



HARBOUR VIEWS

Issue 6

March 2016

"Failure is not falling down, but refusing to get up." - Chinese proverb



There's always something to celebrate at HVHS



Submitted by Ms. Lennon

Harbour View School Community Garden has recently received a generous lumber donation from J. D. Irving Ltd. The lumber will be used for the construction of a fence, raised garden beds and benches. Currently, Cooperative Education student, Alex Curren with the help from the Framing and Sheathing class, has started building panels for the fence. Environmental Science class will be participating in a seed planting workshop after March Break to prepare for the growing season.

March at HVHS

7-11 - March Break

26-28 - Easter Break



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What's Up?

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Mr. McCaustlin and Ms. McDevitt's Photography 120 class was the recipient of a Best Buy grant worth nearly 15,000. Representatives from Best Buy visited the school early in February to present the cheque. The money was used to purchase 25 DSLR cameras with bags, lighting, flashes and tripods.

"This is the second semester for Photography 120," said Mr. McCasutlin. "What is different this semester is that now we can offer the course to every student because we have the equipment. We can also cover the material with a greater degree of professionalism."

Harbour View was one of only 14 secondary schools in Canada to receive the Best Buy grant. Over 300 schools applied.

Question: What's your favourite class this semester?



Tatum Lyons

"Modern History because it's interesting."



Ethan Nysten

"English because our teacher is awesome."



K.J. Fortin

"PCD because our teacher is really interesting. I love Fisher."



Kaylee Roach

"Human Anatomy because you learn so much about the human body."



With Caleb Hunter



Dylan Wade

"Mr. Nice's class because he is a great teacher."

Do you have a burning question you think we should ask HVHS students?

Drop by Room 309 and let Ms. McDonald know.



Mrs. Milne

"I am so lucky that I get to teach something I love (English) and all my students are awesome."



Kinsey Harley

"Math with Mrs. Brown because she explains what she teaches."

From the editors' desk

By Louise Touchbourne

Hi, Vikings! I hope your first full month of second semester went well and you're all enjoying your courses so far.

February was a very eventful month at Harbour View! Between sporting events, pep rallies and plenty of extracurricular activities happening, there's barely been time to catch up. One of the biggest things to happen this month was the Open House, which took place on Monday the 15th after being postponed a week due to snow.

Open House was great – it was full of potential students and their parents, and many HV students attended to help out and show their spirit! Being there, I really started thinking about my first Open House and the reasons it made me chose this school.

In the eighth grade, I was set on going uptown for school, but that was mainly because most of my friends were. I wasn't terribly interested in Harbour View, despite all the great things I'd heard about it. That changed when I went to the Open House and saw the immense amount of school spirit among students and staff, as well as all the great things I could be involved in if I came here. I remember leaving the school that night knowing I'd be back in September, and that is a decision I've never regretted!

High school helped me discover new interests and develop outstanding ones. Coming to Harbour View, I've had opportunities to be involved in many different things, some I never expected. There are so many clubs and teams to join here that everyone can find somewhere to belong. Thinking of how shy and awkward I was when I attended that Open House in 2012 compared to who I am now amazes me – and I can thank a lot of the people I've met and things I've done here.

I'm not sure what my life would've been like had I decided to go with my friends uptown, but I don't really need to wonder – my years at HVHS were great, and I wouldn't want to have spent them anywhere else. This sentiment is something I hope is true for all fellow Vikings, as well as the future ones.

By Danielle Clark

So it's March which means only four months left of school. Now that's not a lot. Once you exclude weekends and holidays you're down to less than 80 days left of school. For some this may be exciting, but for me I am scared. High school has been such a gift, I've been able to cruise through without getting any surprises but now it's like I'm about to cruise off the edge of a cliff and there's nothing I can do to stop or even slow myself down.

All my life has built up to this moment. I now have to decide what I want to do for the rest of my life. I can barely decide what I'm going to wear in the morning or what I want for dinner and now I have to make the biggest decision of my life. If that's not the stupidest thing ever then I don't know what is. I'm seventeen years old and whatever I choose at this moment is going to effect all other decisions I make for the rest of my life.

Not only am I making this huge decision, I am making it on based on what little knowledge I have. Yes, I have basic knowledge of a lot of subjects thanks to twelve years of schooling, but I don't know anything specific enough to choose a field of work. I am still discovering things in my final semester of high school that I enjoy and would consider doing as a career.

Now my problem isn't that I'm going to make the wrong choice. Although that is a very real possibility I'm not that worried about it. What I am worried about is that I just get to choose one, because there are some many things I want to do with my life and limiting myself to just one seems unfair. Choosing a single profession is like choosing a single food to eat for the rest of your life, I know I'm not going to get sick of it but I still want a little variety in my life.

In the end I know I'm going to love whatever profession I choose. I just hate that in doing so I'm basically digging myself a hole that limits me to that one field of work. I guess that's just the way life is and there's nothing I can do about it.

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Next issue: April 2016

Are you interested in being editor of
Harbour Views
for the 2016-17 academic year?
Come talk to Ms. McDonald in 309 for
more information.



Le régime alimentaire des élèves

Par Hannah DeLucry

Pour les élèves du secondaire, la nourriture et un bon régime alimentaire est tellement important à la croissance. Dans un monde qui est plein des restaurants de fast-food, comme McDonalds ou Burger King, la santé peut sembler être moins importante. Les élèves non seulement assistent les classes durant la journée ils participent aux sports, font du bénévolat ou des autres activités, ce qui peuvent rendre leurs corps fatigués.

Mais où commencer? Commencer au début. Pour commencer la journée d'un bon pied, il faut manger un petit déjeuner complet. Essayez de manger des protéines et des fruits avec un verre d'eau et évitez le café. Votre cerveau a besoin la nutrition supplémentaire dans le matin pour vous préparer pour l'école. Nous avons tous entendu que, « *Le petit-déjeuner est le repas le plus important de la journée* » et ils ont raison. Mais pourquoi est-ce que les ados ne le mangent pas?

Je sais que moi-même je trouve que la préparation du déjeuner prend beaucoup de temps. Pourquoi pas préparer ton déjeuner la nuit avant? Difficultés de pensée à de la nourriture à préparer? Aller sur Pinterest! Ce site non seulement vous aidera à concocter le *petit déjeuner* parfait avec *des idées* de déjeuner facile mais aussi vous trouverez beaucoup de bonnes idées pour des différents sandwiches et des salades à apporter à l'école. Bon appétit!



By Rachel Fullerton-Quinn

As March starts, spring is on our minds. We are all too eager to break out the sneakers and light sweaters and be able to run outside without the hats, mittens and boots. But most of all, everyone is ready for the new (and classic) spring trends!

Spring means rain, but March is still cold. The perfect shoes for this weather are your traditional rain boots! Whether you want the brand name Hunters or just a traditional black rain boot, these boots can add that extra level of trend to any outfit, whether it be a sweater and leggings, a skirt and tights, or just your favourite jeans. Not to mention all of the cute socks you can pair up with them!

Another trend that has been seen throughout the halls of Harbour View is anything Kate Spade. Anything from phone cases to agendas to notebooks, these accessories and supplies are minimalistic, yet cute. The range includes patterns like polka dots, stripes, and numerous others; choose one that fits your style! And of course, the simple and classic golden shimmer that seems to be on every design cannot be forgotten!

Until next time, stay trendy HV!

By Kinsey Harley

Hey Vikings! Ever wonder what “New York Times Bestselling Book/ Author” actually means? This month I decided to explain it...

So first of all, the New York Times is a newspaper (as I'm sure all of you know).

The New York Times has a list that records bestselling e-books, fiction, non-fiction and another 40 different groups. All together there are 43 genres and types, from sports to politics, travel, animals, manga, and celebrities.

This wasn't the first bestseller list in America; the first was 36 years before called The Bookman. The New York Times published their first on October 12, 1931. That's almost 85 years ago!

“It is based on weekly sales reports obtained from selected samples of independent and chain bookstores and wholesalers throughout the United States. The sales figures are widely believed to represent books that have actually been sold at retail, rather than wholesale, as the Times surveys booksellers in an attempt to better reflect what is purchased by individual buyers.”

So this means that the list is supposedly made up of books that are popular and sold to readers. It goes by sales so some authors argue that it's not a fair representation of the quality of the book. Others even try to manipulate their book into the list to make it a bestseller because once a book is named “bestseller” and has it written on the front it sells better. Wikipedia gives the example of author Wayne Dyer (Your Erroneous Zones) who bought thousands of copies of his own book so as to get it on the list. Now the Times watches for bulk orders from any bookstore as this has happened more than just once.




There was also a big controversy when a company called ResultSource offered to put authors on the list depending on how much money they would pay to get on it. They promised to even put a book at number one depending again on how much money the author will pay them. An article written by Jeff Bercovici from Forbes talked about this, called “Here's how to Buy Your Way onto the New York Times Bestsellers List.” The New York Times replied that their methodology wouldn't allow this. (<http://www.forbes.com/sites/jeffbervovici/2013/02/22/heres-how-you-buy-your-way-onto-the-new-york-times-bestsellers-list/#8cf586c3fd12>)

All the Harry Potter books were on the list and stayed there a while (causing the creation of a new genre so they could get Harry Potter off and make room for someone else). The Twilight series was on for a total of 143 weeks! The Hunger Games, Diary of a Wimpy Kid, and the Magic Treehouse books also made the list. Unfortunately Dr. Seuss died before they introduced a picture book category to the list.

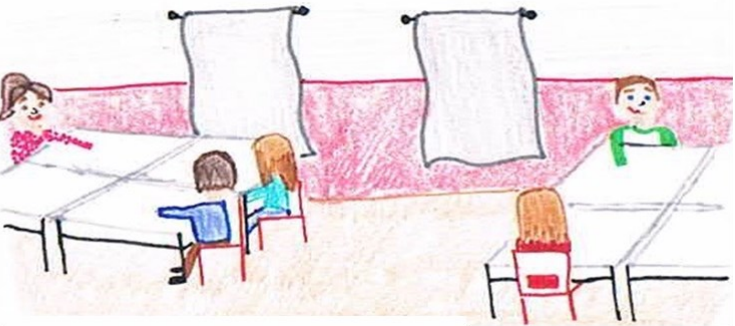
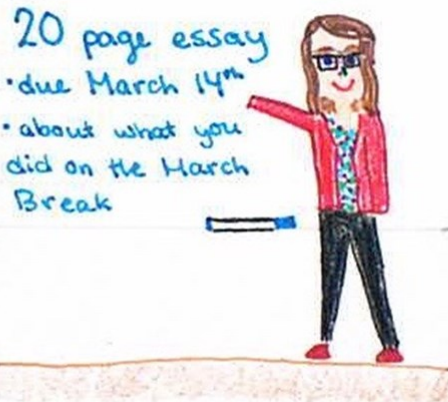
I believe that the Times list is a great way to introduce and popularize authors and great things to read!

HVHS COMICS BY CARLEY MELVIN & RACHEL SHEEHAN

It's the Friday before March break and everyone is so anxious to leave school!

Last period comes and they have no homework for the break so far, when it's 10 minutes before the bell...

The teacher tells the class that they have to write a 20 page essay on what they did over the break!

By Amanda Lawrence, Lauren Booker & Briann Scovil

Viking Hacks

As March break approaches so does all the packing, the planning and, of course, the shopping! We know it can become overwhelming, so, we have found some amazing hacks to help your stress level disappear.



Now, ladies, how many times have you tried to pack some jewellery for a trip and end up having to dig through your bag to find the loose pairs of hidden studs stuck on your favourite sweater? Well, instead of trying to keep your entire earring in a pouch or zip lock bag, try buying a small weekly pill organizer and place in your earrings that you want to wear with each outfit. It's cute and keeps all your earrings in one place. As for bracelets, necklaces and rings, a small eyeglass case can do the trick perfectly. Also if you're a true makeup artist and have tons of brushes, try putting your brushes in a travel tooth brush case, since they are the same size and protect them from bacteria. Plus, if you're like me and like to bring your own shampoo and body wash on trips unscrew the cap and placing a thin layer of plastic wrap over top before placing the cap back on so that shampoo doesn't spill all over your flawlessly planned outfits. Lastly, if you're going shopping make sure to screen shot a map of the mall so you don't waste time searching everywhere for your favourite store.

These next tips go for everyone because I can't imagine a long drive without my music and headphones, which means lots of cords to keep my phone and iPod ready to go. To stop the madness of searching for the cords, try using a small makeup bag or pouch to keep all the chords you need in one place so you'll always be prepared. Also, if you're going on a long road trip and need to take a Tim's break fill an old candy tube with change so you can easily pay for a quick coffee or ice cap and have more change to use again for the next stop. It's also smart to buy a cereal organizer, take the top off and place a garbage bag inside to create a small garbage can for the car to avoid loads of fast food bags in the car when driving long distances. Finally, plan ahead and save all the information you need on your phone or print on paper so you accomplish all your dreams for March break!





By Brianne Durant



From a young age Julieann has “always seen writing as a passion, not just a hobby.” Growing up practising the art of writing, Julieann attempted to write her first novel in fourth grade, “Which

you can imagine went horribly,” said the writer in an interview. However; that did not put out the flame burning inside of this young ambitious girl, Julieann continued to write during her spare time and eventually wrote another novel in seventh grade.

Poetry is a newfound form of writing for Julieann, her poem “The Memory of the Clock” is her first of many poems. Typically she leaned towards story writing because it was what she had known, and feared that she would not be as successful with poetry. With a dedicated mind and a lot of hard work, the practice became easier. Sharing her tips, Julieann admits “I’d write little poems about my day or events or even things I thought were pretty.”

Coming directly from the heart, she now views poetry as a subjective way of describing the world around her, and her feelings that go along with that, and construct it into a way that only she truly understands. “I believe that’s what poetry is all about; healing yourself in the smallest of ways by giving parts of yourself away, sharing them,” said Julieann. Continuing on with her writing endeavours, Julieann hopes that she inspires people with her words.

The Memory of the Clock – Juliann Drane

The dream lifts away and so does he,
A ring of destruction crafted from trust,
is all that's left to be,
A key of ice melts to the frame,
engraved with lost letters that speak of finding and found,
A curved cage of pulsing infinities is bound,
Kaleidoscope colours only the sad eyes of two blind souls can see.

Locks of rusted unruliness and fingertips the silk of a sheet,
A wingless dove that bleeds feathers,
the moon's stare above slicing uncut seas of wheat,
Lips parted like a firmly growing bud,
one eagerly craving sunshine's touch,
one as nurturing as a mother's milk,
creates chiseled porcelain to clutch,
Plaid meets linen with a mouth of nicotine,
a lively and deadly treat.

Fingers of spooled copper and a voice of teared velvet,
The central of a rotting city with the protection of a glass helmet,
A heart tinged of frost and a silver tongue that molds phrases of gold,
Thoughts poisonous like lips of venom,
skyscrapers that carry and hold,
Hushed words wrapped in bows are given in the fall of night,
sticky and hot, like candle wax that's melted.
Memories once gained drop like feathers,
painstakingly slow,
Once a confident melody,
now nothing but notes so low,
Shattered glass that shimmers in the smiles of the sun,
reflection unable to pretend,
Ribs like knives and flesh thin enough to slice,
a gash to tend,
As years dissolve into seconds,
an un nourished love begins to regrow.



Hello Vikings!! I hope you had a wonderful Valentine's Day. I spent my time munching on a box of chocolates while watching *I Dream of Jeannie*. (If you don't know it, ask your parents.) So this month, I've decided to report on something that really had Hollywood buzzing just a few short weeks ago. The 58th Annual Grammy Awards. So wrap your mittens around your kittens and away we go!!

The Grammy Awards took place in Los Angeles on February, 15th, 2016, and let me just say that in my honest opinion, it was not the best that I've seen. I hate to nitpick, but there were quite a few performances where the singers were flat on a few of their notes. And I was able to tell. The only singers who weren't flat were Adele and Lady Gaga. Those ladies know how to sing.

Another thing I didn't like was the segment of the show when we saw a live performance of the new Broadway show; *Hamilton*. It tells the story of one of America's founding fathers Alexander Hamilton through hip hop music. Now here is my opinion. I believe that hip hop music does not belong in musical theatre, especially Broadway. When someone thinks of Broadway and traditional theatre, they picture images such as showgirls, brass bands, bright lights of a stage marquee, etc. The lyrics in this song were so bad that even someone with the mouth of a sailor would think they were inappropriate. But let's get to the good parts.

Lady Gaga Brings the House Down for Bowie

Lady Gaga spent the days before her Grammy tribute to David Bowie getting an Aladdin Sane tattoo, then showed up on the red carpet dressed as Ziggy Stardust. So, yeah, there was never any doubt she meant business. And like most things she does, the attention to detail in her performance was evident — but that's a requirement when attempting to honor a legend like Bowie. So while her outfits were dazzling, and her nods to Bowie's performances (updates of "Rebel Rebel," "Fame" and "Heroes") showed a true obsession, what made Gaga's performance perfect was the way she captured the spirit of the man's work throughout his career. Bowie's looks changed, but the guiding principle behind his work didn't. He delighted in remaining true to himself. And you got the same sense from Gaga, who wasn't just celebrating the man's music, but relishing the opportunity to perform it in front of this buttoned-up, all-business crowd. It was odd, amorphous, over-the-top and everything you could've hoped for. Bowie would've loved this.

Taylor Brushes Off a Famous Hater:

As the cameras turned to Taylor Swift for the Grammys' opening number, a question hung in the air: Would she take this chance to lash back at Kanye West's crass, remarks shot at her on his song "Famous"? The answer was no: She saved that for a pointed subliminal in her Album of the Year acceptance speech a few hours later. Instead, at the top of the show, she got her best revenge with an arena-rock performance of 1989's "Out of the Woods," belted out in front of a spooky forest out of *Wicked* with help from Bleachers' Jack Antonoff doing his best Springsteen-circa-"Born in the U.S.A.". As the song reached its emotional peak, Swift strode right out to the crowd, cool and confident. Pieces of her confetti explosion could be seen flecked on audience members long after she left the stage. Sorry, Kanye, this just wasn't your night.

(Material from: <http://www.rollingstone.com/music/news/grammys-2016-20-best-and-worst-moments-20160216>)

The big winners included:

Record of the Year: Mark Ronson – "Uptown Funk" ft. Bruno Mars

Album of the Year: Taylor Swift – *1989*

Best New Artist: Meghan Trainor

Best Musical Theater Album: *Hamilton*

Song of the Year: Ed Sheeran – "Thinking Out Loud"

Best Music Video: Taylor Swift – "Bad Blood" ft. Kendrick Lamer

Best Country Song: Little Big Town – "Girl Crush"

Well that's it for this month guys. I will see you next time. Same time, same paper.

That's the glimmer in the stars!!



