

THE SAINT

ST. MALACHY'S MEMORIAL HIGH SCHOOL OCTOBER 2012 ISSUE 1.

New Brunswick Not Staying Active

By Brittney Lindsay

Young people in New Brunswick today are leading unhealthy lifestyles; there are many contributing factors.

New Brunswick's Youth spend most of their days inside, sitting on the couch, and playing video games, rather than going out to ride their bike or going out to play sports.

"Basketball Canada is working with other provincial basketball associations to incorporate what is called Long Term Athletic Development (LTAD). They are looking to find ways to keep people active from childhood right up to adulthood," says Jason Lindsay, president of both East Saint John Minor Basketball Association (ESJMBA), and Saint John Girls Softball.

Greg Evans, consultant of culture, tourism, and healthy living says that the government of New Brunswick has three branches that contribute to the Health and Wellness of all New Brunswickers.

"The Sport and Recreation Branch provides consultation and funding to Sport New Brunswick. The Wellness Branch helps with mobilization and self-determination to improve wellness under healthy eating, physical activity, mental fitness, and tobacco free living. The Regional Operations and Community Development Branch work with community organizations like ESJMBA to support initiatives such as organizational development, leadership training, and sport/physical activity development," Evans explained.

Activeforlife.ca states that approximately 10% of all Canadian youth are getting the appropriate amount of daily physical activity.

"The numbers in youth interested in physical activity have gone from bad, to worse. This year it was reported that only 9% of boys and only 4% of girls are getting the recommended amount of 60 minutes of physical activity every day," says Evans.

Canadian Health Measures Survey found about a third of Canadian children to be overweight or obese due to no physical activity. They believe that if no physical activity for children continues, they are more likely to still be obese in their adulthood.



Lindsay says that the numbers for ESJMBA have been lacking due to lack of interest of the sport but the associations try all they can do to advertise themselves to the public.

"We make brochures that talk about the league and we disperse them in schools. We have signs put up around Saint John, and we have free clinics to get the season started," says Lindsay.

Lindsay says he wishes to see not only kids participate in sports, but to continue a healthy lifestyle of exercise.

It is not uncommon when families are in the situation where they have not enough money to provide for their child to participate in a physical activity.

Evans explained that there are several organizations that assist families and youth to cover the costs associated with participation in sport. The several include Kidsport, Jumpstart and PRO Kids.

Both Evans and Lindsay agree that sports teach discipline, teamwork, and responsibility for participants, volunteers and administrators.

For more information you can visit the following website links:

www.Activeforlife.ca

www.activehealthykids.ca/ReportCard/

2012ReportCardOverview.aspx

Fall Time Means Hiring Time

By Morgan Nielson

A new season has just begun, which means businesses and establishments are looking for new employees to prepare for the Christmas rush. Now is a great opportunity for high school students of St. Malachy's to get their job hunting on!

Unsure of where to start? A proper resume is key. Many templates and formats are available online from websites such as www.resumeworld.ca. Once you have your resume, make a list of part

time jobs that interest you and apply to all of them. You've got nothing to lose!

Jobbank.gc.ca is a great website to look at job listings with descriptions on what the employer is looking for. There are hundreds of listings that give you the option to narrow down your search based on interest and location.

A job is a great thing to have in high school. Who doesn't love earning money? Whether the job is only for the season or for the rest of your high school years, it is a great opportunity to put yourself out there in the working world.

A Warm Saints Welcome!

By Maggie McGraw

A large group of St. Malachy's students came together during the first week back to create an orientation committee. The purpose of this group was to make all the grade nines feel welcomed to the school.

"I felt really welcomed into STM even though I'm a grade nine student. Everyone was really kind and there was great hospitality," says grade nine student, Danielle Boulanger.

The orientation committee was created by the student council and teachers of St. Malachy's and made up of students from every grade. Everyone took time out of their summer to plan events for the first week back. From a grade nine day, free food, complimentary shirts, red and white day, picnic in the park, swim night

and more, the committee tried their best to plan an exciting week to start the year off.

"I think the events planned for the first week were very effective, keeping the students busy helped them ease into our school schedule," said grade nine teacher Karen Pattman, who has been watching her new students settle into the school.

Each grade nine homeroom class had a group of homeroom leaders. On the grade nines first day, they had the school all to themselves and the homeroom leaders spent the day with them as well. Not only did they attend the first day, but the leaders also went in every morning for the first week to see how everyone was doing. They made sure that their grade nine students knew everything they needed to know about the school and the uptown area.

"Having the homeroom leaders there let the nines meet some of the older students at St. Malachy's," said Sydney Debortoli an orientation committee member and grade 12 student at the school. "I think it's nice to help out the grade nines as I was once in their situation," she added.

The orientation committee is a group anyone in the school can join. Not only do they help welcome in new students but also take part in other events representing St. Macs. It is definitely a great way to meet new people and help everyone become a part of the St. Malachy's Family.



Free Breakfast Anyone?

By Sophie Albert

The smell of fresh food welcomes students of St. Malachy's to the food lab, room 175, every morning to start their day off with a healthy, free breakfast thanks to the Breakfast Club.

"When I was approached to volunteer for the Breakfast Club I couldn't say no! It sounded like such a great cause because a lot of students need a good breakfast and I can't see this school without it," says Steve Buckley, president of the SRC and head of the Breakfast Club program.

During the past two years, the Breakfast Club has enabled students to a nutritious starts to their morning. The Breakfast Club offers a variety of meals; the menu consists of muffins, cereal, fruit, granola bars, fresh juice and waffles or pancakes.

"It would be nice to get more people involved," says Kaylie Chase, a student who often eats at the Breakfast Club.

This program is not only to go out and eat a healthy meal, but is also a great way to socialize. Students can sit down and eat a free breakfast with friends to help start the day off on the right foot.

The Breakfast Club committee members are always looking forward to give good food with a smile every morning! The food is always satisfying and students can relax and enjoy a stress free morning!

Adjusting to Sainthood

By Heather Atcheson

Seven international exchange students from across the globe arrived at St. Malachy's in early September after leaving their home countries, family and friends to embark on courageous and life-changing expeditions.

Tim Kaulfuss, of Taunusstein, Germany, is no stranger to travel or the international exchange program. With family, he has travelled the world, and independently, he studied in Wellington, New Zealand.

"This is my first time in Canada. Life is different here," he reveals.

Kaulfuss chose to come to Canada because he was interested in the idea of being immersed in a world of English and French speaking people to learn the languages. When he first arrived, the languages took some getting used to, but Kaulfuss adjusted quickly, and says that he feels very welcomed and comfortable here.

As far as adjusting to sainthood goes, Kaulfuss is blossoming. The fact that he is new to Saint John and to the St. Malachy's family poses no barrier or excuse for hesitation. Tim is a member of STM's Senior Boys soccer team, and stated that he is interested in joining other teams and activities as the year progresses.

Like a true St. Malachy's Saint, Kaulfuss now proudly sports the school colours of red and white, while marveling at all the spirit and pride that has been demonstrated by the student body and staff thus far.

"We don't have it in Germany," he explains, "no national anthem in the morning, no school colours."

Far from his loved ones back in Germany, Tim has found another home here in Saint John, and a family at St. Malachy's.

Partaking in international exchange programs serve as tremendously beneficial learning opportunities for both the exchange student studying abroad and for the people whose lives they change.

"I've never thought much about what I hope to gain from this experience," Kaulfuss replies, "I guess just the opportunity to learn the languages, the country, the culture, and the way of life here."

Just as international students can gain from visiting Saint John and being a part of the St. Malachy's school community, local citizens, such as STM students and staff, are equally, if not more, enriched by them.

Julia O'Brien, a grade 12 student and member of the St. Malachy's EAL club says, "STM



Photo taken by: Sophie Albert

benefits from having exchange students at our school because we can learn about other countries in the world and make great friends at the same time!"



Photo taken by: Sophie Albert

SPCA Animal Rescue League Struggles

By Jenny Sly

The SPCA Animal Rescue League's doors may be closing soon because of governmental funds being cut and major loss of money.

Animal Rescue League workers and volunteers are working hard to keep the

animal shelter open. Many donations have been given to help out, but will that be enough?

"It has been a very busy past couple of weeks. We have now raised \$76,000 to date with more to follow with various fundraising events still happening," says President of the Board of Directors, Melody McElmam. "The staff and committees have been working very hard but it is high time to stop wagging for a moment and start talking."

Many people are concerned about the closing of the SPCA, some more than others.

"It's terrible, every city needs an animal shelter," pet owner, Cheryl MacDonald briefly pauses, "Without the SPCA, animals will be out on the streets, homeless and in danger."

Closing would also require finding homes for 75 cats and 4 dogs. If that isn't possible, the animals will have to be put to sleep. Also, 15 employees would soon be unemployed.

"It's bad enough that the employees will lose their job, but it is very harsh to get to the point where they have to euthanize the poor animals," says animal lover Marie Sly.

The SPCA will not give up without a fight. They are looking for any type of donation. Even simple things such as bringing the animals a treat or even food will help.

STM Students: Be Yourself!

By Amelia Bailey

Every student has the right to be themselves, and that is very clear at Saint Malachy's Memorial High School.

"Teachers and friends are there to support us every step of the way," said student Gabriel Gionet.

In our society individuality is becoming more common and acceptable.

"I think today's teens are more accepting of others," stated Kelly McMurray, Licensed Psychologist.

Everyone who visits Saint Malachy's feels welcome in to the school and are all encouraged to be unique.

"I can see that at Saint Malachy's, people accept other peoples' style without judgment," says Luiza Bosquioli, an exchange student from Brazil.

Self expression and acceptance is very important to be happy, as well as preventing mental illness. Saint Malachy's is a great school with a lot of different people mixed together.

STM Cheer!

By Nicole Thomas-Israel

Are you an average student with a thrive to cheer? Then St. Malachy's Cheerleading is the activity for you!

"You should have a positive attitude, be energetic, and be very athletic as we do many things with a lot of movement," said Mrs. Melvin.

Cheerleading is a very unique sport. Anything that happens outside of cheer must not be brought to cheer. A positive attitude and good facial expressions are always an order.

"Yes, having a positive 'can-do' attitude is very important in cheerleading," said Mrs. Melvin.

To be in cheer, being flexible is not required, things such as tumbling are not necessary either, but are helpful!

"It is very hard to say no to the children that you know really want a position on the cheerleading team," said Mrs. Melvin.

Cheer requires a strong sturdy person. There are no easy positions in cheer.

"As an STM cheerleader I do a bit of everything on the team. I fly, base, front, and spot," said Brittany Pattman.

NO experience is required to be on the team!

"I had a try-out where they didn't know anything," said Mrs. Melvin.

Practice is important! During competitions you

will be on the floor consistently all day, doing your best and giving it your all!

"To prepare for competition we go over our routines multiple times to make sure we nailed it. I try to pump up the team and take deep breaths before going out on the floor," said Mrs. Melvin.

It's very exciting to be involved with cheerleading at STM. STM has a past record of winning a place in every competition, and they plan on continuing that tradition. We NEED your support and ambition!

"We placed first in provincials in 2009, and placed 1st, 2nd, or 3rd in almost all of the competitions," said Mrs. Melvin.

A Night To Remember

By Makayla Peacock

The Trade and Convention Center will be bustling with activity on a June night as St. Malachy's grads attend their senior prom to celebrate their success and relive the memories.

Whether students attend with a date, friends, or both, the night promises to be filled with memories to last a lifetime.

"Prom was fun; it was one last night for some friends and I to dance, have fun and remember the good times," says Molly Griffin, a former Saint. "It was great seeing everyone at their best, celebrating high school being over."

Because it's one night, students want everything to be perfect, especially the girls when it comes to their dresses. Ordering dresses online is becoming increasingly popular, but Sherry MacBurnie Garnett, co-owner of Carousel Bridal, says that may not be such a good idea.

"The materials are cheap, the gowns are knock-offs, and they are not constructed well at all. Some seamstresses are refusing to alter gowns purchased online because of their poor quality."

When grads purchase their gowns at a bridal salon, the girls will be measured, the gown will be ordered according to a size chart and when the dress arrives it will be steamed. For those that are looking for a deal, Carousel Bridal always has a rack of sale dresses from the previous year.

Beth Horgan, the principal of St. Malachy's says that each prom is different and that it's the students who make it. It's a milestone for the students and a celebration of the bonds that have formed.

The night everyone is waiting for is only a few short months away, which may not seem like a long time, but then again grade twelve seemed far away as well.

STM Learning Commons



Photo taken by: Janna Boucher

By Callie Boyles

This year St. Malachy's Memorial High School has upscaled the library to a new and modern Learning Commons. The Commons will feature new comfortable furniture, along with new high-end technology and free Wi-Fi access.

"The new space is more open to student use and is a lot more inviting. The Learning Commons is truly a 21st Century learning environment with access to technology at student's fingertips. The major difference between this space and the old space is the acknowledgement that reference materials are better found online than on shelves, which means more space is devoted to getting students online access to up to date research information," says Mrs. Barrington.

Classes will no longer be held in the learning commons; instead teachers will be able to book time to use the space, allowing students to access the area as much as possible. The Learning Commons are now open until 4:30pm.

"I think that this space will become the new hub of the school, especially as the weather turns colder and projects begin to mount. I think that students will also appreciate the access to the Wi-Fi network so that they do not have to use their data plans. STM is very proud that we are moving in a direction that represents how the world of communication and learning is working now as we feel we are better preparing students for the world in which they will live and work," says Barrington.

A Cookie Lover's Nightmare

By Janna Boucher

The chocolate chip cookies in the cafeteria have recently taken a turn for the worst.

According to Ms. Debby Stackhouse, the cafeteria chef, the District 8 nutrition policy has changed, decreasing STM's beloved cookies to no larger than an ounce. What used to be soft, large, melt-in-your-mouth chocolate chunk cookies have been switched to dryer and smaller cookies half the size.

Stackhouse believes it is unlikely for the policy to return to how used to be, despite everyone's preference for the large chocolate chunk cookies –including her own.

Aside from the drastic change in the cookie, the price has changed as well. The delightful two ounce cookie they used to sell was one dollar. The cafeteria's modified cookies are now being sold 2 for a dollar, or one for 60 cents. Therefore, students and staff of STM are paying the same price, getting the same quantity, but losing its taste and appeal.

"Before, the look was better. I like the feeling of having a big cookie in my hand," says teacher Alain Giroux. He adds, "It does not make sense, you can't eat one cookie, you can eat two? Let people stuff themselves with delicious cookies!"

Giroux explained the importance of making teens aware of the risks when overweight, but does not believe the change was necessary to make a difference. He believes in people's freedom of choosing.



A number of students at St. Malachy's appreciate the new nutrition policy. Sodaba Seddiq, a grade twelve student, feels that it will better the health of cookie lovers.

"It's good because now I don't buy them. They're too dry and not as tasty."

She is not the only student neglecting the cookies either, Emily Bishop, a student in grade 11, no longer purchases them since the change.

The swap in the cafeteria's chocolate chip cookies caught a number of people off guard. With that being said, students and staff of St. Malachy's no longer feel the need to buy them on a daily basis.

STM Enforces Dress Code

By Shannon Morris

Not all students are satisfied with the dress code that St. Malachy's has put into place, but still find it necessary.

"It is necessary to a point," says grade 12 student, Ashley Charlton. "Tank tops are fine. Other stuff not so much."

According to the dress code, students must dress appropriately and tops are to cover the chest, the waist, and no muscle shirts or halter tops.

Many female students feel that the dress code is enforced more towards them and not the male students.

Mr. Paul Lenarczyk says that the staff should be "stricter on the guys." He also states that "it is normally the guys with the inappropriate shirt sayings."

It clearly states in the dress code that "clothing is not to advertise drugs, racism, discrimination, profanity, etc."

"Clothing is how teens express themselves. To enforce an unreasonable dress code is telling

them that they have to change," says Charlton. "It's how you project who you are."

The dress code also says that all members of the educational community should dress comfortably but sensibly for school and that "inappropriate dress is a distraction to others."

"Enforcement should be more consistent," says Mr. Lenarczyk, "Not strict, but consistent."

Arlo Guthrie: Here Comes the Kid

By Brady Morton

On the 30th of September, at the Imperial Theatre, famed 60s folk singer, Arlo Guthrie performed a tribute concert in celebration of his father's (protest singer Woody Guthrie) would-be 100th birthday.

Guthrie performed on solo guitar, and played all of his father's classics. This was part of his "Here Comes the Kid" tour, spanning from August this year, and ending in May of the coming year.

This tour is just coming off of the "Guthrie Family Reunion" tour, where the family would do large shows in tribute to Woody.

Guthrie gained fame in 1967 with the release of his infamous Alice's Restaurant album, containing the side long title track that to this day is his most famous song.

Horror Story

By Shayne Dugas

I shuffled my feet nervously as I waited for my train to arrive at the subway station. The place was completely empty, just what you'd expect at 3 in the morning. The lighting was dim at best, a few lights flickering on and off.

I felt the hairs on the back of my neck stand up. It was as if something was watching me. I looked around the deserted subway station and sighed. There was no one there, but still, I had that nagging feeling that I wasn't alone. I adjusted my glasses and frowned. I was being silly, there wasn't anything there. I glanced down at my watch, only 3:15. I heard a small noise to my left. It was a prolonged, mournful sound.

"Who's there?" No response.

I readjusted my glasses. Just a figment of my imagination. One of the flickering lights gave one final spark of light and died, leaving the side of the subway behind me in eerie darkness.

Nothing to worry about. There's nothing here, I'm being silly!

"Help me.....Please!"

I jumped at the faint, echoing voice. It sounded almost ghostly.

"Who are you, what do you want?"

I heard a scuffling of feet behind me and my shoulders tensed. I turned around slowly, fearing what I might see. Darkness was the only thing in my sight.

Then a hand. A ghostly, gnarled hand. It was slowly reaching for me, trying to grab me. I was frozen in terror, sweat forming on my brow. The hand inched closer and my breath was coming in

ragged gasps. Dread had caged my heart and I could not move. The hand took a hold of me and I had a memory of a dilapidated body, shambling towards me.

Then I passed out. I came to, hearing a loud annoying sound somewhere nearby. An alarm clock? I groaned and hit the snooze button. Had it all been a dream? I rubbed the sleep from my eyes and crawled out of bed. I walked towards the bathroom to get ready for work. I worked the night shift and had to take the subway to work. I started heading out, the dream long forgotten in the recesses of my memory. Yet, I still felt as if something was right there, in the shadows.

Watching me.

Impossible Realities Becomes Real

By Shayne Dugas

Gamers of all ages rejoiced as the gaming convention, Impossible Realities, opened their doors on Friday, September 7th to Sunday, September 9th at the Chinese Cultural Center.

"It was good to see people again. Work makes it difficult; I enjoy getting the chance to play

games again," St. Malachy's graduate, Tristan Garnett said.

The gaming convention is a yearly event that includes many entertaining games. It is mainly recommended for those interested in board and role-playing games, but is open to everyone.

"Console gamers might also be interested; I remember this one year where they had a bunch of consoles in one room," said Garnett.

A fee is required to participate in the games that are run throughout the day- 20 dollars for a full weekend pass and 10 dollars for a day.

"It is a great place to meet new people and make new friends. I think that it is important for the community to have this event," said Julian Legacy.

There is also a one day event on March the 9th for those that are interested in this gaming convention.

Get Your Quick Eats Here!



By Jared Turner

Are you a grade 9 student trying to decide where to go for lunch? Well, here's your answer!

So you want to know where to eat? Sources say that the market has the fastest and most delicious food in all of uptown Saint John.

Brandon Sprague, a student at St. Malachy's says "there is not a large variety, however it is quick and tasty." He also stated that Jeremiah's has the best food.

The market has the quickest and most affordable food. They offer different types of food such as Korean, Italian, sandwiches, even seafood. According to a group of grade eleven students, though there is not a large variety, food at the market is amazing!

Mr. Alain Giroux, a teacher at St. Malachy's says "the grade 9's should learn to eat smart and not spend their money at fast food joints." He also says that Kim's Korean has the fastest service in the market.

If you are in grade 9 and you are still blowing your money on fast food joints, just stop and go to the market- it has fast service and even better food.

Paintball Opportunities in Saint John

By Patrick Mitchell

Although there are too few outdoor paintball fields in the Saint John area, the local paintballers are still eager to travel to the surrounding areas to receive a full and enriched paintball experience.

Local paintball player Christopher "Jammer" Clark says "for the past six years I've enjoyed the sport of paintball, but I find it difficult to get out and play at times."

Due to the lack of actual outdoor paintball fields in the Saint John area, local paintball fanatics

have very few choices on where to go. There are three main fields in the New Brunswick area: Long Reach located in Longreach, Mission Paintball in Moncton, and Hurricane Paintball on Crane Mountain Road in Saint John.

There used to be a fourth local field called Warzone Paintball in Barnesville. Unfortunately, it closed down earlier this year for an unknown period of time. Warzone Paintball field was the home of a local team by the name of C.O.G, short for Combat Operations Group, in which Chris was an active member of for the six years he has been playing. The field closed due to lack of popularity, time, and personal life to manage the field.

"C.O.G hasn't been much of a team for the past few years, and I'm not sure if there even is a C.O.G anymore," says Clark.

C.O.G began as a competitive team which came together with four other teams in the Southern New Brunswick area, to form the Southern New Brunswick Woodsball League, S.N.W.B.L for short, in which C.O.G gained the first championship in 2009, then didn't return to S.N.W.B.L after the second season after certain accusations arose concerning some of their players breaking the rules.

Chris says "I'm not in the sport for the politics; I'm in it to play."

Rookying: Too Harsh of a Punishment or too Far?

By Amanda Couillard

St. Malachy's students in every grade, whether the grade 9 students want to or not, usually participate in rookying week. Chargers can now be faced as a consequence.

"It is just a joke," says Jenna Ferguson, a grade 12 student at St. Malachy's. "I feel like it's part of grade 9."

Most students agree that rookying is not harassment nor is it assault. Vice Principal Mr. Allen Davis does not agree.

"Yes it is assault, the students should be suspended and also have charges laid against them," says Davis.

Some students thought having a rookying assembly to get it over with would be fun. No vulgar images, but fun pranks done to grade 9 students with consent.

"The problem is that goes under hazing and hazing is illegal," says Davis.

Using a marker classifies it as assault with a weapon, many students do not agree.

Grade 9 student Ashelle Laroque says, "it's only a marker; everyone uses markers."

Students are encouraged not to rooky because it is hurtful to some grade 9 students.

Rookying, which is also considered hazing, is also dealt with in a similar manner in the university level.

"In the university level it's called hazing," says Mr. Davis. "Anyone caught is expelled and they do not get their money back."

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