



## Joel Seale -Ask About Me-

by: Bruce MacMillan

Joel Seale is quite possibly one of the most recognizable faces roaming the halls of SJHS. His voice is often heard echoing through the corridor much thanks to his loud, outgoing personality.

This easing-going character has a good relationship with both of his parents, Brenda Seale and Albert Hogan. Brenda was always the one who pushed Joel in the ways of academics while Albert helped to develop Joel's unmatched drive and desire in other aspects of his life, especially sports. When asked, Joel described his relationships with his two sisters Trisha, who lives in British Columbia, and Kilea who attends SJHS, as: "decent; nothing outside the ordinary brother/sister scene".

The 19 year old was quick to mention that the times he has had at Saint John High School have been and will most certainly remain the best times of his life. "It's where all my friends are at, and you can't have good times without your friends".

Although he was enthusiastic about the school itself, SJHS held nothing next to the topic of football. "The sport is the best thing to ever happen to me. Everything in my life revolves around the sport. It's much more than just a game. Football is life." When asked about The Hounds themselves, Joel responded smiling, "We're the best team this school has seen in the past four years if not forty. As far as AAA champs goes, there's no question we'll take it. Once we come together no one can stop us. We won't be the ones needing 9-1-1 on speed dial."

Joel's plans after high school include playing university football. He'd eventually like to be a fitness trainer, but as far as he is concerned he's "going" to play in the CFL. The last year high school student currently isn't working. "I don't work. I have no time. Football is my work."



Although he makes his presence felt wherever he goes, Joel still keeps some of his cards close, like the fact that he's a computer nerd and likes the slow jams (eg: Boys 2 Men) rather than rap music.

This bachelor's only advice for those just beginning high school, or even with a year to go is to "enjoy it". "They are the best times of your life, and you are making memories you'll never forget. Don't make it all about work. Have fun, uh huh yeah."

Needless to say Joel's 4 1/2 year stint at SJHS has helped shaped who he is and who he's going to become and there's no question that he's had an impression on countless others during the process.

## Greyhound Spirit Just a Myth?

by: Brittany Saab



Greyhound spirit? What is that? That's right, it seems as though school spirit at Saint John High School has become something of the past. What can be done about it? Are there enough people who care to even make a change?

Most of you should have been to at least one pep rally in your high school career. Have you ever looked around you? If you have, you've noticed the scattered applause that ends quickly once those few students realize they are the only ones showing any sort of school spirit. That's not entirely the fault of the students though. Pep rallies and assemblies in general seem to have become a time for teachers to criticize behavior and bark out warnings to those "rowdy" students to behave. By the time this is done there are only about 15 minutes left to introduce the team and attempt to get the students excited. Naming the students on the team and a feeble school cheer is not going to get an auditorium full of kids pumped up.

Football is considered to be one of the top athletic priorities at SJHS, and why shouldn't it be? With a record like they have we have every reason to be proud! But still, if you ever go to a football game, look around. You'll notice there are only about 75 students there watching. That's 5% of the student population! Of that 5% about 15-20 students usually leave before the end. Even worse, of the students left how many are excited, cheering, or even acknowledging the football game in front of them? That would be fine, if it weren't the 20 enthusiastic supporters of the opposing team who have actually gone the distance to not only cheer for their team but to make more noise than all of the Greyhound supporters combined. Nathan Collins, who plays on the varsity football team, had this to say: "Get up! It doesn't hurt to participate."

School spirit not only gets sports teams ready for a game knowing the school is behind them, but it also makes school life more fun for everyone else. Events like Red and Grey Days and event weeks help to get a students' focus off of how boring school is and how much they'd rather be doing something else, but it's only effective if more than a couple kids show enthusiasm towards it. I asked a student who would prefer to remain anonymous why they thought SJHS had such poor school spirit. "A lot of the people at Saint John High think that cheering or getting involved will somehow make them "uncool" or look dumb." What does look dumb is an auditorium full of kids who are almost falling asleep in their seats, an event carefully planned out by SRC that 10 people show up to, or the biggest basketball game of the year with 75% of the people too embarrassed to cheer.

Saint John High School is one of the most successful schools in the area. We have some of the best sports teams, best academic programs and best clubs. Why shouldn't we show some pride in that?

## Alcohol and Marijuana

by: Matt Soucy

Many people who think alcohol is more harmful than marijuana ask why alcohol is legal and marijuana not. Answering this question is not a simple task because each involves unique benefits and risks.

Unlike marijuana, alcohol can contribute to peptic ulcers, liver failure, heart disease, and also can cause some physical dependency. Alcohol is used for many different reasons. People generally begin drinking just for something to do and to have fun, usually at parties. Then they begin to drink more regularly as a way of having fun on the weekend.

Over time certain people begin to use alcohol as a way to solve problems and stress. This develops a mental addiction and over time one's body can become physically addicted and begin to need alcohol on a daily basis. Alcohol has resulted in a great many social problems including drunk driving, marital breakup, violence, and crime. All of these have to be taken into consideration when comparing the two.

Although marijuana is not considered to be physically addictive research has indicated that one can easily become psychologically addicted and want to smoke it whenever possible. Marijuana has been associated with problems in thinking clearly, and, when inhaled, can cause problems such as lung cancer.

Although the evidence is not conclusive, some research has shown that marijuana can cause people to develop some forms of mental illness. Other mental effects include lack of motivation and memory loss. Social costs associated with marijuana use are related to its status as an illegal substance.

Because marijuana consumption is still considered to be illegal, possession can result in fines or jail terms for those who are caught selling. Cultivation is primarily carried out in large grow operations that are mostly controlled by organized crime. Organized crime does not limit itself to production of marijuana but is also involved in many other criminal enterprises.

Some research indicates that marijuana may be less harmful than alcohol. Therefore, from a harm-reduction point of view, some people argue that marijuana should be legal while alcohol should be made illegal. Alcohol was made illegal during prohibition and the result was a flourishing illegal trade in alcohol controlled by organized crime, much as we see today with marijuana.

It would appear that making marijuana legal would cause no more physical harm than alcohol or other legal drugs such as tobacco. Legalization would remove the criminal element from the production and distribution of marijuana and along with it many of the social problems associated with its present use.

It is for this reason that legislators should consider changing marijuana's legal status and develop a means of controlling its distribution much as we see with alcohol and tobacco.

## Marilyn Made Me Do It

by: Rachel Titus

In the past few years, cases of school shootings and youth violence have dramatically increased and gained more attention. Events such as Columbine and the Dawson College shooting have shocked the world and left us searching for a reason why such awful things happen. One thing is usually blamed: violence in the media.

It's definitely true that movies, music, TV and video games have all become more violent. But arguing that song lyrics, video games and gory scenes in movies cause school shootings is ridiculous. An average, sane person who is playing a violent video game might enjoy the game, but they don't get the urge to shoot people for real. It takes an already sick mind to even think of something like that, yet whenever a shooting occurs there's always way too much focus on the kind of music the shooter listened to, their favorite movies, etc.. Because of this, many artists, movies, games, shows and even books have been assigned more blame than the actual perpetrators.

A good example of this is the tragedy that occurred at Columbine High School in Littleton, Colorado. The shooting left 12 students and 1 teacher plus the 2 shooters dead, and countless injured. In the aftermath of the shootings, people were scrambling to find a reason why the students behind it did what they did.

Eric Harris and Dylan Klebold were bullied constantly at school, and felt isolated. Both had anger management problems and criminal records, and one of them was taking an antidepressant at the time of the shootings. But the fact that the boys were fans of Marilyn Manson, *The Matrix* and the computer game *Doom* became much more widely known. Their favorite bands and movies were blamed for what happened while other important facts were ignored.

It's pretty obvious that Harris and Klebold were both troubled, and that many things contributed to their actions. It's impossible to point to one thing and say, "That was the cause". For example, many shootings occur in places with lax gun control laws (making it easy for someone to get a gun). The people behind these crimes are often bully targets. They usually have a history of violence and have given out warning signs that weren't taken seriously enough. Those are just a few of many possible factors.

To me, those things are much more important and alarming than the shooter's favorite bands. So to single out the media as the problem just doesn't make sense! Many people who HAVEN'T committed mass murders listen to Manson, play *Doom* and watch *The Matrix*. The media doesn't take a healthy, sane person and encourage them to kill.

If we want to prevent school shootings in the future, we need to stop focusing on unimportant details. Blaming these events on the media is a much too easy and convenient answer to a difficult and serious question. Our time would be better spent on bullying prevention and changing gun control laws. Wasting our time blaming pop culture isn't going to solve the problem. Many things might drive someone to commit a shooting, but the media isn't one of them.

## Schedule Shuffles

by: Alex Bent

It's the first day back to school, and you get your schedule, only to discover that you've got Physics, Advanced Math, Calculus, Economics and Chem all in the same semester. You know what you've got to do. It's time to get a schedule change. Good luck!

Now, this is the new school year, so you've got to be reasonable. Guidance counsellors are going to be busy, but who knew it would be so difficult!

Sometimes things go smoothly. You go in, say you need a change, they find your classes, things go from one semester to the next no problem, and you walk out happy as can be. Other times, you're in there looking from class to class to find openings, switching blocks and classes, sometimes dropping what you want all together, just to move a course around.

Then there are the times when you're in your class for a week or so, and realize that the class is just going to kill you and there is nothing you can do to make it bearable. You go to get a new class, and all you can do is hope that there is something better available in the same block or that you can switch another class's block to get the new one in that block! Now there's a thought that's going to hurt you if you think about it too much!

That's a big hassle just to get a course changed, but I won't lie, it's the most amazing thing in the world sometimes. Sometimes when you get back from the summer you try for a course that was full the previous year. Often it will now have the space for you. In the end you get exactly what you wanted. No matter what you do, remember, they'll try to get you classes that suit your preferences, but it won't always work out, so go in with some patience, and a stress ball.



## Balanced Waistlines

by: Kate Hopkins

It used to be that the ideal body shape was the hourglass figure. On the catwalk women displayed clothing that was, although expensive, actually wearable in everyday life. Now fashion shows have become an extreme art form and the women are practically skeletons, representing blank canvases for the designers.

It seems that young girls are missing the point. The purpose of the models' bodies looking this way is strictly to complement the clothing. It is not intended for people to take this realistically. Women have taken the media's power of suggestion way out of context when it comes to issues involving appearance. With these boney women on the catwalk and anorexic celebrities being the recent highlights on magazine covers, it's becoming the desired look for the average person.

In Madrid measures have been taken to encourage a balanced body weight by prohibiting models to set foot on the runway if they are recognized as underweight by the Body Mass Index chart. The limitations set will exclude an estimated 30% of the models in every show. Manufacturers of brands such as Dove have made attempts at promoting a healthy weight by using ordinary often somewhat overweight women in their advertising campaigns.

Most ads involve a person who appears to be "perfect". We see this and think if we buy what they are selling we too will look just like them, and be as happy as they are.

In the new Dove campaign average women are showing off their natural, healthy bodies with genuine happiness. You don't have to look perfect. This is what we need from the media: less fake, more realistic. We look at models and want to look just like them, without realizing how they got that way and the consequences of eating disorders.

It seems we have gotten to the point that, dare it be said, things couldn't get any worse. We have to start concentrating on how to change the direction of today's body image. Health risks are at hand in the form of eating disorders and it seems that throughout history when things reach the max they start to go backwards. Hence; history repeats itself. In other words we are meant to go back to the image of a healthy waistline. Movements such as schools enforcing a health program in phys.ed and cafeterias have been constructed to promote healthy living. Although small, these attempts at promoting the desire to have a balanced weight are crucial.

## Teen Romance


by: Soleil Leger

The phenomenon of teen romance! From the loving to the hating, the drama to all of the good times, being 'in love' has a big effect on the lives of teenagers nowadays. When looking down the halls of our own school, specifically at all of the P.D.A, there is no denying that 'love' is in the air. While loving someone else and being loved back usually feels good, there can be some pretty heavy ups and downs to this teen romance.

One of the most annoying downsides of teenage romance are the public displays of affection among young people these days. There's not one day that goes by in the life of an SJHS student where we're not exposed to foolish amounts of P.D.A, especially by the marble stairs at lunchtime. While fooling around with someone is fun, nobody needs to know the extent of your affection for one another. "I understand that people are very 'in love' in high school, but the rest of the school just really doesn't need to know about it," says Joanna Vlamakis.

So, if teenage romance leads to some pretty heated make-out sessions in the school hall, movie theatres or park benches, imagine what goes on behind closed doors! For many teenagers these days, 'dating' and 'going steady' basically means that you're getting laid. I'm not here to preach or to save the world, but when having sex, always be safe. Last year, according to the march of dimes statistics, 860,000 teenagers became pregnant in Canada and the United States, while 425,000 actually gave birth. Over 90% of these pregnancies were unexpected and unwanted, and could have been easily prevented. Guys, I realize it's annoying and usually a mood breaker to have to put on a condom, but in the end, it's worth it and it shows that you really do care about your girl. Girls, remember that teen mothers are less likely to finish high school, and it is also estimated that as many as 80% of these teen mothers will end up on welfare; all it takes is one pill a day to prevent this, so do it. Having a child in high school just isn't worth any of the good times you would be missing out on, no matter how much you love your partner.

When dating, the most important thing is to always stay true to yourself. If you ever feel the need to change who you are for another person, then they are not the right one for you. If you notice you're starting to stray away from your past interests, your friends and your family, then you're partner is just bringing you down. So, in high school, why not just have fun, be safe and keep it real.



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## A Woman's Worth

by: Kaylah Jackson

Why is it when someone wants to talk about women's rights, an egotistical male says things like: "Oh don't be a man hater." Why do men always jump to conclusions on a subject like this when it's a subject that every girl should know about? Well, boys don't worry because this article is not about you! This article is for the girls who need to get a taste of reality.

Everyday at school there are girls who are not being treated as equals. But even worse they don't realize what's happening. Girls are neither a possession nor a prize to be won by the highest bidder! Then why do they act like they are? Personally, I put some of the blame on the media. When you turn on the television you see women who fit into this image of being as fake as possible! These are girls with no self-esteem, no morals or goals, and definitely no personality!

Girls like Paris Hilton portray an unrealistic lifestyle that young girls today are greatly influenced by. Girls today need to learn to respect themselves if they ever want to be respected by others. We need to stand up and not take abuse from men or other girls. Being "Fake" is not cool! It's sad! Who are you if you can't be yourself? The more you bottle up your personality, the less personality you will have left. If you let yourself be treated like an object you will never get respect.

If you're wondering how important women's rights really are, there are famous people who do care about it: celebrities like Pink, Avril Lavigne and Alicia Keys. A song that really gives the right message is Christina Aguilera's "Can't Hold us Down." If you listen to the words of the song it's about having respect for yourself as a woman. The first two lines of the song are "What? Am I not supposed to have an opinion? Should I be quiet just because I'm a woman?"

Should we be quiet? Should we sit there and smile like nothing's wrong? How about "No!" That sounds like a good idea!

## Grad Ring Tradition

by: Charlotte Burse

Well Grads, we've all waited through these past twelve years and now our time has come. Time to graduate! And what better way to celebrate and honor our school than purchasing a graduation ring. Of course, this sounds like a silly tradition. Who really needs a ring to honor their school? But indeed, a grad ring is the perfect idea.

When you think about it, it doesn't seem like a \$310 ring would do much, except burn a hole in your bank account, but in reality it's just the right thing for remembering your years at Saint John High School. Although it is just a material object, these rings can hold great significance for some people. Now I am not writing this to tell everyone you have to buy one; it's optional. But it would be a great thing to have.

One thing that is unique and special about our grad ring is that it is a one of a

kind, traditional ring. There is nowhere else that you can purchase this ring. And we are one of the very few schools privileged enough to have a crest ring. Of course it kind of sounds like this tradition thing is just used as a marketing scheme to boost sales for Jostens, but really these rings date as far back as the 1930's. Who wouldn't want to carry on this tradition?

Another good reason for getting a ring is if you have a parent or any other relative who graduated from Saint John High School, it would be nice to carry on the tradition in the family and have the same ring. For example, my dad and grandfather both graduated from SJHS and we will all have virtually the same ring.

Once again, I am not trying to convince you to buy a ring. I'm just saying that it would be a nice thing to have. After all, in 10 or 20 years, you might regret that you never got one.

## Personality v.s Looks

by: Katlyn Hopkins

They say that first impressions are everything. Often when meeting a new person we find ourselves giving them the once over. What are we looking for? We take in all their physical characteristics and most of the time do we not base our perception of their character traits on their appearance? This is terrible; before even giving them a reasonable chance to get on our good or bad side we set them on one. Everyone knows it isn't right to come to a conclusion without any evidence to back it up, so why do we still do this? If a person with dyed black hair, spiked jewelry and dark make-up is set in front of you, are you not going to assume they are an extremely angry, aggressive person who strictly listens the death metal? Of course you are. But on the inside that person could be the most happy-go-lucky individual you'd ever meet, if you gave them a chance.

Does what we wear always have to compliment our personality? Can't it contradict? If you are for it complimenting then by all means you should be allowed to be stereotyped; the assumption about your personality would be correct. But if you side with it being able to contradict then your clothes say absolutely nothing about you. We've come up with a term for that: "posers". Is there not a place we can meet in the middle; a happy medium? Do we always have to generalize someone's personality based on a part of themselves that they wish to express through dress?

We have become too materialistic. You cannot categorize a person entirely by an article of clothing they wear. It could reveal something completely different depending on how the onlooker perceives things. So how can you make assumptions about what a person is like purely by their appearance when everyone associates different things with different styles of clothing?



## Grade Nines: Getting Worse?

by: Samantha Cormier



it, or laugh and giggle really loudly so the whole hall heard me.

It's the same thing every year with the 9s. They are always stopping in the hallways and each year someone writes about it in the newspaper. But it has got to stop! A person should be able to get through the hallways without having to wait a minute until the only spot to walk through becomes available. Just the other day I said to a couple of grade 9s: "Excuse me. May I get through?" Do you think they moved? I had to practically shove them out of my way before they decided to move a bit to the right.

The one thing that I have found most disturbing about the grade 9s' this year is their respect. About a week ago, I was getting on the bus when a horse trolley came by with a bunch of tourists on it. They waved at us and I kind of smiled and waved back. The next thing I saw was a bunch of boys throwing a sub at them!! It got all in the trolley and even hit an elderly lady. I mean come on, don't kids have any respect left in them at all now a days?

Is it just me, or every year do grade 9s' seems to get worse and worse? Their maturity level is unbelievable. Whether it's them running down the halls like a pack of wild animals or throwing food at each other just for the "fun" or it, it never stops, and yes, I realize that I too was a grade 9. But, I was never like the grade 9s' of today. The worst thing I ever did in grade 9 was mess up my friend's locker while she was trying to open

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## SJHS Spirit

by: Charlotte Bursey

"Two Bits, Four Bits, Six Bits, A Dollar, "Everyone for High School stand up and holler." This is Saint John High School's cheer. I can tell you right now, about half of the population of this school doesn't know the whole thing.

Have you ever taken a look around in assemblies or pep rallies? How many times have you seen everyone standing up, cheering and clapping with excitement? Probably never! I know I've never seen it. Most students won't even chant the cheer, let alone stand up when everyone else is chanting it.

Spirit is all about the students, and we all know that Saint John High is overflowing with them. So where's the spirit? I don't think even half of us want to be proud of the school that we go to. I mean, everyone had their choice of high schools, right? And we all chose to go here, so why not show everyone why we did?

When I asked a good friend of mine, grade 11 student Erin Caldwell, what she thought about SJHS school spirit, she commented: "I feel we have no school spirit, but we need stuff to be excited about, and not just sit in the classroom the whole time doing work."

I think a big thing is assemblies. Instead of splitting them up, why not put everyone all together in the gym? That way the whole school will be there together to get hyped up. Also, the assemblies are too strict and no one has any fun. No wonder many students skip them!

The SJHS football team has only lost one game so far this year! But it would be safe to say that only 50-150 people show up for games. Football games are a good way to find your school spirit. Everyone should be there cheering on our Hounds and showing everyone how proud we are of our school and our teams. They're always a good time and an awesome way to spend your Friday night.

Some people think they're too cool to show their school spirit. Some people at Saint John High think that standing up, cheering and showing spirit will somehow make you look dumb, but when you're sitting there by yourself when everyone else around you is showing pride for their school, you are the one looking dumb. At the basketball games, there's always a gym full of students, but only about 50% of them are there showing their school spirit. Who do you think looks dumb?

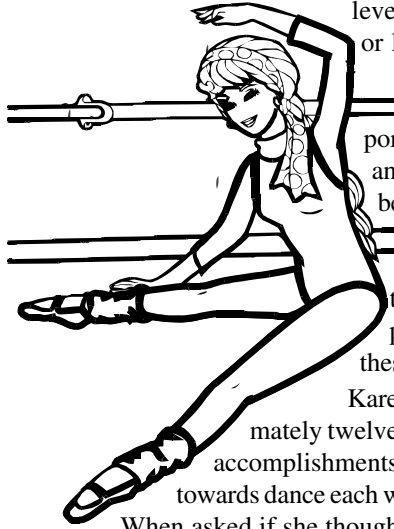
Overall, Saint John High is low on school spirit. If you're proud of your school, show it, and let people know why Saint John High is your school!

## Getting No Credit is Ridiculous!

by: Jane Alison McKinney

I think it is ridiculous that students who live in New Brunswick do not get any school credit for extra-curricular activities involving the arts or sports. Many students spend more time on their outside school activities than they do on an entire course at school.

A lot of people think that sports-related activities and the arts are not as important as regular academic courses like math, science and English. However, there are many benefits of being involved in an arts or sports activity. Not only do they broaden a student's skill level, they also provide life skills that are hard to achieve or learn in a regular academic class. Teamwork, discipline, sportsmanship, and determination, some of the most important lessons to learn in life, are just a small portion of the many life skills that students involved in an extra-curricular activity will develop. Students also become accustomed to failure and learn that sometimes you can put forth your best effort and still be rejected. If it were possible to receive school-credit for these activities then more students would feel compelled to be involved and they too, would achieve these important life skills.



Karen Galbraith, who has been ballet dancing for approximately twelve years, has never received school credit for her ballet accomplishments. Galbraith, who puts in over twenty hours of work towards dance each week, aspires to make a career of being a ballet teacher.

When asked if she thought that arts and sports activities were as important as regular academic classes she said, "Yes, with a capital Y-E-S! Artists and athletes work just as hard as IB students works on their IB courses. It's just a different subject." Last year Galbraith passed a ballet exam called Checetti Intermediate Exam, an extremely difficult dance exam that she will not receive any school credit for. "I worked very hard for the entire year for it," said Galbraith, "Although the exam will mean something in the ballet world, it will not mean anything to an academic university because it is not on my transcript."

The government will not do anything to change this because noone makes it an issue. As students, teachers and staff of Saint John High School we should be fighting for this very important issue that is hardly ever addressed.

Students who achieve a great level of ability in certain arts or sports-related extra-curricular activities spend hours upon hours of work and effort to be the best they can be. Students should be rewarded for this hard work and dedication with school credit to help them on their journey towards a better future.

## Cuffing Class The Deadly Disease

by: Jory Moore

You all do it, whether you call it skipping, jiggling or cuffing. Almost everybody



skips classes, but you never stop to think what effects missing classes has on your grades. I for one know a thing or two about skipping classes; I have been in high school for five years now because of skipping classes. You may say "What can one or two missed classes do to my grades?" Well, I am here to tell you.

You miss a class and slowly your grades start to slip. You didn't get the assignment. You didn't know about the project you had to do and you weren't there for the test. There goes a lot of marks all because you wanted to go get something to eat or do something else and all the while you're wondering why you are failing classes. It's all your own fault, so when the time comes to blame someone you will just have to look in the mirror and blame yourself.

Skipping classes is a disease. Once one class is missed others will soon follow. And nobody skips alone so, the disease is contagious. Most people start to skip classes near the end of the school year when it starts to get warm and nice out. Unfortunately, with the nice weather and hot days come the final exams of the year and for grade twelves this is very, VERY important.

With the new exemption plan implemented maybe the level of skipping will go down but maybe it won't. If people wish to skip classes then why would they care if they had to go to the exam? They would be failing the class anyway. Some of you may be thinking now, "Oh, this is all just a bunch of crap", but it's not, and you really should listen to someone who has experience with this sort of thing. I have failed many classes due to skipping.

Whether you choose to listen to me or not, this will become apparent to you in the end: skipping, cuffing and jiggling, whatever you want to call it, will all turn out bad for you. No matter how much you try and deny it, it is your fault and nobody else's, not the teacher's, not the work's and not your friend's. It's yours.

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## School Rivalry

by: Kristen Bursey

They may seem like the friendly neighbors from up the street, but from the beginning of time St Malachys has been Saint John High School's biggest rival. Which school has the best school spirit. Is it Saint John High School or St. Mac's? Just like any other classic rivalry, whether it is sports or any other popular event, the excitement never dies.

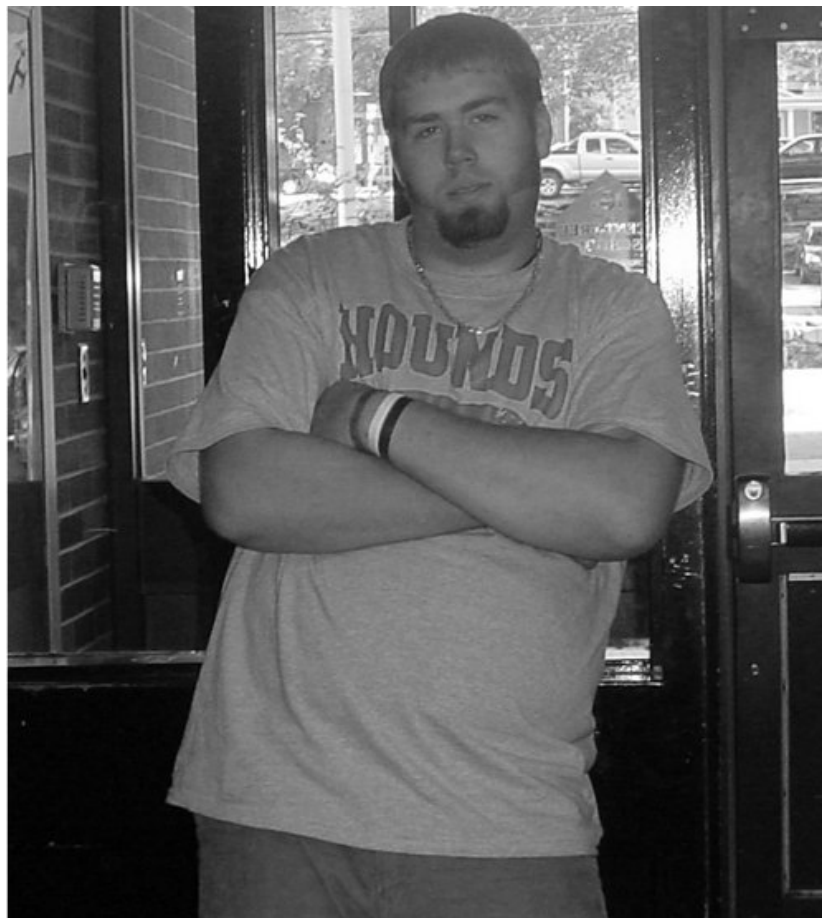
This particular rivalry can be found all over the place. Whether it's going uptown for lunch or trying to find seats after school on the City Transit, there is just no way of escaping those pesky Saints.

The biggest rivalry of all is out on the playing fields. Any sporting event that happens between Saint John High and St. Macs is bound to be a big one. One classic example of this would be the big Memorial Basketball Game. This game draws hundreds of fans from both schools, all dying to show off their school spirit.

I know a ton on this tradition, because I had a brother who graduated from St. Macs. It was constant arguing between us, and it never seemed to stop. Sometimes I wonder how my mother ever put up with the two of us, but all in all at the end of the day, we all know which school has the best school spirit, Saint John High!

## The Gentle Giant

by: Geoff Martin



You may have seen him in front of the plaza doors; you may have seen him at football games; or you may have even heard his booming voice over a crowd of people. The intimidating figure of "Jay" Stephens can be quite scary to new students walking through the plaza doors for the first time. However, looks can be deceiving, as this monster of a man is just an all around nice guy.

Arriving at Saint John High School three years ago, Jay is the most well-known character in the building. In an interview with *The Hound*, Jay recalled his first days at Saint John High. "It was different at first," he said, "but the people were friendly." He admitted that he came to Saint John High to play football, because "football is life," but made many friends very quickly, and felt in a state of belonging. When asked about why he has made so many friends he replied, "I'm very social, and I'm not one to discriminate against anyone for any reason."

Jason can be seen beside the plaza doors at every break and after school, always in the same spot. "There is a funny reason why I'm always in the same place at the plaza," said Stephens. "It's where everyone passes by, and I'm comfortable there. My shoulders fit right between the doorframes."

Bigger than his stature, is his heart. Saint John High Student Elizabeth Edgar describes Jay as "a big teddy bear," and Bobby Cuesta says, "Jay is really a nice guy," and adds, "but he knows nothing about guitars". However, the best description of his character may have come from Chris Ogden, who says, "He's Jay."

Stephens, not one to shy away from the spotlight, admits that he has needed some help to get through high school. "Mr. Grandy and Mr. Keaveny have helped me so much." Jay also thanks Mrs. Nolan, Ms. Ayer, and the now-retired, Mr. Hodgins. However the people Jay thanks the most are his friends because "High School wouldn't be the same without them."

In parting Jay has told *The Hound* that he wants to become a welder when he is done school. He also wanted to tell the students of Saint John High School: "Live life to the fullest" and "if opportunity knocks open the door."

## Fast Food: Ongoing Problem

by: Kristen Bursey

Fast food is around every corner you turn, and down every street you go follow. With the golden arches shining in your face, little Wendys running around, and the smell of Tim Horton's coffee winding it's way through the streets it is no wonder so much money is spent in the fast food industry today. There is absolutely no escaping them, and because of this, one way or another we are all guilty of doing the dirty deed: purchasing fast food just for the sake of it. But hey, who is there to blame? Even when you are not hungry, it's hard to resist that sweet smell and even the sight of such food can entice you to buy it.

Although fast food seems like such a small thing, it is in fact one of the largest issues in our society today. Not only does it cause obesity and unhealthy eating, but it can also have a major impact on our environment. Even as small children the marketing geniuses were planting exploitative messages and advertisements in our heads about fast food.

It doesn't seem like much us to just see a harmless advertisement for McDonald's on TV, but in reality these advertisers are the best in the business. Most of the commercials they run on television are targeted towards small children. When children see a commercial for McDonalds and there is a happy song playing and characters dancing around on the screen, they think that because everyone is happy that they too should get this food and maybe they could be like that. And every other time this commercial comes on, they want it more. So in the reality, what seems to be an addiction in the beginning turns out to be more of a lifestyle.

When asked their opinions on fast food many people had the same common idea. It's gross and bad for you. "Fast food is disgusting. It makes me feel fat when I eat



it. It upsets my stomach and I can't eat for the rest of the day because all I can think about is how bad it is for me," said Melanie Wilson. "Although it is gross and bad for you, it's just irresistible sometimes," says Nick Goodick.

All in all and at the end of the day, fast food is always going to win in our society, whether we like it or not.

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## Remembering Fads by: Soleil Leger



What were we thinking leaving the house like that?!... That was *the* most useless game ever!... Oh Geez, remember this song? How could we listen to this crap?!

When looking back on your childhood, what do you remember? Is it the bowl haircuts our parents thought looked so cute? Those northern getaway clothes we just had to have? That 90s bubblegum pop music that hummed through our elementary schools? The Christmas lists featuring pokemon cards, pogs, crazy bones and furbies? Having been students in the 90s, and exposed to all of these different styles and trends, there's no denying that we were, or still are victims to the changing fads of our pop-culture.

All of us can remember our favourite fads, from the toys, to the songs, hairstyles and clothing. If you are anything like me, you probably find it fun and interesting to look back on different fads, from both our generation and the generation before us. Let's have a laugh at some of the fads from from the 20th and 21st centuries:

The 1920's- Smoking Cigarettes, Pez Dispensers, The Radio, Bright Red Lipstick

The 1930's- Stamp Collecting, The Zipper, Monopoly, Betty Boop, Hood Ornaments

The 1940's- The Slinky, Silly Putty, Living in the Suburbs, Swallowing Goldfish

The 1950's- Frisbee, Pez Dispensers, The Boomerang, Sideburns, Poodle Skirts, Virgin Pins

The 1960's- Bell Bottoms, Tie-Dye, Platforms, The Twist, Moodrings, Hair Ironing, Trolls

The 1970's- Star Wars, 8-Tracks, "Dig it?", Daisy Dukes, Pong and Atari, Pet Rocks

The 1980's- "PSYCHE!", Nintendo, Converse All-Stars, Boom Boxes, Hacky-Sacks, Big Hair

The 1990's- Tomogatchi, The Macarena, Boy Bands, Beanie Babies, Fanny Packs, Pokemon, Pogs

The 2000's- Internet Lingo, Emo, Napoleon Dynamite, Paintball, LiveSTRONG, Reality TV, Thongs, Ipods

Usually, a fad is considered a craze that becomes popular in a culture relatively quickly, remains popular for a short period of time, and then dramatically loses all of it's popularity. Well, what about those once popular fads that have been making their way back into our lives. Remember the return of the 70s platform shoe in the days of the Spice Girls? What about the 80s influence on the popular clothing styles of right now, from the straight-legged pants to the spandex? Who knows what our pop-culture will think of next? Till then, I say we put on our bell-bottoms, strut around with our boom boxes and do the Macarena. Dig it?

## Why People "Cut"

by: Andrew Clark

In this article I would like to explore an issue that is very important and very close to my heart. I believe this needs to be discussed. I'm talking about "cutting". This activity has had a very strong effect on my life. I have seen it done in every way, shape and form and for every reason under the rainbow. It has had an emotional effect on me, second only to the emotional effect it has on the people doing it. I have been there, when day after day, people very close to my heart, best friends, girlfriends, etc. have come in with new cuts on their arms or other places on their body and it seemed I was the only one who cared enough to try and help, the only one who didn't turn a blind eye.



Through this experience I have learned a lot about the three main reasons people cut. It can be a specific personal problem that causes the person to start and then, it becomes an addiction. I also think that, sadly, it can be about attention and this is on the rise. People do it because they want attention. Lastly and saddest of all it has become a social thing: "My friends are doing it. I want to do it too."

How can you identify someone who is cutting?

Normally when someone cuts, because of a real problem, their whole demeanor changes, they get quiet, distant and evasive. They won't look you in the eye because they feel ashamed of what they have done. Also, they begin to dress differently. If they are cutting on their arms, they will wear long sleeves. They will always be pulling their sleeves down even if they are already down as far as they can go. The truth is if this is something that is happening based on a real problem, the person will try and hide it and won't want people to know; but, they are so nervous about it that they actually give themselves away.

Cutting for attention, is the opposite. People who cut for attention will wear short sleeves as if to say: "Hey look at these marks on my arms. Come and help me." They will often find excuses to emphasize that they have done it so that you will feel sorry for them.

Saddest of all is cutting to fit in. People look at their friends and see them doing it and think: "They're doing it, I want to do it too." These people go about it much like the attention seekers do; they show it off. It is disgusting that our society has made it so that people will actually hurt themselves to feel like they fit in somehow.

Identifying these problems and stopping them is something we all need to be concerned with because if we don't, someone is going to die.

## Justifying a Tradition

by: Brittany Saab

At the beginning of every year it is kind of a ritual to enter a ninth grade brother, sister or cousin into what is known as the "Rookie Assembly". This is basically a way of initiating a new student into Saint John High School.

Ninth graders are taken onto stage, paraded around, and showered with an assortment of gross food. This assembly is one of the most controversial parts of the school year. Some will insist that this is not necessary and just embarrassing and abusive to the students involved in it.

Personally, I think that this is just a good way of welcoming the rookies into the school, getting them introduced to the SRC, and giving them a "taste" of school spirit. As long as the student isn't being bullied into it or entered without being given a full explanation of the process then there's nothing wrong with organizing it year after year. Grade 12 student Stephen Ricketts has sat through the rookie assembly for four years now and had this to say, "I think it's funny. Anyone who doesn't think it's right is too sensitive."

There are those students who take advantage of the rookie assembly and see it as a way to get back at a sibling or just to get a laugh. This is one of the disadvantages of this "initiation". The rookie assembly is meant to be a way of getting a new student excited about high school, not embarrassing them or making them intimidated by older students.

This year rookies were separated into two assemblies where nine students were taken onstage for about 30 minutes. The



SRC put together a theme of breakfast, lunch and supper where eighteen grade nines were treated to a minute or so of each meal. At the end, the rest of the students in the auditorium judged the cleanest rookies by cheering and the two that were chosen got an extra round of food, this one being dessert. After the "initiating" was over the rookies and their siblings took off for the showers in what seemed to be good spirits.

Tish Logan is a grade 12 student who, although having been both an older and a younger sibling in the school, has never been a part of the assembly. "The rookie assembly is such an awesome tradition at our school," says Tish. "I am so thankful my older sister didn't do it to me and my younger sister had to beg me not to put her in it. As long as both siblings are game, I think the assembly is a good school spirit raising event."

The rookie assembly is a tradition that shouldn't be broken. There will always be controversy about whether or not it's "right" but as long as the bullies stay out of it and the good spirited fun stays in then there is no reason that it can't continue.

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## Closing of the Showroom

by: Soleil Leger

In late September 2006, it was announced that the venue at 75 King Street, also known as *The Basement*, *Club Nitro* and most commonly, *The King Street Showroom*, will be closing. This will bring an end to both the after hours dance club and a great venue for all-aged music concerts.



photo by Janessa Vandenberghe

Port City Productions, organizers of *Club Nitro*, have been renting the Showroom from its owner, and then renting it to Coastline Records for all aged music concerts to help with their bills. In the past year, Coastline Records, founded by Paul Leblanc, has had huge success due to its all-ages shows, bringing in the best local talent, notably *Hospital Grade*, *Next to Red*, *Pork Chop Sandwiches*, *You Make Me Feel Like Ted Danson*, *Ermine* and *Born Under Sattelites* and not-so-local talent, including *Moneen*, *Harris*, *Boys Night Out*, *Cancer Bats*, *Red October* and *Protest the Hero*. Port City Productions, also known as PCP, has decided to stop renting the venue from the owner, thus resulting in an end of Coastline Records being able to rent the venue, and also, an end to the all-ages shows.

"The Showroom was really the only place in Saint John willing to hold all-ages shows," says Jeff Erb of *Left Below the Right*, a band that has played the Showroom before. "Now that we're loosing it," he adds, "it'll be a huge blow to the all-ages scene in Saint John. It just seems people don't care about the under 19 crowd anymore."

When more popular bands are coming through town, the all-aged crowd can range from 80-200 people, resulting in a successful show, where a profit is made. However, some nights, there are few supporters, and not enough money is made to pay off the bands, pay the rent for the venue or the gear. Promoters are starting to realize the potential risks of putting on all-aged shows, as there just does not seem to be too many kids into the scene anymore. "Kids these days have little else to do," says Jeff. "They get to go check out some good bands and make some new friends; it's really a shame nobody would put support behind this."

The closing of the Showroom is having an impact on the lives he kids who faithfully attend shows. "Just thinking about the Showroom closing is getting me a little sad," says Ben Burnett, a supporter of Coastline Records. "There were some excellent times had in the Showroom, and some excellent bands came through." Kristin BamBam explains that the shows at the showroom were always "sweet" and that she was "never let down".

For Jeff Erb, playing in front of the all-ages crowd was more fun and exciting than playing in front of any 19+ crowd in a bar scene. "The kids get right up in your face. They sing along, dance. The energy is insane in that place. The sweat just drips."

Christian Hapgood, of *You Make Me Feel Like Ted Danson*, feels that "the Showroom being closed will be a huge loss, especially for the all-ages scene. We have a big all-ages crowd in Saint John," he explains, "and although I wish it would stay like that, it probably won't unless another venue is opened in a convenient spot."

While many people into the music scene agree that the closing of the Showroom will be a devastating blow to the all-ages scene, Brent Edgar, is staying positive. "It is a piss off because it's the best venue we ever had in Saint John, but if we stay on top of it, while the kids are still anxious, we could find a venue quickly and keep the scene strong. If we start slacking and don't find a new venue, kids could lose interest."

## Pride in Our Community

by: Katlyn Hopkins



A foreigner can tell a lot about a city simply by what it displays. Saint John has countless paintings, signs and monuments that stand for who we are and what we have become as a community.

For some reason there never seems to be a shortage of people who love to put our city down. All the time you hear teenagers complaining about how they absolutely cannot wait until they graduate and they can leave this place; they are convinced they will find something better elsewhere. When we put our communities down, we are showing how little confidence we have in where we come from. It takes a lot to stand up and set an outsider straight when they are saying what a dump a place like Saint John is. People like that are holding us back. They don't realize just how great this city really is, how much potential it has.

There are many opportunities out there for you to help develop our community. For example, our very own Mr. Ogden is a part

of the Marco Polo Project, involving the building of an exact replica of the fastest sailing ship that originated out of Saint John. It went around the world in a record 76 days while the best timing other ships had been able to make has been recorded at 100-120 days. The purpose of this project is not about rebuilding a ship, it's about rebuilding a community and allowing citizens to become more aware of the history behind where they live.

There are plenty of other projects you can participate in to help build a stronger sense of dignity in Saint John. If you haven't noticed, our city has been decorated with marigolds - bundles of small flowers improving the city's scenery. If we continue to display ourselves in a positive fashion like this; tourists will become more attracted to our home.

When someone comments on your city are you not flattered? So, help your community and represent it with pride.

## Energy Drinks: Good, Bad, and Ugly

by: Laura Higgins

Tab, Red Rain, Redbull, Rockstar. These are only a few of the popular creations known as energy drinks that are available on the market today. Whether it is because of the sweet taste or the much needed boost, it can be said that a vast majority of us students are guilty of relying on these beauties. They are an easy alternative to compensate for our lack of sleep or sluggish selves. It is safe to say that many students are supporting fans of energy drinks, but the question is: is our health?

Energy drinks contain substances such as sugar, sucralose, aspartame, and caffeine. With sugar being the only natural product in the group, the drinks clearly contain various combinations of chemical products and chemicals are not always the body's best friend. Tish Logan states: "I love energy drinks. They are especially convenient come exam time." She does admit though that "the convenience can overrule the health aspect sometimes". A no-calorie sweetener, aspartame, has recently caused controversy as it had been noted to have connections with such health problems as brain tumors and brain lesions. Sucralose can also harm the body as it is chlorinated and not a natural sugar. Now, this brings us to the basic rule that too much of a good thing can be ugly. Copious amounts of aspartame and sucralose can seriously harm the body, so it is all about moderation. Sugar can also be unhealthy when present in large quantities, so there is no completely healthy escape from the desire for an energy drink, but you can limit your intake. On all cans of energy drinks there are the common warnings that no more than two cans a day should be consumed and that they should not be mixed with alcohol. These are common, but strict rules and can have extreme consequences if ignored. Everyone is different and can handle different things, so the less you depend on energy drinks the better. They are not meant to drink casually like coffees and can seriously damage the heart if consumed too regularly, so be cautious. We like you healthy!

A new energy drink has recently entered the market with the name "Cocaine". Although it does not contain actual cocaine, it does contain vast amounts of caffeine and a chemical which causes the numbing effect of the mouth as cocaine would. Could this be crossing the line of simply putting a boost in your step? Jaclyn Phillips comments that "the name is completely unnecessary and so is the numbing effect". Sara Beveridge agrees: "Normal energy drinks are enough to worry about with their possible health risks. Even though it's simply a name, drugs don't need to be associated with the drinks."

Regardless of the name, energy drinks can be a serious topic. They are great when you need the motivation for a late night of homework or a soccer game (Be careful though, they dehydrate.). Just remember that sleep is always the better option. The next time you walk into a store and that energy drink catches your eye, remember to play safe!

## A War in the Washroom

by: Jo-Lynn Seaward



Guys, have you ever wondered why it takes your lady friends so much longer in the washroom than it does you? Hopefully this simple article will enlighten you to the distress each and every girl feels as nature calls.

When a female enters a public washroom she is met by a line of glances from a troop of other women there for the same reason. When a stall finally opens up she dashes in without giving it a second thought. She shuts the door only to realize it does not lock; not that big of a deal; she is used to struggling past this minor set back anyway. Sometimes, if she's lucky, this washroom is equipped with those fancy "hygienic seat covers", however, most times the plastic bin attached to the wall is empty. In this case, she accepts that she must

assume "The Stance", an incredibly uncomfortable position hovering over the toilet seat because she knows there is no way anything is getting anywhere near that seat. To take her mind off of what sort of colonies are allied on the toilet seat she reaches for, what is discovered to be, an empty toilet paper dispenser. "Now what?" she asks herself and then remembers the tissue she put in her purse the other day. As she is digging in her purse the washroom door flies open, in a rush she leans forward to slam the door shut. In midst of all of this excitement, she loses her footing and falls on the toilet seat. There is no avoiding it now; direct contact was made. To make matters even worse, she dropped her precious tissue on the floor.

Feeling conquered she stands up; automatically the toilet flushes itself. She pulls back the door, washes her hands, even though there isn't any paper towel to dry them, and walks out of the washroom ashamed.

Now guys, the next time you feel the need to ask the age old question "What took so long?" just remind yourselves of the defeat this girl just suffered.

## John Mayer Changes

by: Peter Ellefsen

John Mayer, a musical stud, has been ripping up the music scene as of late, with two great albums released in the last year. One of these, is a complete change from his past work. You all may know John Mayer as a preppy, love toy for moms across the world, but there is more to his music than that. He has classic original songs such as "Why Georgia" and "No Such Thing" from the album *Room for Squares*. These singles get occasional radio play on K-100 and The Wave, but the album that catches you off guard, is "TRY", a John Mayer Trio album.

You ask yourself, "Trio"? As in, "blues trio"? Yes, bassist Pino Palladino and drummer Steve Jordan, have teamed with Mayer on a live recording of the album. It may boggle your mind as to why he suddenly went from pop-mom-rock, to a rock/blues style. Mayer said, "I feel it was an area of music that I couldn't leave uncovered."

True, true, but others are awaiting a third studio album, and it's been three whole years since his latest, *Heavier Things*. With hits from this album, such as "Bigger than my Body", and "Come back to Bed," you wonder *will there be more?* Three years and you get a blues album, which don't get me wrong, is phenomenal, but not many people I've spoken to have thoroughly enjoyed it.

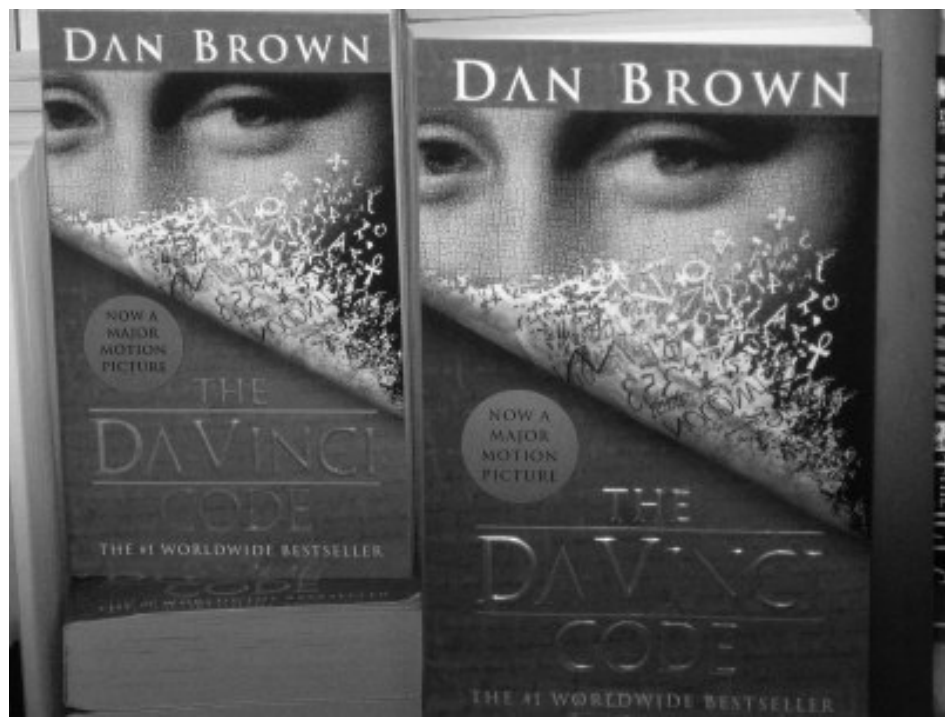


The answer is *Continuum*. Have a listen to his older CDs, then the album "TRY", and you'll get *Continuum*. It's a mix of the two sides of John Mayer into one amazing studio album. At least one person has heard "Waiting on the world to change" on the radio, and that's the first song off his new CD. He also re-recorded two tunes off the TRY CD, called "Vultures" and "Gravity". One thing that will impress most, who don't already know, is the guitar playing of Mayer on his new album and his TRY album. The TRY album is really impressing; showing a different writing style and straying away from his pop style.

So the next time you think of John Mayer, don't think of how he looked in the "Your body is a wonderland" video, think of his new music and what it might bring you...



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## The Da Vinci Code Craze

by: Andrew Clark

The Da Vinci Code is one of the widest read books of our time. A New York Times #1 bestseller, this very controversial book is read by all types of people from all walks of life. Teens and young adults read it because it's a very thrilling story and is very fun to read. Religious scholars read it because it offers a very convincing alternative to the typical Christian belief. Liberal Christians might read it because it is an interesting look at the possible. Though they may not believe it, reading it helps them understand what their church might be fighting against and it also might even give them a greater respect for their own religion because it shows them what they are up against. A small group of people that actually believe it read it because it is one of the few times an author has really had the guts to publish the story and they love the way the story is told. Lastly, there is the group of people that just find the ideas in the story interesting. I was a member of the last group but after some research I have changed to a believer.

I have told you the background of the books popularity and I have told you my stance because I think these are important to helping me bring forth my point. Believer or non-believer, whatever your background, whether you have read the novel before or not I'm going to tell you why you should read *The Da Vinci Code*.

First, I must start by crushing a common myth about the book. This myth, is that the book downgrades or insults the Christian or Catholic faith. This is not true; the author writes the book in such a way to give the reader an open mind. He emphasizes on numerous occasions that there is no absolute proof of this theory, that it is up to the individual reader to make the final judgment on what they chose to believe. He never says he is definitely right. Also because the 'bad guys' in the book are extreme Catholics they take that as a way of saying Catholics are bad but this is, again, not true because the ring leader of these 'bad guys' will actually surprise you as to his beliefs. My opinion on this is that the only people the author is trying to downgrade are extremists of any kind, which, I think, is a message that we can all agree upon.

The reason I think that everyone should read the book is this: Catholics say all the time: "It's an evil book. It makes us out to be evil and I will never read it." How can they know it is an evil book if they don't read it? Everyone should read the book and form an opinion of their own, good or bad. As long as you form it on your own, it doesn't matter. That's the message of *The Da Vinci Code*: "Crack the code yourself."

## As You Like It!

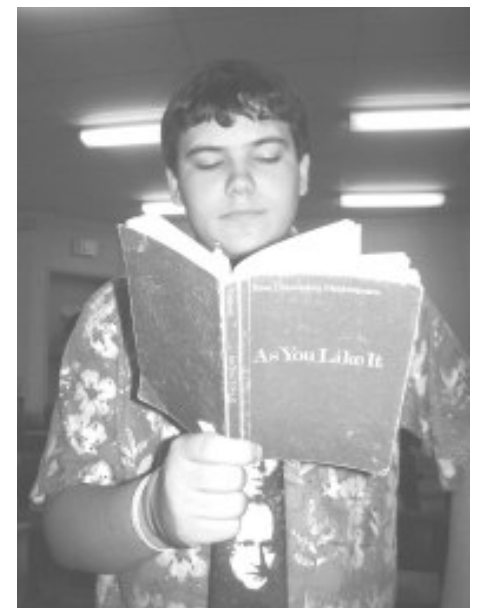
by: Margaret-Ruth Jones

As most of the student body has heard this year's SJHS Shakespearean play is the comedy *As You Like It*.

The play is set in a territory called the Forest of Arden in France. The heroine of this play is Rosalind, daughter of the banished Duke Senior, who falls in love with Orlando, the divested son of one of the duke's friends. When her uncle Duke Frederick finds out what she has been up to, she is banished from the court. She Creativity disguises herself as a boy and calls herself Ganymede and travels to the Forest of Arden with her cousin Celia and Touchstone the jester. The Forest of Arden is where her father and his friends live in exile.

In the end Rosalind has made new friends and families are reunited. In the final scene Rosalind and Orlando as well as three other couples get married.

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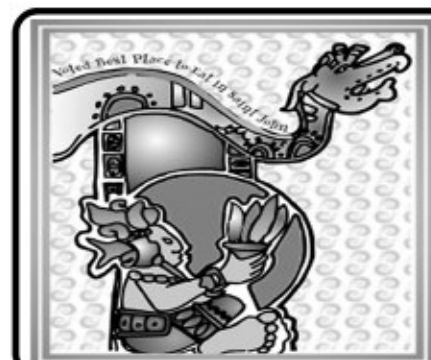
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## Simpsons vs. Family Guy

by : Rachel Titus

Here it is, folks... the ultimate showdown. There's a question that's been plaguing mankind for centuries (or at least since Family Guy premiered in 1999): which is better, *The Simpsons* or *Family Guy*?

### Who is better known?

When the first episode of *The Simpsons* was aired, it caused a sensation and gained millions of fans around the world. Homer has become an icon for laziness, and Bart pretty much became his own brand. No cartoon characters are as instantly recognizable as The Simpson family.

*Family Guy* has a huge fan base as well, but the similarities to the Simpson family are kind of suspicious (the overweight, idiot father, the mother with an annoying voice, an older son, a baby and a daughter in the middle). I guess all I can really say about the premise of *Family Guy* is *The Simpsons* did it first.

### Which Dad is better?

Yeah, I know, it's pretty obvious that Peter and Homer both suck as fathers. But the question I'm really asking is, which one is funnier? Over the years, Homer has had plenty of classic "stupid" moments, like setting his high school diploma on fire and singing "I am so smart! S-m-r-t!", or forgetting the name of Jesus ("Save me Jebus!"). Homer has definitely taken stupidity to a whole new level.

But then again, Peter Griffin has given us plenty of mind-numbingly stupid moments to laugh at too. After all, he is a certified "special dad". Homer and Peter are both hilarious but Homer has been around for much longer. He's the one who perfected the art of being a disgusting, lazy slob.

### Which Baby is better?

Poor Maggie... she's the forgotten Simpson. She might get attention once in a while, for things like shooting Mr. Burns and her feud with that baby with the one eyebrow, but Maggie mostly goes unnoticed.

Stewie Griffin, however, can talk, and he's the clear winner here! Whether the rest of his family can understand him or not is not clear. But *we* can, and that's enough. Whether he's plotting to take over the world, getting mad at his broccoli or coming up with a new plan to kill Lois, Stewie is probably the funniest infant on TV.

### Which supporting cast is better?

Both shows would be nothing without their minor characters. *The Simpsons* has such amazing characters as Ned Flanders, Disco Stu, Barney Gumble, Mr. Burns, Groundskeeper Willie, Milhouse, Principal Skinner, and Ralph Wiggum. And that's only naming a few.

*Family Guy's* supporting characters include Quagmire, the monkey that lives in Chris' closet, Asian reporter Tricia Takanawa, Cleveland and Mayor Adam West. Both shows have a funny cast of supporting characters, but the residents of Springfield are clearly better. There's probably enough of them to fill a book, and many of them are good enough to carry an entire episode.

### Which is better quality?

This is an extremely tough question. *The Simpsons* has been running for 17 consecutive seasons and has never even come close to being cancelled. *Family Guy*, on the other hand, has been cancelled. Twice. But running for 17 seasons has definitely taken its toll on the writing of *The Simpsons*. The episodes have been declining in quality and are just not as funny anymore. *Family Guy* might have been cancelled before, but the show has always been consistently good. It will never beat *The Simpsons* in its prime, but it wins this round.

It's been a pretty brutal fight, and both shows are winners. But in another, more specific way... *The Simpsons* is the winner. It has secured a place in our culture and will undoubtedly live forever. *Family Guy* is getting there, but *The Simpsons* has already made it.



## Acting Out in Class

by : Margaret-Ruth Jones



Yes that's right you can actually take a class in which you get marks for acting! Theatre Arts 120 is that very class. In this class students learn about the major parts of theatre performances: acting and interpretation, stagecraft, play management, and theatre history.

Just as in every other class throughout the term, Theatre Arts students will be completing assignments but instead of figuring out the probability of exactly how many students actually know how to do probability in Math 111 or writing a paper on Karl Marx and his views on class struggle in Modern History 121, students will be using their improvisational skills to spontaneously, come up with short scenes or plays after just being given a topic or a situation. At the end of the term, instead of completing an exam, the class, in groups, will have to plan out and perform a play with a plot and characters.

This is a great opportunity to get involved with theatre and drama. Also, if you are in need of a fine arts course to graduate this is for you. You may walk into this class not knowing anything about acting, feeling pretty shy, and just looking for an easy credit, but you will walk out feeling more outgoing and happy that you have a better understanding of theatre and what goes into making a play.

## Backstreet Records

by : Matt Soucy



Backstreet Records is our local record store located on Germain Street in an attractive heritage building. It has earned a reputation as a store where people can obtain hard-to-find vinyls as well as many old classics. The store is very reliable and has a very dependable staff.

Although Backstreet Records may seem like it hasn't been around for very long, many of you may be astonished to learn it has existed for 26 years! The store itself has quite the history. The name for example means two things. First, when Backstreet Records first opened it was located on Princess Street which would be considered a back street. Sadly this original store burned down and they moved to Germain Street. Secondly, the word Backstreet itself means "not the norm" which also contributes to it's unique qualities.

If you go into Backstreet Records you will be surprised by the selection. In addition to records they also sell cds. Their cd collection is quite huge. They have mostly everything you could want. As well as big-name bands they also carry a large selection of local artists. Many local musicians give Backstreet Records their albums to sell. This also helps promote the artist. As well as supplying various sorts of music Backstreet Records also sells many other different things, such as tickets to concerts and festivals. It also distributes band pins from both local and general artists, posters, and magazines. The store also can order cds or vinyls.

For those of you who have had difficulty obtaining those hard-to-find CDs or LPs I encourage you to give Backstreet Records a visit.

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## NFL Update by: Peter Ellefsen



One quarter of the NFL regular season is done. It's the end of week four. There are three teams that still remain unbeaten: the Ravens, Colts and Bears. There are also some very unexpected offensive stat leaders around the league, and several players who have just gone bust.

The Pittsburgh Steelers are 0-2 after Ben Roethlisberger's debut, and it doesn't look like things will pick up soon. Willie Parker is on pace to get four-hundred-plus carries, not including receptions, so it will be interesting to see if he can go the whole season without getting injured. The Steelers only win of the season came against the Dolphins in week one, due to Culpepper's slump with the Miami offense.

The Seahawks on the other hand, are 3-1. Up until this week, they were undefeated, until they got destroyed by the Bears, 37-6. The Bears defense held the Seahawks from scoring a single touchdown.

On the other side of the ball, Rex Grossman, Thomas Jones and Bernard Berrian led the Bears in their selective stat categories.

Moving towards the AFC East now, the Patriots have a 3-1 lead, but are sitting behind are the Bills, and the Jets, at 2-2. Was it a surprise that the Jets almost beat the Colts? The Jets were 2-14 last season, and started the season off with a tie of what they had last season. Are the Jets better, or are the Colts worse? Final score 31-28 Colts, week 4.

The Tennessee Titans sure made a mistake when they wouldn't let Steve McNair into their training facilities. They are now 0-4, and having quarterback troubles. Kerry Collins could not have been expected to come in and learn the system of the Titans and be their savior, after being signed August 29, a week before the season was to start. In three games, he's thrown six interceptions and only one touchdown. The Titans may not even win a game this season if this play keeps up. Unless Vince Young emerges, Collins will continue to have bad season, as will the entire Titans franchise.

If anyone was to pick an early MVP, it'd be Donovan McNabb. He has passed for 1248 yards, 9 touchdowns and 1 interception, in just 4 games. They have had an easy schedule... except for the Giants. The G-Men won off a Plaxico Burress touchdown in overtime, 30-24. Even against a sub-par Giants' defense, McNabb managed two touchdowns and no interceptions.

## Performance Enhancers

by: Bruce MacMillan



(D-Bol) and Methyl-1-Testosterone (MIT) however, have proven to be very harmful to one's body, especially for those under the age of 21.

Some of the effects that these supplements/performance enhancers have on users are as follows: liver problems, sexual side effects, cardiovascular side effects, body hair growth, acne, and severe mood swings and physiological effects. Those alone would seem to be enough to prevent anyone from using the products, but the fact that professional athletes use the drugs themselves these days, portrays steroids to be acceptable.

While students have seen their bench press soar and have developed the ability to break through any tackle, in some cases they have also faced terrible consequences outside of the health aspect.

The use of these drugs has had teenagers removed from school for being considered "unsafe", and they have also been denied the privilege to play the sport that they're using the drugs for in the first place. There is no doubt that steroid use has become popular, and it doesn't show any signs of letting up. This leaves one to wonder how these drugs may end up affecting our everyday lives. Not that one should condone using these substances, however, if one chooses to it's important to read the instructions and cycle the drugs properly. Even then, however, the side effects could be life threatening.

As our society grows, expectations, occasionally unreasonable, have also begun to develop.

One of the mainstream ideologies affecting our youth today is the concept of being the best. It is sad but true that adolescents, generally males from the ages of 16-21, have begun experimenting with performance enhancing substances in order to get bigger, stronger, and faster. This desire to always push the limit has developed from both peer pressure and the media. Wanting to be at the same level as your favorite athlete is quite often completely unreasonable, especially for a teenager. These desires have resulted in teenagers trying everything under the sun.

This extremely expensive habit has numerous severe side effects on not only the users but the people around them as well.

Performance enhancers range in levels of danger. Protein is one example of a completely harmless supplement that can be worked into any diet. Things like Dianabol

## Rivals: Lancaster and SJY

by: Tommy Walsh



When kids are young they have rivalries with other children. Everyone has a rivalry, whether it be Microsoft and Apple, or the Habs and the Leafs. Regardless of any of that, no rivalry is more intense than that of Lancaster and Saint John Youth hockey.

As a kid I grew up playing in the Lancaster Minor Hockey Association, and no matter what I always looked most forward to playing a SJY team. The games are fierce! To me it was about proving that the Westside and Grandbay players are better than that of the rest of Saint John. I have friends that play for both associations, and whenever one has to play for the other, they would always sit in the hall and bicker back and forth about the game later that day. It was not only my experience either; if you went to any rink that was hosting a Lancaster vs. SJY game, they were always rough and loud. Even some of the parents got into yelling matches with each other or the officials.

I decided to interview two students: one who plays for Lancaster and one who plays for SJY. I luckily had the chance to ask Lancaster player, Mats Rosely, about

his thoughts on the two leagues. "Saint John Youth knows that Lancaster is better, and there is nothing that they can do about it," he said. After hearing this I was off to find a SJY player to get his opinion, and I found one by the name of Jeremy McAulay. I asked him about his thoughts on the topic. He sat there for a moment and looked at me like I was stupid, then he went on an eleven minute rant about two leagues.

"Every game our team sits in the dressing room, waiting, waiting to take over the ice again," he said. "People have to look at the record," he continued after a pause. "Every game is a blow out, 11-2, and 10-0. They can't handle the heat of *The Youth*". Before I could ask another question he came at me with, "It hasn't changed, and it won't ever change. SJY will always be number one! Remember that Lancaster." With this he turned tail and walked away.

Now being in Lancaster myself I couldn't believe he just said that, but there was nothing I could do about it. So next time you hear about a game between these two teams, I recommend going to watch the ice be burnt up between two rival teams.

## The Greatest Martial Art

by: Derek Vihvelin

Mixed martial arts has rapidly become one of the most popular sporting events due to the launch of the *Ultimate Fighting Championship*, known by most as the *UFC*. Most during those days considered boxing or wrestling to be the superior martial art, until a small warrior by the name of Royce Gracie took the fighting world by storm claiming the tournament with a new style of Ju-Jutsu.

Today his style of Ju-jutsu is most often referred to as Brazilian or Gracie Ju-Jutsu, however little do these people know that Brazilian Ju-Jutsu is actually just one aspect of the ancient fighting form known as Ju-Jutsu. Since Gracie's magical start to *UFC 1* straight through to *UFC 63* grappling has been very key to winning in MMA.

This has sparked debate over which style is most dominant in fighting. Is it Ju-Jutsu? Tae Kwan Do? Judo? Muay Thai? Boxing? Kung-Fu? No one can answer the question as each fighter possesses unique skills and in mixed martial arts no one fighter fights with just one style.

Perhaps the greatest Martial Art is exactly that, being mixed and not stuck in a one train thought. The great Bruce Lee originally invented MMA when he created his own martial art which he called "Jeet Kun Do". He taught his students to apply what was useful and to disregard what wasn't. Simple enough eh?

Till the end of time this debate will rage on, but in my mind, experience and size always triumph in a fight.

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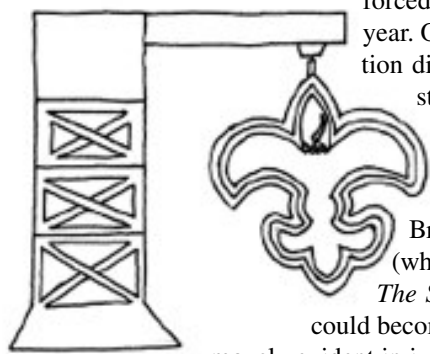
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## Rebuilding A City

by: Bruce MacMillan

This year, in the efforts to revive the broken city of New Orleans, help arose from a rather unlikely source. It wasn't the government, or one of the many relief organizations in America, but a professional football team.

New Orleans' own *Saints* have helped turn a city full of destruction into one full of hope. The Superdome, which was once a shelter for the thousands left homeless after the disaster, was rebuilt over the summer and is once again the home of *The Saints*, who were



forced to take their games elsewhere as a result of last year. One could argue that the fact that this organization did not give up on the ruined city was the first step in bringing hope back.

Not only did they rebuild the complex, but they also rebuilt a once desperate team. With the signing of a Pro-Bowl Quarterback, Drew Brees, and drafting college sensation Reggie Bush (who has also aided in relief efforts) second overall, *The Saints'* faithful feel optimistic that this season could become one of great success. Their support is enormously evident in just ticket sales alone. Due to the help they have given out, and the talent they have brought in, the Saints managed to sell out all of their home games for the first time in franchise history.

The buzz around New Orleans seems to revolve entirely around their beloved football team and their so-called savior in Reggie Bush. The young man, in his rookie season, has already done a great deal for the city. After Reggie signed deals with Subway and Pepsi, the two enormous companies gave substantial amounts of money to help rebuild homes in the area.

If there was any contemplation that this team was all a bunch of hype, critics were silenced by the Saints' 3-0 start, including an emotional victory over the much stronger Atlanta *Falcons* team marking their first game back at the Superdome.

Whoever thought the efforts of a sports team could not effect the rebuilding of a city is sadly mistaken.



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## Future of Hounds Football

by: Geoff Martin

Football in the province of New Brunswick has grown immensely in the last five years due to an explosion in the number of younger players. The bantam football program in this city has had an increase in players every year since 2003. Although many people don't



know it, Saint John High School has a bantam football program that has been near the top of Fundy Minor Football for the last few years. Many of Saint John High School's present and past football stars have played in this program.

With longtime head coaches Ben Allen and Jason Watson, the team has been giving inner city kids in Saint John an opportunity to have fun, learn the wonderful game of football, and stay out of trouble. Many former players have

confessed that this football program kept them from getting into trouble on the streets.

The 2006 Saint John Central Outlaws, have a record of 1-4-1 as of October 19<sup>th</sup>. After drawing blanks with the Lancaster Vikings in week one, the Outlaws returned to punish the KV Renegades 34-0. However, in the following week they fell to both the Simonds Seabees and the Calais-Saint Stephen Silverados. After falling to the Hampton Huskies, and the Saint John Saints, the playoffs have now arrived. The Outlaws play against the Saints in the first round.

Students at Saint John High often overlook this level of football because there is not enough publicity for the league. These players are the future players you will go out to watch on a Friday night, so why would you not want to support them now? What is the difference between you watching them now and a year from now?

If you are interested in playing bantam football, and are between 14 and 15 years old, please contact Ben Allen at 672-6938. If you want to support the team then go out to a game. You may be surprised at how much you enjoy it.

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## The Staal Brothers

by: Tommy Walsh

When Henry and Linda Staal got married and had four children, neither of them imagined that they would all end up in the NHL, playing pro hockey. The boys, Eric, Marc, Jordan, and Jared all grew up in a religious setting on the family sod farm in Thunderbay Ontario.

One by one, the boys grew up. Eric, 21, who played for the *Peterborough Petes*, was the first of the four brothers to sign an NHL contract in 2003, with the *Carolina Hurricanes*. Not long after, Marc, a defenseman, also had to give up farming and take up hockey as he was drafted with the 12th pick in 2005, by the *New York Rangers*. Jordan, who is only 17 years old, was drafted second overall by the *Pittsburgh Penguins* in the 2006 draft. He is the second of the brothers to be taken this high in the draft, after Eric. Lastly, the youngest of the bunch, Jared, 16, was drafted in the first round, 11th overall in the 2006 OHL Entry Draft by the *Sudbury Wolves*, which older brother Marc also plays for.

The Staal's love for hockey started when father of the boys, Henry, built a 50-by-100-foot rink on the 500-acre family sod farm in Thunder Bay, Ontario. He also instilled in them an amazing work ethic, by putting them all to work by the time they were 6 years old. The rink now sits empty, as all four boys no longer live at home.

The boys' skills were developed on that rink, when they played, with high spirits, 2 on 2 in their younger days. The only way to score during these games, as there was no goalie, was by hitting the post. So they all picked their favourite players, dropped the puck, and the game would go well into the night, regardless of homework or dinner. Some days sticks would fly over boards as someone got mad, but most of the time they got along, although whenever they came into the house Linda would have to nurse their shins back to health, as they were always black and blue.

Henry's own hockey career didn't go quite as far as his sons did. He finished playing in the Canadian college ranks. Eric's team has not played the best as they have lost many of the preseason games but you can tune in on November 4th to watch the *Hurricanes* face the *Atlanta Thrashers*.

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## Will Seadogs Disappoint This Year?

by: Greg Adams



Last year the *Sea Dogs* inaugural season was a bit less than impressive. Finishing with a record of 15-47-2-6, one of the *Dogs'* main problems last year was the defence. The offence would start the game with a bang but the defence would not even show up for the 2nd and 3rd. So the *Sea Dogs* spent this summer shopping: picking up a new coach, a new goalie, and a new defence corps. The team this year looks like it has a good chance to make the playoffs.

The team's new goalie, Maxime Joyal who was acquired in June in a trade for popular *Sea Dogs* forward Martin Bartos. So far he has made a good impression on the fans in Harbour Station. Although he showed some rust during the pre-season, Maxime has come about to become a suitable replacement for last year's goalie Jason Churchill.

Two of the *Sea Dogs* also go to SJHS: Chris DiDomenico (who recently set a new *Sea Dogs* record for most points in a game) and Anthony Bergin. Both of them are from Toronto and they both played for North York's Midget AAA team. The rest of the team either go to KVHS, UNBSJ, or are privately tutored.

If the *Sea Dogs* want to actually win this year the defence can **not**, and I repeat can **not** leave the goalie high and dry. This was a major problem for the *Sea Dogs*. Also, just because you are a forward it does not mean you can not play a little defence. Look at the *Edmonton Oilers* in last year's Cup Finals. Some of the players on offence had the highest number of shots blocked on the whole team. Another thing is when your team is on the power play someone has to get in front of the net. Nine times out of ten if you shoot from the point and there is no screen, it will not go in the net.

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