

The D'Arcy Voice



Focus on Fall

UNDERSTANDING FEAR AND PHOBIAS

WHAT MAKES YOU JUMP?

KEAGAN LEROUX

YOUR HEART RACES, your hands are sweaty and your knees are losing strength, fear has set in and has gotten its grip on you.

Everyone has a fear; everybody has something that makes them shiver. Anyone who says they don't simply might not have been exposed to the significant event that will terrify them.

The body and mind work together constantly and in an area of danger they are working double time. Fear is triggered by danger, a sense of dread or a scary situation. When confronted by fear your body pumps adrenaline (a natural body chemical that is said to heighten senses and increase strength) which allows most people to better handle the situation. However, this is not always true which is why you see some people cover and try to just be as small as possible, hoping the problem will disappear

Throughout the animal kingdom there is a 'Fight or Flight' reaction, the natural survival instinct that helps us judge whether in a situation we should stand our ground or run away. It is this instinct that has kept man and beast alike alive most of the time. Although it is rare that we notice this reaction it happens every time we are faced with danger.

Phobias are fears with no reasoning behind them, some phobias seem to exist within you from birth, others develop after an event that might have been experienced as a child. Some phobias are common place, for example: fear of heights, fear of spiders, and fear of flying.

Fear and phobias are in no way the same. Fear is said to be a rational state of anxiety in a situation of danger, where as a phobia is an irrational reaction to something that

may present a sense of danger. The reason they are so different is because fear is fuelled by a situation, a phobia is fuelled by your imagination.



How do you conquer fear? There really is no way to get rid of a fear. You can face and ignore it but in the back of your mind you still fear it. Fear is always present whenever a situation involves some sort of danger or risk around you, it will be there no matter what.

Phobias can be conquered. There are many techniques and professionals which will help you to get rid of your irrational fears.

Fear is present in our everyday lives. Some people are better able than others to deal with it. Phobias are there no matter what; if you have one you're stuck until you come to terms with it. Until then don't let the fear control you. Make sure you control the fear.

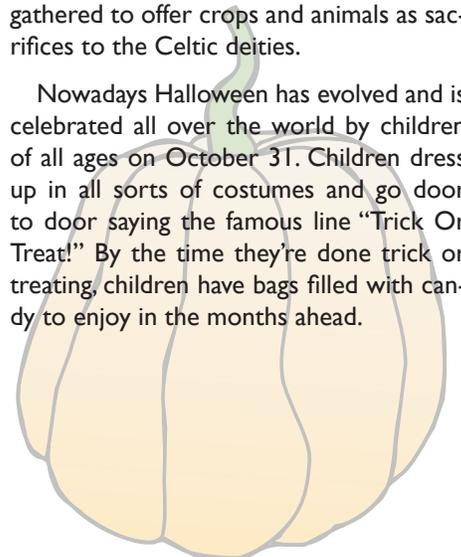
THE HISTORY OF HALLOWEEN

FELICIA BROWN

THE CELTS, who lived 2,000 years ago in the area that is now Ireland, the United Kingdom, and northern France, celebrated their New Year on November 1. This day marked the end of summer and the harvest and the beginning of the dark, cold winter, it was a time of year that was often associated with human death. Celts believed that on the night before the New Year, the boundary between the worlds of the living and the dead became blurred. On the night of October 31, they celebrated Samhain, when it was believed that the ghosts of the dead returned to earth. In addition to causing trouble and damaging crops, Celts thought that the presence of the otherworldly spirits made it easier for the Druids, or Celtic priests, to make predictions about the future. For a people closely linked to nature, these prophecies were an important source of comfort and direction during the long, dark winter.

To commemorate the event, Druids built huge sacred bonfires, where the people gathered to offer crops and animals as sacrifices to the Celtic deities.

Nowadays Halloween has evolved and is celebrated all over the world by children of all ages on October 31. Children dress up in all sorts of costumes and go door to door saying the famous line "Trick Or Treat!" By the time they're done trick or treating, children have bags filled with candy to enjoy in the months ahead.



HURRICANE KATRINA AND OTHER NATURAL DISASTERS

CANSU KOCH

Hurricane Katrina, the fourth hurricane of the 2005 season, wreaked havoc in New Orleans, Louisiana. On August 25, around 6:30 pm, Katrina landed between Hallandale Beach and Aventura in Florida.

Nearly four days later on August 29, after picking up strength again, the hurricane made its second stop in New Orleans, flooding out an area of 90 000 square miles (233 000 square km), approximately the size of the United Kingdom. Hurricane Katrina has also managed to earn the title of "Costliest Atlantic Hurricane of All Time" causing as much as \$200 billion US in damages. The official death toll is at 1,302.

On August 28, shortly after Katrina had been upgraded to a Category 5 storm, Mr C. Ray Nagin, mayor of New Orleans held a news conference. Referring to Katrina as "a storm that most of us have long feared", he ordered, for the first time in New Orleans history, mandatory evacuation of the city. Approximately 150 000 people, however, were unable to evacuate because they had no means of transportation.

For the first time in history, the United States of America, one of the most powerful civilizations in the world, has requested relief aid from countries around the world. Countries such as Singapore, Cuba, Venezu-

ela, Sri Lanka (which is still recovering from the Tsunami), Russia, France, Canada, China, Germany, Mexico and even Dominica, one of the smallest countries in the world has pledged money or some form of aid. Even one of the poorest countries, Bangladesh has promised a million dollars in relief aid. In total, over 70 countries are reaching out to the U.S. in it's time of need.

The wrath of 2005's Atlantic hurricane season continued on its warpath with Hurricane Rita. Rita registered as the second Category 5 hurricane of this year. It is also now on record for being the strongest measured hurricane to ever have struck the Gulf of Mexico, causing at least \$8 billion US in damages and killing no less than 119 people.

This year's hurricane season wasn't finished. Destruction came once more in the form of Hurricane Wilma, the third Category 5 hurricane of the 2005 season. Wilma made several landfalls between October 15 and October 25 but the areas where it caused the most damage were Florida, Cuba and the Yucatán Peninsula where it is estimated that the total cost of repairs will be at least \$8-12 billion US and the death toll is around 47.

On October 8, 2005, the Pakistan-administered region of Kashmir was violently shaken by a 7.6 magnitude earthquake. It killed 73,276 people and left 3.3 million people homeless. Most of the affected areas are unreachable by any means other than helicopters because of the mountain-

ous regions. Without shelter, many of the survivors are at risk of dying from the cold or the spread of diseases.

The victims of the hurricanes and earthquake need our help. We, as a school, are a major part of society, an important part and we have the power to help these people.

Those victims are in dire need of all the help we can provide for them and the donations for Hurricane Relief aid and for the Pakistan (or Kashmir) earthquake are greatly needed. The result, however, is that local charities and food banks have been getting less than their usual public donations. We need to realize that there are people in our own town of Aylmer and there are even more in Gatineau and Ottawa who need just as much help to survive everyday.

Perhaps this year when you're out doing your Christmas shopping, consider the ones who won't be able to celebrate the holidays the same as us. Skip the butter on your popcorn at the movies and put that extra 50 cents into a collection box. Or how about downsizing your large double-double Tim Hortons coffee to a medium and donating the change to the Salvation Army? Before we set out to save the world, shouldn't we start with our hometown?

SUPERSTITIONS

COURTNEY WEEKS

Have you ever taken a few extra steps to avoid walking under a ladder, crossing a black cat's path, or stepping on a crack? If so you are one of many who have heard of superstitions.

Here are three common bad luck superstitions:

- 1) Black Cats – A long time ago Christians believed that black cats were demons in disguise and should thus be destroyed. Being demons, if a black cat crossed your path it put up an evil barrier, cutting you off from God and blocking the path to heaven.
- 2) Walking under a ladder- A ladder standing up forms a triangle from the ground, to the wall and back to the ground. Some Christians believe the triangle represents the Holy Trinity (God, The Holy Spirit, and Jesus Christ). By breaking the triangle when walking through it, you would be in league with the devil himself.
- 3) Friday the Thirteenth - The Scandinavians believed that the number thirteen



was unlucky because of the myth that the thirteenth God joined their demigods and thus brought misfortunes upon humanity. It was also said that Christ was sacrificed on Friday, and the number of guests at the last supper was thirteen; the thirteenth person being Judas, the traitor.

Bad luck, of course, is all in the mind. Superstitions have been passed down through the generations for hundreds of years. It's amazing in our educated times that superstitions are still well believed in today.

EDITORIAL: CHANGE IT!

By: RICHARD COELHO AND ASHLEY MOFFATT

We as teens have been stereotyped by television shows, movies, and in the news. The media creates a stereotyped character that makes teens seem one dimensional. If someone is scrawny, wears glasses, and gets good grades, they are presumed to be a nerd. If someone skateboards or carries around a skateboard, people assume they are stoners. Many people possess aspects of a stereotype so they are categorized. This does not represent everything this person is. No two people are the same. There very well could be a person that we see as a "Goth" who is into pop music. While that is very unlikely, the stereotype overshadows the true abilities and interests of the individual. Many people are stuck in these boxes created by the media and people need to break free.

What we are seeing and hearing in the media are the same token characters over and over. Peer pressure mixed with a certain expectation created by the media makes teens cower in their box. At this difficult time of adolescence, teens don't want to be different from the people they are around and who they relate to, so they emulate them. But everyone is different and teens need to feel like they can express all of themselves, not just the part that allows them to conform to an image.

Teens as a whole have been type cast into a large range of groups. We are seen as Goths, dumb jocks, country hick and not as Sara, James, Melissa and so on. We as teens need to start making it known who we are.

Let's take action. If you like a certain kind of music, listen to it. If you want to join a team, join it. Don't let your stereotyped role control you. Become who you want to be and make anything your own.

THE D'ARCYVILLE HORROR DANCE

KASIA TKACZ AND CATARINA GARCIAS

The name says it all. Although our dance was like others it was "fun"! Despite DJ Rick's annoying tendency to repeat songs, lots of people danced the night away.

We would like to congratulate the student council on how well they prepared for the Halloween Horror dance. Also the decorating committee is to be commended on how gorgeous they decorated the cafeteria. We saw some true Gee-Gee potential.

Now to list some of the winners in the D'arcyville Horror costume contest.

Dorothy Lacroix- an outrageous bird

Jesse Roy Young- a chick every guy would want

Zoe Poupart- The princess of Darkness

GREAT COSTUMES EVERYONE! THEY WERE SPOOKTACULAR!

TOP 10 SCARY MOVIES

By: Sara Wyman

Since Halloween was a little while ago, I felt it would be a good idea to come up with a list of the top 10 scary movies that I feel everyone should see.

The 10th movie is Stephan King's "Pet Cemetery" because the creepy people that come back from the dead actually scare me.

Number 9 is "House of Wax". Paris Hilton's horrific death was amazingly scary.

Number 8 is "The Exorcism of Emily Rose", this courtroom drama/horror covered everything from horror scenes to love interests, with a great deal of suspense.

I picked "Amityville Horror" as number 7. I would never want to live in that creepy house, and of course Ryan Reynolds looked awesome in this movie.

Number 6 is "The Sixth Sense", because the surprising ending is one we will never forget.

I chose "The Ring" as number 5 because after I saw it, I was too scared to look at my TV set.

Number 4 is "The Shining", because it is a classic movie that TV shows and movies constantly rip off. The original version starring Jack Nicholson must be



BREAKING NEW GROUND

KASIA TKACZ

The D'Arcy McGee assembly started with a performance by the band, a skit by the student council and a number of short speeches before students got to the important part of the assembly EATING CAKE !!!!! Comments around the gym clearly indicated delight with the idea of missing last period in order to eat cake.

seen.

All of "The Nightmare on Elm St." movies are number 3, because children singing creepy songs are just scary.

Number 2 is "Saw". I love this movie. It is a low budget film that wasn't expected to be good, but the ending makes the whole experience worth while.

Number 1 is of course "The Exorcist". This classic demon movie will make you squirm in your seat. If you haven't seen it then you are just crazy.

That sums up my top 10 list. I recommend that if you haven't seen these movies you should go out and rent at least one immediately.

I AM NOT A MONSTER

A SHORT STORY BY CHRIS HADDOW

I am not a monster, just like everyone thinks. I promise. I may be creepy, and I may be wierd, but I am not a monster.

I am always left out and looked at in the most bizarre ways. I assure you, I am not a monster. I do know some things that I normally shouldn't, and I do talk to myself. But really, I am not a monster.

Why, just last night my father made my lunch while I was sleeping. How do I know?

My second head told me so.

GUIDE TO CONCERT GOING

ALI WRAY AND SARA WYMAN

Do you enjoy music? Do you like the adrenalin rush of being at a concert? If so, we've put together some do's and don'ts that we think all concert goers should abide by.

- 1) When in the mosh pit do pick someone up if they fall. They would pick you up.
- 2) Don't wear flip flops! You will get your toes stepped on. Not getting your toes stepped on would be very rare and odd.
- 3) Do bring a sharpie and something to get signed. We highly recommend CD booklets.
- 4) Do bring extra money because even though you might not know all the bands, you might like them and want to buy a t-shirt.
- 5) At some concerts you don't have to buy water because sometimes they will hand out water for free. (Roadies do this, don't expect free water at the bar)
- 6) It's okay to wear ear plugs. Roadies, sound guys, and band members are wearing them so if you want, you can too.
- 7) Do sing along. The band will notice and really appreciate it.
- 8) Do not act crazy when you meet the band. They are normal people too, who just happen to be famous.

9) When you meet the band do not be shy! Here is a suggestion for you when you meet the band, don't feel like you shouldn't be in the picture because you are sweaty and gross because everybody will be sweaty and gross. Last time we were at a concert, a situation arose involving a homeless man. We will not go into grave detail but if anyone harasses you, go to the bouncer or you can call the cops. This situation was the first time anything had happened like this to us.

Let's recap- remember when you go to a rock show to bring money, a camera, and something to sign. Also remember that everyone pushes, so have fun and push back (gently, of course).

FALL OUT BOY 101

Ali Wray

Don't you hate it when your favorite band becomes mainstream? They suddenly become really famous and everyone thinks that they are new even though they've been around for years? I do.

Take Fall Out Boy for example. A lot of people think that 'Sugar We're Goin' Down' is a single off their first album; these people are WRONG. Fall Out Boy's first album was entitled 'Evening Out With Your Girlfriend.' It came out in 2003 on Uprising Records. Next was 'Take This to Your Grave' in 2003 and 'My Heart Will Always...' in 2003; both on the record label Fueled By Ramen. Then it was 'From Under the Cork Tree' in 2005, which was their major label debut on Island Records. They have had their greatest success with this album, especially

with the huge success of the single 'Sugar We're Going Down.'

Although this is a very popular band, a lot of people I hear singing it are getting the lyrics WRONG. All I hear is... "I'll be your number one with a bullet a loaded GUN complex, cock it and pull it..", when the actual lyrics are ... " loaded GOD complex..." Now I know many of you are thinking "What?! That doesn't make sense! What is a God complex?" Well if you check out the dictionary, it says that a God complex is someone who thinks a little too highly of themselves and gives themselves God-like qualities. According to Fall Out Boy's bassist/song writer Pete Wentz a 'God complex' is someone who has animal and human physical attributes; hence the deer-boy in the music video.

So readers, the moral of this story is please get your facts straight about a band before you walk around like you know everything. Also please learn the right lyrics; it's for the good of the people that have to listen to you singing them.

Songs worthy of owning:

- Dead on arrival
- Nobody puts Baby in a Corner.
- Get Busy Living or Get Busy Dying (Do Your Part To Save The Scene And Stop Going To Shows)



WORD SEARCH

CHRISSY CHIASON

F S M S I D E A D S B P
 R G T U Q D A R L K E V
 A K H M M T C D V E A M
 N M O O L M J Q M L S K
 K D M N S N Y T N E T I
 E A L S R T B U F I S N
 N R R T O H D A G O M S
 S K S E M A O H F N R S
 T J N R N V A M P I R E
 E W E R E W O L V E S S
 I Z O M B I E M V T T U
 N R Q D R A Y E V A R G

Find these words: Ghost, Zombie, Vampire, Dark, Monster, Graveyard, Werewolves, Beasts

PIZZA

GEMMA WAGNER

Unlike our typically favorite American pizza, Italian pizza is different in more than just style. In the country of origin, Italy, Pizza is always made to order, no matter what. This means there is always someone in the kitchen, kneading the dough and chopping up the ingredients. Pizza is not marketed as merchandise in Italy like it is here. You're not able to just walk into a super market and buy a package of frozen pizza. That, to them, would be a sacrilege. The traditional types are found in any convenient shape. The circle was chosen because it's easier to section into equal portions. They have a nice thin crust and are not greasy, at all. The most basic and drop dead easy

ingredients are: mozzarella, provolone, anchovies, mushrooms, and if they're in season, sweet cherry tomatoes. Other very common toppings are prosciutto and artichoke hearts. (Prosciutto is a VERY finely sliced cured meat that should melt in your mouth, it looks just like really wide bacon.) This combo, with the unforgettable tomato sauce, makes amazingly good, Italian pizza.

A SPECIAL THANKS to all members of the newspaper staff for their contributions to this edition. Author's names are listed under articles. Additional staff members include DAVID SCHLACHTER, Jacob Skinner, and Madisson O'Dwyer (layout), as well as Kelli Cockerell, Cloe Hunter, Kelsey Boucher-Brodie, Brandon Crosetiere, Angeliqne Cunningham-Allard, Samantha Dupont, and Cassandra Monnette-Thompson and Mrs. Goldsbrough (advisor).

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