



# HARBOUR VIEWS

Issue 6

March 2012

"Procrastination is opportunity's assassin."  
Victor Kiam



## EAST WEST screamin' good fun



March at HVHS
5th-9th - March Break
16th - St. Patrick's Day assembly
19th - Cookie decorating
20 - Trippy Hippie Tuesday
21 - Mathlete vs. Athlete
22 - BBQ & coffee house
23—PD, no school
26 - MADD presentation

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Top L-R: Sarah Alston, Jessie Pitre, Austin Estey, David Copp, Victoria Jones

Above: Sarah Thompson, Ashley Saunders, Taylor Morais

Right: Emily Wilson

## Grad hosts Chinese students

By Nicole Cunningham



The Chinese winter camp was a major success! On January 29th, ten Chinese students and one teacher arrived here in Saint John and met their adopted Canadian brothers, sisters, and parents at the airport. Throughout the week, the students, families and other grads gathered for fun winter-themed activities like skating and sledding, as well as some sightseeing and shopping. On behalf of Miss Oram and all of the grad class executive I would like to say a huge thank you to everyone who hosted a student for the week, and everyone else who contributed to this super fun fundraiser. Your contributions were all greatly appreciated!

Our next fundraiser will be an Easter basket. We are looking for donations for the basket from grads, and for every donation you make you get your name put into a draw for a really cool prize! So bring your Easter-themed donations to Ms. Tomilson in room 315 by March 2nd! It can be anything as long as it's Easter-themed, chocolate, decorations, jewelry, whatever you can think of!

## *The Phantom of the Opera on the Imperial stage*

By Trevian Snow

This year Harbour View is doing the famous blockbuster *Phantom of the Opera*, but not on the Vikings' home stage. Although the cast rehearse on the HV stage, they will be performing the show at the Imperial Theatre.

Mr. Molloy is confident that the students won't be nervous. "The stage draws their talent as they perform; it brings out the best in them."

Students have been hard at work for weeks now. Seth Johnson and Jacob Durdan are sharing the role of the Phantom. They will be alternating shows so make sure you attend twice. The Phantoms will have to share their beloved Christine who is being played by none other than Zoë Bell-Smith. Sara Alston plays Madame Giry.

Rumour had it that the roles had been cast even before school started, but Mr. Molloy dispelled the notion saying: "There were no weak auditions; picking the cast had its challenges. There were too many talented acts and not enough roles to hand out.. You could tell with some of the kids who was meant for which role."

Dates for the show are 26, 27, 28 April at 7:30, Imperial Theatre. Matinee on Saturday, 28th at 1:00.

Tickets are \$20 & \$25 depending on where you would like to sit. Available by calling the box office at 674-4100 or you can order online: [www.imperialtheatre.nb.ca](http://www.imperialtheatre.nb.ca)

## Day In The Life Of A Grade 12 Part 3

By Celia Groody

It is hard to believe the half of my senior year has passed already. This year has been so busy with school and extracurricular activities that I don't completely realize how quickly the time is going by.

Around the beginning of the New Year, I, like many other seniors, applied for universities which we plan to attend next year. I sent my application to three different institutions. First I applied to the Bachelor of Science program at UNBSJ and also at UPEI with the Pre-Veterinary Medicine Stream. I then applied for the Bachelor of Science program with a major in Animal Science at the Nova Scotia Agricultural College. My career goal is to become a veterinarian, which requires four years of sciences. It is only after you receive a Bachelor of Science Degree that you can then apply to the Atlantic Veterinary College in Prince Edward Island.

This February, representatives from UNBSJ and UNBF came to the school to do on-site admissions with the seniors. Since I had already sent my application online, all I needed to do was give them my transcript, resume and reference letters. After answering a few of my questions, the representative confirmed that I had been accepted into my program of choice. All that was left now was to apply for the available scholarships. Later on in February, I received a letter from UNBSJ offering me an entrance scholarship.

Even though I am well into my grade 12 year, there is still much left to do before I graduate. One task on my priority list among many things is choosing a dress to wear to prom. With graduation edging closer and closer, I become more and more excited at the thought of what my future will bring.



## Letter from the Editor- March 2012

By Josh Bradley

It feels good to be back in the saddle. After five long months your one and only editor is back! How did the newspaper look without me leading? It looked great.

I cannot do the newspaper by myself, however. I need people who are willing to write about a variety of school-related topics and are passionate about the school. If this sounds like you, please come to a meeting! I promise I won't bite.

The meetings will always be in room 309 at lunch. Just listen to the morning announcements for more information or see Mrs. McDonald.

### Harbour Views Staff

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**Next issue:** April 2012

Interested in advertising in Harbour Views?

Contact Mrs. McDonald at 658-5359

## Opinion: Cyber Bullying

By Josh Bradley

What has the world come to? Bullying people on social networking sites like Facebook and Twitter? This is supposed to be the time of our lives, but unfortunately we have to deal with drama that can be caused by one simple post online. Facebook and Twitter should be drama free, but inevitably there will always be that one person who is either jealous or angry.



There has been an epidemic of cyber-bullying at many schools. Young people get drunk and have their drunken antics videoed and put up on Youtube, Facebook, and Keek. First of all, 99% of us are underage so we shouldn't be drinking in the first place. If you are hanging out with people who would do that to you, you are hanging out with the wrong group. Please stop drinking first of all, and secondly, stop videoing your friends when they don't have the frame of mind to tell you to stop.

Mobile phones have had a major effect on cyber bullying. With all of the smart phones and super phones out there, you never know if somebody is texting or posting a picture of you to Facebook. Also, if you "sext" a picture to your boyfriend/girlfriend, you should be aware that they will possibly share it with their friends. If you break up, the person with the picture will have leverage which they could use to their advantage. They may try to get you to do something you don't want to do. Do not send any inappropriate pictures via text if you wouldn't go out in public with what you are wearing in the picture.

Let's fight this epidemic. If we can combat this as a school, the other schools in the city and area will join us too! Do not make comments online that you wouldn't tell people to their face! This will make high school a safer and more enjoyable place for us all!

## We asked you...What are your plans for the March Break? By Brooke Corrier & Laura Lunn



Andrew Oliver "I'll be playing rugby."

Joey DeLong "I have a hockey tournament."

Shivam Sabbarwal "I'll be playing volleyball."



Dylan Hebert

"I'll be ice fishing."



Alana and Mariha Germaine

"We're going to see Hedley in concert."

## Sports round-up

### Junior boys basketball

By Braden Duffley

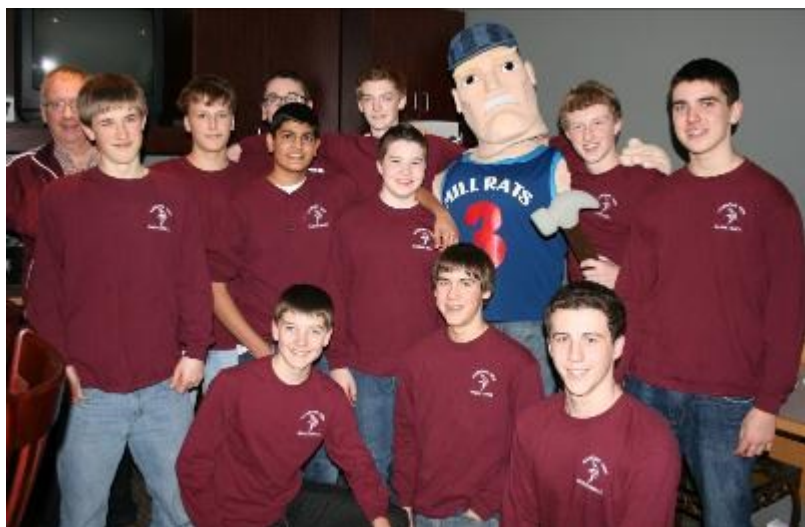
This year's junior varsity basketball season was a rewarding experience for us all.

We had new and helpful coaches in Tom and Bob O'Connell. The year started out playing the powerhouse Fredericton team. This team had not lost a game in several years! Needless to say it did not go well.

But from our very first practice, I saw a loyal and dedicated group of players; we worked on a lot of things to help us get better. The next few practices we mingled and saw each other's strengths and weaknesses.

Over the course of the season we had our fair share of losses, but we also had four exciting wins. Our coaches remained supportive and very helpful in bringing up the spirits of the team and preparing for the next game.

Through it all our team remained very positive and upbeat, whether we won or lost. The guys would cheer each other on and because of this I think that our season was very rewarding. We look forward to next year.



Members of the junior boys basketball team met with Mill Rats mascot at a recent game.

Back L-R: Mr. R O'Connell, Ryan Brown, Thomas MacDougall, Mr. T. O'Connell, Shivam Sabbarwal, Braden Duffley, Andrew Touchbourne, Foreman George, Morgan Matheson, Alex McKinley

Middle L-R: Adrian Pottle, Nick Dobbelsteyn, Ben Fowler

### Boys volleyball

By Ryan Brown

Last year, I had the chance to play with perhaps the tightest group of athletes in the school. This great experience was with my junior varsity volleyball team. I've been on many sports teams throughout my school years but with this group at Harbour View, everyone got along off the court and worked well together on the court. We were coached by Nicola Sutherland and together we made a great team.

As a result of our positive teamwork and volleyball skills, we qualified for provincials, a feat that had never been accomplished by the Harbour View JV boys volleyball team. Our main setter was Nick Earle and our team captain was Anders Blizzard. Together, they helped to make the game fun. However, our spirit was greatly influenced by the way we were playing. If we were playing well, we were the loudest team on the court, but if we started missing the ball and losing points, we would become quiet and reserved. Of course, everybody liked it more when we were winning!

This year's volleyball season is just starting and we are being coached by Sam Palmer. So far, the team looks pretty strong and we have no shortage of returning players who are ready for another try at the provincial title. We have also welcomed a few newer players to the game, who will hopefully also enjoy the teamwork necessary to be successful in this great game of volleyball. Go Vikings!

### Senior boys basketball

By Connor Duffley

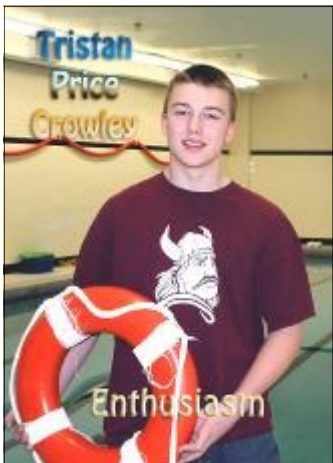
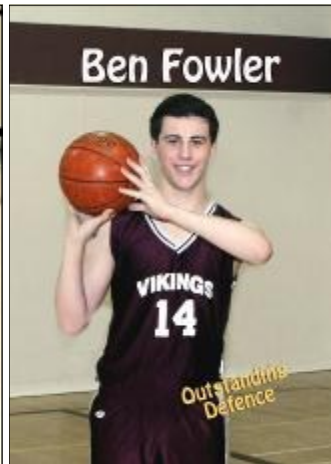
This was my fourth year playing for Harbour View's basketball team. As a grade 12 student you want your last year to be the best, and I can say that my final year on the basketball team has exceeded my expectations.

This season the team had high hopes; we knew we were good and had confidence we could do well. It wasn't long before you could notice the chemistry we had on the court. We played as a team and had fun doing it.

Some of our great accomplishments this year were beating St. Malachy's High School by 20 points, and winning both games against Hampton High School. Almost all of our other games were within a few points difference.

At the East West Challenge this year the Senior Boy's Basketball team fought all four quarters. At half we were up by one point, and through the second half the lead was going back and forth. Simonds prevailed, but not without a valiant fight. That has been our strong suit this year; no matter what the score we played hard until the end. I'm proud to call myself a member of the Senior Boys Basketball team this year and a Viking for life.

## Athletes of the month



## Girls hockey wrap-up

By Stacie Smith

From February 3<sup>rd</sup> to the 5<sup>th</sup>, the Lady Vikings Hockey Team travelled to Perth Andover, NB to take part in the Southern Valhalla Invitational Hockey Tournament. We definitely didn't know what to expect going into this tournament, having only four players, including myself, who attended the tournament last time around. We four weren't too worried. We fared better than expected, getting 1 win and 2 losses, getting our win against the St Stephen Spartans, which we were no stranger to, having playing them 4 times before. This was a major accomplishment for us as a team.

This season has been one full of ups and downs. From the injury to our captain, to the adversity that challenged us a lot of nights from playing difficult teams, we fought as hard as we could every night. We surprised some of the teams with our great play. Teams underestimated us, but we stood tall, and played not only to our limits, but beyond. Being the only goaltender on the team this season has been a test mentally, but I've enjoyed every minute of it. I've tried as hard as I could to stay strong for these girls all season long.

Some other highlights from the season include our fabulous play during the Irving Oil Christmas Tournament, where we placed third in our division. We also played a hard fought playoff series against the Hampton Huskies, which showed that we can play with most any team if we try.

I will truly miss being a Lady Viking, and I will miss the wonderful girls I've played and befriended through out my four years with the team. It's really hard to believe that before high school that I'd never played hockey before, but through this I've grown as a person. I'd like to thank my many goalie coaches for their excellent coaching over the years, and a big thanks to Ms Bawn, for believing in me every step of the way. In the words of the best goalie coach of them all, Chantal..... AH YEAH!!!!

## Fitness for life By Matt Cochrane



Staying motivated to work out can be really hard. Lots of people say they want to work out and never actually go through with their plans.

The first step you are going to have to take would be to write out a workout plan. Exercise guides can be really helpful when you are shooting to get the perfect body that you've always aimed for.

Second, while in the gym, wear headphones or and listen to music that motivates you. Don't let yourself be distracted and focus on your workout.

Remember! Recovery is just as important as training. When you lift weights, you're actually tearing your muscle fibers. It's only after you've done your workout that your muscle tissues begins the rebuilding process.

Also, whenever you think of skipping a day of working out just think, what have you gone through all ready? What have I done to get to this point? Then tell yourself, "I can do this!"

But remember to see results in your workouts, you have to have a good diet plan! Eat right! Try to stay away from sweets and things that aren't doing any good for your body.

Stay healthy!

## Couponing for college

By Aimee Gionet

A coupon is a small piece of paper that can help you save BIG- especially in your university or college years. Coupons can save you hundreds of dollars! People generally think of a coupon as having no worth, but some of the coupons available are worth large amounts, such as ten dollars. Some of them are worth fifty cents to a dollar. If you organize a little bit, and watch for sales, the amount of the coupon won't matter. You can get nearly every item for close to free or for free!

There are a few stores that do not accept coupons, but they are few and far between. Most stores will accept them because they don't actually lose any money; they get the money back for the coupon. For every coupon the store redeems with the manufacturer, they get the full value of the coupon back. This entices stores to accept coupons so they can get more business.

Coupons of every denomination are available for a variety of items such as diapers, feminine hygiene products, toothpaste, baby food, pizza, clothing, or even produce. For every aisle or section in the store, there's a variety of coupons available.

To get these coupons, you simply need an internet connection and a computer. It's as easy as clicking a few buttons on sites such as brand-saver.ca, save.ca, websaver.ca, or livingwell.ca. Just choose the coupons you want, and fill out your mailing information, or hit print!

So how does all of this couponing help you? Despite small denominations of some coupons, if you combine them with sales, you can save at least fifty percent of the money you would normally spend. The money you save can be put away, spent paying off student loans, used to buy something nice, or used to just make life a little easier.

All you need to coupon is a little bit of patience, a few minutes a day, and something as simple as an envelope to store your coupons in. Just remembering that one envelope of coupons can save you hundreds of dollars in one transaction.

All in all, a little piece of paper can make a big difference on your wallet, and help make university or college a lot easier!

## Read a good book lately? By Stephan Chevarie

*It Came From Within* by Andy Stanley is a book that tells no story but allows you to see what is wrong with your story. It is well written and instead of a story he talks to you in his writing and interprets your answers in order to help you fix your life or more importantly, your heart.

This book is one that should be read. It details things that may have happened in your life and could be dragging you down today. It enlightens you to the inner working of your heart and how greed and want can slowly weed its way into your life and change your entire personality. He packages ideas that could take volumes to explain in a neat small package without leaving important details out in the process.

It inspires me every time I read it. It makes me feel as though as though mistakes I have made because of past stress and pain, are rinsed away with ease. He goes to the inner root and explains all problems, and making you realize that all is not as it seems; even small trip ups can get through the great fortified walls around your heart and leave you feeling hurt and defenseless. The only thing wrong with this book is he takes a religious point of view on some aspects and may make atheist or non believers uncomfortable.



# Cash in on scholarships

By Danielle Hachey

So, you have finally got over the first hump of your new future. May it be university or college. Who cares because you're in! Now the next step to this whole crazy ride they call life is getting your scholarship applications out there but how? That's where these tips come in, to help you get the big bucks and a get jump start to your future.

**Q:** Why do students apply for scholarships? Is it just all about money?  
**A:** No way! Scholarships look really good on resumes and they do help with stress. Applying for a scholarship doesn't take a lot of work but it does help a lot financially.

**Q:** Where can I go look for scholarships other than the guidance office?  
**A:** Websites are the real big thing now with finding scholarships. Some sites such as...

- www.schoolfinder.com
- www.scholarshipscanada.com
- www.schoolsincanada.com
- www.studentcounsellor.com
- www.studentawards.com
- www.survivalu.com
- www.canlearn.com
- www.gnb.ca/0000/publications/ss/Scholarshipinfo.pdf

Also, you should check with your parents. Some work places give scholarships out to the students of employees. Also, places in the community and legion halls are always generous with scholarships. There is obviously always the university or college you are going to for scholarships.

**Q:** When is it the best time to get started on applying for scholarships? When will we hear news of the winnings?  
**A:** Most university or college scholarships must be completed by the end of February, but some have a deadline as late as April.

## Best Buddies

Submitted by Ms. Muise

The mission of Best Buddies is establish a global volunteer movement that creates opportunities for one-to-one friendships, integrated employment and leadership development for people with intellectual and developmental disabilities.

Best Buddies is grounded in the belief that friendship is important to the development of everyone and that for all people with intellectual disabilities friendship is a medium through which they can become a part of their communities.

Best Buddies has come to HVHS! The Buddy Program gives people with intellectual disabilities the chance to have experiences which most people take for granted - going for coffee, hanging out at lunch, or simply enjoying the company of a good friend. Students are matched with people with intellectual disabilities who share similar interests.

If you are interested in getting involved in this program, please see Ms. Muise in room 315.

You will receive news on winning throughout the year. Sometimes they'll tell you at graduation and others will tell you sometime even during the summer break. You know March Break is coming up. Get time to get started!

**Q:** What happens if you want to take a year off? Will your chances for scholarships be lost?  
**A:** No. Some institutions will defer your winnings for up to a year. Just make sure you read the whole scholarship because it will state if they'll do this for you or not.

**Q:** Do only university students get a chance at scholarships? Not college students?  
**A:** No, anyone can apply. Some scholarships are only for university but the same goes for college. The scholarships within the community are for everyone and it's not just good grades, but extra-curricular activities and improvement that win you the prize.

**Q:** What is the best way to know for sure that your application will be noticed?  
**A:** Tell them everything you have done outside of school. Academics aren't everything. Send a copy of your resume along with the application. State all the extracurricular activities you do and also the volunteer work you have done.

**Q:** Who are the best people to ask when you need to hand in a letter of reference?  
**A:** The best people to ask are the ones who know you. (Not family!) Teachers, coaches and mentors are often your best bet. Simply ask yourself this question: If they wrote for me, would they say good things about me?

**Q:** What are some big no-no's when going for a scholarship?  
**A:** Be truthful and simple. That's all you can really do. Don't exaggerate because it doesn't really help you out.

And with that all I can really say is that I wish you all the best of luck in the future after your time here at Harbour View High. Good luck Class of 2012!



Best buddies L-R: Hayley Thibault, Ron Crilley, Jena Shaw, Desiree Brown, Amber Mitchell, Tiffany Rodden, Austin Estey, Celia Groody

(Photo by Josh Bradley)

*A picture is worth a thousand words*



Students take a stand against bullying by wearing pink to school on Feb 29th.

L-R: Brooklyn Galbraith, Mackenzie Girouard, Sarah Balemans, Lauren Hoyt, Maddie Glew

(Photo by Josh Bradley)

Congratulations to Ralph Johnson (Seth's father), coach of our senior boys basketball team for being honoured with a 2012 BNB Fairplay Award. The Fairplay Award promotes "ethical and responsible coaching and fierce but respectful competition." We are so proud of you, Mr. Johnson!

(Photo contributed by David MacLeod)



Top left: Brandon McLennan Top right: Madison Brimicombe both took part in Co-op 120. Students enrolled in the class had this to say about it: "It's a good chance to get a glimpse at what might interest you in the future." "It gives you a chance to understand the work field better." and "I would recommend it to other students because you get work experience and you gain a lot of skills."