

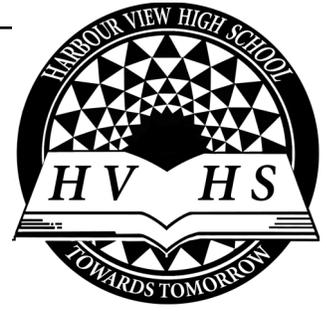


# HARBOUR VIEWS

Issue 3

November 2015

"No act of kindness, no matter how small, is ever wasted." - Aesop



## Congratulations to our undergrad award winners



Harbour View's Undergrad awards were held on October 22nd. The awards celebrate the academic achievements of our students.

Pictured left: Gold medal winners back L-R: Noah Hartery, Alex Taylor, Spencer Robichaud, Taylor Short  
Front L-R: Hannah McCarthy, Maddie Glenn, Alexandre Banks-Gadbois, Brooke Robinson

November at HVHS

2-6 - Wellness Week

4 - Grade 9 "Take Your Kids to Work Day"

5 - Post Secondary Day

11 - Remembrance Day

25 - Parent teacher, 5-8pm

27 - No School, Parent Teacher 1-3pm



### In this issue...

*What's Up?* 2

*Wellness Week Schedule* 5

*Positively Positive* 6

*Sports with Cameron* 8

*What's Trending @ HV* 10

*Viking Hacks* 11

*Poe-etry Pong* 12



The Gold Medal of Academic Distinction was awarded to the following students for achieving an average of 95% or higher.

Back L-R: Emily Morgan, Eden Keilty, Stuart Earle, Colin Brown

Front L-R: Sarah Gowlett, Kaley Watters, Anna Chisholm, Taylor Breneol, Erica Taylor

(Photos contributed by Mrs. Thompson)

Nearly 300 students were awarded gold, silver or bronze medals for their academic achievements during the 2014-15 academic year. Congratulations to everyone.

Question: What was your reaction to the federal election results?



Matt Pitman  
"I think we should be able to vote for whom-ever we want, not just in our area."



Lauren Dempster  
"I suppose it was pretty much one-sided after the early polls so it wasn't a contest anymore."



Daniel McLaughlin  
"I'm pretty satisfied."



With Caleb Hunter



John Mifflin  
"I'm not really interested unless it affects me in some way."



Elizabeth Spencer  
"I don't know much about Trudeau, but everyone voted for him."



Maddie Glen  
"I don't understand the elections at all."



Gavin Wetmore  
"It was good because Trudeau will bring positive change."

# From the editors' desk

By Danielle Clark

Girls are being taught at a young age that they are nothing but sexual objects for men. It's happening without anyone even noticing. We give little girls dolls dressed in provocative clothing. They see advertisements and shows on TV of girls their age wearing makeup. Adults constantly limit what children should be interested in based on what is traditional for their gender. These limitations that are set for these children affect their entire future.

As a child I couldn't have male friends. Every boy I was ever even remotely nice to was taken from me by adults asking if they were my boyfriend. I felt like I couldn't have a valued friendship with the opposite gender without them expecting more from me. I thought that I was supposed to be in love with every friend I had that was a boy, because boys are taught that girls are there to please them and girls are taught to accept that.

Because of this boys grow up thinking they're entitled to women. They start catcalling them in the street. When they get questioned on it their only argument is that we dress too slutty and if we didn't want that kind of attention we'd dress differently, that we're "asking for it" but that's not the case. I've gone walking in sweatpants and a hoodie and still had things shouted at me like "I'd like to see what's under that sweater" or "You're too pretty to be all covered up" and most of these men truly believe that this is how you compliment a woman. In reality it just makes me extremely uncomfortable and regret ever leaving the house.

Society has taught us that degrading woman to objects is just the way the world works, that we are supposed to put the needs of men before our own needs, that men are better than us, that they're the superior gender. You know what? Society is wrong. My gender should not limit my opportunities. I have just as much potential as any man and I'm willing to work twice as hard to prove that even though I shouldn't have to.

## Viking of the Month - October

Samantha Legacy - for her contribution to the mural on the first floor.

Amily Landry - fantastic artist and musician

Curtis Baird - For his creative use of props and for his contributions to Haunted Halloween at HVHS.

Shania Boucher - Talented artist. Designed our Vikings Don't Smoke poster

Meghan Vandenberg - leader of knitting wellness session

Emily Alston - hard worker in art class

Shawn Savoie - for artistic talent during homeroom

Kenzie Burke - Painted the billboards for *Anything Goes* and for artistic touches to the hallways. She is also a wonderful actor.

Carley Melvin - has her own personal style. She is extremely creative and pays attention to detail. She is also very musical.

By Louise Touchbourne

Hey, Vikings! I don't know about all of you, but I'm having a really hard time believing that it's really November already. The school year is moving at such a quick pace, there's hardly time to stop and catch your breath. So many great things have been happening at the school already and there is much more to follow in the next few months.

This past month, the countries' focus has been mainly on the election. Harbour View participated in a mock vote open to students from elementary to high school age, which allowed us to see where the today's youth stands on political issues compared to those who can vote legally. Although I can't say I follow politics closer than the average teenager, I have found this election particularly interesting.

One big controversy this month was surrounding the niqab. Should Muslim women have to remove their head coverings while being sworn in as Canadian citizens? This debate took over the news and many claimed Stephen Harper took the issue way out of proportion. The Conservative party said wearing the facial covering during the ceremony was "contrary to Canada's values."

One great thing about our country is our multiculturalism. Canada accepts 250,000 immigrants a year from countries all over the world, all people of different ethnicities and religions. These things considered, haven't our "values" changed to being inclusive of others? If we haven't learned by now to be accepting and accommodating of other cultures, where does that leave us? I believe that people should have the right to religious freedom, as well as the right to dress the way they want. If a niqab is what any woman chooses to wear for personal reasons, she should have that right.

Some people said Harper was making this into a big deal purposely, using this incident to rally the votes of those who may feel uneasy by traditions unfamiliar to them. Either way, every person who comes to Canada should feel welcomed, and enjoy the same freedoms as the rest of us. With that, I wish you a wonderful month!

## Harbour Views Staff

**Co-Editors:** Danielle Clark & Louise Touchbourne

**Staff Writers:** Lauren Booker, David Darrah, Hannah DeLucry, Cameron Dick, Brianne Durant, Emily Fox, Rachel Fullerton-Quin, Katlyn Greer, Kinsey Harley, Amanda Lawrence, Ian McGill, Emily McMillan, Carley Melvin, Rachel Sheehan, Aaron Sousa, Briann Scovil, Erica Taylor

**Advisor:** Mrs. McDonald

**Proof Reader:** Ms. Vickers

**Next issue:** December 2015

**Next issue:** November 2014



## Les université, le stress et les étudiants

Par Hannah DeLucry

Le stress et l'anxiété de l'université est en train de devenir réel pour nombreux d'élèves de la 12e année. Il me semble que les universités organisent des visites *hebdomadairement*. « J'ai seulement dix-sept ans et j'ai besoin de choisir une carrière, investir du temps et beaucoup d'argent, » explique Emily McMillan, un élève de la 12<sup>e</sup> année. Il faut dire que l'argent est une préoccupation importante pour les étudiants qui veulent continuer leur éducation. Il y a de l'aide en forme des bourses mais ça veut dire qu'il y a aussi du travail à faire.

« Ceci est la première année que le programme de génie est compétitif, donc je ne vais pas même savoir si je suis accepté jusqu'à avril et ce qui me stresse beaucoup parce que je ne pense pas que je suis assez intelligente pour être acceptée » exprime Matilda Giggey, aussi un élève de la 12e année. Avec beaucoup de programme étant compétitif, les élèves se sentent « sous pression ». Par contre les universités et les collèges communautaires offrent plusieurs options pour les nouvelles élèves qui sortent du secondaire. Des sessions d'information permettent aux élèves d'examiner leurs choix. Et les choix sont nombreux! Il est vrai que les élèves d'aujourd'hui ont l'occasion de suivre n'importe quel programme à n'importe quel université à travers le Canada.

Avec le travail supplémentaire (comme les demande de bourse), l'école devient plus stressante. Comment est-ce que les élèves peuvent relever leur stress ? Une façon est d'avoir plus de journées thématiques! En plus, les activités parascolaires semblent se produire plus souvent et n'oublier pas les danses. Il faut dire que le stress semble disparaître lorsque vous êtes avec des amis qui vivent les mêmes contraintes ... Courage mes amis la remise des diplôme est seulement huit mois dans le futur!

## Cinque chansons françaises!

Par Erica Taylor

### 1. Star Académie – Toi + Moi

Une chanson bien connue, *Toi + Moi* encourage tout le monde de participer sans avoir peur.

### 2. MIKA – Elle Me Dit

Cette chanson, optimiste, décrit la relation entre un fils et sa mère, et les choses qu'une mère dit à son fils. C'est parfait pour danser!

### 3. Manau – La Tribu de Dana

Une chanson bien connue par les élèves qui ont eu M. Carson pour une classe de sciences humaines. Malheureusement, je ne rappelle pas pourquoi il nous a même montré cette chanson. Quand même, le refrain accrocheur accompagné par la musique rap fait pour une chanson que tout le monde peut aimer.

### 4. NAGAS – Café Noir

La voix du chanteur combiné avec la musique rock en faire une chanson fantastique.

By Matilda Giggey

The month of October brings many changes to our country, the leaves turn to reds and yellows, the temperature begins to drop and the days get shorter. This is usually the most change that happens to Canada in this month. This year, however, a historical change has been made to Canada. Our new Prime Minister is Justin Trudeau. October 19<sup>th</sup> was the tell-tale day that painted our country red. The Liberal Party has swept the nation and has snatched up all 32 seats in Atlantic Canada and has now formed a majority government!

This year's voter turnout made all the difference in these results with Elections Canada reporting that 68% of registered voters had cast a ballot in this year's federal election. After one of the longest election campaigns in Canadian history we saw a lot of Conservatives lose their seats to the Liberals. The most surprising in New Brunswick is Rob Moore's defeat to the Liberal candidate of Fundy Royal. Fundy Royal has been predominantly Conservative for over a decade along with most other ridings in Southern New Brunswick.

There were 338 seats up for grabs on October 19<sup>th</sup>. In order for the Liberals to form a majority they needed 140 seats, by the end of the day they finished with 184 seats. Conservatives have secured 99 seats, NDP has secured 44, the BLOC has gotten 10, and the Green Party has lost half of their seats and now only has 1. Elizabeth May, the leader of the Green party, has secured the party's only seat this election. Both Stephen Harper and Tom Mulcair have been elected in their respected ridings, although Harper has now decided to resign from being the leader of the Conservative Party.

Canada was ready for a change, a "Real Change" in the words of our new Prime Minister Justin Trudeau. Justin Trudeau used this lengthy campaign to focus on the middle class and his promises to cut taxes for the middle class citizens by raising taxes on our wealthiest 1%. While this campaign was one of the longest in Canadian history, it was also one that brought a very dramatic change. With our second Prime Minister Trudeau just settling into his new role as the face of Canada, so many Canadians are celebrating the end of Harper's time as Prime Minister. Ready or not Canada, here comes Justin!

## Cinque chansons françaises suite

### 5. Annie Blanchard – Évangéline

Une chanson lente qui décrit l'histoire Acadienne d'Évangéline. Avant qu'elle puisse se marier avec son fiancé Gabriel, le mariage est interrompu et ils sont séparés par les Anglais sans un adieu, car c'était au cours de la déportation des Acadiens. Après cela, elle passe sa vie en train de chercher son amour.

# Wellness week activities November.

		MON NOV 2	TUES NOV 3	WED NOV 4	THURS NOV 5	FRI NOV 6
Gym	8:45 – 9:10	<b>ZUMBA</b> Guest: Tammy Moore Supervisor: Mrs. Scott	<b>YOGA</b> Instructors: Mrs. <a href="#">Hodgins</a> , Mrs. Wiggins, Mrs. <a href="#">Tomilson</a> Leaders: Yoga class	<b>Dodgeball</b> Leaders: Liam <a href="#">Lundrigan</a> Supervisor: Mr. Scott	<b>Ultimate Frisbee</b> Leaders: <a href="#">Sergiy Davliand</a> , Nate Washburn Supervisor: Mrs. Scott	<b>Dodgeball: Teachers vs Students</b> Leaders: Jane MacGregor, Stuart Earle Supervisor: Mrs. Scott
Lecture Theatre	8:45 – 9:10		<b>Career Talks</b> Mechanical Engineer, (NBCC Engineering Technology Instructor) Chemical Engineer, Irving Oil Geological Engineer, Irving Oil Mechanical Engineer, Dillon Engineering Sign up necessary Lecture Theatre door	<b>Simply For Life</b> (nutrition) Guest: Melissa Russell Topic: The Perfect Lunch Box Recipe: Mexican beef taco lettuce wrap Supervisor: Mrs. Scott Sign up necessary Lecture Theatre door		
Room 224 (Viking Centre)	8:45 – 9:10	<b>Zentangle Art: Cool Colouring</b> Leader: Mrs. <a href="#">Tomilson</a>		<b>Zentangle Art: Cool Colouring</b> Leader: Mrs. <a href="#">Tomilson</a>		<b>Zentangle Art: Cool Colouring</b> Leader: Mrs. <a href="#">Tomilson</a>
Room 209	8:45 – 9:10	<b>Team Trivia Tournament</b> Leader/Supervisor: Mr. Sprague-Hay				
Fitness Room	8:45 – 9:10	<b>Pumping It Up!!</b> Leaders: Brandon <a href="#">Bynum</a> , Bradley Butler Supervisor: Mr. Palmer		<b>Pumping It Up!!</b> Leaders: Brandon <a href="#">Bynum</a> , Bradley Butler Supervisor: Mr. Palmer		<b>Pumping It Up!!</b> Student Leaders: Brandon <a href="#">Bynum</a> Supervisor: Mr. Palmer
Outside/inside (meet outside room 107)	8:45 – 9:10		<b>Walking Club</b> Leader/Supervisor: Mrs. Titus		<b>Walking Club</b> Leader/Supervisor: Mrs. Titus	
Room 128			<b>Furry Friends: SPCA</b> Leader: Kennedy Weir Supervisor: Mrs. Wiggins			
Room 121/HVHS Garden/Fallsview Park	8:45 – 9:10	<b>Gardening</b> Student Leaders: <b>Wanted!!</b> Leader: Ms. Lennon	<b>Mountain Biking Club</b> (biking at <a href="#">Fallsview</a> Park or watching biking videos) Leader: Dylan Supervisor: Ms. Lennon	<b>Gardening</b> Student Leaders: <b>Wanted!!</b> Leader: Ms. Lennon	<b>Mountain Biking Club</b> (biking at <a href="#">Fallsview</a> Park or watching biking videos) Leader: Dylan Supervisor: Ms. Lennon	
Room 203	8:45 – 9:10	<b>Fly Tying Club</b> Leader: Matt James/Colin Brown Supervisor: Mrs. Roy-Searle		<b>Fly Tying Club</b> Leader: Matt James/Colin Brown Supervisor: Mrs. Roy-Searle		<b>Fly Tying Club</b> Leader: Matt James/Colin Brown Supervisor: Mrs. Roy Searle
Room 304	8:45 – 9:10		<b>Magic Club</b> Leader: Devon Brookes Supervisor: Mrs. Tunney		<b>Magic Club</b> Leader: Devon Brookes Supervisor: Mrs. Tunney	
Room 127	8:45 – 9:10	<b>Fun with ART!</b> Leader: <a href="#">Chesley Carr</a> Supervisor: Ms. Worden		<b>Fun with ART!</b> Leader: <a href="#">Chesley Carr</a> Supervisor: Ms. Worden		<b>Fun with ART!</b> Leader: <a href="#">Chesley Carr</a> Supervisor: Ms. Worden
Room 223	8:45 – 9:10	<b>Photography club</b> Leaders: Gabrielle <a href="#">Lozman</a> , Kendra English, Emily Morse, Katelyn Bond Supervisor: Mrs. McDevitt		<b>Photography club</b> Leaders: Gabrielle <a href="#">Lozman</a> , Kendra English, Emily Morse, Katelyn Bond Supervisor: Mrs. McDevitt		<b>Photography club</b> Leader: Gabrielle <a href="#">Lozman</a> , Kendra English, Emily Morse, Katelyn Bond Supervisor: Mrs. McDevitt
Room 306	8:45 – 9:10		<b>Intro to Drumming</b> Leader: Ryan Garvin Supervisor: Ms. Wilson		<b>Intro to Drumming</b> Leader: Ryan Garvin Supervisor: Ms. Wilson	
Room 218 & 217	8:45 – 9:10	<b>Learn Conversational German (218)</b> Leaders: <a href="#">Maurice Stedice</a> , <a href="#">Marianne Shannon</a> , <a href="#">Marie Daniels</a> , <a href="#">Marianne Spring</a> Supervisor: Ms. Power	<b>Fun with Media (computers) (Room 217)</b> Leader: Ben <a href="#">Buppel</a> Supervisor: Ms. Power	<b>Learn Conversational Spanish (Room 218)</b> Leaders: <a href="#">Ines Corti</a> , <a href="#">Sofia Bastos</a> , <a href="#">Wangie Munoz</a> Supervisor: Ms. Power	<b>Fun with Media (computers) (Room 217)</b> Leader: Ben <a href="#">Buppel</a> Supervisor: Ms. Power	
Room 222	8:45 – 9:10	<b>Computer club - Gaming</b> Leaders: Spencer <a href="#">Robichaud</a> Brooke Robinson Supervisor: Mr. Smith	<b>Anime Club</b> Leader: Dustin Gunter Supervisor: Mr. Smith	<b>Computer club - Gaming</b> Leaders: Spencer <a href="#">Robichaud</a> Brooke Robinson Supervisor: Mr. Smith	<b>Anime Club</b> Leader: Dustin Gunter Supervisor: Mr. Smith	<b>Computer club - Gaming</b> Leader: Spencer <a href="#">Robichaud</a> Brooke Robinson Supervisor: Mr. Smith
Room 305	8:45 – 9:10	<b>Funny YouTube Videos</b> Leaders: <b>Wanted!!</b> Supervisor: Mrs. LeRoy		<b>Funny YouTube Videos</b> Leader: <b>Wanted!!</b> Supervisor: Mrs. LeRoy		<b>Funny YouTube Videos</b> Leaders: <b>Wanted!!</b> Supervisor: Mrs. LeRoy
Room 320	8:45 – 9:10	<b>Knitting Club: Learn to knit an infinity scarf!</b> Leader: <a href="#">Meaghan Vandenbergh</a> Supervisor: Mr. Maloney	<b>Hemp Necklace making</b> Leader: Trent Richardson Supervisor: Mr. Maloney	<b>Knitting Club: Learn to knit an infinity scarf!</b> Leader: <a href="#">Meaghan Vandenbergh</a> Supervisor: Mr. Maloney	<b>Hemp Necklace making</b> Leader: Trent Richardson Supervisor: Mr. Maloney	<b>Knitting Club</b> Leader: <a href="#">Meaghan Vandenbergh</a> Supervisor: Mr. Maloney
Room 326	8:45 – 9:10	<b>Chess Club</b> Leader: Emily McMillan Supervisor: Mr. <a href="#">Bidgood</a>	<b>Chess Club</b> Leader: Emily McMillan Supervisor: Mr. <a href="#">Bidgood</a>	<b>Chess Club</b> Leader: Emily McMillan Supervisor: Mr. <a href="#">Bidgood</a>	<b>Chess Club</b> Leader: Emily McMillan Supervisor: Mr. <a href="#">Bidgood</a>	<b>Chess Club</b> Leader: Emily McMillan Supervisor: Mr. <a href="#">Bidgood</a>
Room 216	8:45 – 9:10	<b>Guitar Club</b> Leader: Sarah Hebert Supervisor: Ms. <a href="#">Trofimencoff</a>	<b>Guitar Club</b> Leader: Sarah Hebert Supervisor: Mrs. <a href="#">Chevarie-MacNeil</a>	<b>Guitar Club</b> Leader: Sarah Hebert Supervisor: Mr. Corey Casey	<b>Guitar Club</b> Leader: Sarah Hebert Supervisor: Mrs. <a href="#">Chevarie-MacNeil</a>	<b>Guitar Club</b> Leader: Sarah Hebert Supervisor: Ms. <a href="#">Trofimencoff</a>
Room 200	8:45 – 9:10	<b>Learn Sign Language</b> Instructors: Rachel Hanlon, Kennedy Weir & Susan <a href="#">Saulnier</a> Leaders: Jenna Dixon, Madison Glenn Supervisor: Miss Clark		<b>Learn Sign Language</b> Instructors: Rachel Hanlon, Kennedy Weir & Susan <a href="#">Saulnier</a> Leaders: Jenna Dixon Madison Glenn Supervisor: Miss Clark		
Room 204	8:45 – 9:10	<b>FREE THOUGHT</b> Leaders: Jacob <a href="#">Creary</a> , Keenan Chandler Supervisor: Mr. Carson		<b>FREE THOUGHT</b> Leaders: Jacob <a href="#">Creary</a> , Keenan Chandler Supervisor: Mr. Carson		<b>FREE THOUGHT</b> Leaders: Jacob <a href="#">Creary</a> , Keenan Chandler Supervisor: Mr. Carson
Room 308	8:45 – 9:10		<b>Card Making Club</b> Student Leaders: <b>Wanted!!</b> Supervisors: Ms. <a href="#">Hodgins</a> Mrs. Pitman		<b>Card Making Club</b> Student Leaders: <b>Wanted!!</b> Supervisors: Ms. <a href="#">Hodgins</a> Mrs. Pitman	
Cafeteria	8:45 – 9:10		<b>Dance</b> Leaders: Kenzie Burke, Danielle Clarke Supervisor: Mrs. Beamish		<b>Dance</b> Leaders: Kenzie Burke, Danielle Clarke Supervisor: Mrs. Beamish	

Do you have an idea for a wellness activity?  
See Mrs. Scott in Room 122



By Emily McMillan

Each body, is a beautiful body. To love yourself, all of yourself is the biggest and greatest talent to possess. Perhaps, it's easier said than done. Self-love has been a notion that has been sweeping the web, hoping to reach a positive outcome. I am never prouder of the internet than when I see a body positive boosting picture, quotation or video.

I am tired of seeing negative comments about people's size and physical appearance. The media will never be satisfied. I often see negative comments on photos posted about how someone is too fat, or too skinny...how

we need to respect ourselves, our bodies. Fat shaming is just as bad as skinny shaming; to be honest any shaming is awful. Why make people feel bad about themselves for having a body?

Society has drilled into our minds that we are not supposed to feel content with what we have. We are constantly trying to improve, to change, like some sort of a shape shifter of unattainable perfection. Okay, maybe not always unattainable, but the fact that you have to have achieve something you do not already have is toxic. Hating yourself until you get somewhere. And chances are, once you get "there" you still won't be satisfied. You are allowed to want to change your appearance, but you should be able to love yourself each step of the way. Learning to love yourself is not a selfish act. Standing in the mirror and taking another glance is NOT egotistic. Own yourself.

Try to focus on what you do have instead of what you want. Is there even such thing as a "perfect body"? I, don't think so. What do we achieve by hating the skin we are in? Why not forget the images of what we are told to be "perfect" and love what we have? Love your curves or lack of. Love your big hips, skinny hips, large touching thighs or gaps. Love your muscles or less muscular body. A body is a body.

The process of self-love does not take place overnight. Start with little things and build up. For example: I love my freckles, my laugh, my rolls, and my hair when I wake up from a nap. You will break down and restart the process over and over again. The important part is that you try. It is easy to pick out the beauty in others but when we are given a mirror we are unsure where to focus our eyes.

You need to know that you are beautiful. Bodies come in all different shapes, sizes and forms. Some bodies will never physically be able to look like another body on a chart or a picture in a magazine. That's okay! So, what is a perfect body? How can you achieve one? The answer is simpler than you may have thought: you already achieved it. You have the most perfect body that one can have. You are all ready for that swim, to wear that dress or shirt. Every body is a great body, and you should always take a second glance in the mirror.



By Katlyn Greer

Hey Grads! Many events took place during the month of October. On October 20th we had our first theme day, which was TBT day. It was a throwback to the days that we all wish we could forget - middle school. We dug out the Aeropostale t-shirts, bell-bottomed jeans and black flats and strutted down the halls of HV. Hope you all enjoyed the trip back to the most awkward years of our lives.

of three or less signed up and battled it out, carving the best designs they could. Many spooky pumpkins were carved out, but no winner has been determined yet. Each member of the team will win \$10 which they can use for grad clothes. A massive thank you to everyone who signed up and participated in this spooktacular event.

We are planning on a grad supper sometime in November so stay tuned to find out the details, as well as information on many other events and fundraisers.

Happy days grads!

Pictured right: Clockwise from left : Michael Masson, Amber Clark, Kerrie Doucette, Andrew Boone, Matilda Giggey, Emily Morse, Kendra English, Katlyn Greer, Pierre Albert

(Photo submitted by Ms. Oram)





By David Darrah

**Demi Lovato's *Confident***

Ever since succeeding in shedding her Disney Channel past, Demi Lovato has emerged as one of the most heart-warming musical success stories of the past several years. Having overcome documented battles with bulimia, substance abuse and a diagnosis of bipolar disorder, she effectively uses her position of being in the public eye to destigmatize mental illness. Over two years removed from her last solo effort, 2013's

*Demi*, Miss Lovato returns with her fifth studio album, *Confident*.

The all-too fitting prominent theme of the album is evident almost immediately: confidence. From the electro-tinged pop-rock opener and over the course of the album, Demi firmly states that she and she only are in control of her destiny. The majority of the effort's tracks follow similar blueprints, as up-tempo, synth-raided numbers are a constant throughout. That being said, slower and more emotional numbers exist. Tracks such as "Lionheart" bring Demi's underrated vocals to the forefront while "Father", a touching tribute to her father, who passed away from cancer two years ago, acts as a very fitting closing track. The Adele-esque post-relationship ballad "Stone Cold" arguably produces Demi's strongest vocal performance to date. It is fully apparent that Lovato's plays a much larger creative role than on previous projects, as she works with some of the best that pop has to offer such as Max Martin & Ryan Tedder of One Republic. Features are limited on the record as only Iggy Azalea & frequent Skrillex collaborator Sirah appear on "Kingdom Come" & "Waitin' For You" respectively. The album, while consistent throughout, ultimately puts the soft power-ballad on the backburner, which is where Demi truly shines. At this stage in her career, the 23-year-old has yet to fully discover her musical identity but is progressing with every single effort. All in all, *Confident* could be considered a step in the right direction.

**Review: 6/10**

**Carrie Underwood's *Storyteller***

You have really got to hand it to Carrie Underwood. Outside of Kelly Clarkson, she has managed to succeed in one area that every other *American Idol* winner has failed: maintaining relevance. To be absolutely honest, maintaining would be a very inadequate choice of vocabulary as she has skyrocketed to the peak of the country music mountain and has held the position for a near-decade. She has managed this through a consistent standard in her music and determination. Having stepped away from the music scene recently in order to have her now 8-month old son, the first-time mom and multiple-time Grammy award winner is back with her first studio album in three years, *Storyteller*.

"If it ain't broke, don't fix it." That's how the old homage goes and music more often than not follows suit. This is the case for Underwood's latest project as well. A decent portion of *Storyteller* is the Carrie that fans have come to love since her first album's release, but of course there is always room left for experimentation. Miss Underwood (along with several talented co-writers) explores the themes of love, deception and bliss without diving too deeply into any one of them. Obviously, the quality that is most often on display is Carrie's distinct powerhouse vocals, which are often-times very nicely complimented by the acoustic-driven sound and simplistic drum patterns familiar to the modern country sound. The variety of more hard-hitting tracks, such as the ominous opener "Renegade Runaway" and the dark, revenge-themed "Dirty Laundry" are balanced out by the romantic, Sam Hunt-assisted "Heartbeat" and "What I Never Knew I Always Wanted," an anthem of devotion to her newborn baby boy. In a musical landscape that never ceases to progress and change, even the slightest reinvention is necessary, and Underwood knows this and that is why she has thrived. *Storyteller* is another solid effort and one more notch on the belt of country music's leading lady.

**Review: 6.5/10**

**CHEESY MYSTERY**

By: Carley M. & Rachel S.

One normal day at Harbour View High School, a grade nine student bought a piece of cheesy pepperoni pizza from the cafeteria.

She gobbled down the slice in a split second, it was delicious.

That night she settled down in her bed and fell asleep. Little did she know, she would wake up as the piece of pizza she ate the lunch before.

**PIZZA!?**

**Can you guess what happens that night?**

The next morning her sister walks into her room to see a slice of cheesy pepperoni pizza lying on the bed. She swallows it whole.

## Sports with Cameron



Hello Vikings!

This past month our ladies and men's Viking sports teams showed New Brunswick what our Viking values can do for a sporting program. Here at Harbour View we pride ourselves on determination, resilience, dedication and most of all, hard-work. The baseball team, the golf team, the field hockey team and all of the boys on the cross country team qualified and already have or will be competing for a provincial banner at the final provincial tournament. No matter the results, this is a remarkable achievement for athletics at Harbour View. We should take pride in knowing that when the battle comes to a stop we certainly do have a chance to be standing on top.

This year's baseball team was the first to qualify for provincials since 2001. Congratulations, boys. Although they came home without a banner, they played excellent ball and have a ton of upside for years to come. Players like Matt Oram, Jake Estabrooks, Tyler Hooley and Cole Flowers will be looking to bring the team back to provincials next year and finish what they set out to do this year. Excellent work guys!

The golf team came into the season looking to repeat as provincial champions. Seniors Matt Mason and Stuart Earle made sure the work was put in so at the end of the

season they were strong contenders, however this year's opposition proved to be too strong. Despite excellent play from the entire team they finished just short of the banner. However, they still showed tremendous poise and skill and brought home the bronze. Great season!

Dustin Gunter, Pierre Albert, and David Darrah were all part of the Saint John Trojans Rugby squad that not only thumped rival Fredericton Loyalists in the McNair Cup Men's A Side final, but also made it all the way to the Maritime Final, the Caledonia Cup. These boys got some great playing experience this summer and fall with the Trojans and this should bode well for this year's rugby team.

The cross country team boasts an incredible resume of results for the year with every member of the team qualifying for provincials. Alex Banks placed first at the Simms Corner meet and top ten at provincials. Daniel Bell placed second and Ethan-Higgins Watson placed third at this year's Fundy High school meet. The team showed up tremendously at provincials and all placed in the top half of 60 runners. Great work guys!

Last, but certainly not least, your Lady Vikings field hockey team has remained undefeated thus far this season, and has clinched top place in their division and qualified for provincials. The girls have had hard fought victories over last year's provincial champions Bernice McNaughton and division rival Saint John High. Leading the way for the girls are seniors Emily Morgan and Madeleine Sundblad. Bring us home the gold, girls.

That's all for this month folks! Winter sports are just starting to gear up, so be ready for tons of updates on everything from hockey to swimming next month!



Members of the cross country team including L-R:

Daniel Bell

Dustin Gunter

Ethan Higgins-Watson

Katie Arisz

Alex Banks

Colin Brown



Fan support at sporting events is important, so get out there and show your Viking pride.

Back L-R: Kassidy Totton, Taylor O'Neill

Middle L-R Madeleine Sundblad, Erica Taylor, Katlyn Greer, Hannah DeLucry, Matilda Giggey

Front L-R: Sarah Gowlett, Emily Morgan, Ines Oort Alonso, Munia Shammout

(Photo submitted by Ms. McDevitt)



Just in time for Halloween, Ms. Oram's home room carved some pumpkins.

Back L-R: Bridgette Tomilson, Maria Dobbelsteyn, Emily Derrah, Matthew Williams, Jane MacGregor, Ian McGill, Katlyn Greer, Kerrie Doucette

Front L-R: Meagan Gautreau, Aidan Finnigan, Dominic Rocca, Kayla Williams, Tayler Breneol

(Photo submitted by Ms. Oram)



By Rachel Fullerton-Quin and Emily Fox

Winter is just around the corner and lots of scarves, cardigans and boots have been seen throughout the halls of Harbour View. Similar to last year, combat boots and boots with laces are quite popular, along with little short black boots. Boots can be paired with practically anything from dresses and skirts to jeans and leggings. For the boys, of course being at Harbour View, warm camo hoodies are everywhere along with knit sweatshirts with a button or two on the front. This month I wondered what other students have thought about trends so I interviewed Makayla Crandlemere, a very trendy 11<sup>th</sup> grader, to see her thoughts.



Photo submitted by Rachel Fullerton-Quin

**Do you consider yourself trendy?**

“I don’t really follow trends, I just pick out things that I like.”

**What’s your favourite fall go-to?**

“I wear a lot of scarves and cardigans this time of year.”

**What is your favourite store or place to find clothes?**

“I love shopping at American Eagle and Garage.”

Stay trendy, HV!

The Write Stuff,  
an ASD-S Literary Arts magazine,  
is looking for poetry, prose, art and photography.

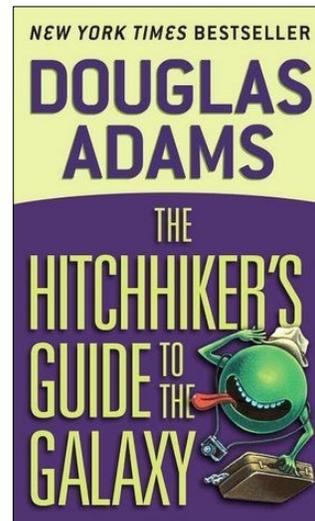
Deadline December 18th.

For more information see Ms. McDonald  
Room 309



By Kinsey Harley

Hi Vikings! My book review this month is on the New York Times bestselling book *The Hitchhiker's Guide to the Galaxy* by Douglas Adams. This first book of a series of five was strange, but funny. It's a lot like an *Alice in Wonderland* in its strangeness, but shows no resemblance in plot or characters.



“Anyone who is capable of getting themselves made President should on no account be allowed to do the job.”

-Douglas Adams, *The Hitchhiker's Guide to the Universe*

Ford Prefect comes to Earth where the people are considered to be unintelligent about the universe and the things therein. Ford did make one friend here, Arthur Dent, and saves him from the explosion of Earth by an alien race called the Vogans (Earth was in the way of an interstellar highway). There, up in

space, they meet all sorts of new people, like a depressed robot and a self-absorbed president, and learn new things about Earth. They experience a lot of weird adventures and are introduced to a ton of different planets. They also discover the answer to life, the universe, and everything. Through all of this Arthur is reading a book called *The Hitchhiker's Guide to the Galaxy* which is like the futuristic Encyclopedia Britannica, yet with really stupid and funny definitions.

Everyone should read this book. There are a few instances of bad language, which I didn't like, but anyone who likes dry humor and space stories should read this. At some parts it was hard to follow because it's so weird that it's confusing, but that just means that you have to read it carefully.

This book has also been made into a movie. But READ THE BOOK FIRST, then watch the movie, starring Martin Freeman as Arthur Dent and Yasiin Bey as Ford. Most people online said that the movie was nothing like the book and that the book was much better.

I liked this book and laughed a lot. It's an oldie but a goodie and I hope you read it and like it.

(By the way, if you want to read the second book it is called *The Restaurant at the End of the Universe*.)



By Aaron Sousa

Hello Vikings!! I hope you had a wonderful Thanksgiving this month (I know I did) and I hope you went to see our fall production of *Anything Goes* (I couldn't see it because I was performing in it!) Saint John has once again shown how popular our musicals are - it was a huge success. Now that musical is over, I can use the rest of my time for sleep. Well, I have some excellent 'gossip' this month, so let's satisfy your curiosity.

Kris Jenner: Anyone who has ever watched a single episode of *Keeping Up With The Kardashians* we know there isn't a single episode where we don't see or hear something about Kris. Well it has come to my attention that Mrs. Jenner performs weddings for her famous friends. On Sunday, October 11<sup>th</sup> Kris threw a wedding for her long-time pal and *Real Housewives of Beverly Hills* star Faye Resnick, and Jenner even officiated the ceremony. Kris has married off people before, including her own pastor. I think it's kind of cool for celebrities to do something like this, but I think it depends on the celebrity. If Johnny Depp did it, it would be very cool. But with all the marriage drama that we have seen the Kardashians and Jenners go through over the years, nobody would think that they would be the ones to actually officiate at a wedding.

of thing. What do you think?

Alfonso Ribeiro: All right, here we go!! Carlton, our favourite 90's funny man (next to Will Smith), has slapped down \$2 million dollars for this killer solar powered house in Granada Hills, California. Even though it's not in Bel-Air, it seems pretty sick. I swear to God, this house is a place we'd all love to live in. It's 7,500 square feet with eight bedrooms and seven bathrooms. (Lots of room for Uncle Phil!!) If Alfonso won't let you stay in the big house, the guest house is equally impressive. It's 1,500 square feet with a patio, grotto-style pool, waterfall and swim-up bar that's fully connected to a full-service outdoor kitchen with a BBQ and a Chicago brick style pizza oven!! And let's not forget, lots of space to "do the Carlton."

Well that's it for this month guys. Want to see if your favourite music artist made it to the Billboard Top 10? Check out the music column on page 7 to find out.

I hope you all have a thoughtful Remembrance Day. Lest We Forget.

Interesting Fact: It's been 100 years since the poem "In Flanders Fields" was written by John McCrae.

And that's the glimmer in the



# Viking Hacks

By Amanda Lawrence, Lauren Booker and Briann Scovil

It might only be the beginning of the school year and as much as we might hate to admit it winter is rolling in fast. So, bring on the nasty colds, dry skin, staticy hair and miserable mornings, because we have all the tricks to help you survive old man winter's arrival.

Probably the biggest struggle of winter is dealing with the cold. So instead of wrapping yourself in bundles of blankets, try running your ceiling fan on low clockwise to bring the warm air to the floor and

use a cut in half pool noodle under your door to stop drafts. Also, if you're having trouble sleeping try putting those heavy blankets on first and then the thin sheets over top; this will prevent a loss of heat and the sleep we all need.

Now as we all know, winter doesn't just affect the temperature drop, but it also, has a huge impact on our health. So, when the annoying colds come along try taping an empty and full Kleenex box together to easily use and dispose in seconds. As for the embarrassing goose coughs rubbing some Vapor Rub on the soles of your feet can quickly make them disappear. Also, for all you long haired ladies try using a microfiber-bristle brush, leave in conditioner/ volume shampoo while not washing your hair every day to reduce lifeless, static-y hair.

Of course there are so many tricks to surviving winter so, get out your Pinterest app and share your hacks with your friends while waiting for all our awesome hacks that our soon to come.

Bonus hacks for all you new drivers: place a lunch baggy over your side mirrors to keep snow off, use hand sanitizer to fix frozen locks and use long socks for best window-wipers results.



By Brianne Durant

Mackenzie Currie was born with an aptitude for words and a love for literature. From a young age words have streamed through Currie’s blood. The moment she first picked up a quill pen, she could not bring her sentences to a halt.

“When I first began writing, it was mainly centered on short stories,” Currie said. Over time Currie’s writing window unexpectedly opened beyond short stories, into the world of poetry. Currie “never intended on being a poet” but it seemed like a natural extension of her prose.

“If a line stood out to me, I would try to extend it into something beautiful, which eventually turned into poems,” she said.

Currie has developed an addiction that many other writers suffer from. The beautiful essence of Indigo journals have captured Currie. “It is so hard to hold myself back, and not buy everything when I go to Indigo.” Despite her collection of signature journals, the majority of Currie’s poems are scribbled in her tattered leather journal. “My journal does not leave my side.”

One of Currie’s greatest inspirations is modern poet, Charles Bukowski. The leather journal enthusiast portrays a Bukowski-like style in many of her pieces.

Currie’s poetic spontaneity also plays a great role in her style. Most, if not all, of her poems are written in the spur of the moment. “I just get into the moment and write,” she said. Currie has the ability to “feel [her] surroundings” allowing the words “to just flow naturally,” unintentionally turning the daily lives of others into poetry.

Many of Currie’s poems are published on various Facebook pages dedicated to aspiring poets. She has also been published in the 2015 edition of the district literary magazine *The Write Stuff*. Currie aspires to continue reaching larger audiences and have her works published in other literary journals.

The quill written odes and free-verse Currie originals, can also be found as captions under her Instagram pictures. For more excerpts from Currie’s brown leather journal, check her out on Instagram at [@mackenzie\\_curr](https://www.instagram.com/mackenzie_curr)

#### Hidden Deep Within—By Mackenzie Currie

Two personalities woven into one body.  
One molded and perfected into an image by others,  
While the other is locked away,

Hidden

Deep

Within.

Don't be fooled by the light shining in her eyes,  
or the smile that's on her face as she walks by.  
For there are many dark secrets,

Hidden

Deep

Within.

They have mistaken the screams and cries for innocent laughter.  
Because the girl on the outside is a shield.

A shield to keep her soul

Hidden

Deep

Within.



Photo submitted by Mackenzie Currie