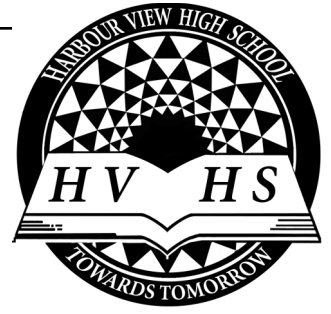




HARBOUR VIEWS

Issue 7

April 2016



“We tend to forget that happiness doesn’t come as a result of getting something we don’t have, but rather of recognizing and appreciating what we do have.” - Frederick Keonig

Shopping for a cause



Top Left: Kenzie Cosman, Luke Balemans

Top Right: Kendra English & Madelyn Morgan

Left: Meghan Cosman

Above: The front window of Urban Shoe Myth

(Photos contributed by Brianne Durant)

By Kendra English

Harbour View High School’s Leadership 120 class hosted their first ever private shopping party at Urban Shoe Myth on March 30th. Ten percent of the night’s pre-taxable sales went to HVHS’s *Relay for Life* event, which will be held on May 13th. The Leadership students provided sweets and drinks for customers while they enjoyed their shopping experience.

“I usually dread shoe shopping, but I had a great time and Mrs. Wiggins and her leadership students did a great job,” said Ms. Oram.

The Leadership team raised \$356.64 all together. On behalf of the Leadership class we would like to thank those who came out to support this event. Also, a big thank you to the staff at Urban Shoe Myth for their partnership and generosity.

April at HVHS

6 - Oratorical Competition, 4:30

21 - District Oratorical, HVHS

22 - Grad Class Auction



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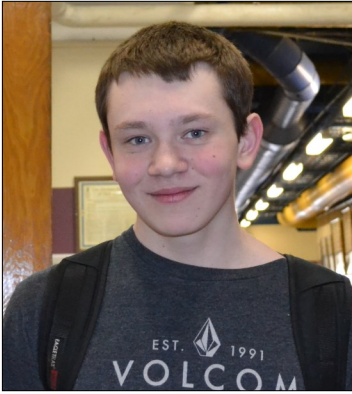
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Question: What's the best thing about spring?



JAYDEN LOMAX

"It's warmer than winter."



Raven Lafford

"Nicer weather and there are more colours."



Drae McLellan

"No more snow. Good bye, frosty."



Kale Wilkins

"Playing basketball outside."

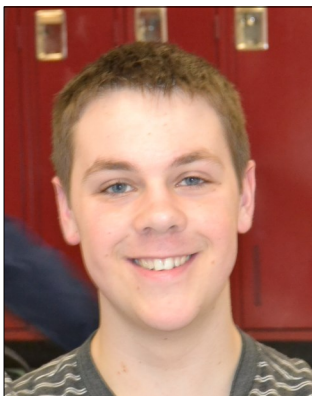


With Caleb Hunter



Katie Dowd

"I like flowers."



Colin Brown

"I like that fishing season starts."



Gabrielle Loeman

"My birthday! It's awesome."

From the editor's desk

By Louise Touchbourne

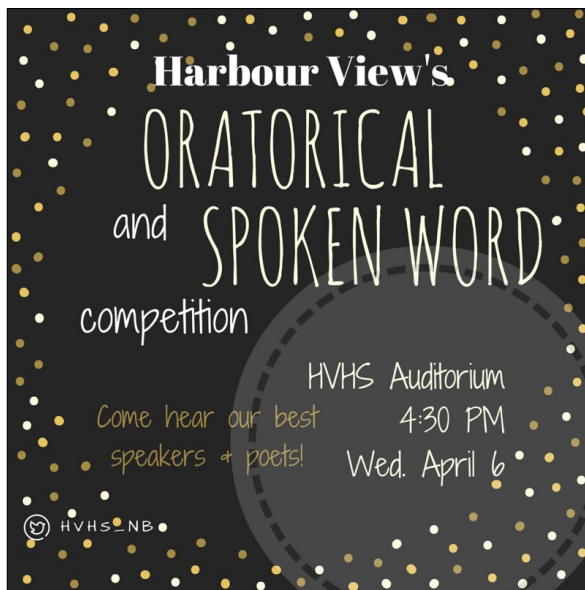
Although spring got off to a very snowy start, this month will surely bring the long-overdue end of winter as promised. And soon to follow the beginning of April showers will be the end of the school year, which is approaching rapidly whether we want to admit it or not.

After Easter, the rest of the year always goes by in a blur. One minute you're sitting in new classes with no worries and the next, you're drowning in term projects and preparing for exam week. For grads, the end of the school year will be twice more stressful than before. With prom, graduation, and a million deadlines your mom keeps reminding you about, there are way too many things to stay on top of.

The only way to avoid the craziness June will positively bring is to prepare for it now. If you still haven't confirmed your spot at next year's school or even decided which one you'll be attending, the time is now. Get a room in residence before they fill up and make sure to meet scholarship deadlines – even though the majority of those were due March 1st. If you have yet to apply, do it as soon as possible. The longer you wait, the bigger feat it becomes.

As for exam week, which will be here before we know it, make sure you're up with course content before it gets away from you. Keeping up to date with assignments is the only way to make sure you're fully prepared when it comes time for the final test. Even if you're not feeling threatened by the material, make sure to review it often. If you're learning and studying throughout the semester, you'll be practically stress free during review week. Exams don't have to be the scary life-or-death things we make them out to be – just stay consistent in your studies and you won't have a problem.

April is not only a month for the coming of spring, but for the coming of the end. Use this month to its full advantage by studying and preparing while you still have lots of time. And most importantly – book your hair and nail appointments for prom now. Those run out faster than the time does!



Art Auction to support HVHS Band trip to Ontario

Norma Ross has donated a beautiful floral water colour painting
Tickets are available from any senior band member or in the office.

\$2 each or 3 for \$5

The draw will be held at our spring concert

May 26th.

Please support the band!

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Next issue: May 2016

We want you!!!

Interested in working on *Harbour Views* or the yearbook for the 2016-17 school year?

Drop by to see Ms. McDonald in 309 for more information.



Viking Hacks

By Kinsey Harley

Teenagers. We fall in that category, but what is a teenager, really? Some would say an adolescent is someone who is going through puberty and has mood swings. Others would shout out that it's the best time of life, a time to party and live life to the fullest, YOLO. Others think teenagers arty constantly.

But not Alex and Brett Harris. During their teen years, they realized that we are more prepared and energized as teens, making those years the best to work our hardest to change the world. Through their book, *Do Hard Things*, the brothers tell how God made us as teens to work hard for His sake, and to change the world for the better. They talk about their experiences as teens, from writing their book to working at a law firm. They list steps that we can take to rebel against typical teenage "standards", being self-centered and self-serving. It's a revolution - the brothers named it a rebellion and created a website to go along with their book (<http://therebelution.com/>). We can be different, as explained through stories of teens all across the world that joined the rebellion and made a difference.

This was the best book I have read in a long time. It inspired me to be different and not try to be "cool" or "fit in". I am a Christian which means that I will never "fit in" and this book showed me that that is a good thing and that even if I get put down I will never stand alone, I have teens from all over the world by my side and I have God by my side.

My favourite part of their book was at the end when the brothers share an important message: they talk about how they became Christians and made Jesus Lord of their life. That means that their life changed, Jesus became number one, others became number two, and they themselves became lowest on the list. This is my favourite part of the book because of the courage it must have taken those two to write it; they could have gotten put down for doing that, yet they did it anyways, just like me writing this.

One of my favourite stories from a teen inspired by *Do Hard Things* was from a girl named Annalysa Cagasan. She saw an opportunity and took it:

"My first "big" project opportunity came in February 2015 when my mom came home from a womens' conference with a packet about Women At Risk, Int'l (WAR Int'l), an organization that rescues women from slavery and gives them safe jobs making jewelry and accessories to sell. The money raised goes to the safe houses that these women live in." (<http://therebelution.com/blog/2015/11/3-small-hard-things-anyone-can-do-annalysa-story/>)

Her goal was to raise \$1000 but through working hard and doing hard things she raised \$1600!

Do Hard Things has inspired many people; anyone who wants to make a difference should read this book so that they can discover more examples of how to do it.

Hey Vikings!

Spring has finally sprung and the warmer weather is on its way, hopefully sooner than later. Here are some tips and tricks to make your transition out of winter easier.

Although your grimy winter boots are in the closet, the salt from the roads is still around. To keep your spring shoes from looking dull, mix two parts water with one part vinegar in a small jar. Dip a soft rag into the solution and use it to wipe away any salt from the surface of your shoes.

If you don't have enough room in your drawers for new clothes, instead of folding them, "roll" them; everything will fit much easier.

Since exams and big projects are coming up soon, you'll want to keep your phone charged for "research". To prevent your iPhone chargers from bending, rocking the turtleneck, and breaking, coil the little spring from an old pen around it.

Have an amazing April!





Pin the tail on Tom. Just one of the fun events held at HVHS the week before our Easter Break. Pictured here are Abby Campbell and Samantha Arthurs.

(Photo contributed by Ms. Trofimencoff)

HVHS COMICS

BY CARLEY MELVIN & RACHEL SHEEHAN

April showers bring May flowers



One April Monday morning, Johnny walked outside to go catch the bus to school, as soon as he stepped outside, a rain cloud rained on only him. Tuesday he walked outside and the same thing happened. Each day of the week the same exact thing. Rain. For what seemed like endless days it rained and rained.



One day he told his grandfather about what he had noticed, and he told him an old saying.



Johnny kept that in the back of his mind, and awaited May first.

When the day came, he stepped outside with his eyes closed shut, and when he heard the birds singing, he opened them, and there were beautiful flowers in the gardens of each and every person in his neighborhood.



Sports with Cameron



Hello Vikings! Another month has passed and another round of sports are in the books. Winter has come and gone, and left some of us wondering if it was ever really here or not. The lack of snow has put spring sports in the spotlight earlier than ever. The prospect of clear rivers and green fields has everyone excited. However, those sweet spring and summer victories can't be relished without the discipline of hard winter training.

Rugby players and rowers alike can be seen stampeding through the halls on their way to victory. Running up stairs and pulling the cables off the ERG machines, your men and lady Vikings know that NBIAA championships are won in the pre-season.

At the moment there are only a few sports actually competing in league games, compared to the full spring season in mid-April. These sports are badminton and volleyball.

Your JV girls volleyball squad is a young, fast, and driven squad. Coach Mr. Miller, has been pushing the girls hard, and is teaching them what they need to do to contend for every bump, hit, and volley. A great group of grade nine girls, including Jill Beck and Clara Kelly, provides this team with a ton of upside and it's the second year leadership and talent of players like Maddie Glenn, Bridget Tomilson, and Elizabeth

Delaney really make this team who they are.

Our new coach, Michelle Banks, has set the bar high for the JV boys Volleyball team. She provides the fun, yet firm, environment that these young boys need to thrive. This year's team is full of talent. Second year aces Michael Delaney, William Delaney, and Ryan Oram are providing great all-around play. Alexandre Banks not only plays well, but he is a great leader on and off the floor. Get on this volleyball bandwagon, Vikings, because these boys are going places sooner rather than later!

The senior boys are a tight knit group. The core of the team have all played with each other over the last three or four years. This includes seniors: Thomas Delaney, Brady Scribner, Stuart Earle, and Miguel Vincent. The team is one of the strongest in the league and hopes are high to win regionals and make a provincial run. Head coaches Dave Vincent and Dave Patterson run high-tempo practices and an efficient system that gives these boys a winning shot every game.

The senior girls team is built on hard work and leadership. Strong senior players like setter Emily Morgan, middle Madeleine Sundblad, and power Sarah Yeomans are going to be key factors for this year's success. The ladies started off with a great showing at the St. Mac's tournament where they advanced to the playoff. It's just the start of what's to come! Good luck, ladies!

The boys rugby team have been practicing hard in the gym getting ready for RugbyFest and the up-coming season. Second year coaching tandem of Chris Barry and Rob Olkier are changing the face of Harbour View rugby and are ready to take the team to the next level. Rugby is a great sport and has a spot for everyone. Come out to rugby!

The girls' rugby team is looking to rebound from last year's premature exit from the league. Fear not, these girls are packed with hard-working, talented, and determined players. They are always looking for fresh faces, so come on out!

Last, but not least, the hockey teams wrapped up their seasons after hard fought playoff rounds with a fun alumni game. This game raises money for the Viking's Hockey Scholarship. It's a great cause and an awesome time!

Stay tuned for more updates on all your Viking sports! Until next time,

Cameron Dick

PS: We are looking for a new sports writer for next year. If you or someone you know, might be interested contact Ms. McDonald.



Participants in this year's alumni game, which raised \$300 for HVHS scholarships.

(Photo contributed by Mrs. Doucette)



Hello Vikings. Welcome to April, and I am sad to inform you that this will be my last edition of Sousa's Secrets. I feel that I have had a good run and hope that you all had fun reading.... APRIL FOOLS!!!! If you really think I would stop writing this column, you're nuts.

These past few months have been credited in Hollywood as Awards Season, so I think I should share my thoughts on the Oscars that happened on Sunday, February 28th 2016.

Oscar Nominees: This has become quite a touchy subject in Hollywood and people are afraid to ask questions about it. It has been two years since we have seen at least one member of the minority race being nominated for an Oscar, and it has people asking a lot of questions. Multiple people believe that the Academy is not being fair; others say they are just plain racist. Many black actors and actresses boycotted the awards show for a simple point to stand up for people of colour. The host for the 88th annual Academy Awards, Chris Rock, made gentle jokes about being #oscarssowhite. For example, he called this year's

awards ceremonies, "The White Peoples Choice Awards." He also asked the question asking why people were only in an uproar about this now.

He basically said there has been multiple times that black people were never nominated, and practically told people to suck it up. Just work harder. I don't care what anyone says. I agree with Chris 100%.

Leonardo Dicaprio: WHOO HOO!! Leo finally won an Oscar! After multiple nominations over the years, Leo has finally gotten what he deserves. The *Titanic* superstar finally won "Best Performance by an Actor in a Leading Role" for his 2015 box office smash, *The Revenant*. It's about time that Leo won an Oscar. He deserves it for sure. What I find funny is; during the awards ceremony, host Chris Rock brought out multiple Girl Scouts along with his own daughters to sell their cookies to the star filled audience. He announced to everyone, "I want you to reach into your millionaire pockets and I want you to buy some of my daughters' Girl Scout cookies," Shortly after the ceremony, the Girl Scouts made posters in the form of "Be Like Bill" memes that read this, "This is Leo. Leo wants an Oscar. Leo buys Girl Scout Cookies at the Awards. Leo wins an Oscar. Leo is smart. Be like Leo. Buy Girl Scout Cookies." talk about celebrity endorsements.



Photo: vulture.com

Kim Kardashian West: uh oh!! Looks like Kim K has landed herself in hot water again. The wife of rapper Kanye West and one of the most well



Photo: kare11.com

known of the Kardashian family has caused quite an uproar on social media a couple of weeks ago due to a nude photo she posted on Twitter. At least she was kind enough to put black bars over the inappropriate parts. This has caused so much controversy that there was even a Twitter war with actress and singer Bette Midler and Kim herself. Kim was also trying to make the point of being proud of your body. I agree with that, but you shouldn't have to flaunt it. I think the fear is that some girl is going to see that photo and start thinking is that all they have to sell is their body, instead of their brains. It shouldn't matter what you look like, it's what's in your brain and heart that matters.

Well that's it for this month, readers. If there is anything that YOU think I should go in depth with, or that readers might find interesting, feel free to let me know.

And that's the glimmer in the stars...





Les prix Juno : les recommandations de musique

Par Hannah DeLucry

Les prix Juno auront lieu le 3 avril (2016) et il est le temps de regarder les artistes magnifiques de la francophonie canadienne. Voici mes recommandations.



Madame Moustache "CE SOIR"

Avec un nom comme Madame Moustache, une personne pourrait deviner que la musique de M.M est différente. La chanson "Ce soir" est une ballade avec un rythme contagieux.

Okto plut "la sorciere de rouche"

"La sorcière de rouche" est une chanson alternative qui est grave et gothique. Okto plut est un duo qui émergeant de la scène grunge québécoise. Ils sont influencés par le Canada et leur vie.

Les soeurs Boula "4488 de l'Amour"

Une chanson tellement mignonne, Les soeurs Boulay emploient leurs voix pour créer un son doux. Le genre de musique est folk. Les sœurs ont aussi une ligne de vêtements que vous pouvez acheter en ligne.

Coeur de pirate "Crier tout bas"

Coeur de pirate est l'une des chanteuses les plus populaires sur la scène québécoise. Béatrice Martin (la chanteuse du Coeur de pirate) qui vit à Montréal et elle également populaire à Québec qu'en France.

Louis-Jean Cormier
"Si tu reviens"

Comme The Lumineers mais francophone, L.J Cormier est un chanteur fantastique pour une audience moderne. Selon moi son deuxième album est génial. Originaire de la région de Sept-Iles, Québec, il a emporté un prix Juno pour l'album francophone de l'année en 2013.



By Brienne Durant

Brandon McClusky has been writing poetry for a few years, but he doesn't normally share his work with others.

"I like to keep my thoughts and feels to myself," he said.

Brandon also enjoys playing instruments and singing, skills he recently displayed at a HVHS coffee house.

"Some of my poems have been turned into songs which my band has played," he said.

Like many others, Brandon has discovered that writing is a wonderful way to work through problems in life.

"Recording my thoughts and feelings on paper has become a huge part of my everyday life," he said. "It is one of the things that has helped me through school."

If Seeing is Believing

If seeing is believing
Then I must be intriguing
Or imagining things beyond my will

Because what's pictured in my head
Is surely to be said
As impossible

But think...

If the impossible is possible
Then what I see is possible
And seeing is not believing



Brandon McClusky (right) is shown here with Dustin Gunter performing at the recent HVHS coffee house.

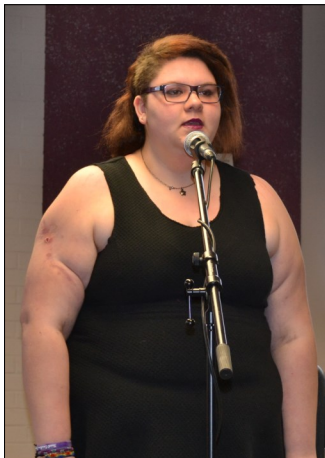
HVHS coffee house raises \$200 for trip to China



Bennett Young & Hayley Johnson



Cole Flowers



Shelby Dunn



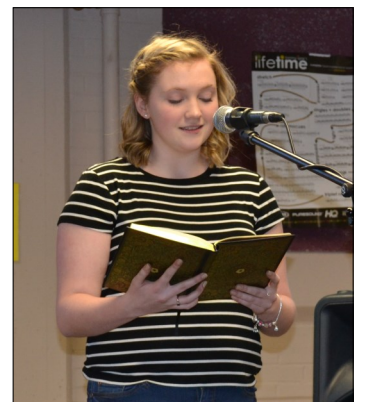
Aaron Sousa



Event organizers Ally Hebert & Rachel Fullerton-Quin



Jessica Gaudet



Hannah McCarthy

It's a great big world: HVHS students visit Greece



L-R: Mrs. S. Pitman, Izabella Poziomka, Taylor London, Zack Pitman, Cole Vail, Sarah Yeomans, Jared Johnson, Brad Butler, Mr. J. Pitman
(Photos contributed by Mrs. Pitman)

By Zack Pitman

This March break, I went to Greece with the eight HVHS students and two chaperones. We spent our first two days touring Athens. The first day we visited the Temple of Zeus and on the second day we went to the Acropolis and toured Athens. That night we were treated to a Greek night, full of Greek cuisine, dancing and singing.

On the third day we went on a one-day cruise through the Saronic Islands. We visited three different islands, Aegina, Poros, and Hydra. While we were on Hydra we went swimming in the Aegean Sea. It was really cold. The next day we woke up early and had a busy day. We first took the bus to Epidaurus, a big ancient theatre. On the way there we drove over the Corinth Canal and took time to take pictures. After our tour at Epidaurus we went to Mycenae, the Palace of Agamemnon. After our tour our tour of Mycenae, we went to a pottery workshop where we learned how to mold pottery.

The next day we went Olympia, where the first Olympic Games were held. We also toured the Archimedes museum. The next day we went to Delphi where we went to the site of the Oracle of Delphi, and we visited the temple of Apollo.

On our last day in Greece, we went back to Athens and on our way we went to Cape Sounion where the Temple of Poseidon is located. When we arrived in Athens we went to the Archeological Museum, where many of Greece's archeological treasures are located. The next day at around 3am in Greece we left for a 22 hour travel home.

"Experience, travel – these are as education themselves," said Euripides and that's exactly how I felt after this trip. Don't just read about all of these amazing places; experience them yourself.



Mr. Pitman and Zack share a meal. (Photo by Zack Pitman)

HVHS students win scholarships



Cameron Dick has received Queen's University D & R Sobey Atlantic Scholarship.

Being named a Sobey Scholar recognizes Cameron's superior academic achievement, proven leadership skills, and involvement in extra-curricular activities. This renewable scholarship is valued at \$80,000.

Congratulations Cameron!



OFFICE OF THE UNIVERSITY REGISTRAR
Student Awards



Hannah DeLucry, Mason Mowbray and Tom Delaney were all presented with scholarships from St. Thomas University. They are shown here with Michelle Monahan from STU.

Congratulations to all our scholarship winners.

We're so proud of you!

March



generosity



Back: Tyler Matheson, Gage Kelly, Ethan Nysten, Erica Taylor

Front: Kayla Williams, Emily McMillan, Sydney Phillips