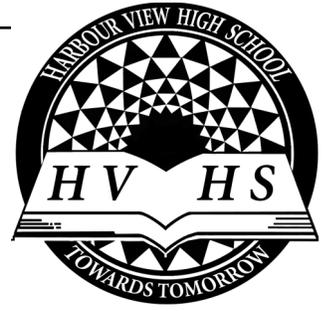




HARBOUR VIEWS

Issue 4

December 2016



"Generosity is giving more than you can,
and pride is taking less than you need."
- Khalil Gibran

We asked cast members why they thought you should come see this year's production of SCENES.

Kayla Williams

"If you want a good laugh, this is the show for you."



Liam Johnson

"We have some talented directors and they've come up with some funny and dramatic scenes."



Isaac Button-Owens

"The show really knows how to connect with the audience."



HARBOUR VIEW HIGH SCHOOL PRESENTS

SCENES

Tickets are sold at the door
December 1st & 2nd at 7:30

\$8 for adults
\$5 for students

Poster design by Alex Taylor

December at HVHS

Dec 1 & 2 - SCENES

8 - Poetry in Voice

14 - Christmas at Harbour View

15 - Entrepreneurship Market

23 - School breaks for the holidays

Have a safe & happy holiday season.



Calder Johnson

"It's a fun show and will give you something to do Thursday or Friday night."



Kelly Boyce

"SCENES is a great opportunity to enjoy some funny entertainment."



Stephanie LaForest

"There's something different for everyone to enjoy."



Ethan and Alexandre's Sports News Network



By Ethan Higgins-Watson and Alexandre Banks

Hello Vikings! November was a great month for sports at Harbour View! The athletes at our school are incredible, and time and time again they show the skills the students of HVHS have. All girls and boys teams remain working hard and showing dedication. Our teams had many extraordinary games and matches, playing fantastic every time.

Harbour View High School's swimming team had their first meet at the Canada Games Aquatic Centre on Thursday the 10th of November. The meet was a great experience for the team, filled with fun. The other schools competing in the meet were Saint John High School, Simonds High School, Saint Malachy's High School, Rothesay High School and Kennebecasis Valley High School. This was a great way to give the swimmers more time and practice to improve their abilities. Our swimmers had their first dual meet against Kennebecasis Valley High School on Thursday the 17th of November at the Saint John High School pool. The team did a fantastic job; they all swam incredibly. The team's next meet is on the 26 of November in Sussex, it will be another excellent competition and an awesome time for our swimmers.

Girls Hockey has selected their captain, Lora Shaw and assistant captains: Liz Delaney, Katelyn Paulin and Kaley Megaw. The girls have won one game thus far. They are continuing to learn and grow as a team and see what works best for them. We are looking forward to seeing the girls' progress.

The junior varsity boys' soccer team finished their season in October with a fierce battle against Saint John High School during the playoffs. The guys fought hard but in the end they sadly lost by two goals. The final score was 3-1. Jack Fury-Miller played great and scored HVHS' only goal. Losing meant they would have to play another game to place third in the playoffs. This match was scheduled for HVHS to play Kennebecasis Valley High School, but the game was canceled. The boys had an awesome season and should be very happy with their accomplishments.

The field hockey team finished their season with a hard fought game as well. Their last game to win in order to go to provincials was on Monday October 24, against Saint John High School. The girls played well, as they always do and never gave up. The only goal scored for HVHS was shot by Maddy Glenn. Way to go Maddy! In the end the score was 2-1 and the girls lost unfortunately, but that's only motivation for our Vikings to win next year.

The Senior Girls basketball team has had a great start to their season and their hard work is paying off on the court. Keep playing hard and having fun girls!

Our Viking JV Girls Basketball team had an exhibition game against Rothesay High. They also had their first regular game against Saint John High School Tuesday the 15th of November, dribbling out with a victory. Their second regular season game was played against Sussex

High School on Tuesday the 22 of November. All of the Vikings played an extraordinary game.



(Photo contributed by Ms. Vickers)

The senior varsity boys basketball team had a great beginning to their season, playing Saint John High School for their first regular season game of the year. The guys unfortunately lost to the Greyhounds but they played hard all game. The boys also had their first tournament on Friday November 18 and Saturday the 19. This competition was the Simonds Tip-Off Tournament, where the Vikings played many teams. The boys are working great together and improve all the time. Keep working hard Vikings!

The junior varsity boys' basketball team is looking great this season. They had their first game on November 15 against Saint John High School. The competition was impeccable throughout the game and the intensity was amazing to watch as the two teams fought for victory. Our Vikings performed very well and kept the Greyhounds overwhelmed with pressure and defense. When the game was coming down to an end, the pressure was starting to build on our Vikings. They were losing by three points and time was running out. With only seconds left the boys fought for an open shot, and got it off, but it just didn't go and they sadly lost by a basket. The final score of the game was 68-65. They evened the score by defeating the Greyhounds twice and winning the St. Mac's Tournament. On Friday, the 18th of November the Simonds Tip-Off Tournament started with HVHS playing against Saint John High School. This game was even more intense than their first of the season. The final score was 65-63 and unfortunately our Vikings lost. The next two games they played in the tournament were much better as they won both beating Saint Malachy's High School 68-33 and Rothesay High School 63-43. The boys' second regular season game was on Tuesday the 22 of November against Sussex in our home gym. The guys played amazing and left the gym victors. Their second tournament of the year is commencing Friday the 25 at Saint Malachy's High School.

The cheerleading team for HVHS is looking excellent this year. Everyone involved has been working hard all season so far and are training for their competitions coming up in March, April and May. The team is very excited to compete this year and can't wait to show the opposition what they can do. The other teams are looking very competitive this season, but that will do nothing other than push the team to work harder. Keep playing hard Vikings and have fun!

This was another great month for the sports teams of HVHS. All of the teams are showing their talents and competing very well. Keep practicing and playing hard everyone. We can't wait to see how they all perform in the months ahead!

By Rachel Fullerton-Quin

Christmas and other holidays are fast approaching as December starts and my calendar is already filling up with various concerts, shopping trips, and family events. But as Christmas approaches, so does the annual "war on Christmas".

Happy Holidays vs. Merry Christmas, a controversial topic that seems to be a full out war about whether saying Merry Christmas is appropriate because not everyone celebrates Christmas. First off, if it were the case that not everyone celebrates Christmas, saying "Happy Holidays" should be wiped off the list as well because not everyone celebrates the Holidays around this time. When someone wishes you Merry Christmas, and you don't celebrate Christmas, there is nothing wrong with that. They are sharing their holiday and culture with you. It's simply polite to say thank you (not necessarily say it back), and move on. When saying all this, I am of course not suggesting that pushing your holiday or beliefs upon others is ok. By saying thank you and moving on and not making a big deal of it, you are showing respect for their holiday just as if someone were to say thank you to your holiday. There is nothing wrong about saying Merry Christmas and showing Christmas spirit, the same way there is nothing wrong with saying Happy Holidays. People spend so much time arguing and debating on the differences between what to say, which Starbucks cup is more appropriate, and other traditions, they forget what this time of year is really about.

With all that in mind, Christmas in present time is not necessarily a religious holiday either. It's part of a culture, a time for friends and family, safety, generosity and happiness. Of course, for many people, Christmas is a major religious holiday. It's the spirit of Christmas, along with family traditions that make it such a significant time.

When it comes down to it, it really is the thought that counts. Whether you're saying Merry Christmas, Happy Holidays, Season's Greetings, or a greeting from another holiday, you're wishing someone happiness and prosperity in the coming month.

On a final note, remember that this time of year is also about generosity. Donate some food to the food bank, some kitty treats to the animal shelter, or toys to various charities, and lend a hand to the people and animals that need it.

Merry Christmas and enjoy the winter break!

Harbour Views Staff

Editor: Rachel Fullerton-Quin

Staff Writers: Alex Banks, Aaron Sousa, Ethan Higgins-Watson

Contributors: Joseph Tunney

Advisor: Mrs. McDonald

Proof Reader: Ms. Vickers

Next issue: February 2017

Ms. Hodgin shares her love of yoga outside of the classroom

By Joseph Tunney (former HVHS student)

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www.cbc.ca/news/canada/new-brunswick/yoga-portage-classes-1.3867829

Amanda Hodgin says the yoga classes she teaches to young women with drug problems has changed her view of her regular students.

"When I walk into my classrooms at high school, I understand now that just because it looks like a student has it all together with their marks, [it] doesn't always mean that's true with their outside life," Amanda Hodgin said.

Hodgin, a math teacher at Harbour View High School, leads yoga classes at Portage Atlantic, a young adult rehabilitation centre near Sussex.

"It has opened my eyes to what people with drug addictions are really like," she said. "For me, I always thought there was something lacking in a child's upbringing to cause them to be in a situation like that."

Since she began volunteering at the centre in March 2013, she has met young women from "perfectly wonderful" families. They've led advantaged lives and appeared headed for university and success, when "somehow, something falls off the rails," she said.

"Things can be falling apart when they look like they're holding it together."

Portage Atlantic isn't far from Hodgin's Hampton house, and she thought being one of three yoga instructors there would be a good way to volunteer. Still, she wasn't expecting the impact the classes would have, not only on the young women trying to overcome addiction but also on herself. The centre helps young adults between 14 and 21 years of age. Hodgin's classes are just for the young women and average 13 students.

She remembers when a new group arrived at the centre in a riled-up state, not wanting to be in rehab. When new people enter rehab, she said, it can sometimes upset the balance that others are striving for.

"You could see the tension in their bodies," she said of her students. "When I asked what's wrong, one girl started to cry."

At that moment, she realized teaching the class wasn't about her or the way she wanted to conduct it. It was about the women who needed it.

She changed her teaching methods then and there.

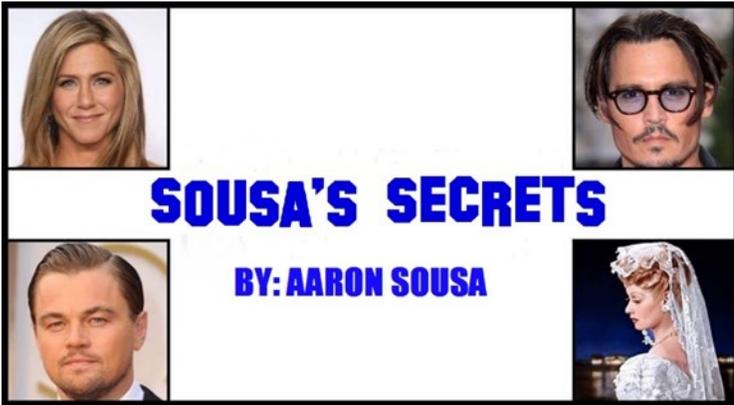
"I actually gave them a yoga class that was very meditative, very calming, very soothing and very quiet," she said.

At the end, two of the women gave her a hug.

"Another one was like, 'I needed that so much. That was the best thing in the world.'"

Teaching yoga has brought balance to own her life, too, Hodgin said. She tends to stress out if everything in her life isn't organized. Now, if she can't get something photocopied right away, she knows the walls won't come crashing down. And with Christmas coming, Hodgin is keeping Portage Atlantic centered in her mind.

(Continued on page 4)



Jingle Bells, jingle bells, jingle all the way. That's right, guys. It's December, my favourite time of year. The fresh snow on the ground, the good cheer being spread around, the houses coated with beautiful decorations, c'est beau. But let's talk about one of the places in North America that doesn't get any snow. Hey Saint Nick, are you ready in your sleigh? I know I am.

Kylie Jenner: As you know, when the Kardashian and Jenner families want to party, their motto is "go big or go home." And boy did they ever go big. This year, for Tyga's 27th birth-

Kylie brought out the big guns. Literally. The couple took a trip down to *Bullets and Burgers* in Las Vegas and they were locked and loaded. Kylie took up the powerful Glock 17 and MP5K, while Tyga decided to use a gold .50 caliber Desert Eagle and an M16. The kickback was so powerful with all their weapons that they had to have people support them from the back.

Anna Faris: Uh oh, Christy's in trouble! Anna Faris, the actress best known for her role as Christy Plunkett on the CBS sitcom *Mom* has been given a \$5000 fine after her adopted Chihuahua was found in the streets of North Hollywood. Laurel Kinder, owner of Kinder4Rescue, told TMZ that Faris "signed a contract when she adopted the dog, named Pete, four years ago agreeing to pay the fine if she ever turned it over to a new owner." On the 18th of November a local vet reported that Pete had been picked up wandering the streets. Faris hasn't answered the shelter's calls. According to sources connected to Faris and husband Chris Pratt, the couple is currently out of state, but they are aware that Pete was found. As of right now, Kinder is putting Faris on the company's "do-not-adopt" list.

Kanye West: An announcement was made late last week that American rapper Kanye West has pulled the plug on all of his tour dates for the rest of the year because he is "stretching himself too thin." According to a TMZ source for Kanye. "He's been working around the clock on fashion design, for both his own line and the Adidas line." It also seems that the Paris robbery involving wife Kim Kardashian is also weighing heavy on his mind. His tour was set to run through to December, 31st, but all the remaining shows have been cancelled and ticketholders will get full refunds. However, according to TMZ, West will launch the second part of the tour next year, although no dates have been announced yet. The rep for West says, "He doesn't want to give fans anything less than his best."

Well, that's all for this month. I have been super busy due to SCENES, but when it is over, I will bring you more details on all things Hollywood.

That's The Glimmer In The Stars...



KUDOS TO...

...the HVHS Debating Club, who participated in the Provincials in Fredericton on the weekend of November 26th, and did exceptionally well, coming in fourth.

...the JV Girls basketball team won the Simonds Tip Off Tournament of the weekend of November 26th.

...the JV Boys basketball team also nabbed first place at the St. Malachy's Tournament the same weekend.

...the Chess team did very well on the weekend, too. Grade nine students Edward McMillan, Alex Booker and Kiernan Watts placed 1st, 2nd and 3rd respectively. Tyler Matheson took home third place for senior students and Alex Banks placed second in the Grade eleven category.

... to Colin Brown who was recently named a semi-finalist for the Loren Scholarship.

(Ms. Hodgkin and yoga continued from page 3)

Amanda Hodgkin has bought adult colouring books and colouring pencils for the Portage patients she teaches yoga. Although she doesn't teach the men at Portage Atlantic, she bought them writing journals.

With the help of fundraising by friends and family, she has been collecting presents for the women in her class. She bought adult colouring books and colouring pencils, something she has worked with in her yoga sessions. She bought writing journals for the men at the rehab centre.

That's 40 gifts she bought with the help of friends and family who helped raise the money.

She hopes the gifts can help the young adults even in a small way during their three-day holiday visit home.

"You never know what Christmas at home is really going to be like," she said.