and brick, green areas are hard to come by; Saint John is no different. Sports fields in the area are an irregular sight and the ones you do see lack maintenance.

Shamrock Park, for instance, has two soccer fields and two baseball fields. It also has a football field that is converted into two softball fields. Unfortunately the most highly used among them is often the most neglected. Each year the Parks and Recreation Department spends more money upgrading the soccer and baseball fields. Lights are replaced and new lines are drawn but for some reason the main field remains untouched and in poor condition. No new grass is laid and no upgrades are made to the baseball fence used in the summer.

A number of organizations use the main field at Shamrock. They include: the Senior Men's Slo-pitch Softball League, Co-ed Slo-pitch Leagues and other lower-level Softball Leagues. Harbour View High's AA football team, and the Saint John High's AAA football team as well as the Fundy Minor Bantam and Peewee football programs also use this field. As does the Labatt's Saint John Men's Touch Football League.

With all these teams and organizations using one particular field it becomes easily worn out. Why are actions to carry out upgrades not taking place? Or more importantly, why are there not more fields in Saint John for these leagues to use?

The Government of Canada continually states that our generation is becoming increasingly obese and unhealthy. If New Brunswick is serious about improving the health and well being of this generation, not only must it promote a healthy lifestyle, it must provide more sports fields and upgrades to the existing facilities. Otherwise we will see a decline in these great leagues, which keep hundreds of people active throughout the year.

Saint John High School

Update On The NFL



by:
Peter Ellefsen

Rather than quote stats and bore everyone, I'm going to talk about some interesting topics in the NFL as of late. Most people know of the running back who plays for the New York Giants. He goes by the name, Tiki Barber and he leads the league in rushing yards, with 971 yards, at the end of week 10.

In the past 2 seasons, Barber has led the league in yards from scrimmage. Despite being extremely good, and averaging around 5.1 yards per carry, he plans to retire at the end of this season. Barber states that he'd rather go out on top than be a guy who people would say is no good anymore.

Now that the season is a little more than half over, the drama with Terrell Owens has calmed down. There is a very distinct reason for that though. Drew Bledsoe, a sitting duck in the pocket, has been sidelined, for a rookie quarterback by the name of Tony Romo. Since he is more mobile, he can move around in the pocket and make the throws that Bledsoe can't. Since taking over, Romo has thrown 8 touchdowns, as opposed to four interceptions. His quarterback rating is a whopping 101.2, which is outstanding at a rookie level. Also noteworthy is his developing sync with star receiver Terrell Owens.



How bout' them Saints? Their record is 6-3, and Drew Brees is having a very successful year. The biggest story here isn't 2nd overall draft pick Reggie Bush. It's the 4th last draft pick, of the entire draft. It's Marques Colston. He plays wide receiver, opposite Joe Horn, and leads the league in receiving yards with 869. He is having an unexpected stellar rookie season. Drew Brees seems to like to throw to him a lot, but it's not only the fact that he is thrown to that helps him rack up the yardage. He runs crisp routes, and is also six foot, four inches. At this point, the Saints aren't ready for the playoffs. As the season progresses, if their offense continues to click, they could definitely be a prime candidate for post-season play.

Injuries happen a lot in the NFL, There are a few teams that have been hurt by these season-ending injuries. First off, the Buccaneers have lost Chris Simms to an exploded spleen, which is definitely not good for head coach Jon Gruden. The Redskins just lost Pro-bowl running back Clinton Portis, to hand surgery, for the entire season. The Giants have lost their all-time leading receiver, Amani Toomer, which will make things harder for Eli Manning, and Plaxico Burress. The Eagles lost defensive end Jevon Kearse, for the season. Such a presence cannot be replaced, and they will have to rely more on their pass defense now.

Issue 5, 2006