



HARBOUR VIEWS

Issue 5

February 2016

"Good habits formed at youth make all the difference."
- Aristotle



Baby, it's cold outside: Outdoor Pursuits takes the plunge



Pictured left to right: Andrew Booth, Tom Delaney, Stuart Earle and David Darrah

(Photo submitted by Mrs. Scott)

Mrs. Scott's Outdoor Pursuits 120 class spent the weekend of January 15th at the Chance Harbour Spa. As if these students weren't adventurous enough, they took on even more challenges during their stay in Chance Harbour including making snow angels in their wet bathing suits, ice bucket challenges, sleeping in tents or Quinzhees, snowshoeing at midnight, cooking all their meals outdoors, and some even took the ultimate Polar Dip Challenge.

"They are a great group of students," said Mrs. Scott. "They were the ones who convinced me to do this trip by offering to pay the extra funds as our budget had already been depleted."

Outdoor Pursuits is the perfect class for students who enjoy the great outdoors and enjoy learning new things by doing them.

"I had an awesome time in Outdoor Pursuits," said Brady Scribner. "It had a fun impact on my senior year."

February at HVHS

3rd - Mens hockey @ LBR, 8:45 pm

8th - Open House

14th - Valentine's Day



In this issue...

<i>What's Up? What's Up?</i>	2
<i>What's Up?</i>	
<i>From the Editor's Desk</i>	3
<i>Sports with Cameron</i>	4
<i>Positively Positive</i>	6
<i>Viking Hacks</i>	
<i>Sousa's Secrets</i>	7
<i>Meet local photographer Allie Beckwith</i>	10
<i>Photography Gala</i>	11

Question: What's your best tip for surviving winter?



Jenny Burpee

Wear lots of layers and drink hot beverages.



Raul Santa Cruz

Roll yourself in your blankets like a tortilla.



Ethan Garnier

Bring a jacket and don't feed the bears.



Ms. Farren

Dress for the weather. It all depends on what you wear.



with Caleb Hunter



Liz Spencer

Go outside, then when you come back in it'll seem warmer.



Jacob Mowery

Layer up. Take off all wet clothes so you don't get hypothermia.



Connor Daigle

Don't go outside.



Mrs. Robinson

Do not become a recluse. Go out and enjoy it.

From the editors' desk

By Danielle Clark

So it's February and that means that all those New Year Resolutions you've made are completely forgotten. The quest for a "New Year, New Me" has been slowly dying along with your motivation. I know that winter can get you in a slump but you can't blame it for all your problems.

For some reason every January it's become tradition to make a promise for the upcoming year. These resolutions started out as a religious way to ask forgiveness of the gods and to reflect on your self-improvement every year. Now we still make resolutions, maybe not for the same reason but it's the same idea: to better our lives in some way. But we've added on to this tradition and we tend to ignore that fact. Every January we make a resolution and every February we give up that resolution and go back to the way we've always been.

The reason we give up so quickly is because we expect instant change. Over the course of these thirty one days we start losing motivation because we aren't seeing change quickly enough. We question whether or not it's worth it before decide that "there's always next year."

The truth is you don't have to wait for a new year to make a new you. Honestly it's probably better if you don't because this is the time of year everyone becomes sad and unmotivated anyway. The time of year you change doesn't make a difference; it's your persistence to stay with it until the end that matters.

Harbour Views Staff

Co- Editors: Danielle Clark & Louise Touchbourne

Staff Writers: Cameron Dick, Rachel Fullerton-Quinn, Caleb Hunter, Emily McMillan, Amanda Lawrence, Lauren Booker, Briann Scovil, Aaron Sousa,

Contributors: Samantha Arthurs, Colin Brown, Gabrielle Loeman, Mackenzie Currie

Advisor: Mrs. McDonald

Proof Reader: Ms. Vickers

Next issue: March 2016

By Louise Touchbourne

January just came to a close, which means two things - a new year and a new semester. I see both of these things as a fresh start and a chance to be better than you were before!

I know a lot of people don't believe in making New Year's resolutions, and honestly, I'd never made one before this year. I had never really seen the point, and it seemed more like something people talked about rather than something they acted upon.

This year, however, I decided maybe it was time I made a New Year's resolution. I didn't want something typical like getting a gym membership or eating out less -- because honestly, I wanted to pick something I'd actually be able to stick to. So I came up with three little things I could do to make this year great.

1. **Explore more.** A lot of people bash the city we live in, but if you open your mind, it's truly beautiful. Already this month I've been for a few incredible adventures to places I had no idea existed, and I want to continue to discover New Brunswick this year.
2. **Give more.** Something I found out in 2015 is that it will never hurt you to be generous with what you have. Robert Ingersoll once said, "We rise by lifting others." This year, I want to seize every opportunity to help the people and community around me!
3. **Practice positivity.** Being positive is a huge part of improving your life. If you want to be happy, you always have to look for light. Accept the bad things as they come, but focus on the good over everything.

For the past month, I've been doing my best to employ these things whenever possible, and it really has made a difference. It may be February, but it's not too late for you to make your own resolutions and put them into practice. Anytime you want to make positive changes in your life, you can, and I encourage you to do so!

I'm wishing all the staff and students of HVHS a Happy New Year! May 2016 be the best yet.

HAVE YOU ORDERED YOUR YEARBOOK?

TIME IS RUNNING OUT!

SEE MS. MCDONALD IN RM 309 TO ORDER, OR PUT A DOWNPAYMENT OF \$25 ON YOURS TODAY!

Sports with Cameron



Hello Vikings! Christmas break is over and so is cramming for exams. While we wait for the results from first semester, a half a year of regret, and bad choices are on the minds of many students. However, some find sanctuary from the insanity in sports. Athletic programs at schools are often the focus of budget cuts and liability concerns, but no one can put a price on the physical and mental health benefits. During the last month, your men and ladies Vikings athletes have been training hard and playing harder and they've got the results to show for it.

The East West Challenge has been an annual winter event between Harbour View and Simonds for over a decade. Whether the games are played here at Harbour View or away at Simonds, as they were this year, you can always count on a full house of loud-mouthed fans donning maroon and white. The night starts off with the always impressive senior lady Vikings. After a half-time show featuring cheerleaders from both sides (with a special guest performance by David Darrah) the senior men take the floor, surrounded by a then sweaty sea of maroon and white, and green and gold. Each point produces a roar from one side of the fan base or the other, creating an intoxicating primal atmosphere. Money raised goes to support scholarships for the home team. It is a must-attend event every year.

This year was no different. The senior boys came up just short in their game but stellar performances by seniors Andrew Booth, Stuart Earle, and Kyle Gray made for an exhilarating match. The senior girls played a fantastic game and beat the Seabees! The Seabees kept it close at the beginning but, in the end, the game was put away by seniors Madeleine Sundblad, Emily Morgan, Sarah Yeomans, Sarah Gowlet, and Allyssa Calder. Great job to both teams and the fans who made it a night to remember!

The junior boys basketball team came out this season and proved they can compete and win. Young guns Daniel Bell, Ryan Craig, and Spencer Gowlet have been showing they are a force to be reckoned with thus far. The team is looking to continue their winning ways and advance into the playoffs. Good luck, boys!

The junior girls are being coached diligently by Emily Thomas and Katie Gowlet. They have the girls running more lines than they can count, but it's paying dividends on the court. The girls have had victories and close games against all the top teams in the league and are looking to head on to playoffs with momentum. Good luck girls, can't wait to see how far you go!

The boys hockey team has been playing hard. With injuries piling up and the bench being shortened, many key players have stepped up. The boys have had some great results, including a second place finish at the Perth-Andover tournament in which they lost the final in double overtime.

The girls hockey team has had a great season. Despite a demanding schedule and hard-nosed opponents, the girls have played their hearts out and the results have shown. They have had close games and victories against everyone. Awesome season so far, ladies!



Taylor Breneol takes the ball down the court at East West.

(Photo submitted by Brianne Durant)



Pierre Albert tosses a rugby ball in the gym as part of fitness training. (Photo submitted by Ms. McDonald)

The end of the winter season means the beginning of spring sports. Volleyball, rugby and rowing are mainstays in the spring, but long before the fields and rivers clear and the sun shines, members of these teams can be found running stairs and pulling ERGs in the corners of the school. Both rugby and volleyball have already started. The boys rugby team is practicing Thursdays after school and co-ed volleyball is being played here at the school on Sunday night. All are welcome! If you're interested in trying any of the spring sports, stay tuned to the announcements because tryouts will be soon!

Congratulations to all the amazing performances of all of our athletes.

Until next time,

Cameron Dick

HVHS becomes a 'True Sport' school

By Colin Brown

This year, Harbour View High has declared itself as a True Sport school. This means that we want to strive to conduct ourselves according to the True Sport principles.

These include:

Go for It

Always strive for excellence and rise to the challenge, but never at the expense of others. Discover how good you can be.

Play Fair

Play honestly and obey the rules, in letter and spirit. Winning is only meaningful when competition is fair.

Respect Others

Show respect for everyone involved in creating a sporting experience, both on the field and off. Win with dignity and lose with grace.

Keep it Fun

Find the joy of sport and have a good time. Keep a positive attitude and look to make a positive difference, on the field and in your community.

Stay Healthy

Place physical and mental health above all other considerations and avoid unsafe activities. Respect your body and keep in shape.

Include Everyone

Share sport with others, regardless of creed, ethnicity, gender, sexual orientation or ability. Invite everyone into sport to make it more meaningful for the whole community.

Give Back

Always remember the community that supports your sport and helps make it possible. Find ways to show your appreciation and help others get the most out of sport.

To help our student body recognize the importance of following these True Sport principles, we would like to have "True Sport Athletes of the Month" each month of the school year. We therefore asked each coach to select a player from their team who exemplifies a True Sport athlete **BUT** for this month we wanted an athlete who demonstrated one of the specific principles. This month we chose "Stay Healthy." That means we wanted to choose a player on each team who keeps his/her body in good shape, etc, as noted above.

These True Sport Athletes of the month will be able to sign the True Sport Banner that we will soon have available. As well, one of these lucky athletes will be randomly chosen to receive a True Sport prize.

Before announcing our True Sport Athletes of the Month, I would like to announce our True Sport Council: Stuart Earle, Jane MacGregor, Kaylee Watters, Katelyn Pickle-MacDonald, Andrew Booth, Taylor Breneol, Alex Banks, and me, Colin Brown

We thank you for supporting our True Sport campaign!

The True Sport Athletes of the Month for January include:

Matina Dick for Junior Girls Basketball
 Spencer Gowlett for Junior Boys Basketball
 Emily Morgan for Senior Girls Basketball
 Stuart Earle for Senior Boys Basketball and for Boys Hockey
 Heidi Northrup for Girls Hockey
 Cassandra Arthurs for Swim Team

And the lucky winner of the True Sport prize is Stuart Earle.



Photo submitted by Brianne Durant





By Emily McMillan

Everyone has once wanted to be a superhero. It is in our naïve youth that we want the capability of invisibly, flight, or super-sonic hearing. There was something threaded in our minds that we conceived that our bodies can do more than survive; they can save. Years pass and our creativity is faded by facts and we forget about the possibility of being something more. Saving lives was solely an act we can see on television shows or the news, of which we are not capable. This is not true.

Our bodies can save lives, simply by donating blood. Each donation can save up to three lives. I know this because last year, I gave a speech on the importance of donating blood. I was not able to donate until I turned seventeen, so I tried to encourage those who could.

No one randomly thinks to donate. It was my grandmother who encouraged me. She has donated ninety-four times! By rephrasing that you could say that she has saved up to 282 lives. It was our goal to donate together for my first time.

On Saturday, January 9th, my grandmother and I went into the clinic together. Sadly, she wasn't able to donate due to high-blood pressure. I was able and went along to donate. I had to have my iron and blood pressure checked, I filled out a questionnaire, answered questions orally and then finally was able to donate.

For someone who was really excited, I suddenly got very antsy and nervous. The anticipation is always worse than the outcome. Everything went great. The actual donating itself only took approximately nine or so minutes. Afterwards, I was asked to remain sitting for five minutes and then I was able to drink some provided refreshments and eat snacks.

This was such a rewarding experience. If you are able to donate, I encourage you to do so. I'll be counting down the days until I can donate again. Just like my grandmother, I wish to save many, many lives in the future! Such a simple action can cause a large impact.

Go to www.blood.ca, if you have any questions or would like to educate yourself on blood, or even plasma donation.

Until next month, Vikings, stay positive and remember that you are capable of making an impact, no matter how large or small.



By Amanda Lawrence, Lauren Booker & Briann Scovil

Hey Vikings! As February begins, so does a new semester, and Valentine's Day is right around the corner. This month's hacks are to help you get organized as we head into our last half of the school year, and a few DIY projects that you can make for your special someone to make your Valentine's Day even better than last year's.

- Get a whiteboard for your locker, and divide it up into 30 squares. Use this as a calendar to keep track of when you have projects due or sports games to attend.
- Use highlighters to organize your notes. The brighter the color, the more information your brain will retain with less effort.
- Review your notes the day you get them, even if you don't have a test coming up soon. This will also help you to remember more easily.
- If you're thinking about getting your date some flowers, you can make a cute DIY mason jar vase with only a needle, felt, twine, and glue. Cut out hearts from the felt, and poke the needle through them. Take the twine and thread it through the heart. Repeat this several times, leaving about an inch between hearts. Wind the twine around your mason jar and use glue to secure it in place. Voila, you have an adorable gift for your special someone!





Hello, everyone!!! Welcome to 2016. I hope you enjoyed the long Christmas break. I had the most wonderful holiday season. It was wonderful to have my brother home for Christmas and be surrounded by my close friends and family, along with getting a few presents. And then, my favorite part, feasting on a wonderful Christmas dinner. My mouth is watering thinking about it again. Well, instead of feasting on imaginary turkey, let's indulge on some nice Hollywood topics.

Natalie Cole: I'm sure anyone who loves soul and R&B bawled their eyes out when they discovered the great Natalie Cole died at the age of 65 on December 31st, 2015. Cole, the daughter of music legend Nat "King" Cole, died on New Year's Eve in a hospital in Los Angeles due to congestive heart failure. Cole was well known for her R&B hits such as "This Will Be," "Inseparable", and "Our Love." Her sisters say that they are happy that they were able to spend one more Christmas with the singer.

Harry Styles and Kendall Jenner: If Harry Styles is telling you to "f off," something definitely went wrong. After partying the night away on a yacht in St. Bart's, Harry screamed at someone named Nigel that he needed to, well, "f off!" Harry was having a blast with Kendall Jenner and a ton of friends, and it looks like Nigel, I guess, ruined the moment. From the looks of things, though, Harry's insults were all in good fun. The video shows a group of partiers on the deck of a yacht, plugging their ears because the ship's horn is blasting so loudly, and right in their faces. The camera pans around to Harry, who screams "f off, Nigel!" at the top of his lungs, over the horn. Nigel is presumably the yacht crew member who's making all the noise. The crowd erupts in laughter, including Harry, who's totally giggling at the moment. The photo is taken. The horn blasts again after his insult. In my opinion I don't like how they thought this was funny. If I were Nigel, I probably would have taken it to heart, and (because I'm not a huge fan of 1D,) I would have pushed Harry off the boat.

Netflix: Great news Netflix fans. There are a few of the new original series coming to the media giant this year in 2016. Check out a little about some of the series right here:

3% -The dramatic series will be shot entirely in Brazil. It will follow characters who attempt to pass into a 'better side' of the world, but only 3% succeed. The series will star Joao Miguel and Bianca Comparato.

The Crown -This show will follow the inside story of Queen Elizabeth II. Claire Foy will play the Queen and John Lithgow will portray Winston Churchill. There will be 10 episodes that premier sometime in 2016.

Flaked – Will Arnett is creating another Netflix series, as the last season of "Arrested Development" was also a Netflix project. This series will be about a self-appointed guru who falls in love with his friend's crush.

Fuller House -The whole family is back, except for the Olsen twins, for this new series. It will follow D.J. Tanner's (Candace Cameron Bure) life in San Francisco and premier on February 26.

The Frontier -Jason Momoa will star in the show set in the late 18th century. It will follow the industry of the North American fur trade.

The Get Down -Baz Luhrman created this musical drama set in the South Bronx in the 1970s. Herizen Guardiola will star in the 13-episode series.

Marvel's Luke Cage - Mike Colter plays bartender Luke Cage and says the show has a strong soundtrack. "We are in Harlem, so you want to feel like you are around that kind of culture. Harlem has a long, rich culture of music and we want to pay homage to that."

The Ranch -Ashton Kutcher and Danny Masterson will be back together. The comedy will follow the brothers as they work at a family farm business in Colorado. The show will air twice in 2016 with 10 episodes each time.

A Series of Unfortunate Events -The Lemony Snicket book will be made into a show following the orphans trying to solve their parents death.

Stranger Things -Winona Ryder will play a single mom who has her 12-year-old son go missing. The show will include "top secret experiments, terrifying supernatural forces and one very strange little girl."

Well that's it for this month guys. I hope you have a wonderful 2016. Also, if you hear of any entertainment gossip that you think others would enjoy, please let me know. I want to try and appeal to as many readers as I can.

That's the glimmer in the stars!



Wellness Week activities continue to improve our mornings



The whole school takes part in Zumba in the school gym.



Nothing boosts your mood better than holding a soft, furry animal as Morgan Graham and Jessica MacDonald discovered.

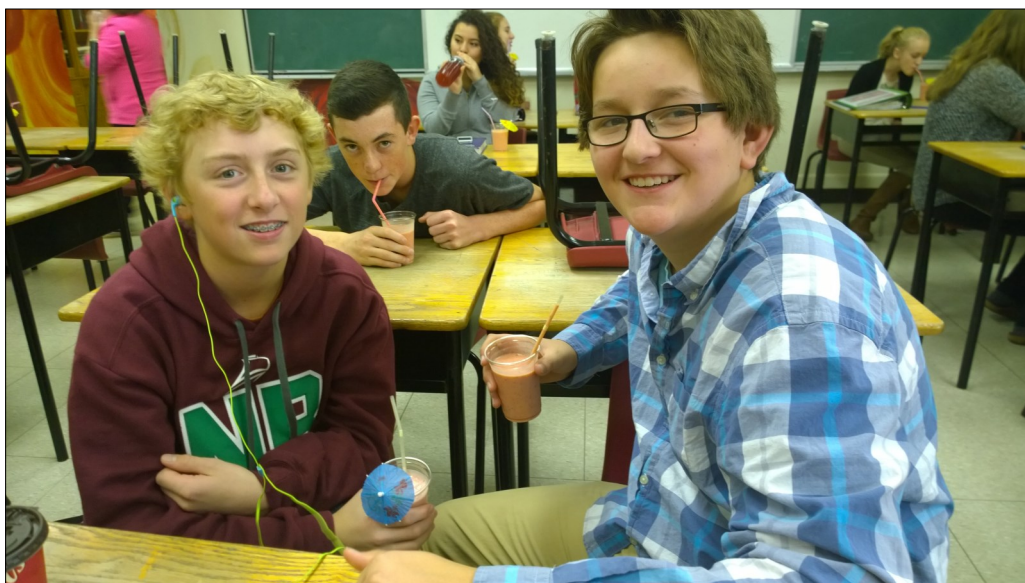


Alex McAllister (right) takes knitting lessons from Meghan Vandenberghe



Colouring is cool again.

Left: Jessica Wheaton and Erin Safford



Smoothies are a delicious part of HVHS's wellness initiative.

Left: Spencer Randall and Brody Walsh

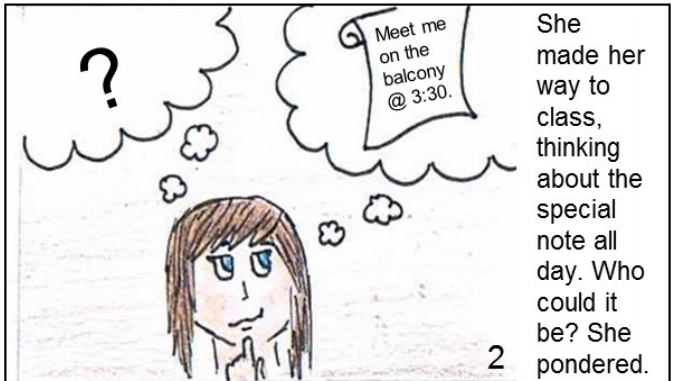
All photos submitted by Mrs. Doucette

HVHS COMICS

BY CARLEY MELVIN & RACHEL SHEEHAN

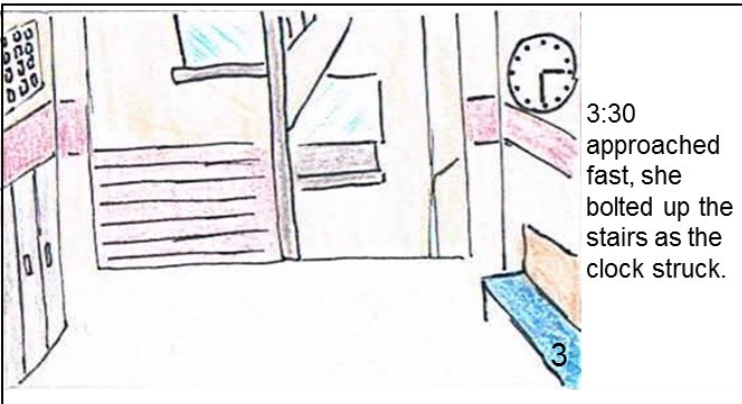


1 One friday morning, Maggie opened her locker to find a note. It read "meet me on the balcony @ 3:30."



2 She made her way to class, thinking about the special note all day. Who could it be? She pondered.

Only to find her match from the matchmaker forms waiting for her on the balcony.



3 3:30 approached fast, she bolted up the stairs as the clock struck.



The End

Random Reading



By Kinsey Harley

Hey fellow Vikings! I hope you all did well on exams!

This month I did my book review on an awesome book called *The Candy Shop War* by Brandon Mull. It was strange, detailed, and interesting. Mull is a New York Times Bestselling Author of the *Fablehaven* (5 book) series, and the *Beyonders* (trilogy).

Four kids named Summer, Nate, Trevor, and Pigeon (Paul).

Nate moves to the city that the other three kids live in and he joins in their club The Blue Falcons. Soon they become good friends and they all enjoy going around to different places around town. One day they discover the new candy store, Called "Sweet Tooth Ice Cream and Candy Shoppe". There they befriend Mrs. White, the owner, and she introduces them to awesome candies that taste amazing and have really strange side effects. For example moon rocks, little candy pebbles that make you weightless! She lets them try more and more of the magical candies but they have to do certain jobs for her first. Suddenly their whole world is turned upside down when Mrs. White tells them about the search for a magical and very powerful famous treasure. They are asked to help find it in return for more fascinating candy. More and more people are affected as the search grows, and strange people are making the kids consider other options. They begin to wonder if they can even trust Mrs. White!! Soon the treasure hunt becomes more major than they thought!

I really enjoyed this book! It has 2 or 3 major twists that surprised me a lot! It can almost be a bit confusing but it was one of the most imaginative books that I've read in a long time. With no swearing, nothing remotely bad at all it was even better! There is some violence, but nothing extremely graphic. It is quite long though, 363 pages, small print. I would really encourage everyone that likes this type of book to read it.

Next month I plan to explain what a *New York Times* bestselling author really is, as I know a lot of us don't really understand.



A life behind the lens: Allie Beckwith visits HVHS

By Gabrielle Loeman

Local photographer Allie Beckwith has never let an opportunity pass her by. From the time she was 10 years old she has always been fascinated by cameras. “I remember we had a digital camera always on a high shelf and I always used to get in trouble for taking it without asking for permission first. Eventually my parents just gave it to me,” she recalled.

Born and raised in Saint John, Allie was a student at Saint Malachys Memorial High School before moving on to the New Brunswick College of Craft and Design where she earned her foundation visual arts diploma.

While a student at the college, Allie had the chance of a life time. She was able to go to Fashion Week in NYC and be a behind the scenes photographer while the models were getting ready for the runway.

Allie has always been the type of person to take chances. “My motto is that it’s better to beg for forgiveness than to ask for permission.”

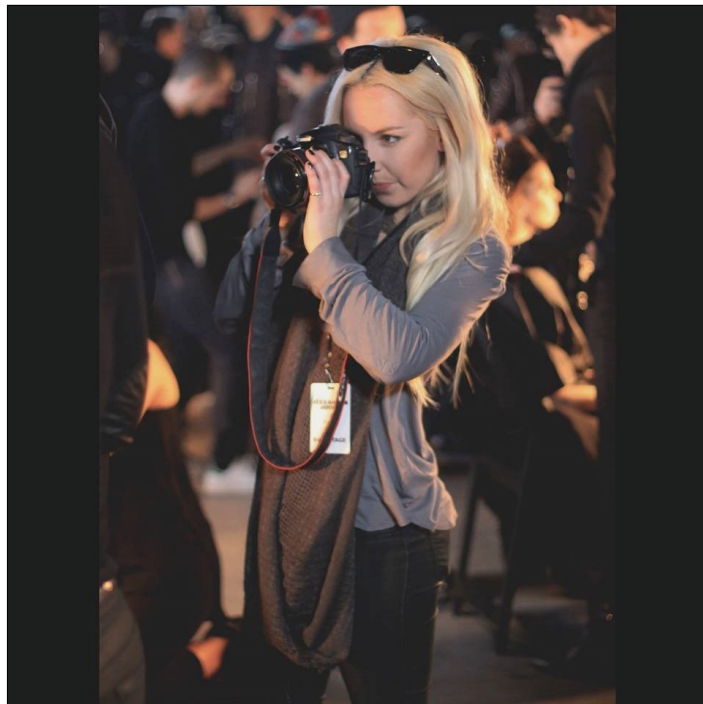
After her second year at the college she decided to apply for an internship at L’Eloi Productions in Quebec, even though she didn’t know anybody in that part of Canada. After talking things over with her parents a few times, they eventually got on board with her moving to Quebec for the summer. There she learned many different techniques for fashion photography that she still uses today.

Beckwith has done shoots for labels such as 10tree and Wear Your Label.

After her years at New Brunswick College of Craft and Design, Allie went on to NSCAD in Nova Scotia, where she has recently completed a diploma in Visual Arts. She is now going back and forth between Saint John and Halifax, where she works as a professional fashion photographer.



(Photo submitted by Allie Beckwith)



(Photo submitted by Allie Beckwith)

“In Photography 120, we have local photographers come in to share their perspective and style of photography. Allie Beckwith was the newest/youngest of these photographers to visit and share her story,” said Mr. McCaustlin. “Being only a few years older than the students in the class, many of Harbour View’s aspiring photographers instantly connected with her.

The photography students could look at Allie and think “this could be me in only a few years.” They could see a clear path from where they sat to where she is in her career, and for many of the students, this was very motivating.”

You can see more of Allie’s work at <http://alliebeckwith.com/>

Photography 120 hosts exhibition of student work

By Mackenzie Currie

Students from Mr. McCaustlin's/Mrs. McDevitt's Photography 120 class had the opportunity to showcase their photography talents at an exhibition held in conjunction with students from Ms. Sanderson's band program on January 20th.

Everyone put 110% into their work. From the first day of class, I knew that there were some very talented individuals sharing the room with me, but it wasn't until the gallery that their talent was showcased. Each one of us had to choose a theme for our photographs. We spent hours upon hours in class and outside of school, working on our techniques and artistic perspective for our photos.

Gallery night was the night to show off our best work and show friends, family and strangers our talent. Believe me, every single person in that room had talent. The surprise on the faces of certain attendees was very entertaining. They seemed to have underestimated the talent, until they saw the photos for themselves. Some guests even purchased photos. Each photo had a real emotion attached to it. You could feel the emotion seeping through the photos while looking at them. I've never been more proud of my work and I have learned a lot from these two amazing teachers. The gallery really showed allowed us to see how much we have learned. Thank you for the wonderful semester.



(Pictured right: Mackenzie Currie with her photographs)

(Photos submitted by Brienne Durant)



Students from Photography 120 including

Back L-R: Emily Morse, Amanda Lawrence, Robbie Richard, Kendra English, Hairui Wang

Front: Ally Hebert, Gabrielle Loeman, Sarah DeWolfe, Mackenzie Currie

Congratulations to
Mr. McCaustlin and
Mrs. McDevitt
recipients of a Best Buy
School Technology Grant
worth \$15,000!



"We're very excited to have received this grant. We are looking forward to purchasing camera equipment for our Photography 120 course, which will also benefit the yearbook, the school paper and Harbour View in general," said Mrs. McDevitt and Mr. McCaustlin.

Something big is coming...Open House at HVHS

By Samantha Arthurs

Something Big @ HVHS

The theme of our Open House this year is “Something Big” inspired by the popular song by Shawn Mendes.

“There is always something happening at Harbour View,” said grade ten rep, Jenna Dixon. “That includes our annual musical, SCENES, event weeks, dances and so much more.”

Grade nine student, Clara Kelly, is in charge of an exciting video to showcase all of the amazing things that happen in this building. After only being a part of HV for a few months, she invented herself by participating in all the activities Harbour View has to offer. She says she would like to “show every student considering joining the Viking family that HV has something for every unique individual.”

The video will consist of various students of all grades dancing to the chorus of *Something Big* and showcasing all the different events that happen in our school throughout the year.

As Jenna said; “High school is something big but you can make it so much bigger while inventing yourself at Harbour View High School.”

Are you in Grade Eight?
Join us for
SOMETHING BIG
Harbour View High School's
OPEN HOUSE
February 8th
6:30-8:30pm
Meet in the auditorium for a brief introduction to the school before joining students on a tour of the building.

Advanced Placement Presentation
Lecture Theatre at 8:15



May the force be with you. Theo Campbell (right) considers a career with the Jedi Knights...that's if the whole music thing doesn't work out. Theo was performing at a recent New Brunswick Youth Orchestra concert when he ran into these guys from a galaxy far, far away.

(Photo submitted by Mr. J. Campbell)



Lauren Booker and Amada Lawrence work on a loon mural as part of Art 110.

(Photo submitted by Mrs. Doucette)