



The Cheetah Perspective

September 2002

"Strive For Excellence"

Volume 1

A Tribute to A Great Man

By: Kelly Gerrow, Mike Crist, Sindura Dar, Christina Morgan
The Cheetah Perspective

On September 5, 2002, the entire staff and student body of Charles P. Allen High School experienced acute sadness and shock with the passing of a beloved teacher and mentor, Mr. Whitehead. Although quiet and reserved by nature, he had a profound and lasting impact on all of his students and colleagues, and will be sorely missed by all. For those of you who did not have the privilege of knowing Mr. Whitehead, he was born Keith Lorne Whitehead in Montreal, and moved to Yarmouth at a young age. He graduated with a Bachelor of Science degree from Acadia University and then earned a Bachelor of Education from Saint Mary's, a Master of Education from Mount Saint Vincent, and a Master of Arts from Dalhousie University. During his free time, he was an assistant coach in many sports, including baseball, soccer, and basketball, and was also involved in cubs. Mr. Whitehead was a loving husband, and father of two sons, Shaun and Scott. For the past 33 years, he has been involved with education in the HRM, including both teaching and administration. This year would have marked Mr. Whitehead's ninth year as a teacher at Charles P. Allen, where he taught predominantly physics, but also math, chemistry, and Science 10. Mr. Whitehead is remembered fondly by his students as an extremely dedicated and hardworking teacher. He was generally the first person to arrive at school in the morning and the last one to leave in the afternoon. His lunch breaks were usually spent in his classroom in order to be available to students for extra help. In addition to his responsibilities as a teacher, Mr. Whitehead chaperoned every dance, including the annual outdoor dance. One student recalls in particular the outdoor dance this past year, where he was in charge of barbequing. She approached Mr. Whitehead at about 10 o'clock to ask for a hotdog. There were none left so Mr. Whitehead gave the student 6 freezies to make up for the lack of hotdogs, asking, "Who eats a hotdog after ten anyways?" Stories such as these illustrate just how much he cared for his students. As an educator, Mr. Whitehead was exceptional. He had an affinity for explaining difficult concepts in such a manner that made them clear and understandable to those who put in the effort. He was always calm, collected, and in total control of his class, without ever having to resort to raising his voice. As a rule, Mr. Whitehead's tests were always manageable, though he enjoyed boasting of his "killer" exam, which the students soon learned was a gross understatement. That was just an accepted part of the teacher we knew and loved. Mr. Whitehead's kindness and generosity made our school a better place, and his absence will most certainly leave a void that will be dif-



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Up Coming Events

1. Karaoke NightOct. 3rd
(7-10 @ CPA)
2. Cobequid Health Dance.....Oct. 10th
3. Thanksgiving DayOct. 14th
(No-School)
4. Parent-Teacher SessionOct. 17th
(6:30—8:30 @ CPA)
5. School Dance.....Oct. 24th
(7:30-10:30 @ CPA)
6. Province Wide Inservice.....Oct. 25th
(No-School)
7. Halloween Day.....Oct. 31st
(Come to school in costumes)

A Message From Mr. Walker

Dear Parents/Guardians and Students,

Our school newspaper is up and running thanks to our editors Ardalan Arefi and Laura Hynes. A special thank you goes out to Alison Walker for her editorial help and Paul Gedes, teacher advisor and technical Support.

This year’s newspaper will provide you with information about daily events and happenings at Charles P. Allen. Students, teachers, community members and parents are encouraged to make submissions.

September as you know, is off to a fast start. We have over 1000 students in out enrollment this year. Our grade 10 parents meeting was well attended on Monday Sept. 28th. Sports at CPA are in high gear. Out boys and girls, soccer and volleyball teams are in the midst of them their season. The boys football team is 3-0 into their season; Well done !

This years’ administrative team of Ms. Adriensen, Mr. McInnis and myself are looking forward to an excellent year. If you ever need to speak to one of us, please don’t hesitate to contact us at school.

Yours in Education,

Gary Walker
Principal



From Ardalan and Laura

WELCOME BACK CPA! We, Ardalan and **Laura**, are your newspaper editors for the 2002-2003 school year. We are **super excited** to see how everything turns out! We had an awesome response from the student body for our September Edition. Thanks to everyone who helped out this month, it was a little bit crazy and we were rushed but all of the writers and contributors did a **great** job! We hope to see all of you back for our OCTOBER ISSUE and throughout the year.

There was a lot to write about this month. Not only did September include back to school and the start up of school sports and clubs, but also an end to **split-shifts**, the one year anniversary of *September 11th*, and the unfortunate passing of our beloved teacher, **Mr. Keith Whitehead**.

Keith Whitehead.

We hope that everyone had a great start to the new **SCHOOL** year and you will all keep up to date with this years events through your school newspaper.

We had an awesome first dance on the 19th, and despite the heat, we still had a good time. Thanks to the **dance committee** for a great job and to everyone who came for making it so much fun!

Our School’s well-known new Principal, Mr. Walker has been doing a swell job and we would like to thank him for putting up with all the hassle in getting this first issue published.

In October our focus will be on issues such as: **The Cobequid Health Dance**, The upcoming **smoking ban**, Halloween, Thanksgiving, and the monthly columns that will be featured in every edition.

Have a great month and enjoy reading!

Your Editors,

ARDALAN.... and **Laura**

Student Council Address

By: *Student Council (President Dave Langille, Vice President Omar Ashour, Treasurer Taylor Burke, Secretary Monica Ward)*
The Cheetah Perspective

Welcome back Cheetahs! You all must be psyched for another year of school, especially after a nice, relaxing, and homework free summer. I know for certain that at least twenty members of our student population are; the Student’s Council, and everyone else should be!

The school year is off to a great start. The first day went smoothly and so far we have been collecting a lot of student fees and issuing tons of lockers. Your 35 dollars pays for you ID so that you can get

into our many school functions. For those students who haven’t paid their fee yet, or have a locker dilemma, please see Mr. Robertson. We’ve also had some Tenner orientation activities at lunch, and various sports teams and clubs have already started their seasons, so get involved. You might be the next Cheetah of the week!

In the near future there are tons of things happening with our school! Very soon we have our first dance of the year, and Omar has personally “Ashour”ed me that it will be fantastic, followed by a pajama day, of course. Then on October 3rd, we have a Karaoke night from 7:00pm ‘til 10:00pm. This is followed by the Cobequid Health Dance, which will be held at Sackville High School on October 10th, with SHS, Lockview, Millwood, and CPA in attendance, the goal of this dance is raising money for a new medical centre.

That’s all for now everybody. If you want to find out what is happening, why not come up to the Student’s Council Office, room 319, anytime or check out one of our meetings on Tuesday mornings at 7:30am.

IN LOVING MEMORY

*Keith Whitehead
1949—2002*

Upon hearing of Keith's passing, we had a compelling need to express our sorrow for the tremendous loss to the whole school community of Charles P. Allen High School by having a moment of silence yesterday. At time we reflected upon our valued member of science department.

Keith was a remarkably generous person, a dedicated, and a caring teacher, who always places the welfare, and concern, of his students, ahead of his own. He had a sincere interest in each of his students' lives and through his strong will, and character, provided them with his capable direction. He was a mentor to many, a fellow teacher who enriched our lives and influenced our dedication to teaching and to the over all well being of his students.

Keith was a friend and example, to all who crossed his path. Through his quick smile, he was responsible, compassionate, and kind. Those who were taught by him will always remember and appreciate the fruits of his labor, which had an impact on their lives. All the students who knew Mr. Whitehead, and who were so fortunate to have been taught by him, reaped the benefits of his hard work, and we are all grateful of his efforts.

We praise and thank god for the gift of Keith's talents and qualities. He departed when he was only 53 years young. Let us not question God, for the years he did not have with us, but rather thank God for allowing us the privilege to have known him, to have worked with him, to have been taught by him, and to have shared in his life.

We will all cherish, and find comfort in remembering that Keith's contributions made CP Allen, a kinder, gentler place, for having been among us.

On behalf of the students, teachers, administration and staff of the school community of Charles P. Allen, we express our sincere sympathy to his wife Heather, and children Scott and Shaun.

Rest in Peace Dear Friend

*Peter MacDonald
Science Department Coordinator*

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difficult to fill. He will be missed.

Top Five Things We Will Always Remember About Mr. Whitehead:

- 5) The way he laughed at the questions in the Physics textbook- especially the Reviewing Concepts.
- 4) His presence at every CPA dance.
- 3) The way he pronounced calculator, “calca-later”
- 2) His brutal Physics exam
- 1) His Acadia sweaters

Stories about Mr. Whitehead, From Mr. Mead

Mr. Whitehead and I worked together at the graduation Ceremony in the Dartmouth Sportsplex last year – our job was to tape the names of the graduates all around the perimeter of the sportsplex so that the graduates would know where to stand. Due to our split-shift the ceremony began at 9 a.m. We agreed to meet at 7:30 a.m. to begin taping names. Mr. Whitehead was notorious for arriving early, so I thought I would impress him by arriving at 7:20 a.m. Upon Arriving, I discovered that Mr. Whitehead had already put up over a hundred names and was happily continuing on. I helped to finish. When we were done we discovered we had forgotten all of the M's. Of all the letters to forget this one is the worst, there are tons and tons of M's! We had to quickly take off the tail end of the alphabet and redo the taping. My 5'10 height couldn't quite reach, so Mr. Whitehead, towering over me with his six plus frame, put up the names almost two feet higher than I could reach. We finished just as the graduates were beginning to line up!

I was teaching Oceanography and was trying to answer a student's question about the Coriolis Force, (Earth's rotation) and the motion of a helicopter. Believe it or not, this IS relevant to Oceanography! I deferred to Mr. Whitehead, our resident expert on all things physical, to see if he could help me answer the question. After discussing various possibilities Mr. Whitehead looked at me and burst out laughing. “What does it matter? Nobody uses that stuff anyway!” He said. So I went back to class and didn't mention the subject again, nobody even noticed.

Something to Ponder

By: Sarah Fancy
The Cheetah Perspective

For those of you who are new to high school and still aren't sure what to think, I thought I would write this to give you new views on 'high school'.

Let's look at the big picture, the average Canadian lives to be about seventy-nine years of age. Three of those years are spent in high school, well . . . for some *four* of those years are spent in high school, either way it works out to be that you spend four percent of your life in high school.

Now some people here think that if high school is that short then they better take advantage of everything high school has to offer. So they get involved in as much as possible and try and do their best in

everything. However, this can sometimes cause a nervous breakdown by the time grade twelve comes around because no one can do everything, besides not everything is that big a deal. For example, the difference between a ninety and an eighty-nine on a test is not worth getting stressed out about.

On the other hand, some people might think that if high school is such a small percent of your life then who cares. Its only four percent of your life so what difference does it make if you don't go to class today...or tomorrow...or the next day, it's only high school. Though, this attitude may be free of responsibility and stress, the end result could be that high school becomes a lot more than three years of your life!

So I guess what I am getting at is that, maybe somewhere in the middle is the best place to be. There is life after high school so don't worry about everything and take on too much at one time, but at the same time get involved and appreciate what opportunities high

9-11 Memorial

By: *Matt LeBlanc, Laura Gorman*
The Cheetah Perspective

September 11th 2001 was a day of fear, pain, and loss that resonated across the globe. The triple tragedy of the destruction of the WTC towers, the bombing of the Pentagon, and the plane crash in Pennsylvania weighs heavily on our minds, as we at Charles P. Allen encounter the one-year anniversary. Students at CPA, like millions of others worldwide, will forever remember where they were when they first learned of the tragic events that took place in the United States. As the student body sat in class, the North Tower of the World Trade Center was struck by American Airlines flight 11. Not twenty minutes later would United Airlines flight 175 strike the South Tower. As the world's eyes began to focus on the events surpassing in New York City, another plane, American Airlines flight 77 crashed down into the side of the Pentagon at 10:43am. Within the next hour, in what would take no more than twenty seconds, a combined two-hundred and twenty stories of steel came crashing down as both towers collapsed. At 11:10am, a fourth and final plane, United Airlines flight 93, was brought down in a field in Somerset County, Pennsylvania, due to the heroic actions taken by its passengers.

These horrifying images have been imprinted upon our memories, but it's a little more difficult to put into words how it has affected our lives. Shortly thereafter, most of us vowed not to take our family, friends and life in general, for granted. Because an event of this enormity is not a common occurrence, it forced many of us to reevaluate our priorities, and place stock in what is really important.

One year later, we have to wonder, have we genuinely stuck by our promises? Here are some student reactions:

"It's a sad thing but it hasn't hit home yet. It really hasn't affected my life that much"-- Alistair, 16.

"It makes you realize the world is a smaller place now, and problems from other countries can hit you here."-- Colin, 17.

"I find my prejudices have been heightened"-- Justin, 17.

"It's impossible to not feel saddened by 9/11 but I haven't experienced any direct consequences"-- Monica, 17

"I've been treating my family better since September 11th, because you never know when you might lose someone."-- Amy, 15.

"Because of 9/11, I've come to appreciate the smaller things in life."--Matt, 16.

However we can not let 9/11 become synonymous with anger and terror. Instead it should stand for new beginnings and a better sense of global understanding. The United States were quick to retaliate against the Taliban and the al Quaida network, but with the subsequent bombing of Afghanistan, thousands more civilian lives were shattered. Was their pain not worth as much as the American's?

THE STATUE – George Murray

*Suddenly the statuary is upon us,
hovering with panicked airs.
Why didn't we notice it sneaking up?*

*Guilt has unexpectedly become tangible,
is falling from its bearers
in tears of marble and limestone;*

*shall we rebuild the cracked white pillars,
the chipped plinths?*

Shall we quarry here in the light

*and air above ground? Free
of the weight of fault
might we finally shoot into the sky*

*as we were obviously destined to?
Or, without ballast,
will we tip at the crest of the next wave?*

*What is the danger of speaking
against this in one's head?
That someone might be listening?*

*It was a good but rocky world
as recently as yesterday.
It is there to see in all the papers of record,*

*in all the shadows painted on the walls
of our caves. What was bound
to happen? This. Despite how unlikely*

*the events of our Fall may have seemed,
there was always
a hundred percent chance*

*things would turn out this way. Prophecy,
it seems, is almost always just
an unrestrained case of History emy.*

First published in POETRY AFTER 9/11, edited by Dennis Loy Johnson and Valerie Merians (Melville House) George Murray's latest book of poetry is The Cottage Builder's Letter (McClelland & Stewart).

The Tragic Events of September 11th, 2002

By: *Steve Carr*

To some people, "911" is the phone number you dial in case of an emergency. For me, in particular, it means something more. 911 is also a tragedy. Some people say it was by pure coincidence, but I think it was a well devised plan by Osama Bin Laden and the al-Qaida terrorist network to try to attack, and

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destroy the United States. September 11th of the year 2001 is a day most of us will never forget. The terrorist attacks on the Pentagon and The World Trade Center’s “Twin Towers” happened on the 11th day of the 9th month of the year. Nine-eleven; or 911?

I remember the events as if it were yesterday. I was walking from one of my class’s en-route to economics for second period. The hallways were buzzing with a different type of atmosphere. It wasn’t the usual happy-go-lucky feeling at C.P.A. It was a very tense feeling. It was an atmosphere of panic, confusion, fear, ignorance, and so many other feelings. A friend of mine who was in grade 12 stopped me in the hallway. When he told me of all the news, I thought he was joking. That was until I looked up at the television overhead and all I saw were the images of the planes being flown into the towers. I couldn’t believe my eyes. Everyone now knew what was going on and everyone was talking about it. On this day, a large crowd of what seemed to be about 70 piled into room 215 to watch the television that Mr. Currie had brought in for us. During the rest of the day, all the televisions in the school (and probably any working television in the world) were locked to CNN or another news channel. We watched in shock as the events unfolded. We heard possible reasons, claims, stories, explanations, and anything to make the world realize what was going on.

I eventually went home and ate. Shortly after supper, I received a call from a friend who was back at school, he told me the Red Cross had set up shop right here at C.P.A. to ensure the emergency care of the passengers whose planes were diverted to Halifax due to the closure of international airspace. Soon enough, I was back up at the school; assembling beds, translating, showing passengers to sleeping arrangements, and doing anything and everything that needed to be done. That night (which was actually the next morning around 6) the Red Cross sent us home after an extremely long 22 hour day. They told us to get some sleep and come back later.

The next day, we were then turned into tour guides for the “refugees.” We took them to the mall, to take showers, to the golf course, and numerous other places. I could write a novel about those four days but now is the time to reflect and quickly think of that time. However, on the other side of the token, it’s time to bring closure to this and get peace and order back in our lives. The appropriate times will arise when we will be able to sit and think about this tragedy and wonder at how things have changed since then.

We can’t live in the past, because we will only live in fear.



WHAT’S UP WITH THAT?!

By: Jenna Rathbun and Yousef Al-Attar

The Cheetah Perspective

Hey CPA! Here are some AMAZING facts that I bet you never knew!

- Human thighbones are stronger than concrete.
- Thomas Edison, the inventor of the light bulb was afraid of the dark.
- In 1386 AD a pig was hung for the death of a child.
- If you ever get lost in the woods wearing leather shoes, you can chew on them for a short period of time. Leather has some nutritional value

WEIRD LAWS:

- In New Jersey it is illegal to slurp soup.
- In Miami, Florida it is illegal for men to wear a strapless gown.
- In Toronto it is illegal to ride a streetcar on Sunday after eating garlic.

MORE STRANGE FACTS:

- Americans choke on toothpicks more than anything else.
- Walt Disney was afraid of mice.
- If you look into a Gecko’s ear you can see through to the other side.

FACT OF THE MONTH:

Did you know that men blink twice as much as Women every day?

**This is Jenna and Yousef asking you:
WHAT’S UP WITH THAT CPA?!**

Ask Cheetah

By: Mathew Hawco

The Cheetah Perspective

Hey C.P.A! After an enjoyable and unfortunately short summer we all have headed back to the halls of Charles P. for yet another rousing year, for some the last, and for some the first. So another year means another run of the advice column for you to ask all your questions and I, to the best of my ability, will answer them! Any questions from “How did 7up get its name” to “When’s the next dance?” and even personal advice letters might be answered during the next issue of *The Cheetah Perspective* by the Cheetah! How do you get your questions to Cheetah? Simple! Send an e-mail to:

hawcomm1@student.ednet.ns.ca

or

drop off a question in the spotted *Ask Cheetah* box that will be placed in the library. All questions and letters are purely confidential and can be signed or left anonymous, no problem. So get asking C. P.A and satisfy your curiosity today!

Highlight: New Faces at CPA

By: *Denyne Park, Ashley Hotchkiss, Yolanda Young, and Allison Branton*

The Cheetah Perspective

Every year at CPA, along with the hundreds of new grade 10's, dozens of new grade 11's and 12's, foreign exchange students and others, we see new faces amongst our awesome staff. This year we are pleased to welcome thirteen new staff members. Among this year's new faces are Mr. MacLean and Ms. Roddick.

Mr. MacLean is our new English and CALM teacher. He has been teaching for sixteen years, at such schools as Auburn High and Cole Harbour, needless to say he is very pleased to have left those schools and joined us here at CPA. "The kids here seem keen and polite," He says of his new students, and "The atmosphere is very co-operative." Mr. MacLean's grade 9 teacher told him that he would never amount to anything, in response to this, he spent the next decade proving to himself, and those who didn't believe in him, that he could and would accomplish his dreams. After high school Mr. MacLean earned a Bachelor of English with Honours and a Bachelor of Education from St. Francis Xavier University.

Mr. MacLean is scheduled to work at CPA for one year, but he, and everyone whose gotten to know him so far, are hoping that he will stay for longer.

Ms. Roddick is also new to our school. She teaches Math 10, Math 11 Foundations and Math 12. Before moving to CPA, she taught at Auburn High. After growing up in Frenchvale, Sydney she attended Mount Allison University and St. FX. Ms. Roddick is quite the athlete. She used to swim competitively and is now assistant coach to Ms. Walker for our girls' volleyball team. Her other interests include downhill skiing and hanging out at the beach. Her favourite subjects to teach and study are math (of course!) and chemistry. So far, Ms. Roddick really enjoys CPA, although it has been pretty busy settling in. She thinks the students are great and the staff was super friendly and welcoming. Finally, if she had a million dollars to spend, she would pay off all of her student loans, go on a ski vacation and then go somewhere hot.

Along with the new teachers each year brings an influx of new students, specifically foreign exchange students. One of this year's foreigners is grade 12 Leticia Pementa Sant'Ana. Leticia came to Nova Scotia from Brazil on September 4th to study English. She is intending to stay until February. Although she misses her family, friends and hot weather in Brazil, Leticia likes it here very much.



She says the people are friendly and we have good sweets, which she loves. Leticia has never seen snow and is very excited to see some this winter, we're sure she will get plenty of opportunity! In the picture on the right side, Leticia and one of her new friends are photographed having "Fun" in school.



We hope that students at CPA prove to be as friendly as we know they can be and make Leticia, Mr. Maclean, and Ms. Roddick feel welcome to our school.

CPA Has The Spirit

By: *Noof Al-Shammary*
The Cheetah Perspective

When you're enjoying the summer on the beach or poolside with friends, you can sometimes lose track of time and before you know it, you're back in school! Wow! That was one short summer. However, for the first week of school being back was really fun. The student council tried their hardest to make everyone welcome, and they were successful.

From the colourful posters that had no purpose but were very welcoming to CPA's old and new students, it was just a little touch of that well known cheetah spirit. The grade 10's hopefully got familiar with the cheetah spirit



on orientation day. The games got dirty, when smarties and cheese were involved, there was also the pudding game, the traditional relay races and so on. The grade 12 leadership class introduced themselves, while offering a pencil as a welcome present to the grade 10's. To keep the school spirit going, participate in extra-curricular activities! Whether it is the dance committee or fashion show. GET INVOLVED, you never know, it might be something you're interested in. There are also the fun school dances, and awesome sports teams. Which some of you might have experienced by attending our first football game, which was CPA vs. Lockview, 54-0 CPA... Go Cheetahs!! As a writer of the spirit column, I look forward to writing about all the interesting events that occur at CPA.



CPA Phys. Ed Leadership

By: Dayna Park
The Cheetah Perspective

Hey CPA!

This is a message from your grade 12 Phys. Ed Leadership class! We just wanted to let all you Cheetahs know about some of the great things we're doing around the school and community.

Recycling: Miss. McKinnin is allowing the Leadership Team to take over our schools recycling program for a while! Please remember to throw all of your empty bottles and cans into one of the recycling containers (that's the blue cans!!) that are located all over the school. Help keep CPA one of the cleanest schools around, while supporting the Leadership Team!

Cheetah Gold Cards: Also, the Leadership program is taking on a new fundraising venture, so support your school and buy a CHEETAH GOLD CARD. The discount card costs \$15 and will save you tons of money, and give you great deals at places like Burger King, East Side Mario's, Bowlarama, Dairy Queen, Putting Edge, Sackville Sports Stadium, Magic Mountain and a lot of other great places. You can also use it in other provinces and even in the United States! Not only is this a fantastic deal, but you will be allowing the leaders to raise money for the school.

Aids Walk: Some members of the Leadership class participated in and/or volunteered at the Aids Walk on Saturday, September 21. It was a great success, and a lot of fun! Those involved thought it was a fantastic experience and are looking forward to more chances to help out in the future!

Beautifying the School: Some of you guys may have seen the Leadership class outside cleaning up the school grounds at the beginning of September. We weeded the schools beautiful new garden and tidied up the sidewalks. We will continue to keep CPA beautiful throughout the semester, so make sure that you stop and smell the flowers!

Well, that's your September update from the CPA Leadership class! Thanks Cheetahs, and we hope that October at CPA is just as FABULOUS as September was!!

Overview on Meetings and Sports Announcements

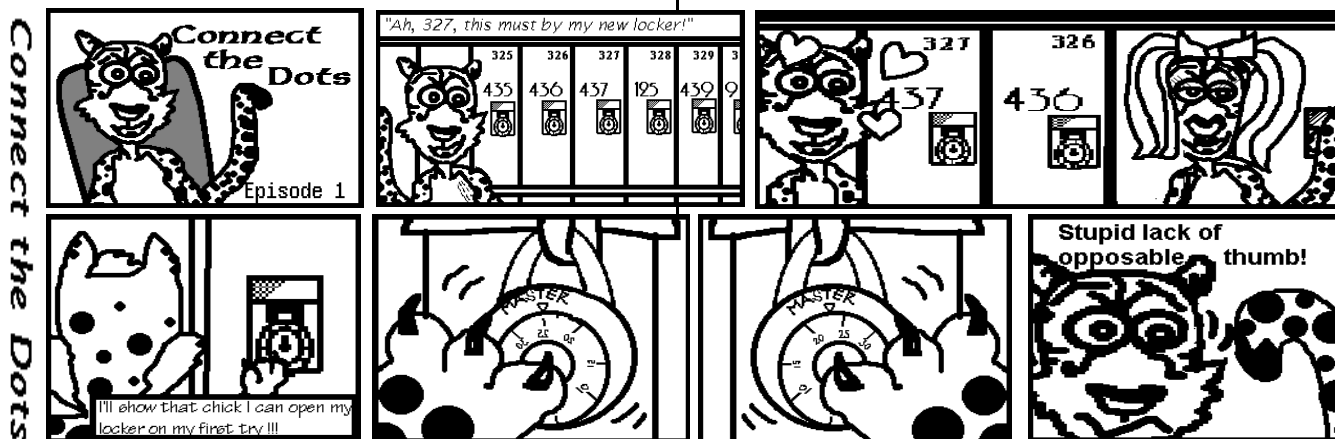
By: Mee-Yeon Jang and Allison MacPherson
The Cheetah Perspective

The start of the school year means many things, one of those being tryouts for sports teams here at CPA. Here's an update of the teams that have been chosen and those who are yet to have started tryouts.

The football team has been chosen and they are well into their season, be sure to check out a couple of their games. The boys and girls soccer teams started their tryouts as soon as school started, they have both had their season openers. The Golf team recently had its tryouts and attended the Golf Metro/Regional Championship on September 26th. As well, the baseball Metro/Regional Championships were held on September 27th and 28th. In addition the boys and girls volleyball teams have recently been chosen, although they have not started league games yet.

There are a couple teams that you can still tryout for, for example, the girls' basketball team is starting tryouts soon. There will be four sessions held on Tuesday September 17, Friday September 20, Tuesday September 24 and Wednesday September 25. The girls' rugby team is starting conditioning so come on out if your interesting in trying out later on this year. Also Boys and Girls cross-country is getting started so listen to announcements. A new 'team' at CPA is the Charity Run/Walk Club which will be participating in such runs as the CIBC run for the Cure in October. There are no try-outs for this team, all are welcome. Finally keep your eyes opened for the boys' basketball tryouts.

Don't worry if you are not playing any sports yet, there are still the hockey team, track and field and others throughout the year. For now, though, there are many clubs that students can join. The S.A.A.C. is starting up again and will be meeting Wednesdays at lunch in room 309, the Debate club meets Mondays at lunch in room 323. As well, newspaper is in full swing (can't you tell!) and meets monthly in the newspaper office, all are welcome! Pep rally, dance committee, Big Bunch, Yearbook and other clubs are all looking for new members, so listen to announcements and get involved!



Fashion and Health Tip of the Month:

Bad Breath

By: *Kelly Best* (CPA health and beauty specialist)
The Cheetah Perspective

So you're totally psyched for the school dance. You've got the best date with the hottest guy/girl in the school. First, you and your date head out for supper. After supper it's time to shake your booty on the dance floor. You and your date are having a great time and a slow song comes on, now it's time for you to make your move. So you're already nervous about your first kiss and of course you want it to be perfect, you shouldn't have to worry about bad breath so follow these tips to make your night a memorable one!

1. First of all don't get hyped up over a problem you might not even have. If you had garlic last month your date isn't going to notice it. If you notice any of the following problems occurring you may need to freshen that breath before you make the move: white coating on your tongue, Dry mouth and bitter metal taste, morning breath, people either constantly cleaning their teeth and gums in front of you, turn their heads or plug their nose when you walk by.
2. Keep your mouth moist. I'm pretty sure not all of you drink your daily recommended intake of 8 glasses of water a day, but if you knew that it could cure your bad breath you might reconsider. Drinking at least 3 litres of water a day can help, don't let your body become dehydrated. You could also chew sugar-free gum after your meals to maintain saliva flow.
3. EAT! Step three shouldn't be too difficult for most of you. Eat plenty of fresh fruits and vegetables. Try to reduce your daily consumption of red meat and snacks. Most snacks contain sucrose or glucose and these products are refined sugars, which increase bacterial growth in your mouth.
4. Make sure you have a balanced diet with your required daily intake of vitamins, more importantly vitamin C. A balanced diet should have a sufficient amount of minerals, particularly Zinc. Zinc and foods that contain Zinc are believed to decrease plaque development.
5. Don't smoke! Most people agree that smoking is difficult to quit, but they think health reasons, including bad breath, are a good reason to try. Find professional help or the support of loved ones if you can't do it alone.
6. You have to remove as much bacteria from your teeth a day as you possibly can. Bacteria builds up fast and flossing is an essential part of combating and preventing bad breath. Brushing with a toothbrush just isn't enough.
7. Try and find toothpaste that contains fluoride. When using fluoride make sure you are not using another tooth and mouth product.
8. If you hate going to the dentist ask yourself if it's worth it to be kissing that special someone next week. If you answered yes, then you should visit your dentist regularly.

If you're willing to follow all these steps then you are ready to make your move. Good Luck and happy kissing!

Websites and Books

By: *Tiffany Robertson*
The Cheetah Perspective

Website of the Month

You know when you look in the mirror and you wonder to yourself **HOT or NOT.** Well... at www.hotornot.com you can find out for sure! I know what you're thinking "IS THAT REALLY POSSIBLE???" Well it is. Submit your picture at www.hotornot.com and have people rate whether they think you're HOT or NOT! Also you can rate people on how hot you think they are. You can check your results as often as you like and if you really like what you see you can arrange to meet that person. Kind of freaky to me.... but if you're bored and you want to help some poor people figure out if they're really HOT or NOT... Check it out!! It's a good laugh! Recently I submitted a picture of Ardalan Arefi, our fellow cheetah to HotorNot as an experiment... He's been on for over a week now and has gotten a 9.7/10 rating on the website!!

Book of the Month

"Canadians used to be real good at hockey. Now they suck. There was once a Canadian Football League that was real good. Now it sucks. Canadians are good at sports that nobody cares about and they suck at the sports that matter. Also, curlers are easy to make fun of. Because they're curlers. And that's pretty well all you need to know about Chapter 6.

However, as always, we do have some advice for you that will help you fit in whenever a sporting event of any kind is under discussion. Trust us. This will work every time. No matter which sport is being discussed, all you have to do is squint your eyes, grunt deeply, wave a hand dismissively and say, "Aw, it ain't the game it used to be." This will get a chorus of affirmative grunts from everybody else, and then you can follow up with, "Sometimes, I can hardly bring myself to watch." Again, no matter what sport everybody's been talking about- hockey, football, lawn darts- this comment is sure to win sympathy and nodded agreement. But don't push your luck. If anybody tries to take the conversation further, immediately go get a round of beer (even if you're having this discussion around the office water cooler). Or, if you have to, fake another heart attack."

This excerpt is from the book: How to be a Canadian, by Will Ferguson & Ian Ferguson.

Found at any common book store.

"The funniest writer in Canada." –National Post
"Savagely hilarious." – Glasgow Herald

This book is really funny, it keeps you laughing out loud page after page. It's a great investment of time.

Cheetah’s Ready to Step Up

By: *Derek Morrison*

The Cheetah Perspective

Once again it is September, and that means a few things. School is back in session, the days are getting shorter and the air is getting cooler. But most importantly another football season has begun. This season marks the fifth year for Charles P. Allen’s football program, each season more foundation has been set and new goals seem obtainable.

Many see this season as a breakthrough year for the Cheetahs, and after a 55-0 thrashing of those woeful Lockview Dragons, and a hard fought 36-28 victory in the season opener against the P.A. Panthers. Most recently at a game on our home turf (Range Park), the cheetahs put a beating down on Sackville, the score was 63-4 and with our second line playing almost half of the game our rookies got a real chance to prove themselves. We are now holding a record of 2-0 and its seems as C.P.A. is beginning to live up to the hype. But with only 17 of their 47 players experienced at the high school level, some may wonder how this sudden improvement has occurred.

To start, of the 17 returning players many of them play key roles for the team. Quarterback Charles Oliver is a second year starter with a strong arm and great running ability that compliments his passing game. Oliver also pos-

sesses great on field awareness, which leads to him making awesome plays out of nothing, a great ability for any player to have.

On the defensive side of the ball two key returnees stand out. Third year defensive line starter Thomas Elinsky is one of the biggest men in the league and he has many universities drooling over the chance to have him on their team. Elinsky is always able to make a tackle and is known for making huge hits on some unlucky opposing quarterbacks. Elinsky also provides great on field leadership with his energetic play, which in turn pumps up his teammates and the crowd. The second standout athlete on the defense is another returning starter, Taurean David. Only two games into the season David has already come up with huge plays, returning several interceptions for touchdowns. David is one of the fastest players in the league, and once he starts moving opposing teams will have little success in catching the man. Quarterbacks around the league will quickly learn not to throw the ball in his direction.

Another reason for C.P.A.’s quick success is due to the play of some standout rookies. Receiver Ted Abraham has shown big play capability while catching multiple touchdown passes thanks to his great hands. Rookie running backs Jonathan Hayes, a grade 12 play-

Charles P. Allen Football Roster

- 2 Graham Brown - DB
- 3 Dan Hayes - DB
- 4 Jamal Anderson - WR
- 5 Charles Oliver - Q
- 6 Tristan David - DB
- 7 Scott Lively - SB
- 8 Billy Horner - DB
- 9 Ted Abraham - WR/Q
- 10 Pat Mayo - SB/Q
- 11 Matt Dompierre - SB
- 12 Tim White - DB
- 14 Ben Bagnell -WR
- 15 Steve Morrison - LB/P
- 20 Taurean David - DB/SB
- 22 Alistair McDougall - DB
- 24 Ben Cross - DB
- 25 Ben Ferguson - RB/K
- 30 Brendon Legere - RB/LB
- 33 Jon Hayes - RB
- 34 Daniel Jackson - DB
- 36 Dwayne Oliver - DB
- 38 Jacob Akerly - DB
- 39 Jeff Dartt - LB
- 40 Lance Bowness - LB
- 41 Greg Baker - LB
- 42 J.J. David - LB
- 43 Peter Vaughan - LB

- 44 Mike Katountas - LB
- 53 Chris Lipsit - OL
- 54 Allan Tidgewell - DL
- 55 Rorry St.Clair - OL
- 56 Pat Nakaska - DL
- 57 Anthony White - OL
- 58 Tom Elinsky - DL
- 60 Clark Gildart - C
- 61 Shane Bourque - DL
- 62 Charles Inglis - OL/C
- 63 Keegan Whittleton - OL
- 64 Kyle Barton - OL
- 77 Ben Smith - DL
- 80 Stephane Cote - WR
- 88 John Sorenson - SB
- 92 David Fowler - DL
- 99 Kai Nademi - WR
- Garett Boutilier - DL
- Jeff McFaden - LB
- Geoff Maes - DL

- Coach - Steve Saunders
- Asst. Coach - Blake Jackson
- Asst. Coach - Terry Bremner
- Asst. Coach - Rod Barton
- Asst. Coach - Wayne O'Brian
- Staff Advisor - Kim Dompierre
- Athletic Director - Anne McKinnon

ing his first year, and Brendon Legere, a grade 10 who has just recently moved here from New Brunswick, make up two thirds of the great running game that the Cheetahs possess. The third member of the running unit is second year man Daniel Jackson, who is always capable of a huge run.



Even with all these standout players the key reason for the Cheetahs success is team chemistry. The entire team, whether they are starters or back up players, communicates and works together thanks to off field and on field motivation. This great team quality is a reflection of first year head coach Steve Saunders. Also defensive coach Jackson is always the most intense man on the field, which reflects well on his players. Coach Bremner guides the offensive and coach Barton handles the special teams.

Those three key elements are the recipe for a great season of CPA football and by the time the end of October reaches us, metro high school football might realize that this could be the year of the Cheetah.



Horoscopes

Cheer Up Sag, Life Could Get worse!

By: *Dayna Park and Virginia Hynes*
The Cheetah Perspective

Virgo:

Your month doesn't get off to a very good start. On the 1st you have a nightmare about neon pink human-eating cows, (who would have a dream like that) on the 14th you find yourself at a Cape Breton Shindig, and to top it off the 'rents tell you you're freaky Aunt Eggie (with the yellow teeth and blue hair) is coming for a visit.

Lucky days: hmmn, this one is difficult, maybe the 30th?

Libra:

Around the 12th you will notice your friends starting to avoid you, this is probably a result of showering bi-weekly. Once you clue into this, and act upon it, things will work themselves out perfectly!

Lucky days: 2, 9, 26

Scorpio:

When people start to bug you, it doesn't mean they don't like you, it actually means they do like you! So stop being nervous, and now that you know better, wipe your hands or something, no one likes sweaty palms!

Lucky days" 1, 17, 19

Sagittarius:

This month you will tend to have the runs, for quite some time! Try to remember two things... one, don't let anyone around your back side and two, what did you eat??

Lucky days: (needed) 4, 8, 20

Capricorn:

It's good to do things for your own once in while, be in charge, be YOUR OWN MAN/woman. Forget about all the things you are supposed to do and do the things you want to do... You are gunna have one of the best periods of your life.

Lucky days: 6, 18, 27

Aquarius:

As you notice people looking at you walking down the hall, instead of thinking, "Damn, I'm lookin fine today!", perhaps you should

check your fly, it's probably down.

Lucky days: 7, 25, 30

Pisces:

Your grades are starting to fall, and you haven't been passing in assignments; Our advice: IT'S ONLY THE SECOND WEEK OF SCHOOL, IF YOU'RE SKIPPING/SLACKING ALREADY, I DON'T WANT TO KNOW WHERE YOU'LL BE IN THE SECOND MONTH!

Lucky days: At this rate your not looking at many, maybe the 21st.

Aries:

You are feeling great, like you can do anything . . . however, around the 19th, if you want to keep this image, you might want to watch out for street lights and poles!!

Lucky days: 6, 16, 22

Taurus:

Things are going wonderfully, you're beautiful, smart and have tons of friends, don't worry about any future bad luck, you're to awesome a person for this to change.

Lucky days: 1, 14, 23

Gemini:

BEWARE OF THE 23RD! Something horrible might happen, like you're talking to this really great guy/girl and your thinking "Nothing could possibly go wrong!" well, just in thinking that you asked for it, a sudden a glob of drool or snot or phlegm (or any other disgusting bodily excrement) comes flying out your mouth!

Our Advice: 1) Don't get too cocky, 2) Say it, don't spray it!

Lucky days: 6, 10, 29

Cancer:

Your stomach will get a little unsettled around the 4th, perhaps you should consider not coming to school, because around the 7th it gets worse . . . much worse. You let one fly in English, big mistake . . . it was a wet one!

Lucky days: none, after the 7th, your life is in the tubes.

Leo:

If you start waking up with blisters around the 17th, immediately consult a doctor, do not wait a couple weeks (trust me it only gets worse!) Just thank your lucky stars that **You** didn't have it on picture day! Cause some people did !!!

Lucky days: 2, 13

Laugh it Up

Selected by the Editors

Jokes of the Month

A man went to visit his doctor. "Doc, my arm hurts bad. Can you check it out please?" the man pleads.

The doctor rolls up the man's sleeve and suddenly hears the arm

talk. "Hello, Doctor't; says the arm. "Could you lend me twenty bucks please? I'm desperate!"

"Aha!" says the doctor.

"I see the problem. Your arm is broke!"

Insult of the Month

Last time I saw a face like yours I fed it a banana.