

The Arcy Voice

SEXUAL AWARENESS; DON'T BE AFRAID TO PLAY IT SAFE.

by Caterina Garcias

The time has come, fellow students to face the truth. We are all old enough and hopefully mature enough to openly discuss sex and all things that relate to it. Being in high school and hearing the word that goes around, teenagers believe that they know and understand all they need to know about sex. When in reality 85 percent of all pregnancies among teens are unintended. Maybe that has to do with the ridiculous amount of uninformed students wandering around. Or perhaps it's because sex seems to be such a taboo thing to talk about and that baffles me. I had a talk with the nurse in respect to this topic and it was not as nerve wracking as it may seem. We should all be comfortable talking about sex because it's a very normal and natural activity.



After our talk I came to the conclusion that students were not as informed as they could be about sex and practicing it safely, which shocked me. I thought that by now (2008) we'd be more knowledgeable. There are so many contraception methods and quite sadly many of us only know of two. Of course, there is the pill, the use of a condom, a vaginal ring, a diaphragm, and a cervical cap. There are even injections available (Depo-Provera) and procedures such as implanting the intra-uterine device.

We must not forget the natural birth control methods either, such as timing and temperature. Although most natural birth control methods are not as effective as others, (up to 40% less effective in fact.) with extreme precision and dedication they can have up to a 60% success rate. Remember, even if a man 'pulls out' women can still get pregnant. The fluid present before ejaculation could still contain sperm cells. I'm sure by now you understand my concern. Why are 85 percent of teen

pregnancies unplanned, when we have so many ways to prevent pregnancies from happening? I mean, there are 30 different kinds of birth control pills alone. Safe sex is not something to be afraid to talk about; in fact (as mentioned above) I interviewed the nurse to get her input on the topic.

Do you think there is a lack of safe sexual activity?

Yes, because there is an increase in STI's. Most teens don't think risk applies to them.

What is the most commonly contracted infection?

Chlamydia*. It's mostly caught by women, but 50% of men catch it too. There are no symptoms so they don't even know they have it until it's too late.

* This STI permanently damages the reproductive system and is irreversible. Most people never realize they have it.

What are common misconceptions about sex?

Many people think that STI's can only be contracted through vaginal sex, but they can be contracted through anal and oral sex too.

Even with all the contraceptive methods available to us today it's usually impossible to have entirely safe sex with another person. There is always a risk. For those of you reading this and going "Well I knew all of that before." I suggest you test your knowledge and hit the site <http://www.sexualityandu.ca>; take a few quizzes, even read an article. It's quite enlightening.

In conclusion, if you think you're pregnant or are worried about it, talk about it. Talk about it even if you're not worried, just inform yourself because I believe no one should be in the dark when it comes to a topic this important. We live in the 21st century and sex is not a taboo topic anymore; we should be able to speak of it freely, openly, and safely. Be certain to speak to knowledgeable people such as the nurse or people at the CLSC who incidentally cannot discuss your case (provided you're over 14) with anyone else. If you choose to enjoy sex, then do so safely. It's not worth being ignorant.

GLOBAL WARMING

by Caitlin Collier

Global warming, a recent problem that plagues our planet, affects us from one pole to the other in the world. From the highest mountains, to the deepest oceans, global warming is here, threatening to engulf us in rising waters, or cause turmoil with consecutive natural disasters.

In the last hundred years, the global temperature has increased by approximately 0.7 degrees. In recent years, we have had more hurricanes, mud slides, and other natural disasters. Just last year we had hurricane Dean and Felix, as well as many others. Hurricane Dean occurred in the Atlantic Hurricane Season, and was the most intense hurricane since Hurricane Wilma, which hit in 2005. Hurricane Dean's damages were estimated at 1.9 billion US. Hurricane Dean was the first hurricane to make landfall in the Atlantic basin at category five intensity in fifteen years. What is happening to our world? Every year, there is a more dangerous natural disaster, and every year, more and more people are dying because of them. What is going to happen when the water levels rise around the world because of melting ice caps? Millions of people live less than one meter above sea level. What is going to happen to them? And what about all the small islands? They are going to end up like the legendary Atlantis, disappearing forever into the depths of the ocean.



It's not just humans at risk. There are many other species all over the world that are being affected by global warming as well, polar bears for example. Their habitat is slowly being destroyed, and then what? Where are they going to go? Coral reefs around the world have been damaged as well due to rising ocean temperatures. With the disappearance of coral reefs, comes the disappearance of habitats for many sea creatures such as fish and marine

turtles. The arctic is warming up faster than anywhere on the planet, inching up 1 – 2 degrees approximately every fifty years. Now we all sit here and think, oh wow, a few degrees, but a few degrees can potentially destroy a habitat for an animal, such as a polar bear. A few degrees can raise the temperatures of the water, and thus melts the ice, making water levels rise, which results in waters rising over land.

How can we help this situation? We can't fully fix this situation, but we can help reduce the speed of it. One way we can do this is by modifying our driving habits. (The largest cause of global warming is the carbon dioxide released when oil is burned for energy). Nobody likes biking, or walking, even though it helps the environment. To help, you can change your light bulbs to compact fluorescent bulbs. These bulbs are a little more expensive than generic ones, but they keep more than a ton of carbon dioxide out of the air. These little things can help, and if we all did this, we could reduce the speed of global warming tremendously. But the real question stands; are we up for the challenge?

The Polar Ice Caps and Russia's Involvement

By Benjamin Poirier

The polar ice caps, ours? American? European? Well, the dispute has finally come to an end because a flag has been planted. Yes, apparently no country has ever planted a flag under the ice caps except for one country, Russia. There are very few countries that actually have the submarine power to venture under the frozen wasteland. One of these countries is our cousins to the south, the United States. Russia is the second and Germany the third. What's funny is that Germany has had this submarine technology since W.W.II and yet it seems as if no one has ever claimed the ice caps as their own. Why, you might ask, does Russia want the ice caps in the first place... one word, oil. Yes apparently Russia is not happy about the 17 billion dollars it makes a year on oil sales. To put that into perspective the only two countries that sell that much are the U.S. and Dubai. With that said Russia is quickly becoming the world super power, a title which they have long coveted. Who, you might ask, is the man behind this... well his name is Vladimir Putin and get this, he was elected! Since the Soviet Union was abolished, Russia has seen many elected leaders, many of whom were sick. But Putin is not only younger but he's the ex-judo champion of Russia. What makes this funny is that voter turnout, in Russia, has never been so high. Seventy five percent of Russian voters voted for this man to rule for yet another four years. And what does

he do with the oil? Well he sells it to their best friend China. And guess what they recently invested in? Putin decided it would be a good idea to put his 17 billion dollars into the army. Yes, Putin is rebuilding the long demolished Russian army. Which smells of trouble for countries like Ukraine and Kazistan, who have been hated by Russia since they left the Soviet Union. Putin Youth is yet another thing that he is invested in...hmm... haven't we heard that term before? Well Hitler had a similar organization called Hitler Youth which he used to brain wash a whole generation of Germans into believing Jews were evil. I wonder what Putin will do? Well it's estimated that his army will double in about 10 years. Not only that but in 2007 Russia's economy was boosted by 8.9 percent. And don't count on a revolution anytime soon because people love this guy. He's almost a god amongst the Russians. What's rather funny is that this man has no political connections in his family. The closest thing to leadership he's ever seen was his grandfather who cooked for Lenin and Stalin. And now he's in charge of one of the most powerful countries in the world. Is he becoming the man his grandfather cooked for or is he going to turn out to be a good leader? Well, honestly it's hard to tell at this point but I've got good news. In May of 2008, Putin will have to resign. So what will happen then? Will he be taking his former position of Prime Minister of Russia while his protégé takes the throne? Yes Valerie Mededev will most likely be voted President of Russia. What does that mean for us Canadians? Nothing... yet. Most historians say that once Russia regains control of Ukraine, Russia could easily take over the world. Their army along side the Chinese army easily make up the entire North American population and it more that triples the the U.S., English, French and Canadian army. Which spells trouble for us later on, seeing as Putin will still be pulling the strings in Russia. Being prime minister he has control of the KGB (Russian Secret Police) which he could easily abuse. There is nothing we can do but pray that they over look the big chunk of land on the map titled Canada. It doesn't help that Harper's relationship with Putin went down the drain at the last G8 summit. We need to be aware that these guys will literally be in our backyard if that flag is recognized as legitimate world wide.



Does the Presidential Race Affect Canada?

By Nicolas J. Morin

The presidential race is advertised almost as much as this year's Super Bowl was. Many *Canadian* cities are receiving the campaign ads and their citizens are beginning to wonder who they would like to see as president. Do Canadians really know why they care about who leads our neighboring country? The first question we should ask ourselves is whether or not President George W. Bush made a difference to us as Canadians.

Those outside of North America know Canada as "that country above the United States". The reality is, we do not share the same medical system, the same political philosophies or for that matter the same form of government. Although we do share the idea of democracy. We are undoubtedly influenced by what is now known as "western customs", (i.e. fast foods, pop music and a love for professional sports) yet we remain very individual as a nation.

President George W. Bush has been known to make mistakes during his tenure, especially related to his Middle East policies which have resulted in a destabilization in Iraq and an ongoing war in Afghanistan. Canada, a part NATO (North American Treaty Organization), was brought into Afghanistan as a peacekeeping force. Soon, Canada became an engaged military, different from what was once a peacekeeping force. Since President George W. Bush's tenure began, an average of eight soldiers are killed in Afghanistan per month, the highest death rate since World War Two.

The economy is also very closely linked between Canada and The United States. This means that the more money the Americans generate, the better it is for the Canadian economy. Mark Weisbrot, a well known journalist, states that under President George Bush's tenure the economy has maintained its growth rate, even exceeding the norm if you view the correct quarters. In total, the economy has not changed much under President George Bush, allowing Canada's economy to flourish over these last few years.

Next November, there will be a new president in the White House accompanied by their first lady. (Or man, if Ms. Clinton wins) The presidential race affects Canada greatly. The ideal president for Canada would be one who understands the futility of war, and who knows how to run the economy. If we're lucky, a president much more *ahem* qualified than Mr. Bush will step up and lead their country, concerning all aspects of government being so closely connected, we need the United States to be a stable nation.

Creative Writing

Ice on the Fire

By Matthew Vivian

Unending quest,
For the lost and unattainable,
Our unquenched thirst,
Is vast and insatiable.

Find comfort in the present.
Find comfort in the past.
Find comfort from the future.
Find comfort that will last.

Flames in the snow,
Ice on the fire.
Heated frost burns,
My meager attire.
These wishful words uttered,
From the mouth of a liar,
Are nothing compared,
To my burning desire.

Seek heat from the fire,
And not from the frost.
Seek cold from the snow,
And not from the lost.

Find comfort in the present.
Find comfort in the past.
Find comfort from the future.
Find comfort that will last.

Give me water,
Give me flame.
Show me the path,
From whence you came.
Not too cold,
Not too hot.
For greatest ease,
Has long been sought.

Unending quest,
For the lost and unattainable,
Our unquenched thirst,
Is vast and insatiable.

Flames in the snow,
Ice on the fire.
Heated frost burns,
My meager attire.
These wishful words uttered,
From the mouth of a liar,
Are nothing compared,
To my burning desire.

For I have everything and nothing.

Language of Lies

by Brandon Blair

'Tis the holy tongue
In which all anthems are sung
'Tis the lawful language of God

'Tis the voice that leads
And tells us of our needs
In a world ruled through fraud

Truth is but sin
Only lies can win
We'll teach you the ways of the snake

So split your tongue in two
Let the mice come to you
I promise many riches you shall make

Slither forth and see what hides
Upon the sacred tongue it rides
To many o' great it did give rise
A language of lies
A language of lies

Fact forsaken, history revised
Laws be written; Kings belie
Beneath the mask; an ancient disguise
A language of lies
A language of lies

Kitty Will Never Tell

by: Valérie Larabie Patry

Irritated. I lie surrounded by a horrible body stench. I look around, lost in confusion. Nothing but pitch black surrounding every inch of wherever it is I lie. I hear nothing but the pulsation of my heart against my chest. I can't remember why it is I am here. Whenever I try and remember, all I can get out is "I was waiting for you Kitty. You're what I've always wanted, what I've always needed, and from this day on, YOU BELONG TO ME!" Wide-eyed, shivers crawl up and down my spine... and I have a feeling that I might not be alone in this dark room.

Laying here scared, all I can wish for is the days that are now long past, for those days when I was

safe, the days when we were in love with each other, both willingly. I hated myself for not loving you anymore; I wanted so much to stop myself from feeling that way. All my friends kept telling me that staying with you and not telling you the way that I feel, would not change things. That waiting longer, or for my feelings to change wouldn't help my situation. And so I trusted them, for they are my best friends. Then the day came, and it hurt me just as much as I knew it would hurt you: to take our own paths in our lives.

Things had been going well for a little while. I had been happier than I ever had been. But then they started coming: secret admiring notes. At first they were very flattering. They eventually came regularly; they gave me butterflies all inside, and turned my stomach into knots. I enjoyed the attention, but I was getting tired of not meeting this secret romantic.

One day I got a call: a call from someone I didn't recognize. His voice deep and calm, he talked to me as if he'd known me his entire life, yet no matter how hard I tried, no one came to mind. He sounded handsome and comforting and happy. He asked me to meet him at the local coffee shop, because he had something he really needed to tell me. Not a scared bone in my body, I had accepted the invitation, thinking that it must be my secret admirer.

Later that evening, I slipped into my most appealing black dress, and went down to the coffee shop, it was awfully dark out. I had wondered why he wanted to meet so late. But still not hesitant, I stood at the doors of the shop, my belly filled with butterflies. When I turned to glance into the deserted coffee shop, someone came behind me and grabbed me. There was no escape.

He blindfolded me, and taped my mouth shut, then whispered into my ear "I was waiting for you Kitty. You're what I've always wanted, what I've always needed, and from this day on, YOU BELONG TO ME!"

That voice...it had been you all along! Now, trapped in a room filled with rotting corpses, I think that I might eventually become one.

In Flames

by Nicolas J. Morin

The ray that doth shine
By thy lordly face,
Hung so high above
The swift winds of the earth.
Burned all thy holy beings,
Forsaken 'til death.
Perched above the heavens,
Frowns the Eden eye.

Guilt and Grievance,
Genocide and war,
All brought by the wrath
Of thy not named
Whence and once again,
Tears doth flow,
Streaming from the abyss,
The paradise.

Blazing Embers crawl
With haste and fury,
Their name giveth fear
Throughout the land.
Towns doth shrink to
Minuscule nothings.
The ghastly flames taketh
The evil iced sorrows

Guilt and Grievance,
Genocide and war,
All brought by the wrath
Of thy not named
Whence and once again,
Tears doth flow,
Streaming from the abyss,
The paradise.

Drowned,
soaked in filth and despair.
The flames taketh
Many a life,
The floods overcame
Thy cruel power
But ruined our world,
Our homes.

Guilt and Grievance,
Genocide and war,
All brought by the wrath
Of thy not named
Whence and once again,
Tears doth flow,
Streaming from the abyss,
The paradise.

In ice our minds,
In flames our hearts.

Creative Writing

Poised Vengeance

Matthew Vivian

It begins with a stand-off,
An old time draw.
Two loaded guns,
In a land without law.

Shot in the back;
A deal unkept.
Vengeance will be swift.
Vengeance will be met.

Loaded vengeance erupts,
In swift lead and flame.
The two triggers were
pulled,
Before vengeance came.

Around the vicious circle,
Our vengeful kind flows.
When will we stop?
Nobody knows.

Thus, in fear,
Our venerable souls
avenged,
Hallowed judgement fol-
lows,
Unity unhinged.

And the cycle begins
again,
The old-time draw.
A rebirth of sorts,
In a land without law.

Loaded vengeance erupts,
In swift lead and flame.
The two triggers were
pulled,
Before vengeance came.

Around the vicious circle,
Our vengeful kind flows.
When will we stop?
Nobody knows.

Years More

Lauren Walker

Invalid as the books and dead
like a baby, infantile in his
cradle,
But we've been here years more
Than any infant could.

Void the dates and morbidity
like a man, lost in his town,
But we've been here years more
Than any gentleman would.

Wrong is the solution and loving
like an elder, wise in his room,
But we've been here years more
Than any old man should.

Invisible like the numbers and
perfect
like you, silent in your ground,
But I've been here years,
Much more than you stood.

The Corroded Cage

Brandon Blair

Will we ever see the light?
Will we ever see its rays?
Will we ever feel the bite
Of the sun's piercing gaze?

Will we ever leave this place?
Will we ever gaze at stars?
Will we ever escape from here?
Break from these rusted bars?

There was a time long ago
When the sun's face did shine
Upon all of those below
Upon this face of mine

Nothing was there to fear
No bars did block our way

Our pleas the gods did hear
When we prayed day by day

But now the gods are dead
And now we pray no more
Every day, a day to dread
As we grovel on the floor

They came and took our
light
They came and took our will
No one could hear our plight
'Twas the gods They came
to kill

Will we ever see the light?
Will we ever see its rays?
Will we ever feel the bite
Of the sun's piercing gaze?

Will we ever leave this
place?
Will we ever gaze at stars?
Will we ever escape from
here?
Break from these rusted
bars?

That was then, now we're
here
A cage where we shall die
Where none dare to shed a
tear
In here our bodies lie

We all shall turn to dust
Our hearts shall turn to stone
And with a mighty gust
To the light the dust be
blown

But no warmth shall we ever
feel
Our hearts all left behind
Which They shall come and
steal
'Tis They who'll leave us
blind

Will we ever see the light?
Will we ever see its rays?
Will we ever feel the bite
Of the sun's piercing gaze?

Will we ever leave this place?
Will we ever gaze at stars?
Will we ever escape from here?
Break from these rusted bars?

We Are Pilots

Benjamin Poirier

I can't convince myself otherwise
I am nothing but one big lie
The sadness that wills me
Made up of some non existent tragedy

But you left this feeling
That thrives in me
Guilt, regret and finally
I see the flaws that make me

In my room is where I stay
Spending hours to myself
Thinking of everything you said to
me
Why am I stuck in this grave of a
body?

On a rainy Monday
I feel it inside me
In hopes of one day
Finding an escape from my body

Are we pilots
Or are we shells?
Do we see and feel
Or are we just empty?

I'm stuck in this place
Alone and curious
Lost in the miles of darkness
No one understands me

On a rainy Monday
I feel it inside me
In hopes of one day
Finding an escape from my body



Reviews

Rock Band

By Will Little

Until recently gaming was associated with fat males living in their mother's basement, scraping the bottom of the mustard jar. Enter the Nintendo Wii, a small motion sensing console, and that stereotype was ripped to shreds.

Following up on breaking the mold comes "Rockband", a rhythm game for the Xbox 360 and Playstation 2&3. For \$160, the disc comes with a special guitar, drums and microphone, all rendered to control the game. These simulate the feeling of their real life counterparts very well! The drums come with real sticks, and the microphone actually requires singing skills.

With a music game, the most important component has to be the soundtrack. Rock Band certainly delivers on this part. Over 60 songs, ranging from Rush's "Tom Sawyer" to the Red Hot Chili Peppers' "Dani California". Most people should be able to find songs they like. Even if not, the developers are constantly releasing songs that can be downloaded through the consoles online network for a minimal fee! The game can be played on four difficulty settings, easy, medium, hard and expert. They all play just like they sound. Many call the drums the hardest (and most fun), aspect of the game.

Is it worth all the money though? If you live on your own, and have virtually no social life, the answer is most likely no. What you're shelling out your dollars for, is the multiplayer experience. When you have 3 friends over, it is possibly the best experience video gaming can offer. As a co-operative team, the game sees you doing a "world tour". This basically consists of playing many songs in a row, and seeing how many points can be racked up. Expensive, maybe, but it's great entertainment with friends.

Book Review on Twilight

by Valerie Larabie Patry

Have you ever met someone who was so beautiful, that their beauty seemed inhuman or have you ever looked into someone's eyes and felt as though their eyes had the power to make you weak? Even if you haven't met someone who was so impossibly beautiful, I can assure you that if you were to read Stephanie Meyer's Twilight you would fall in love with the hypnotic character Edward Cullen. Twilight is the first book in Stephanie Meyer's extraordinary series. New Moon and Eclipse are the two following books in the series which continues the unusual romance.

I highly recommend this series to everyone, especially if you enjoy mysterious characters and memorable novels, you'll love Twilight. (I hope you don't get as addicted to it as some people I know).

Metal: A Headbanger's Journey

By Jonathan Carroll

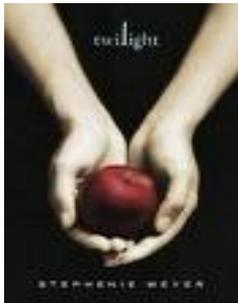
Sam Dunn was born a diehard metal fan -it was love from the first time Iron Maiden touched his ears. Growing up in the city of Victoria, BC. Sam spent a lot of his adolescence defending the music that he loved from ignorant teachers, family and even other kids who deemed the music "evil" or "satanic" because of the genre's violent persona. Years later, Sam had become a very successful anthropologist, studying very diverse cultures when he got the idea to study something very close too him, the culture he loved most, heavy metal music (metal).

The documentary starts off with Sam, who as narrator, explains that even the most unlikely people can be metal fans. The documentary swings into an examination of some of the earliest influential bands i.e.: *Mountain, Cream, and Jimmy Hendrix*. Even though by today's standards these groups aren't considered metal, they were the first of the genre and led to what we know today as metal.

From there Sam goes on to show the first real generation of "metal". Bands from this era are what today is considered classic metal. Some examples of bands from the first metal age are; *Slayer, Black Sabbath, Iron Maiden, Metallica and Megadeth*.

Throughout the duration of the documentary, Sam, interviews many famous musicians and bands while going through the metal genealogy. He touches on many different sub-genres of metal from the fun and upbeat "glam metal" to the darkest form of metal music, the feared "black metal". He also comments on some of the newer genres such as the Folk/Viking metal and Swedish death metal.

In conclusion, "Metal: a Headbanger's Journey" is an utter success, Sam Dunn and his crew managed to put together the most in-depth look into one of the world's largest, most misunderstood art forms. I highly recommend this to anyone looking to learn about the culture and for any self professing 'metal head' it's a must see.



BOOK COVER FOR TWILIGHT



ADVERTISING POSTER FOR THE HIT MOVIE; JUNO



ROCKBAND, A NEW GAME THAT HAS TAKEN THE WORLD BY STORM

Juno

by Caterina Garcias

"I hate when adults use the term sexually active...Does that mean we can just deactivate one day?"- Juno

Juno is your typical, (yet SO far from "typical") Canadian movie. Director Jason Reitman (Canadian) also director of such hits as 'Thank you for Smoking' and 'Uncle Sam' put together a brilliant, low budget, quirky, comedy/drama full of memorable lines and catchy songs.

It's definitely a movie to go and see over and over again. Filmed in Burnaby, British Columbia, the story is of a sixteen year old girl with a ridiculously witty sense of humor, a love for rock music and an unexpected baby on the way. Although the story line has been used before, I assure you it's never been as memorable nor as marvelously brought together as in Juno.

You're bound to fall in love in with Juno, her family, her boyfriend Bleeker and her hamburger phone. If not, you could always look in the Penny Saver for a better movie- but you won't find one.

Not only is Juno uplifting, funny and in some way educational, it also shines light on the reality of today's generation. It shows us how much power we really have over our own lives, the power to bring life into this world, to live after your mistakes, and to eat everything available in the cafeteria.

In conclusion, don't drink your body weight in Sunny D, watch Juno instead. It's by far the greatest Canadian made movie of our time.

GET A JOB!

by Angelique Cunningham Allard

Low on cash? Tired of begging for those few extra measly quarters from your parents? Instead of lazing around this summer, staring at a screen, come join the hardworking ranks of the employed. "Who'd hire me?" you might ask. If you dread the idea of being stuck flipping burgers all summer then stop dreading and realize that there are plenty of jobs out there and one of them has got to suit your interests. But in order to find a job you might like, then you have to go out and get it because the first place to start is with research. Many people find a job through family and friends but the internet is your next best friend. There are quite a handful of job application websites but I recommend these for a start:

www.workopolis.com

and

http://jobs-emplois.gc.ca/menu/home_e.htm

Workopolis is the biggest job search engine in Canada and you can search for jobs all across Canada. The possibilities are endless. But before you apply for a job that's a thousand kilometers away, I suggest you talk to your parents first. Searching for jobs is not the only thing you can do on this website. Workopolis also goes into step-by-step details on how to write a resume, how to prepare for an interview and how to negotiate a salary. Writing a resume is very important for the beginning of your job search because when you go apply for a job, you're going to be giving the people who are hiring a copy of your resume. So you probably want it to look good. If you're wondering what a resume is then you're farther away from your dream job than you think. A resume is a summary of your qualities, volunteering places and workplaces.

The second website is all about how you can apply for a government job. But the best thing about this website is that there are specific jobs that are for students. This can help you begin a career in governance and can also give you the opportunity to learn about the federal government and can give you valuable work experience. So, unless you want to end up as a rat catcher in Saskatoon then I suggest you pull yourself together, start backing up a few resumes and start applying for some jobs that interest you. It's easy to make money but finding a job that interests you is going to be a challenge and isn't going to happen right away. It's going to take hard work, lots of research and a few chocolate chip cookies to keep you going.

CHAMPIONS

by Jessica Parker

Congratulations to the D'Arcy McGee hockey team, who won their Masham tournament. Hockey is a developing sport for D'Arcy; this is only our second year with the hockey team. D'Arcy participated in two tournaments: one in Cowansville, and one in Masham. D'Arcy lost all three games in Cowansville but made a good effort. In the Masham tournament D'Arcy won 6-0 against Des Iles, won 6-3 against Louis Joseph Papineau, and won in the finals 5-2 against Des Iles. I got the chance to interview one of D'Arcy McGee's coaches, Mr. Delorme.

Being a relatively new sports program at D'Arcy, what are your expectations and goals for this season?

Mr. Delorme – To increase the awareness of hockey with schools in the Outaouais area. Also to get hockey on par in terms of an established sport, in the same way basketball and indoor soccer is. And finally, to establish a hockey tradition at D'Arcy that is similar to the football team.

What are the highlights of the tournaments the team has participated in?

Mr. Delorme – For the Cowansville tournament it was the first tournament with the guys together, and it was a good experience. It was also nice to have the opportunity to play against quality teams. For the Masham tournament it was going undefeated and winning the championship, and just watching the team gel together and support each other. They did D'Arcy proud, playing disciplined hockey and demonstrating sportsmanship.

For the Masham tournament, what did the team do differently to be successful this time around?

Mr. Delorme – They played against competition at their level. They played disciplined hockey and as a team. They worked hard and scored goals to stop the momentum of the other teams.

Was there anything the team had to overcome in this tournament?

Mr. Delorme – Some of the unsportsman like conduct.

What was your reaction and the team's reaction to winning the Championship?

Mr. Delorme – I was extremely proud of the boys, proud of the way they played and the way they conducted themselves in terms of sportsmanship.

Have you learned anything from your experience with this team?

Mr. Delorme – I wouldn't say I learned. But it reminded me of the importance of sports being a part of school culture. And that it's something we need to promote because it promotes a healthy lifestyle, and it fosters school spirit in a sense of belonging to the D'Arcy community. I think it can be very motivating factor for those who might not

otherwise stay in school. It also helps leave a student legacy and make the connection between past and future D'Arcy McGee students.

The team has done D'Arcy proud, and good luck to them in the future. Mr. Delorme is too proud of the team to give up his banner to be hung up in the gym just yet, and probably for a while. Nothing is confirmed yet but there is a possibility of one or two more tournaments for the boy's hockey team. Have a good season boys and keep up the hard work.

MEDICATION

By Valérie Larabie Patry

When we think of medication, most of us usually think that meds can help with anything that could function improperly within our bodies. While there are others who don't believe in taking medication at all. Both beliefs can be considered to be wrong. For those who have suffered a tragic accident, or for others who may be on their death bed in the hospital, medication may just save their lives, it might just make them live a little longer. In such cases as those, medication would be worth taking.

For cases such as: viruses, the flu, phobias, mental health and small aches, medications are often overused. For a small cold the use of Tylenol or Advil stops a fever from rising, gets rid of pains, and if it's a special kind of Advil, like Advil cold and sinus, then it can help with a migraine, or stuffy noses. The long term effects of using Tylenol or Advil are: liver damage, kidney failure, and very rarely ulcers, and internal bleeding.

Just thinking about the long term effects of Advil or Tylenol, do you really think it's worth taking them for those small colds, or headaches? Imagine these are medications that are not behind the counters of pharmacies. If a medication that nearly anyone can take has such bad long term effects, what do you think prescribed medication can do to a person? I will not get into all the long term effects of every medication. All I want to do, is inform you, that if you are taking certain medications, why not look up what the long term effects can be? You might just realize that living without that medication can give you five more years on your life.

