

June 2004

## Saint John Idol

by: Erin Brewing

One of the biggest events in Saint John this summer is going to be The Saint John Idol competition.

It all started last year with 18 contestants singing their hearts out in hopes to make it through to the final week and win the title of Saint John Idol, the opportunity to record a single at LA Studios and a cash prize of \$500!

This event was hosted by Dan Coulton and Melinda Barkhouse from the Wave's Wake Up Show. It was similar, in format, to the television show American Idol, however the talent was live and closer to home. The judge decided who would move on to the preliminary rounds and who would leave. Then the audience could go online and determine who would stay. This great event was free to the public and was held right in the center of the city.

Saint John High School student Melissa Hooley was among the contestants and made it very close to the end. She says, "It was a great experience and I may just do it again this year!" Mike Hamilton was among the spectators and says he would recommend seeing it this year to anyone who wasn't able to attend last year. Also in the crowd was Brittany Loatman who says, "It's great! It's fun and entertaining and a great way for me to see all of my friends. I still think Melissa should have won though!"



Photo courtesy of The Wave Radio

It seems a lot of people were satisfied with this event and some even saw it as a good way for Saint John to make a name for itself. "It was good for Saint John because we hardly ever do anything big and exciting and this just showed how good the talent here is. It's good that we could finally express that," says Steve Humphrey when asked what he thought of this wonderful event.

Last year, there were some very familiar Saint John High faces singing in this event such as: Melissa Hooley, Jamie Beth Livingston and Melissa Gallant! So if you are looking for a way to spot some talent in your school, Saint John Idol is a great way. When the summer time hits and you're looking for something to do, head on out to Market Square Boardwalk and enjoy some live talent with all of your friends. Competitors in this year's Idol will perform every Wednesday at 8:00 PM, throughout July and August, on the Market Square Boardwalk.



Illustration by: Nora Grisdale

## Farewell Mr. Perry

by: Nathan Rogers

Most of you know Mr. Perry as the kind, bearded biology teacher opposite Ms. Garland. Others know this man because he has been involved with the skiing and snowboarding teams or because he constructed sets for numerous Saint John High productions and coached the S.J.H.S boys senior soccer team. This incredible man happens to be retiring this year. He will be sorely missed by fellow staff members and numerous students.

An interesting fact that most students would not know about Mr. Perry is that he was once Saint John High School's S.R.C president, in 1967. When asked what the biggest change has been since his days as SRC president, he replied, "The biggest change at S.J.H.S since I was here is the numbers of students that work. When I attended high school the majority of students came from two parent families, few students worked and most had mothers at home during the day. High school was therefore the focus of their lives and sporting as well as cultural events were really well supported. It was not uncommon to have the gym 'packed' for a basketball game after school hours and hockey or rugby games could attract a thousand fans!"

Mr. Perry has been teaching for a remarkable thirty-three years. His decision to teach was influenced by his mother (who was a teacher herself) and several of Mr. Perry's teachers who had a strong influence on him. Mr. Perry's teaching career includes a five-year stint at the now closed Milledgeville North High School and two years at Agogo State Secondary School, in Ghana. Africa. The African experience was an incredible one. Mr. Perry feels that "The decision to teach overseas with CUSO in West Africa was one of the best that I ever made. I am a very poor language student so I found it difficult to learn the local language called Ashautic Turi. Also, since I was from North America. I was assumed to be wealthy and thus endured six robberies. I also had malaria three times while there and several bouts of diarrhea. The teaching aids were few: chalk, blackboard. and three microscopes although my lab did have several human fetuses. Often 'Canadian food' was difficult to get, so I quickly learned to eat native style."

Students have had a great effect on Mr. Perry's life. They keep him "humble" and each year surprise him with talents in athletics, academics, or theatre that he envies No year is boring and "I never feel that that I am 'doing the same old thing again because each class has a different chemistry."

Mr. Perry picked this year to retire because of special circumstances. His oldest son is graduating from Mt. Allison and his other well-known son, Sean, graduates from Saint John High. Mrs. Perry does not plan to follow her husband "for at least another four years".

Many people had comments about Mr. Perry. Mr. Gould is of the opinion that "He is a consummate professional and dedicated educator. He always puts his students and fellow teachers first. Danielle Smith added, "I love Mr. Perry! I have learned so much from him and am sorry to see him go."

The students and staff of Saint John High wish Mr. Perry well in his retirement. Hopefully after reading through numerous labs and tests, he will now have opportunity to read for pleasure on a regular basis!

## Prom 2004

by: Anita Bryan

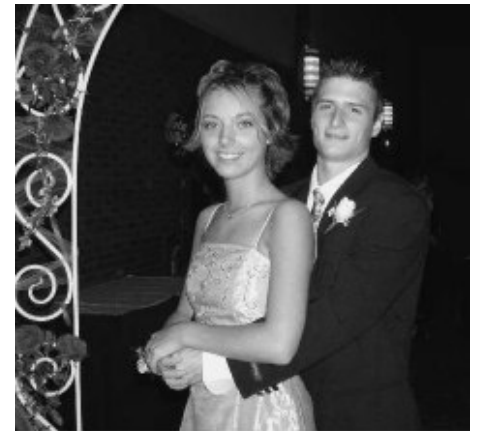


Photo courtesy of sjhigh.ca

It's that time of year again! Students are paying their debts and getting ready for graduation and the prom! We all know one of the most important things to a girl, come the end of grade 12, is the long-awaited prom. Since this is such an anticipated event and a one-time thing it's little wonder almost every girl will be ready for it months ahead. Now since so many girls are ready for the prom early, it's almost guaranteed that all the guys with dates will be reminded every day that it's "just around the corner". In the fall, girls hit the shops looking for the "perfect" dress, the one that they hope will be unique. Guys rent tuxes and hope to be prepared for the night.

Every prom has a theme and this year it is the Mardi Gras. This year's theme, however, may have come a bit too late. It was February before the news hit that the theme was going to be the Mardi Gras. By this time many girls already had their dresses picked. Many girls spent a huge amount of money buying their dress and everything else that goes along with it and now they aren't sure whether their gowns are going to tie in with the prom theme. I was curious to know what the grads thought about this theme so I asked. Ginger Vanden, a member of the grad class said: "It seems like they pulled this year's theme out of a hat, without much thought or anything." Another

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## The Importance of Not Caring

by: Valeria Stephens

There are definite parallels between municipal and student elections. Both involve smearily printed advertisements everywhere, candidates who speak with earnest seriousness and, for the most part, both are irrelevant.

It's not that I have anything against either form of government. I merely wish to point out that absolutely nothing will change, no matter who is elected. Secondly, since both rely on advertising and artificial images, those people who bother voting will be so poorly informed on the candidates' actual platforms, that voter choice will be based on things like who looks the cutest.

Primarily the thing to consider is that in any place where people get power for reasons other than skill at managing things, the bureaucracy takes over. We could elect one of the tigers from the Cherry Brook Zoo as mayor and the only difference would be more exciting politicians to look at in the parades.

All right, I admit I'm cynical. But when asking adults who they wished to vote for in the municipal election the responses I got were as diverse as: "I'm voting for the fat kid" to "Anyone but Shirley".

When you think about it, this is roughly the decision making process you used to select your member of student government. Although, perhaps you mocked the fat kid instead of voting for him.

Now I'm going to let you in on a little secret. Student government really has power! Yup, they get to plan budgets for events and things. Which means that they're roughly the equivalent of a glorified glee club. Yes, you can blame the quality of recent dances on your elected officials.

Likewise the city council has limited control over bylaws and they can sometimes slash budgets for things. But like a student government they only have a finite amount of money to work with

## Pre-Marital SEX

by: Ashley Henderson



Photo by: Chanel Freire

It's happening all the time and it doesn't seem to even spark a concern. Pre-marital sex is something common all around the world. Just as the planet we inhabit changes, our values and morals have changed over the years as well. Twenty or thirty years ago being pregnant before marrying was unacceptable and this unforgivable circumstance left you an outsider.

In the current day we are faced with

many issues like abortion, gay/lesbian rights and freedom of choice. How did our values change within a time period of only two decades?

Bob Fogey a 29 year-old musician said, "The subject of sex is much more open and liberal. I wasn't aware of sex until I was 11 whereas nowadays some boys learn about sex or hear about it at the young age of 8. I also find that the media plays a big role in exposing sex to children at a young age.

So, it's now considered a trend, eh? Well, now we are also suffering the mighty consequences. Teens are getting pregnant at a young age and all of the 'kids' know what they're doing - or so they think. I can't count the many times I've heard my friends say, "Oh, I don't need a secondary protection (condom) 'cause I'm on the pill."

YES, YOU DO! You need a child like you need a hole in the head and that is precisely why you need to take all the necessary precautions to make sure it doesn't happen. Have fun before marriage 'kids', but stay safe.

## Graduation Expenses Where Does the Money go?

by: Ashley Henderson

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Photo courtesy of sjhigh.ca

So, before we get out of this nightmare we must pay. That's right we have to dish out the dough before we can escape Saint John High School. Even if you try and save money and cut corners there are still grad fees, prom expenses, graduation suits/white dresses, photos, rings and God knows what else.

As a senior female student I understand what the others went through and what many others are going through. It is complete havoc. I have my mother constantly poking me and saying, "Be careful, you won't fit into that dress of yours." After paying a great sum for my dress, which most females do, I am faced with the task of finding yet another dress. A white dress at that. I have indeed traveled to a bigger mall in hopes of finding an unfamiliar and different-looking white dress. My hopes were crushed and I soon realized I might not find a white dress unless I went to Sears. I do in fact have a graduation ring. It cost a great deal as well and it calls my name each and everyday at the bottom of my father's drawer. My parents informed me last June that I would not be able to wear the white-gold band until I was handed my diploma.

The hair appointments and make-up appointments are endless and the cash flow isn't. It's an expensive procedure but it is necessary. My pictures were taken in the fall and of course, my parents had to give one to everyone on the face of the earth and their dog. I don't even want the pictures but I'm still forced to buy the \$290 package and for what? To stare at a face that doesn't even look like me?

Prom is a one night thing but I'll still be feeling the repercussions in my wallet a while after the evening passes. My parents insist on having a little get-together for my friends and family before I graduate and food must accompany this party. More money will be needed. If I wasn't so fortunate I would have to go on social assistance to fill the needs of my graduation year. In the end we're poor but we have many memories and smiles forever pasted on our faces. Maybe it is worth it after all.

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## Words We Love To Hate

by: Corey Christie



Photo by: Andrew Black

They're everywhere. We hear them in the workplace, at school, at home; they're in the movies we watch, the music we listen to, the books we read...the Vitalis articles we write. What could possibly serve such a broad purpose in our society, yet be shunned by so many? The answer to that question is simple. Words, but not just any words, those evil ones some people like to call "profanity".

Originally, the term profanity was coined to mean "blasphemy", or using the Lord's name in vain, however nowadays it has come to represent a wide variety of taboo words. The use of profanity seems to be the real trend to transcend generations. For many centuries people from all over the world have been corrupted by this foul language. We are not only talking about English either. Practically every language has

its own unique set of curse words to choose from. Some modern historians call Scotland the "home of the swear word", attributing the creation of English profanity to them, but we're not going to play the blame game. No matter what brilliant minds came up with these popular terms, the point is, they are much too frequently used on a day-to-day basis, to be considered profane. Profanity veteran Andrew Black when asked, stated, "Profanity...profanity is like a contraction, it takes a long drawn out word, phrase, or emotion and compresses it into one small action-packed word!" This is true, the F-word for example can be used as a verb, noun, interjection, present participle, portmanteau, and probably several other ways, which only come off as sounding ridiculously funny.

These days, the mass media takes the opportunity to capitalize on curse words. Most musicians integrate these words into their lyrics at one time or another, and novels, and especially movies, employ swearing freely. Some record breakers in the movie department include "Pulp Fiction" with 271 F-words, "The Boondock Saints" with 238 F-words, and "Scarface" which took the 80's by storm with its once unheard of 206 F-words. You can sleep more easily at night knowing this.

Don't be fooled though, it's not only fictional characters who like to swear. Many respectable individuals have been caught with their pants down when it comes to profanity. For example, pornographer Larry Flint took the liberty of yelling "F this court!" while on trial in front of the U.S. Supreme Court, and similarly former Canadian Prime Minister, Pierre Trudeau, reportedly told opposition MP's to "F-off" in the House of Commons, back in 1983.

With such a fountain of dirty words being delivered to the ears of today's youth, I think it's going to take a little more than a bar of soap to wash out the mouths of this society. Grade 12 student, Charles Stebbings, agrees saying, "It's pretty tough to defend swearing without sounding like an asshole." While these words continue to satisfy a plethora of situations, all I ask is that we treat the language we use so loosely with more respect. In times of trouble, more cursing always seems to help. I think it's time we returned the favour; ask not what swear words can do for you, but what you can do for swear words. Seeing as how we eat, breathe, and sleep profanity, it is almost a sin not to swear. Jordan Condren reminds us: "If profanity was tolerated everywhere by everyone, I would not have had such a struggle to make this statement clean for the paper." With that said, for those about to swear, we salute you!

## Take It Off

by: Bruce Dryer



Photo by: Bruce Dryer

As you all know SJHS has a policy about wearing hats in school; it is not permitted. Is this such a big deal? Should teachers enforce this rule? Should students be allowed to wear hats in school? Without this policy would anyone be at risk? These are just a few questions that pop into my mind while thinking about this subject.

I have seen some teachers that get very upset when they see students walking down the hall with hats on. Many hats get confiscated. Is this solving anything? Or is it just keeping teachers and students apart? Josh Stewart suggests that we as students should be given the option of wearing hats in school. "I have had my hat taken away from me on various occasions and it doesn't accomplish anything," says Josh. "The only thing it may do is create a negative relationship between students and teachers."

Some of you may be thinking: "Isn't it disrespectful to wear hats inside?" You were completely right about twenty years ago! People today do not seem to make as big of a deal about wearing hats inside. If teachers are looking for respect from students by us not wearing hats they are looking in the wrong place. Teachers should

be more concerned about being respected in the classroom rather than students taking their hats off in the school. Josh Stewart says that this policy makes our school look respectable, but times have changed. "I don't believe people should think that you are disrespectful just because you wear a hat indoors," suggests Josh. "People should concentrate on the way people act and talk instead."

On a lighter note, as we all know everyone has a bad hair day sometime in their life. If this policy did not stand, students would not have to worry as much about how their hair looks in the morning. They could just put on a ball cap and head to school. Jessica Johnson says: "People have bad hair days once in a while and they should be able to put on a hat and not have to worry about their hair for the whole day." This could also help students concentrate on their studies rather than always worrying about how their hair looks.

Many people have many different opinions on the subject of wearing hats in schools. Wearing a hat inside does not put anyone in danger. As far as the respect thing goes, we as students, teachers and a society should be more focused on a person's words and actions instead of a piece of cloth covering up a bad hair day.

## Check It Out!

by: Brittany Auvinen

Walk down a hall of Saint John High and you'll notice a guy or girl "checking out" a person of the opposite sex. The tight pants, short skirts, and rippling muscles are sure to give just about anyone a second chance. Even people of the same sex, check one another out. Yet, the reason for doing so varies, as many people check out someone of the same sex to sum up their competition or simply because they are attracted to the look that draws them in and they think to themselves, "Ohh..I love her sweater. I wonder where she got it." When the topic came up in SJ High, it instantly became a hot topic.

In 1991, in Massachusetts, charges were placed against a doctor for the mere action of glaring at a female patient during a breast exam. There were no improper actions carried out by the doctor during the actual process of the examination, from the beginning to end. However, the look that he had given her as she walked into his office had given her a "bad feeling". The woman's statement was just enough to take the case to court, resulting in two court dates and several hours of valuable law work. In the end, the doctor was found innocent, but the money spent on legal assistance, time off, and the weakening of a medical reputation was all due to a glance.

When SJHS students were asked about their opinion on the matter of being checked out, there was a positive response. Tanya Troffemencoff stated, "It boosts your confidence if they're hot!". But what about those who aren't viewed as "hot" by society? Are people being treated differently according to their appearance? "When strange guys hit on me, I ignore them and just keep on walking". As for Mr. Milley's perspective on the topic, he pondered, "How can I put this without getting fired? Everyone likes attention." It's a well known fact that that's the case. It's a sure confidence booster for those being checked out. Afterall, people don't look at things that aren't worth being looked at. So, in the words of SJHS student Jordan Condren, when you see someone checking you out, "Shake it!" Saint John High.

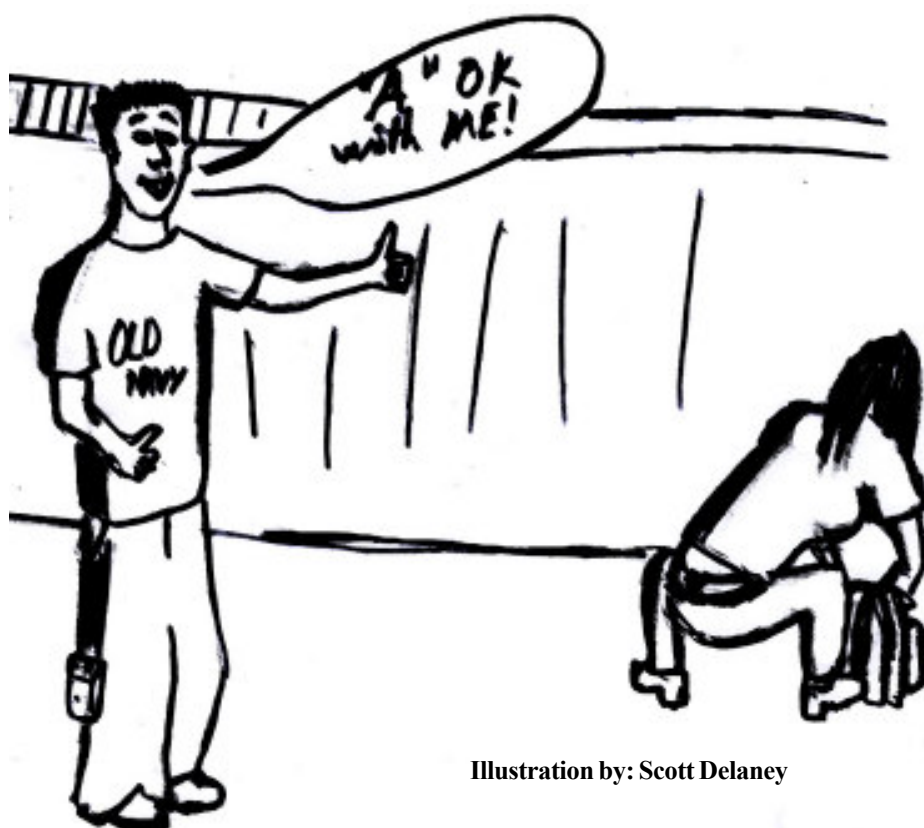
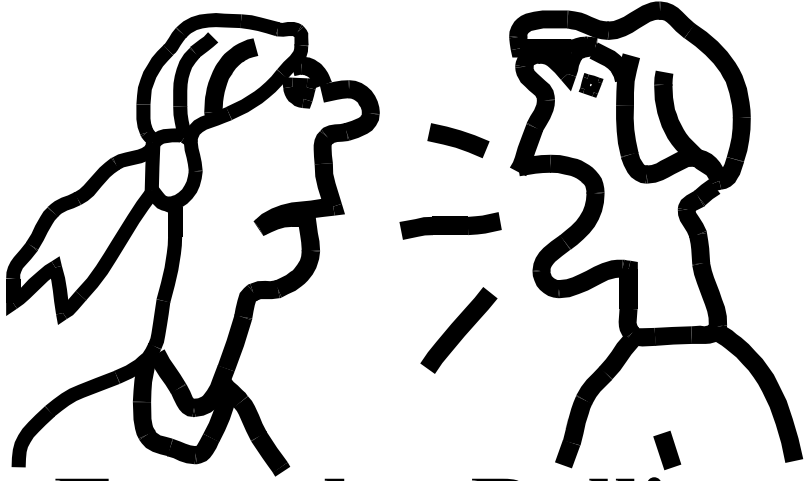


Illustration by: Scott Delaney



## Everyday Bullies

by: Chanel Freire

As teenagers one would have thought that our days of dealing with bullies were over. However, that is not the case. Just as we have matured so have our bullies as well as their methods of attack on us. At our age we probably don't lose sleep over the thought of "Billy" taking our lunch money like we did when we were children, but that doesn't mean that bullying doesn't affect us.

Bullying takes on many forms and faces. Physical abuse is the most obvious form of bullying but it is not the most common. Physical abuse is a terrible thing for anyone to have to deal with but that type of bullying is easily spotted and stopped. The most common form of bullying is psychological abuse. This type of abuse is harder to spot and the effects tend to last longer. We have all heard the saying "Sticks and stones may break my bones but names will never hurt me" but nothing is further from the truth. When we suffer a broken bone the body intervenes and heals the break but when we suffer from a broken spirit the healing process is much more difficult. Sometimes the effects of psychological abuse leave a lasting impression on the victim.

I know how easy it is to "go with the flow" when it comes to teasing someone whether your intentions are to hurt the person or not. You may think that because you are not serious about what you are saying it won't affect the person you are speaking to. If that is how you think you need to change your perspective. From your current point of view you only see one person - you. What we all need to realize is that the person we have singled out has to interact with many people throughout their day; we are not the only one. Sure we may be joking but think of it this way - If everyone this person came into contact with teased them in a "joking" manner eventually the joke would lose its comedic value; thus a "joke" becomes a "truth". Try to put yourself in their shoes. If everyday you were told by several people that you were ugly, stupid or unwanted in a "joking" manner eventually you would believe it. Would you not?

Maybe you are reading this thinking to yourself "I never tease". Well if that's true I commend you, but I ask you this - how many times have you stood back and watched as your friends gossiped or teased someone? Not so innocent now are you? I'm afraid that we are all guilty of that one. Condoning this kind of behavior is just as bad, if not worse, than the act itself. By allowing someone to cut another person down we confirm their biggest fear. The fear that everyone is right - that they are all alone and unwanted.

I'm not asking you to become the "Bully Crusader" or anything. Just think before you act or speak. Keep in mind that your actions can have a lasting effect on other people. Do want that effect to be positive or negative? I also ask that you do not encourage or condone bullying. Everyone deserves to feel safe and accepted. Who are we to decide who receives acceptance anyway? I know from my personal experience that the "quiet girl" in biology class can be the best friend you ever had or the "strange guy" in your art class can change your whole outlook on life just by telling you their perspective. When you take the time to connect with someone you don't know you open up an opportunity to make a new friend or simply let someone know that they are worth your time and that in itself can be life altering.

## Sex in Music Videos

by: Chanel Freire

Are music videos too provocative? We all know that sex sells but what we don't often think about is the price we are paying by buying into it. I am a firm believer that people should be able to express themselves but when it comes to people in the public eye I run into personal conflict. I know that people in the public eye are still people but I think they should pay closer attention to image they put forth.

I have a lot of respect for musicians and performers but in return for that respect I expect a lot of responsibility. People, especially young people, look up to them and often imitate their styles. There are good role models in the music industry but for the most part I feel the image put across is a negative one; especially for young girls. The

most influential method of putting their image across is through their music videos.

Music videos are made to draw attention and I know that but they tend to draw attention through overtly provocative behavior. It is not unusual to turn on the T.V and be greeted by half naked women parading around in music videos. As time goes on their clothing seems to lessen. The idea they are instilling into both males and females is that women are mere sex objects. We no longer respect a strong female vocalist unless she is willing to degrade herself by dressing like a cheap prostitute.

People often lash out at such accusations by saying that it's self-expression or women empowerment. All I want to know is "What planet are you living on?" We are not empowering women at all. Instead we are teaching the world to disrespect us. We are telling the world that it's o.k. to treat

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## Censorship

How Little Is Too Much?

by: Corey Christie

"Sunshine, lollipops, and rainbows..." This line from a popular 1965 classic, helps put into perspective just how optimistic song lyrics *could* be. However, artists nowadays have to be slightly more realistic in order to meet the standards of today's corrupted youth. Images welcomed by the media have changed greatly over the years, and the high quality entertainment we consider 'good watchin', at the present, was once called distasteful. Grade 12 student Blake McGowan, worried about the future of television, says, "Censorship is a slippery slope. What might start as getting rid of sex on TV may lead to all fruits with suggestive shapes being taken off the set; it's ridiculous." Not only has time manipulated what is seen as acceptable, but tolerance varies from place to place around the world. Dictatorships are notorious for their censorship. Something we may laugh about here in Canada, may warrant the brutal slaughter of innocent civilians in Cuba.

With that said, don't think you're safe from the wrath of censorship in this wonderful country. Traditionally, censorship involves some sort of authority exercising power over freedom of expression, but it can take different shapes. Propaganda, media manipulation, and spin can all fall under the same category, and are equally as dangerous. These concepts work using misleading information, and often only shed light on facts that support the desired side of a given argument. Could this very article be an example of the crimes listed? Read on. Some say a prime example of the misleading techniques given, can be seen in the recent documentary "Bowling for Columbine" by Michael Moore, accusing him of using false or inaccurate information to prove his point. On the other hand, it won an Academy Award, so it must have done something right.

Another area that seems to spark some controversy lately surrounds video games. Everyone from concerned parents to politicians have got something to say about the lack of morals showcased in some of the most captivating video games produced to date. Several futile complaints have been lodged against "Rockstar Games" as a result of their "Grand Theft Auto 3" release, which revolves around hijacking cars, and

## Smokin'

by: Andrew Black

We've all heard it before, smoking kills, stunts your growth, causes impotence, turns nice white teeth yellow, is endangering the rainforest, and so on. Everyone who isn't a complete and total idiot knows that there are few things in our lives quite so dangerous as smoking. Yes it's bad, and yes it has a whole conglomeration of nasty, yucky and scary side effects. Yet surprise, surprise - people still smoke, and most smokers believe it's their god given right to light it up.

I am not a smoker. I have smoked. Then I realized it was more fun to drive recklessly and risk my life that way, then it was to slowly kill my lungs. But as far as I am concerned those people in the world who want to smoke have every right in the world to risk their lives that way. I am allowed to drive as fast as I want, provided I'm on a racetrack. Well, as long as the smokers are not in an area where it endangers others, they should also be allowed.



Photo by: Terri Todd



Photo by: Corey Christie

lets the player chose from an array of different weapons with which to shoot pedestrians. In 1994 a rating system was introduced in an attempt to shelter children under a certain age from purchasing games containing too much violence. This makes critics breathe easier, knowing kids don't get their healthy dose of violence until at least 17.

This brings us to one of the oldest forms of censorship. Not only are credible learning sources such as video games, and movies affected, but also written material has a tendency to be edited for content. Saint John High student Kyle Burtt had a riveting quote on this topic, but it was deemed inappropriate for the paper. Literature including novels, textbooks, and newspapers are all casualties of censorship. Vishnu Kumar complains, "Censorship infringes on one of the basic human rights." This comes from a former United Arab Emirates resident, where in 2002 all Harry Potter books were removed from private schools because the government claimed they contradicted Islamic beliefs. In North America, some Christians were also offended, stepping it up a notch, burning Harry Potter books, calling them Satanic. Similarly, in the 1930's and 40's the Nazis burned books by Jewish authors out of prejudice.

It seems no matter where you look, there is no escape from the censorship monster. The real issue seems to lie in perception. Everyone has his or her own set of values, and it all depends on where you draw the line. As time goes on it seems the majority of people push for more freedom in expressing their thoughts. Charlie Godsoe sums up the problem nicely, "I believe that one should be able to say what ever they want, unless it is at the expense of another. For it is the right of all people to speak as they please but, is the right of none to harm the dignity of another or impede society".

I hate secondhand smoke. It's a combination of smoke, which is bad enough, then you mix it with someone else's breath, all of which is unfiltered and it's even worse. Because of this I support the ban of smoking in public indoor areas like malls, schools, office buildings, jails, etc.. However, I believe it should be the establishment owner's judgement whether or not there will be any puffin'. If I were to go to a bar (when I become legal age) I'd expect smoke. It's a bar! These establishments are just trying to make a living and provide a

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## Race and Relationships

by: Vanessa MacKinnon

For nearly four years I have been at Saint John High. For nearly four years I have come to the school's classrooms and been lectured by its teachers and schooled in the art of who knows what? But now in my fourth year, I have discovered something in this school that has troubled me immensely and has been on my mind for quite some time.

Now be warned, this is not a new development, nor has it just come into the world by accident. However the topic must be addressed and I believe that there are few less qualified to speak against it than myself.

That topic is discrimination. Discrimination, strange word would you say? In a school of only 1200 students there could hardly be much of that. Well, until this year that was my outlook on the subject as well. Whether it was the naivety of youth or the ignorance that comes from overlooking a subject, I do not know. What I do know, is that someone must bring this issue out in the open so as not to let these prejudices breed.

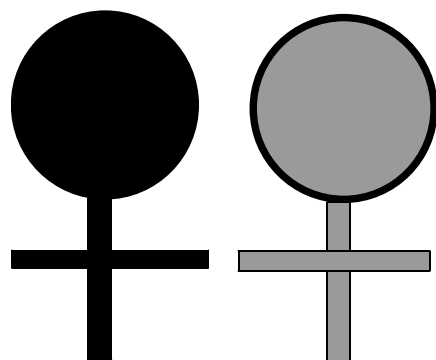
Now I don't believe that I have told you what kind of prejudice I am talking about, as there are many kinds (all of which should not be allowed in any society). But the kind of discrimination that I am here to talk about today is prejudice based on relationships. For those of you, who have no idea what I am talking about, please bear with me.

This year I have found many accounts of people who believed that 'inter-racial' relationships are wrong. Now these same people would argue that it is inappropriate to discriminate against another human being based on race, ethnicity, colour, religion, creed, sex, physical or mental capability, nationality, sexual orientation or any other topics that people normally hear when speaking thus.

So now, here I am, typing on my computer at 5:32 in the morning asking myself, "Isn't discriminating against someone based on their relationships, that is who they choose to go out with, still a form of prejudice?" Well, inevitably I conclude that it is. So then I must ask: "Why don't these people, opponents of prejudice, realize that they are being discriminatory?"

One girl I asked said: "I think that everyone wants to date people in their same race. And I think that our parents would prefer that too." Another said "I don't mind dating people of other nationalities, because I know that the relationship won't be permanent." In my research, I had to constantly wonder why people had such uneasiness about dating people of other races.

I decided to go and find some cold, hard facts to backup this charming lecture of mine. I went to my old science text book (it took me a while to find it, and then even longer to get the dust off) and some internet websites to see if I could make sense of my argument.



Regardless of the dust, I did find some very interesting information in my science book. For example: Did you know that science has already proven that there is only one race of beings like ourselves on this planet? It is true. They call it the human race and these creatures are as diverse as they are similar. They are diverse in the sense that they live all over this planet, eat different foods, communicate in various ways and have different skin colours owing to the diversity of the climate

across the world. They are similar in the sense that they all have the same basic biological makeups, with each species possessing bones, blood, hair, heart, liver, lungs etc.. With all these similarities, one must wonder why there is so much controversy about dating someone of the same and only race on this planet.

"There is such controversy on the subject," Ivan Hall explains, "because there was, in the past, much debate as to whether or not it was accepted by the religion dominated culture. Today, [on many accounts] religion has been proven wrong (i.e. slavery was sanctioned by religion) and people are becoming more educated and open minded, instead of letting a set of religious rules completely determine their actions. [Nowadays] a relationship is [or should be] based upon emotion not skin tone."

Well if Mr. Hall is right, the controversy is solely based on the idea that because we've kept to the same 'racial borders' in the past or our skin tones are different then this kind of discrimination is justified today.

First of all, because something has been done in the past or was popular belief in earlier years, does not make it relevant today. For example, people once believe that the Earth was the centre of the universe and all other entities revolved around it. Later, science proved them wrong. Also people thought that slavery was the road to success and quick money. Later, society proved them wrong.

The issue with the difference in skin tones is truly cosmetic. Why does it matter what colour your skin is? People will never truly be happy with their features. In the summer when the sun comes out and the weather warms what is the first thing people do? Go to the beach for a suntan! And that's not all. I've heard my friends complain, all the time, of being too pale or too dark or neither pale nor dark when we go shopping. And tanning beds? Enough said.

The truth is that inter-racial relationships are a change from most of our parents' generation. "Change is something that naturally occurs with everything in life, people, feelings and even norms in society. People now demand more rights and freedoms than they did in the past and as such changes are made society must change with them." And it is good to make these changes and to shed some light on the situation so as to avoid furthering any prejudices surrounding the topic.

## Which Path to Choose?

by: Nicole Nadeau



Photo by: Nicole Nadeau

It's September, you graduated from high school two months ago and it's time to start the rest of your life. You've spent the whole summer partying and celebrating the fact that you no longer have to go back to high school. But where do you go? Basically, there are three options: university, community college, or work.

University is one of the most common preferences for students entering post secondary education these days. It gives students the chance to study a variety of different subjects, which eventually leads to a degree. There are many different programs such as Bachelor of Arts, Bachelor of Business Administration, Bachelor of Science, Bachelor of Science in Computer Science, Bachelor of Data Analysis, Bachelor of Education, Bachelor of Applied Management, Bachelor of Nursing, Bachelor of Health Sciences, and Engineering. All of these programs are available at the University of New Brunswick campus here in Saint John. Many students choose to study at university. "I like it because I can study a variety of different programs within my field, which gives me more options", says grade 12 student Ashley McHugh.

Community College provides students

with a more hands-on approach to learning. Students can choose from a variety of courses including: automotive, construction, business studies, mechanical, and many others. Upon completion of a course at community college, students can pursue such careers as Automotive Service Technician, Motor Vehicle Body Repairer and Painter, Computer Programmer, as well as many other interesting careers. Some courses provide paid co-op work terms or apprenticeship to give the students a chance to experience the job and gain some necessary skills for the future.

Another option after high school is work. Some students choose to either work for a year and then continue their education, while others are not interested in continuing their education. There are not many jobs available for students who have no further education beyond high school. Working without some type of post-secondary education is risky, however there are some places which will pay fairly well.

Whatever path you choose, whether it be university, community college, or work, make sure it's something you like to do. If you dread getting up and going to work in the morning, you will not be happy.

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Photo by: Andrew Black

## Cool in the Shades

by: Fenning McAlpine

Remember the last time you had a headache in the summer time? Or the last time you felt sick to your stomach after being outside all day? Wearing a pair of sunglasses could have prevented all that.

Sunglasses are different things to different people. To some they are a fashion statement; to others they are both fashionable and useful in protecting their eyes from harmful rays. To others they are a way to keep the elements, such as wind and water, out of their eyes.

However, many people don't know just what features are available on the numerous kinds of sunglasses that are on the market today. Some of those people, of course, don't care what they do as long as they look good. But it is common knowledge that the sun can be very harmful if we spend long days outside. A good pair of sunglasses will let you enjoy your summer activities safely, comfortably, and fashionably.

With sunglasses, it is very much a "you get what you pay for" situation. For instance, the higher the price, the better the ability of the sunglasses to block the sun's rays without distorting vision or light transmission. Some top-quality sunglasses break up light waves to reduce or even eliminate glare on water or roads. This feature, which is called polarization, is just one of the many things the consumer should be aware of before purchasing a pair of sunglasses for the summer.

Another thing to consider is how dark you want your lenses to be. The darker the lens, the greater the protection from the intensity of the sun's rays. As the level of protection increases, however, you decrease your ability to see minute details. With a lighter lens, vision is better, but protection is not as great. Another consideration is UV protection. These days most sunglasses give 100% UV protection, but some do not. A decent pair of sunglasses should have 100% UV protection.

Another feature that is not often thought about, but that could be very important is whether or not the lenses are shatter proof. This means that if the lens frame breaks, the lenses themselves will stay whole and there will be no sharp edges to injure the eyes. If you are planning to wear the sunglasses during any kind of sport or exercise activity, then they should be shatter proof. This feature could save you from becoming cut or blinded.

So whether you are planning to buy a \$300 pair of Oakley sunglasses, or a \$20 pair of Ryders, remember all these options and decide what you want out of your sunglasses.



Photo by: Shawn Ekstrom

## Lovin' It!

by: Shawn Ekstrom

It is a haven for teenagers, little kids love it, and the elderly just the same. What is this you ask? Nothing other than Mc Donald's. This has been a tradition for people for decades. The history is fascinating, the charities help many who are in need, the

documentary on Mc Donald's food was very enlightening, and teenagers have a lot of different opinions on it.

The first Mc Donald's was opened by two men named Dick and Mac Mc Donald. However, they would not have made it as far as they did without the help of Ray Kroc. This man invested his whole life savings into a shake maker called the Multimixer. He heard the Mc Donalds' restaurant was operating 8 shake makers at a time so

he drove up to talk to the Mc Donald brothers. He gave them the idea to open various restaurants. They didn't know how to do that, so he did the majority of the work. It made them both happy; the Mc Donald brothers opened more restaurants and Ray Kroc had eight Multimixers in each one. Ray opened a restaurant in Illinois in 1955, then proceeded to go public with the stock exchange. Now there are thousands of res-

## Summer Employment

by: Danika Smit

Summer time: a period when the sun is shining, students are free from classes and a trip away with the family or friends is an absolute must. However, summer also means money, both spending and receiving. For potential post-secondary schooling as well as moving out of the parents' house, many students opt for summer employment as a means to support themselves.

Places of work can range from outside gardening to cooking in a fast food joint, maybe working with boats or selling clothes. No matter the occupation, young adults all strive to own as much of the 'green' as possible. You know, the moola that we will use to fill car tanks, get us into movies or raves, help us pay our way through school and maybe just maybe buy a little something for that someone special next door. Both Estabrooks and Brad Feicht agreed that the true appeal to summer working is the money and what it allows you to buy, or, possibly save towards. "I will need a lot of money for university" says Craig. Brad thinks he will save money for university as well, however he also enjoys spending his hard earned cash on "different things [he's] wanted for awhile."

To date, pay can vary from minimum wage, which has recently grown to \$6.20 per hour, or up to \$11.00 per hour when working at a call centre.

Depending on the objective, a student



can work purely to gain experience in a particular field, or make cash no matter what the job. Either way, the summer work force enables all to have a taste of independence; an employee kind of life. From long hours and grumpy customers to payday and buying that watch you wanted, summer employment gives students responsibility and experience as well as money and whatever that green may buy. As Craig Estabrooks candidly stated, "Summer employment is only a small part of your life. If the job stinks, suck it up." Happy working!



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taurants opened all over the world serving millions of people a day. It is truly fascinating to see what three men can do.

Ronald McDonald house charities have helped many families who are in need. It gives children with life-threatening illnesses a home away from home. McDonald's has donated over twenty-seven million dollars to this cause. It gives the child the opportunity to enjoy a normal, fun-loving life as best as they can. This is very important for a child who is close to death because it would not be fair for the child to remember nothing more than the surgeries and the hospitals. Therefore, Greyhounds remember to put money in the charity box when you visit McDonalds, it goes to a very good cause and every little bit helps!

Recently a man named Morgan Spurlock volunteered himself to be a guinea pig. This healthy man was to eat 3 McDonalds' meals a day for thirty days and record the changes in his health. He weighed 185 pounds, and added 25 pounds by the end of the experiment. However, that was the least of his problems. A few days into the experiment he was throwing up out of his car window. Doctors were amazed at how fast his body had deteriorated. His liver be-

came toxic, his cholesterol shot up and he suffered from extreme headaches and depression. In The Post Spurlock's doctor commented: "He was an extremely healthy person who became really sick from eating this McDonald's diet." Now doesn't that make you want a bacon double cheeseburger?

As you walk into Market Square at lunch or drive by the drive-through at Mc Donald's you see a huge crowd of teenagers waiting for their greasy taste of Mc Donald's. Susan Nelson believes that "It is the best fast food ever!" Others see it as too tasty to resist the calories, "So fattening, yet so tasty," Jody McIntyre says as she eats her cheeseburger. However, some people absolutely detest the thought of Mc Donald's food. Josh Marr is not a big fan of Micky D's. He says: "It's gross, like absolutely disgusting, but whatever, I eat it anyways because food is food."

Well there you have it, Mc Donald's is very enjoyable, they give money to a good cause, and unless you're eating three meals a day off the Micky D's menu then you won't suffer too much healthwise. Hey it's a risk I'm willing to take. I think I'm going to hit up the drive-through for some late night food. Ba-Da-Ba-Ba-Ba I'm lovin' it.



## SJHS 200 Years of Excellence

by: Shawn Ekstrom

Illustration by: Vanessa MacKinnon

March 5<sup>th</sup> 2005 will mark the 200<sup>th</sup> anniversary of Saint John High School. It is remarkable to see how it has evolved through time. The school's history, traditions, and records of academic and extra-curricular excellence are truly fascinating.

Saint John High has overcome many barriers over the 200 years. There was once a time when there were two schools. There was one for female students and another for males. However, the Great Fire destroyed both. This horrible incident was not going to stop Saint John from having an excellent school, so they found a solution, and that was to build a new school called nothing other than "Saint John High School". They put females and males in the same building. There was segregation at one point but Saint John High learned to overcome the barrier of segregation just like they overcame the Great Fire.

Saint John High has many traditions that set us apart from the others. Our graduation ceremony is a great example of our traditions. The white dress and suit photos give an added touch to graduation compared to other schools that use the caps and gowns. The IB program, which was adopted in 1983, making Saint John High the first accredited International Baccalaureate School in New Brunswick, is a strong tradition that makes us special. Saint John High didn't feel they were getting enough credit for their success when an opportunity arose to show everyone who was the best school. That was the quiz show "Smart Ask". Saint John High made it all the way to the finals. That is something to be proud about.

I had the chance to ask Mr. Harbinson, our new principal, a few questions. When asked what he thought was the school's biggest accomplishment over the past 200 years, he replied: "Providing quality education for thousands of people in Saint John." I then asked what traditions he thought the school had lost and upheld. "We have upheld academic excellence. Despite the changes we are always meeting the standards that are expected of us." Regarding the traditions that have been lost he talked about the introduction of semestering. "It had a negative impact on education. It undermined courses such as English, math, history, and science which would be more successful if taught for the full school year. It is also ironic because other schools have picked up the system we left behind and are now using it." The last thing I had time to ask about was his expectation for the next 200 years of SJHS. He pondered this for a few moments but then replied, "To continue to be educational leaders of the district and province, and to meet the needs and expectations of the community."

Saint John High will be very old next year, I imagine there will be quite a celebration for this old institution. Vita Vitalis: truly a life worthwhile.

## Art Show Success

by: Ashley Henderson

Exquisite, unique and amazing are just some of the common adjectives used during the IB art presentation at the Abec Centre. Friday, April 2<sup>nd</sup>, all the IB art students from Saint John High School gathered at the Abec Centre to strut their stuff. While many teachers, children, students and citizens strolled around the centre between 5 and 7 o'clock, the art students waited patiently to view the reactions to their art.

Among the many art exhibits, there included Erin Hicks's 'Flash Back,' Kate Belding's 'Patterns,' Nickie Burditt's 'Growing Pains' and Tyson Preshyon's 'Caught.' Other artists included Morgan Driscoll, Danika Smit, Jessica Vivhelin, Laura Ringueri, Monique Theriault, Jillian Keith and Pat Bourgoin.

It truly is a pleasant sight to see your peers paint on canvas and show their emotions and thoughts through their fingers. With watercolors, pastels, sculptures, photographs, and glass, many of the displays were designed to get your attention and to make you think. I was personally shocked to see how much talent we have in our community let alone our own school. I guess I wasn't the only one who was surprised by the talent, Rick Curran said: "I was surprised to see the hidden talent that I was unaware of." Being one of the few who still have a second grader's stick-person draw-

ing skills, I felt the high spirits of success and progress at the Abec centre that night. Ms. Underwood was glowing with delight as she watched her students being recognized for their skills and hard work. With the hustle and bustle of events such as this, we sometimes forget the people who allow these things to happen. Ms. Underwood deserves a lot of recognition for her long hours and her hard work with the students. She, like many of her IB art students, rushed to the last minute with many preparations for the exhibit. It was definitely worth every second of hard labor because Saint John High got to show what we're all made of and capable of when we put our minds to it. Vishnu Kumar liked how there was so much variety and color in the designs.

If anything's for sure it's that the IB art exhibit was a true success! I believe we need more of these events to boost confidence in those who aren't always recognized for their talents. It doesn't exactly have to be with the arts, it can include anything. Sports are highly publicized and now it's time for other things to be noticed. Each of us has an individual talent and SJHS is where we can express our true individuality. With more exhibits and musicals we can show the public and our peers exactly how refined our community and school actually is.

## Government Waste

by: Andrew Black

I go to the world's best shopping establishment today, The Great Canadian Dollar Store. With me in my pocket I have a trusty loonie, some lint, an old bottle cap and a couple of pennies. The task at hand seems simple enough: pick out your favorite chocolate bar, go to the sales counter and purchase it for a dollar. Unfortunately as I arrive at the counter and dig out that faithful, old piece of currency I am informed rather rudely that my plan is flawed. This "Dollar Store" charges a dollar for their products, but guess what... the government also charges a fee, and worse yet they charge fifteen percent of the purchasing price! Now this fine establishment has set a fair price for a product and now dear old "Uncle Sam" feels the need to rob us of that extra 15%. Tell me what's wrong with this system. Reaching into my pocket I retrieve the loonie's accomplices, those remaining few pennies. Unfortunately I don't have enough to pay the man, and am quickly denied my chocolate oasis.

As a young person I'm relatively free from this money grabbing burden. I might have to pay that 15% but other than that I feel as though the powers that be leave me well enough alone, but when I think about how much money they get from citizens in the run of a year I can't help but ask... where does it all go? One fellow student Mr. Christian "C-Bass" Tschirhart claims that he heard from a high up government politician that the president of Canada uses it as toilet paper, and before that he used to use it to light his cigars, hand made by Fidel Castro himself. Yet another student Charles "cynical" Stebbings claims "It is my understanding that the money goes to the capitol, and with all the politicians in Ottawa I can only conclude that it ends up getting used as toilet paper...due to incompetence and/or bare necessity."

So there you have it, proof that the government wastes you're money! In conclusion I say cheat on your taxes. Goodnight, and god bless America.

**Jamie Doyle**  
SJHS Grad 2004

*We are very proud of you!*  
Love Dad, Mom, Sonia

**Melissa Galbraith**  
SJHS Grad 2004

*We are very proud of you!*  
Love Dad, Mom & Sara

## What's next?

by: Nora Grisdale

The question most people ask themselves is what's next? Not only does the population have to worry about attacks from other countries, we also have to worry about attacks from Mother Nature. Just last year the world experienced 700 natural disasters, which is 50 more accidents than during the 1990's.

The incidents are not only increasing in number but also in size and the quantity of devastation they leave. Scientists believe the reasons that some places are more vulnerable than others is because of rapid population growth and urbanization. Over half of Canada's disasters have been weather-related; this percentage seems to be increasing each year. Flooding is one of the main causes for this horror.

Snowmelt accounts for 40 percent of all floods in Canada, but it also can be caused by heavy rainfall, ice jams, glacier outbursts, coastal storms, and lot more. Flooding in urban areas has a lot to do with the paving,

which reduces the penetration of water into the ground. Also, aging sewer systems are less able to cope with larger loads caused by the construction of roads and homes.

Another problem is drought. This is causing the most expensive damage in our history, with four out of six major disasters being drought-related. These have all happened within the last 25 years. Property damage caused by drought in British Columbia, Ontario, Quebec, and Nova Scotia has cost Canada an estimated \$5 billion.

Scientists predict that an earthquake in the Vancouver area is the most likely major disaster on our horizon. If you have any questions about this topic you can go on to your local city website and search. All I have to say is take care of yourself and each other. Although the world and the elements are the reason we are still here, they may also be our destroyers.



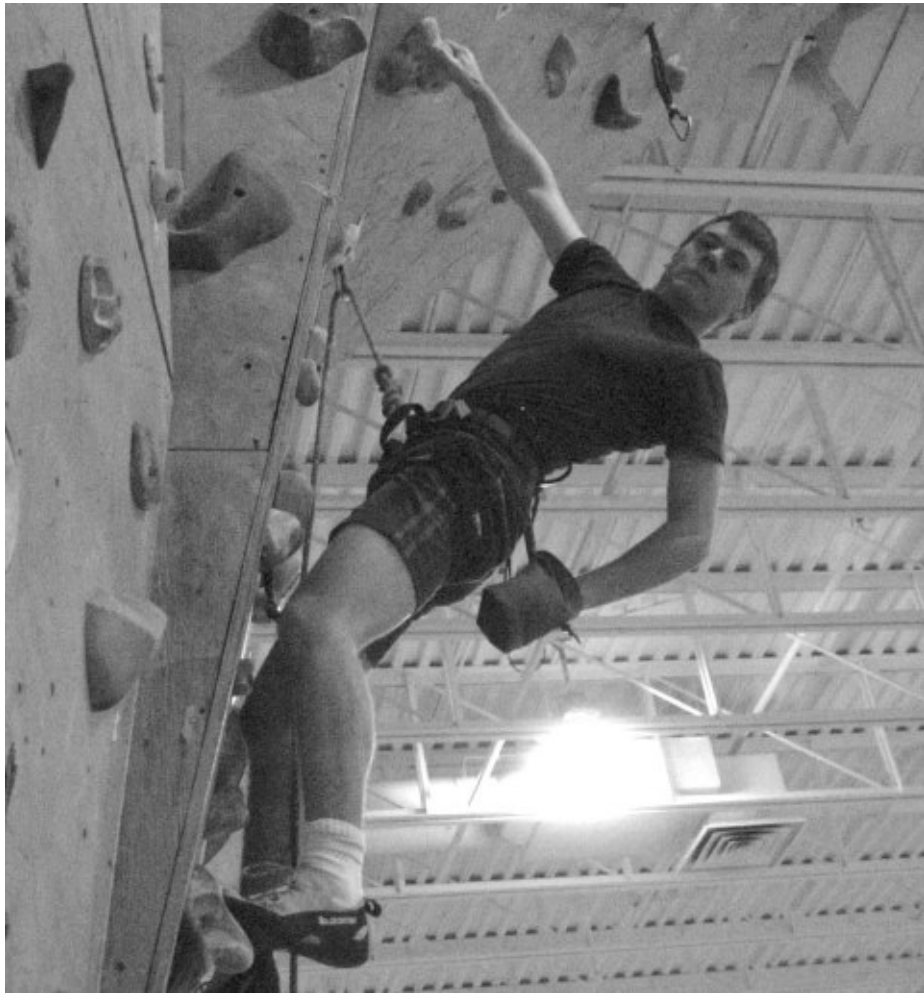


Photo by: Andrew Black

## Hanging on the Edge

by: Matt Foster

Everyone at Saint John High knows of Mr. Sutton's passion for adventure and extreme sports. This explains the overwhelming response to his assembly in the spring of last year, which included a slide show, and a description of his experiences in rock climbing. The majority of the audience showed immediate interest in the extreme and atypical sport that was so new to the school. After filling out an endless number of forms, and about ten parental signatures later, we met at the New Brunswick Community College every Tuesday after school for indoor climbing.

The climbing wall at the NBCC offers many different climbing routes that allow for both beginner and experienced climbers to challenge themselves. The easy wall-routes consist of big features, scattered nu-

merously on the wall. The harder routes involve smaller and fewer features. The most difficult route, which has only been done by Mr. Sutton, is an overhang that extends about ten feet. Gareth Sudul says: "The wall at the NBCC has a very diverse ability level, which has helped develop muscles that I never knew were there. It is a whole new experience."

After a full season of climbing indoors, a trip to Oromocto was planned, where the climbers were able to apply their newfound skills on real rock. The climbers were able to reach new heights that they had never seen at the gym. This was a very overwhelming experience for some.

With last year's success, Mr. Sutton decided to organize a second year of climbing, which has already begun. Hopefully, it will continue for years to come.

## Thank You Coaches

by: Ashley Ferguson

Here at Saint John High School, we have a reputation for successful sports teams. With everything from football to swimming, there is no shortage of activities. But did you ever stop and wonder what it is that makes a sports team excel? Maybe it's the school spirit, or perhaps it's simply talent. Not always realized for their dedication, the coaches of every single team are the ones dedicating their time and energy to help students achieve dreams.

Whether it is a teacher, parent, or a volunteer, they are under no obligation to coach a team. Imagine if you had big dreams of playing in the NHL when you grow up, yet you are unable to play hockey in your senior year because there is nobody to coach the team. Coaches are taking time out of their own lives and offering it to the athletes. Carolyn London, a senior at SJHS, has been involved in the swim team since grade nine. She feels that "Mr. Sullivan gives up his mornings and afternoons to help coach the team. He has a family along with a career, yet he still finds time to train each and every swimmer to be the best that they can be."

Basically what it comes down to is that most sports teams would not be in the position that they are now if it were not for the coaches. Next time you see your coaches, thank them. They are dedicating themselves to helping others make their high school years the best they can be.



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## The SJHS Saviour

by: Nathan Rogers

His name is synonymous with basketball. He has traveled all over the province and Atlantic Canada displaying his remarkable abilities to scouts. This has gained him national recognition as he has been selected to attend "The Nike All-Canada Camp" for the best high school players in the country. Who is this amazing basketball player you ask? He is none other than "The Saint John High Savior" Graeme Scott. According to Geoff Tallis "Graeme Scott is a god among men."

Graeme first got into basketball through the Lancaster Minor Basketball Association (better known as the L.M.B.A.). All the Lancaster basketball officials knew, Graeme was going somewhere from an early age. His dominance started in Puppy League and has continued upward through to the AAA high school ranks. Graeme captained many Lancaster rep teams and even moved up an age group to play with the older boys.

Graeme has enjoyed immense success on the provincial stage. Last year, he almost single handedly led the Lancaster Magic to the provincial midget AAA championship. He scored twenty-four points in the final to lead Lancaster past the Kennebecasis Valley Crusaders sixty to fifty-six. In the final minute, with his team only up by two, Graeme put the nail in the coffin by sinking two crucial foul shots.


As well, Graeme completely reversed

Saint John High's fortunes upon his arrival. The J.V. boys' team went from 2-14 to 13-3. Graeme led our provincial finalists in scoring, rebounds, assists, and steals. However, he would be the first to admit that it's not possible to do all of that without a strong supporting cast. These players included: Joe Boyce, Andrew Chatterton, the now departed Joe Hines, Jared Holder, Rob Munroe, Matt Robichaud, and Geoff Tallis.

Graeme Scott dominates any court he walks on to. Let us hope this dominance leads him to bigger and better things!



Photo by: Nathan Rogers



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## No Pain. No Gain?

by: David Wilkes

The importance of off-season training cannot be stressed enough for any athlete who wants to excel over the competition. Maintaining and adding to your physical fitness is the key to success. If you are a participant in a winter sport then your summer should be used as much as possible for conditioning. Do not wait for your sports season to start up because you will lose strength and endurance from not continuing to use the muscles needed.

There are a few main things to be concerned about when doing your off-season training. **DO NOT OVER TRAIN!** Over training can lead to increased chance of injury and your body will burn out. Your immune system will begin to get weaker and your chance of "good recovery" will be decreased.



Photo by: David Wilkes

Many people believe in **NO PAIN NO GAIN**; this belief has some truth to it but, there is a fine line. Getting a good sweat out of a training session is a lot better for you than pushing yourself to the point of exhaustion.

Most sports injuries happen early in the season. This is because athletes are not doing the training needed to get back into their sport. Many teens love their sports but are not willing to make the commitment to work hard during the off season. Later, when they get back to their sport, they think that they will be just as good as they had been when the season finished.

Eating well and getting proper rest are also huge factors that come into play when training your body to be the best it can be. Without proper nutrition and rest your body will just burn out and you may become sick. If you think of yourself as a car then you can easily understand what I mean. Good maintenance, and looking after your body will lead to better performance.

## Unicyclin' Man

by: Nathan Rogers



Photo by: Andrew Black

Everyone can ride a bike with two wheels. However, can everyone ride a bike... with just one? Unicycling requires extreme balance and concentration. Kevin McMullin possesses both of these attributes.

Kevin first got into unicycling about three years ago but only started "street unicycling" last summer. He says that originally, the idea behind his unicycling was "to add a little something extra to my juggling shows. I saw some extreme unicycling videos and decided to try it for myself." As everyone who has been at Saint John High School since 2001 knows, it turned out really well! This is because Kevin performed on stage during an assembly in his grade nine year.

In order to be able to unicycle, you

have to practice everyday. As Kevin says "In the summer, I'm uptown pretty much everyday, riding around." Success comes before work only in the dictionary. Another method to improve is receiving criticism from fellow unicyclers and surprisingly, skateboarders. Kevin feels that "They push me to get better."

Kevin is very much a daredevil. He can perform tricks similar to what skateboarders and BMX riders do. He hops down stairs doing one-eighty's and three-sixty's. As well, Kevin can grind handrails and take his feet off the pedals in midair. Street unicycling comprises doing tricks while jumping down stairs and other extreme locations. This is Kevin's preferred style.

Unicycling can be very profitable. According to Kevin "I get paid to do juggling shows which include unicycling. Unfortunately, I do not get paid for extreme unicycling. I do it for fun."

When asked if there are any competitions Kevin replied: "Yes there are competitions all over the world." He has recently returned from Toronto and the Toque Games. The Toque Games is one of the biggest unicycling competitions in Canada. Kevin was fortunate enough to stay with one of the best in the world.

In August, Kevin plans to meet up with the four best unicyclists in North America to go on a two or three week tour to film for the upcoming unicycling video "UNIVERSE III". "UNIVERSE" is a collection of videos that require an extremely high level of skill. So when Dan Heaton, producer of UNIVERSE, asked him to join the tour, Kevin leaped at the opportunity. "All of the successful unicyclists have made appearances in them, so I figure I must be decent."

Kevin McMullin has awed audiences all across the provinces. Hopefully, with a little luck, he will be able to wow audiences across North America!

## Paintball: Extreme Sport

by: Robert Barton

Paintball is a ,very fast-paced, action-packed extreme sport. You need the gun (also called a marker) powered by either CO<sub>2</sub> or N<sub>2</sub>/compressed air. The device to hold the paintballs is called a hopper. If you're just starting out I recommend a regular hopper. If you're an experienced player and are upgrading your equipment, especially your gun, I recommend an agitated hopper. That means there are spinning blades inside your hopper, powered by 1 or 2 nine volt batteries. For protection you will need a mask and other protection is optional.

There are 3 main types of guns: pump which involves you pumping it each time before you fire, semi-auto which requires just pulling the trigger repeatedly and it keeps firing, and full-autos where you just hold the trigger and let the paint fly.

You can't just go and play paintball because the police will confiscate your stuff and either issue you a warning or charge you. But if you have places where you can play go ahead. Saint John has only a few paintball fields; one is Daredevil Paintball in Grand Bay. There are others that aren't very well-known..

There are different types of paintball. There is "Speedball", which is usually played on a flat surface with a max of 10 people on each team, but you need a large field for that. Usually played with between 3 and 5 people on each team, speedball is a very fast paced game usually played with a

flag in the middle or a flag at each end where the teams are located. When the flag is at either end of the field, the goal is to get the other team's flag and take it back to your own flag. When the flag is in the middle you take it to the other team's flag and the game is over. Usually games are scored by who's left on each team, but in tournament play it's based on points.

"Woods play" is played in the woods, and is a slower paced game. It involves sneaking and stealthy movement. You could play with a flag but it is usually played until only one team is left team standing. There are subtypes to "Woods" like "VIP", "Man Hunt" and "Free for All".

"Castle" is best played on a wooded/hilly area where the castle is directly at the top of the hill and one team is in the castle and the other tries to take the castle. It can be a very quick game if played right. There are many more types of paintball played but they are these are the most common.

Paintball isn't a sport for everyone because it requires a high threshold for pain. It can hurt at times depending on where you have been hit. Paintballs can leave some nasty welts on your body depending on the place where you've been hit or the type of balls the person was using.

That's pretty much all that's involved with the extreme sport of paintball. I hope to see you in the summer time playing. I know you'll love it as much as I do.



Photo by: Ashley Ferguson

## Rippin' It up

by: Matt Foster

We're all familiar with The Paris Crew; a distinguished group of four men from Saint John, consisting of George Price, Elijah Ross, Samuel Hutton, and Robert Fulton. The four rowed together on weekends and after work. However, believing they were capable of winning more than simply Saint John races, they decided to compete in the international waters of Paris in 1867. Ridiculed for their pink hats and brown suspenders, the four rowed to victory in every event they entered that day.

They received their name as "The Paris Crew" following their continuous victories at this regatta. They won every race for the next three years, until one day, in 1871; they challenged James Renforth, and his crew of Englishmen, and lost. Blaming their loss on the rough waters, they challenged the same crew to another race.

Thousands gathered on riverbanks and boats to witness the biggest event in Saint John history, deemed "The Great Race." They started the race, and in no time, the Paris Crew led by quite a distance. A decision to row at a fast rate for a few minutes cost them the race, when James Renforth stopped rowing. He fell back into the arms of one of his teammates. His heart stopped beating due to over-exertion. James Renforth had been England's best athlete and they were very proud of him. Thirty years later, the area name was changed from "The Chalet" to "Renforth" in honor of the famous rower.

To this day, thousands take to the Kennebecasis water to row, just as the rowers of the past two centuries did. Among those thousands, are the acclaimed High School Rowers. For months before the regatta, this distinguished breed rises at 5:00 AM to meet the demands of a rowing. Rowers know that whether it is a 10 kilometer row, with callused hands gripping the oars powering the flexed oars through the water and leaving the river in front of them, an 8 kilometer run, with their lungs gasping for air, or an erg exercise, often causing athletes to heave their last meal, that this is all preparation for the upcoming regatta, where the victorious crew is made clear by the salient blow of the air horn. Spectators cheer as their school passes the finish buoys after the 1000-meter dash, and the adrenaline and pain brought on by the race subsides only as your school deems you "defender of the Hound." At this year's regatta, the Hounds will bring Hell.

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## Rugby Fest Results

by: Bruce Dryer

On April 23-25 both the boys' and girls' rugby teams participated in the annual kick-off rugby tournament, Rugby Fest, held at RCS Netherwood School. The boys' team finished with a respectable record of 1-1-1. The scores were 7-7 versus Miramichi, 8-5 versus Cobiquide Educational Centre (Truro N.S.), and 0-10 versus North Hast-

ings (Bancroft, Ontario). The girls' team had a record of 1-2. The scores were 5-29 versus Rothesay High School, 10-19 versus Queen Elizabeth High School (B.C.) and 12-0 versus J.M. Hill High School. Both of the teams fought very hard throughout the tournament. Best of luck to both teams with the rest of their season

## Hair Colour and Your Life

by: Brianna Starkey



Illustration by: Valeria Stephens

Being a natural blonde, my intelligence is frequently questioned. I always did very well in school, yet my brunette sister was always (until recently) thought to be the smart one. This apparently has something to do with our hair colour? Silly though it may seem, people do judge you based on the tint of your tresses. Scientifically, it has not been proven that hair colour has anything to do with personality or intelligence, but your mane does send many different messages, both good and bad.

We'll start with blondes, since they are the most picked on hue. Dumb-blonde jokes have met their match in Joanna Pitman, author of "On Blondes". "If you look at the last fifty years, the dominant

blonde pop icons have gone from being breathy pinup types (such as Marilyn Monroe) to symbols of strength and self-confidence (such as Madonna)." Modern blondes are perceived as powerful, independent, and still sexy. People tend to relate the colour blonde with youth and vitality, since babies and children usually have lighter hair than adults. On the down side, a recent survey of 2,400 men and women, revealed that women are less likely to trust their significant others alone with a blonde than any other hair colour. More disturbingly, blondes are not taken seriously in a work environment.

How many jokes have you heard about a brunette doing or saying something stupid? Not very many! That's because brown hair is the most trusted and dependable colour. "Brunette is the most prevalent colour across cultures, so it's considered the most fundamental" says Leatrice Eiseman, director of the Pantone Colour Institute and author of "Colours for Your Every Mood".

A survey also found that 59% of the women polled believe that if a CEO were going to hire only one woman, a brunette would get the job, and most of the survey participants predicted the first female president will be a brunette. The bad news is, brown haired babes can be taken for boring, or shy.

Lastly, the redheads. Some red hued honeys don't like to draw attention to their rare hair colour, but fiery tresses attract more attention than blondes or brunettes because of their rarity. Only 1.5 to 2% of the world's population has natural red hair. In Asia and Africa, naturally occurring red hair is almost unheard of. Other than its rarity, according to a Haris Interactive survey, most men also believe that redheads lead better love lives than blondes and brunettes. If women could score any colour for one day, it was said to be red. Bad side? Redheads are seen as brash and quick to anger.

It seems that no matter what hair colour you have, and no matter how many studies are done, people will still make assumptions. Grade 12 student Kady Herrington says that, "It's something like how people are portrayed to us. Through dumb blonde jokes, we get the idea that blondes are dumb or gullible, and on TV or movies, the redhead is always the one with the fiery personality." So whether you're a dumb-blonde, a boring brunette, or a rampaging redhead, be aware of the benefits, and work what you've got!

## Mysterious Supplies

by: Catie Shelley

We have all encountered a supply teacher at some point in time who makes us wonder: Why me? The fact that they talk about their prize Star Wars collection or their weird pet is the least of a student's worries when it comes to having a supply teacher. "The worst possible scenario is when they are overbearing," says Kavita Raju, "and they think that they are better than the students."

Although most students have at one time had a problem with a certain supply teacher, there are also teachers that are so strange you wonder where they come from. "I once had a supply teacher who looked like Santa Claus and danced around the room to music playing on the computer," says Kavita.

When having a teacher fill-in, the students are at their mercy and vice-versa. Some students take this as a chance to act-up and see the teacher's reaction, while other students are intimidated by this unknown person taking control of the classroom. The biggest mystery about supply teachers is not knowing how they will react to certain situations. When having a steady teacher all-year round, you get to know their personality and what really ticks them off but, with a one-day supply teacher you have no idea how they will



Photo by: Catie Shelley

respond. Lots of students take advantage of the situation and behave like maniacs partially to see what the supply teachers will do in response. Sometimes the reaction is very scary, especially when the students are faced with a teacher who looks like they are about to explode.

One way or another, having a supply teacher is always something new and exciting: "It's a lot more fun when you don't know what type of supply teacher to expect, especially when they are mysterious," says Kavita.



## Artist Profile

by: Chanel Friere



Photo by: Chanel Friere

At age six, Nickie Burditt was already a blooming artist when her father enrolled her in an art class in down town Saint John.

He was the first to recognize her talent but not the last. Nickie is one of the students enrolled in the IB art program and she has recently been accepted into NSCAD

(Nova Scotia College of Art and Design).

As a child she worked independently in sketch books. Art was always a part of her life but only as a hobby. Although Nickie says that she is uncertain as to whether or not she wants to make a career out of her art she is certain that art will always be a presence in her life.

Nickie's favorite style of art is Surrealism and she loves to use bright vibrant colors. Although Nickie's IB art exhibit consisted mostly of paintings that is not her favorite medium. She has only recently started to work with paint and although she enjoys it, she prefers to use mixed media when she is creating her art. She has used everything from kitchen faucets to plastic food wrap.

Nickie is very modest when it comes to her work. She feels that art is simply something that she does. She encourages everyone to find their own style or outlet. She believes that art is something personal that everyone can do. I agree with her. No one can tell you that you are doing it wrong because YOU make the rules.



Photo by: Anita Bryan

## Friends: The Final Episode

by: Anita Bryan

May.10<sup>th</sup>, this is when one of Americas most watched and loved television shows is coming to an end. Ten years ago this show made its mark and began to make its way into thousands of homes.

So what is this loved show? Friends! In the beginning families from everywhere began to take notice and it became a huge hit almost immediately. Friends began in 1993 and has remained strong since then until now.

About two years ago the network that produces Friends was given notice that the cast was planning on calling it

quits in 2004. The public did not find out until early last year. Since then the show has had millions of viewers every Thursday night, tuning in to see what crazy thing Joey or Chandler would do next, to see Rachel and Ross fight about everything, Monica and her obsessiveness and Phoebe's weird ways.

Now the world has said goodbye to their beloved show. The downside to this is not being able to tune into the best show any more. Now the only thing that remains are the continued repeats of the one best show of all time!



Photo by: Vanessa Mackinnon

## Dangers Lurk Online

by: Paul Saulnier

Mindless worms that wiggle through your files... scams that fuse like a leech to your credit card bill... cancer-curing promises that just never go away... these are some of the new dangers of our generation, and they all thrive online. While the dangers posed on the 'information highway' are very real and potentially very dangerous, they're easily defeated and avoided with a bit of common sense and a few helpful tips.

There are many different viruses and worms infecting computers through e-mail nowadays, and these harmful computer diseases often come unintentionally from people you know and trust. No, it's not because they've grown to hate you for some reason, it's because some nasty Internet monster has laid siege to their computer, using their machine as a zombie for accomplishing pointless goals. However, you don't have to become a statistic. By only opening attachments that you were actually expecting from people you know and trust, you can guard yourself against the nasty infectants. If you're not sure about the attachment, do not open it. Instead, call up your friend, asking if they meant to send that specific file to you.

Online shopping has become very convenient, and can often be less costly than buying something from an actual store. When shopping for items you can't find around Saint John, auction sites such as eBay are often the best and only place to find something. However, this is a potential recipe for disaster, but not if you're careful. Using services like PayPal on eBay allows you to securely pay someone using a credit card, but without actually giving your credit card number to the seller.

Another major insecurity of the Internet is the threat of being stalked and tracked down by a stranger. Many people do not realize that their phone number, complete with street address and postal code may also be available online. The recommendation here is to do a search for your name on Google, enclosed in quotation marks, possibly including "Saint John" in quotations as well. Often, this will return some information about you, hopefully not including any personal information.

Many of the steps involved in securing yourself online are associated with simple common sense. So be sure to stay alert and stay safe!

## Did You know...

by: Vanessa MacKinnon

- Every day people around the world drink more than 300 million Cokes.
- In Atlanta, Georgia, it is illegal to tie a giraffe to a telephone pole or street lamp.
- The shortest war in history was between Zanzibar and England in 1896. Zanzibar surrendered after 38 minutes.
- The first bar code was used on Wrigleys gum.
- In Texas, it's illegal to milk another person's cow.
- The first couple to be shown in bed together on TV: Mortisha and Gomez Adams from the Adams' Family.
- Toilet paper wasn't invented until 1857.
- The electric chair was invented by a dentist.
- King Louis XIV of France took only three baths in his whole life!
- Approximately 100 people choke to death on ballpoint pens every year.
- Months that begin on a Sunday will always have a Friday the 13th.
- In Miami, it is illegal for men to be seen publicly in any kind of strapless dress.
- More people die each year playing golf than any other sport
- It is illegal to stand within one hundred yards of the reigning monarch when not wearing socks (enacted by Edward VI)
- In London, no cows may be driven down the roadway between 10 AM and 7 PM unless there is prior approval from the Commissioner of Police.
- In Thailand, it is illegal to leave your house if you are not wearing underwear.



Photo by: Vanessa MacKinnon

## 50 Cent

by: Erin Brewing

On April 24, 2004, Harbour Station was a sea of people anxiously awaiting the much-anticipated arrival of 50 cent. The lines were all around the building, even in the pedways leading to the building. As the people piled in, the anticipation was becoming too much. Around 8:00pm, the concert began with a surprise appearance from Choclair who "lit up" the stage with many songs including: "We Luv Dem All" and "Light it Up." Although the crowd cheered, danced, and sang along, the vibe wasn't all that exciting.



During other concerts I have attended, the crowds were hyper and hardly ever stopped cheering, but that wasn't really the case at this particular concert. Considering that the building was packed with fans, the cheering wasn't that loud but the dancing was good until it got unbelievably hot. Amongst the heat and sweat, the show went on. I don't have many complaints because though it wasn't the best concert, it was 50 Cent and G-Unit!

Then, David Banner took the stage! "It was awesome when David Banner jumped out into the crowd and let everyone carry him around. He really interacted with the audience," said Melissa Parlee. Banner and his crowd-jumping tactics got the crowd a bit more excited, but it still didn't have the same vibe as other concerts like Nickleback. Jennifer Green said: "David Banner was deadly but I think he may have tried to promote himself a little bit too much with the whole sign carrying situation!"

After David Banner was finished on the stage, it seemed like intermission was a lifetime until 50 Cent. Eventually 50 took the stage with his crew from G-Unit. Song after song they pleased most of the crowd with beats like, "In Da Club," "Patiently Waiting," "Bloodhound" and "21 Questions".

For some crowd members, for the cost of their ticket, the quality of the show was not really worth it. Jason Sypher said: "The concert was ok, but an hour and a half was not worth \$70, especially when you couldn't make out the lyrics over the music. The sound quality wasn't that great". Melissa Parlee said: "David Banner really interacted with the crowd and tried to get them hyped, but 50 didn't interact as much. He just sang a few songs and there wasn't really any kind of interaction, which is pretty sad seeing as it was his concert". The concert wasn't a total disappointment however; I mean all of us ladies can say we actually saw 50 Cent in person, which certainly isn't too shabby! "I am surprised he sang as many songs as he did, but it was good because he is definitely HOT!" said Jennifer Green. I must agree with her there, 50 is truly a work of art and he showed everyone just how good looking he was at the end when he threw most of his clothing out into the crowd and showed himself off! When I asked Jon Cogswell what he thought of the concert, his reply was: "That concert was the bomb!"

It seems your response depended on your expectations about that concert. The quality of sound wasn't the best and the ticket prices were a bit much but hey, everyone is always complaining about how there is nothing to do in Saint John. I guess having a gorgeous, famous person come to give a concert might help to change that attitude? For those of you who missed the concert, its ok, you can find him "In da Club"!

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## Prom (Continued from page 1)

member of the grad class, Terri Todd, said: "I would have liked to have known the prom theme before I got my dress."

So what's a big issue that comes up when we think of prom? MONEY! And there's a lot of it needed for the prom. The average girl has spent an estimated \$800.00 on this year's prom! This includes: dress, accessories and everything else that's needed for the big night. However that's not all, to get into the prom itself almost

\$50.00 is needed. The cost builds up high, but it is all worth it in the end when everyone has the pictures to look back on and the memories to cherish forever.

This prom may be the last time we will all be together as high school friends, so it is going to be an event to remember! The prom this year will be held at the Trade and Convention Center in Market Square on June.16th. This day will surely be a special one. Enjoy it Grad Class of 2004!

# Co-op Education Incredible Opportunities

by: Lindsay Carroll

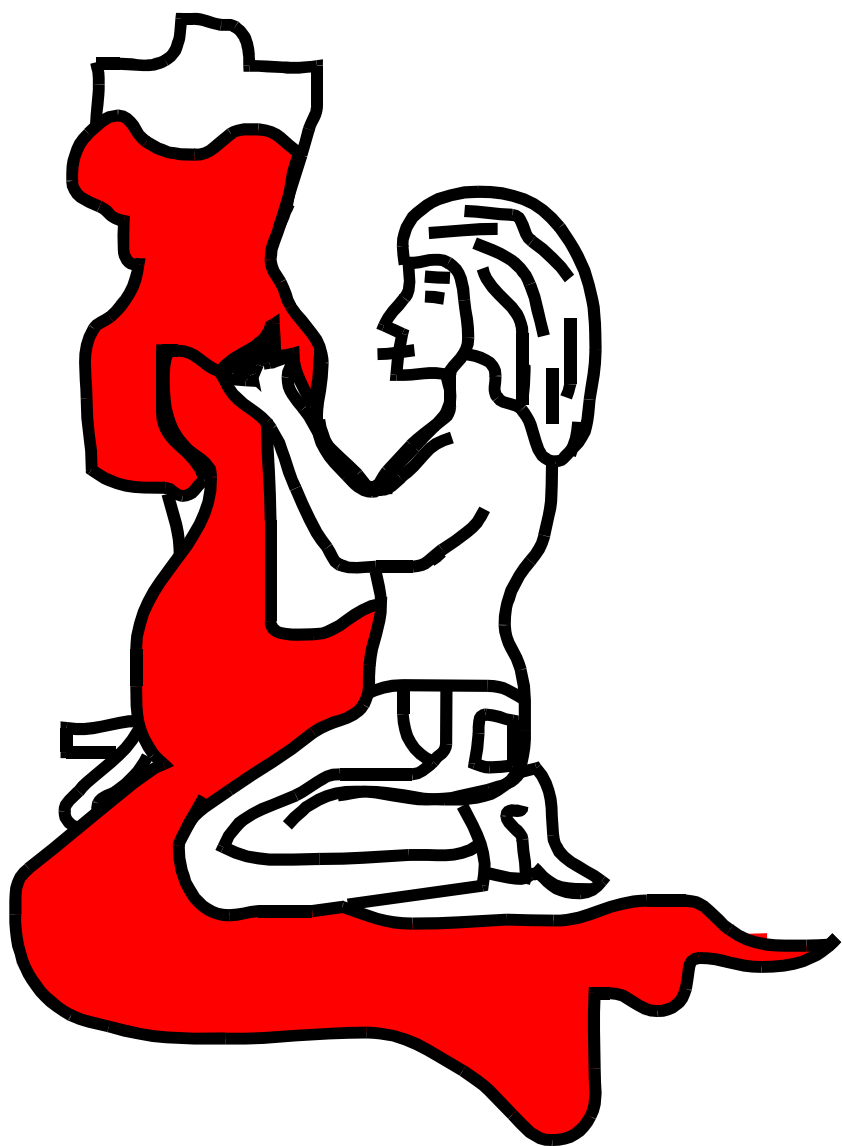
The Co-operative Education program has been taking place for thirteen years now in four high schools in Saint John. The district has been sending students out into incredible work fields such as teaching, construction work, health care and even costume design.

Co-op allows students in grade twelve to choose a career that they are interested in pursuing and be placed in that work environment for almost four months to get an actual feel for the work and the responsibilities that come with it. It also gives the students an opportunity to research the career, to find out exactly how to get there.

This year, as a grade twelve student I decided to take the Co-op program and received a placement with a massage therapist in the mornings at a physiotherapy clinic. I have learned a lot of things that I would not have known had I not taken Co-op and I also get the benefit of working with both the massage therapist and the physiotherapist.

There are also split placements offered by the Co-op program, so if a student has two careers they may possibly want to pursue, they can be put into two different placements. Co-op is a great way to find out if the career you are planning on is the career you would actually like to pursue. Some students find that their placements are not exactly what they expected and take a different path while other students' placements give them that extra push towards what they want to do.

I would highly recommend the Co-op 120 program to anyone who is currently in grade eleven. Instead of spending a ton of money training for a career that you won't end up liking you can take Co-op to help you decide.



## Costume Designer

by: Terri Todd

There's this girl in grade 12. She's quiet, intelligent and a good hockey player. People know her as Monique Theriault. She is taking Co-op and has one of the most interesting placements yet. She is working to help make costumes for the Shakespearian Festival which will be taking place at the Gothic Arches this July!

Monique's job is designing one of the major character's costumes; she will also be helping to sew these dresses as well. She says that her favourite part is the hands-on part when she actually gets to sew things herself. Monique seems very excited about the Shakespearian festival because she will be one of the servers for the feast that is promoting it. This festival has a real caterer who has researched the renaissance era and the feast is going to be a real renaissance food. Monique will be wearing a grungy renaissance costume, which she seems to be really excited about.

She says that she is enjoying the whole experience and is learning lots. Her Co-op teachers are Ms. Butler and Ms. Martine Cote-Barnwell. When Monique was asked whether her co-op had something to do with what she is going to be she answered: "Yes, because I want to be a costume designer, and I've actually been talking to costume designers from Saint John."

Monique is enjoying her whole experience and loves it. Here is some advice for you people thinking about taking Co-op next year: you should think of something this interesting to do because it just might just get you recognized.

# Prepping for Exams

by: Nicole Nadeau



It's that time of year again. Time to crack open those dusty textbooks that have been sitting in your locker all semester and re-view for exams. With exams fast approaching, you may need some extra advice on how to study. Exams can be very stressful, so to help eliminate some of the stress here are some tips on how to prepare for exams.

First of all, find a place where you won't be disrupted, a place with no phone, no T.V, and no computer. Make sure that you have everything that you will need (i.e. books, pens, pencils paper). Your place should also have good lighting, a flat surface, and a comfortable chair.

Secondly, try to break down the studying instead of doing it all at once. Try reviewing each subject for 30 minutes every night instead of hours at a time, otherwise you will lose track and won't be able to concentrate on what you are studying. However, if you do plan on studying for hours at a time, make sure to take some breaks and have a snack.

Another important skill when studying for exams is time management. Plan ahead. Plan what you are going to study each night

and for how long. Make sure to follow this schedule, or you will fall behind. Make sure to schedule time for things that you like to do (sports, friends, talking on the phone) or else you will feel overwhelmed with work.

Perhaps the most useful advice that I can give you is: DO NOT PROCRASTINATE. Procrastination or leaving things to the last minute is one of the worst things that you can do when preparing for exams.

Make sure that you are well rested the night before the exam. Do not stay up all night studying. It is better to just be well rested so that you can think clearly when it is time to do your exam. Eat a well-balanced breakfast the day of your exam so you will have lots of energy.

When writing the exam, read the directions carefully, write down what you may forget such as formulas as soon as you get the exam, and try answering the questions that you know first.

Finally, don't stress out too much when it comes to exams. It's normal to be a little nervous before an exam, but as long as you have followed the tips mentioned above, you will do fine.

## Smokin' (continued from page 4)

location for a local happy hour or two. Let's keep it that way, HAPPY!

Vita-something or other! I heard this a few times in our hallways. What the heck was with the blue T-shirts and the odd person saying smoking is bad, but we can help? Sure it's a good cause, and yeah smoking kills, but do I need to be bombarded with more campaigns to support something I have no interest in? Statistics Canada states that as of 2000-2001 out of all the provinces and territories, New Brunswick has the lowest percentage of teenaged smokers, in fact the lowest percentage of any smokers. So why must we stop an age old tradition? These young adults are old enough to know what's what; they know the facts about smoking. It kills. Don't hassle them with anything else.

I say for the sake of morale in an already crowded school you give these people a few square meters across the street, and let them have their well-earned smoke-break. You aren't condemned for drinking coffee every five minutes, why should they be harassed for their bad habits?

## Music Videos (continued from page 4)

women like objects rather than people. We show others how to treat us and the message we are currently sending out is a dangerous one.

Women in the music industry know that in order to draw an audience and hold their attention they need to be "sexy". It's a sad day we have stumbled upon when a talented musician can't get recognition unless she is willing to flaunt all she's got. That's another thing. Is it really fair to say that we have "stumbled" upon this state? To say that we "stumbled" we are implying that it was unintentional or unavoidable; which is not the case. There is blatant evidence everywhere. Little girls can't wait to grow up. They are trading in their Barbies for thongs. What is up with that? We are telling the world that it's o.k. to treat little girls like sex objects. The thought makes me sick. And what is it all for? To sell records? I hardly think that it's a fair trade.

Don't get me wrong though. That's not the only image portrayed but it seems to be the strongest. Look around you. Look at the clothes we wear. In February girls are wearing tank tops and tiny skirts because that's what Christina and Britney are wearing. The thing that I've always found funny is that in real life that is NOT what they are wearing. In videos they dress trashy to attract a corrupt world, but magazines are filled with pictures of a frumpy Britney Spears wearing sweat suits to MacDonald's. Young girls however, follow the trend of all the flashy, tiny, revealing, outfits. They see women in videos looking "glamorous" and "desirable" and they want it. That's a very unhealthy state of mind for impressionable young women, but that seems to be the case these days.

So to answer the question "Are music videos too provocative?" In my opinion YES! Maybe I'm old fashioned but I like to believe that after years of feminism we are no longer satisfied with people treating us like Playboy bunnies. What will the future motto for women be? "I am woman hear me moan?" The choice is ours to make.