

THE HEARTBEAT

The Latest News | Creative Writing | Advice | Reviews

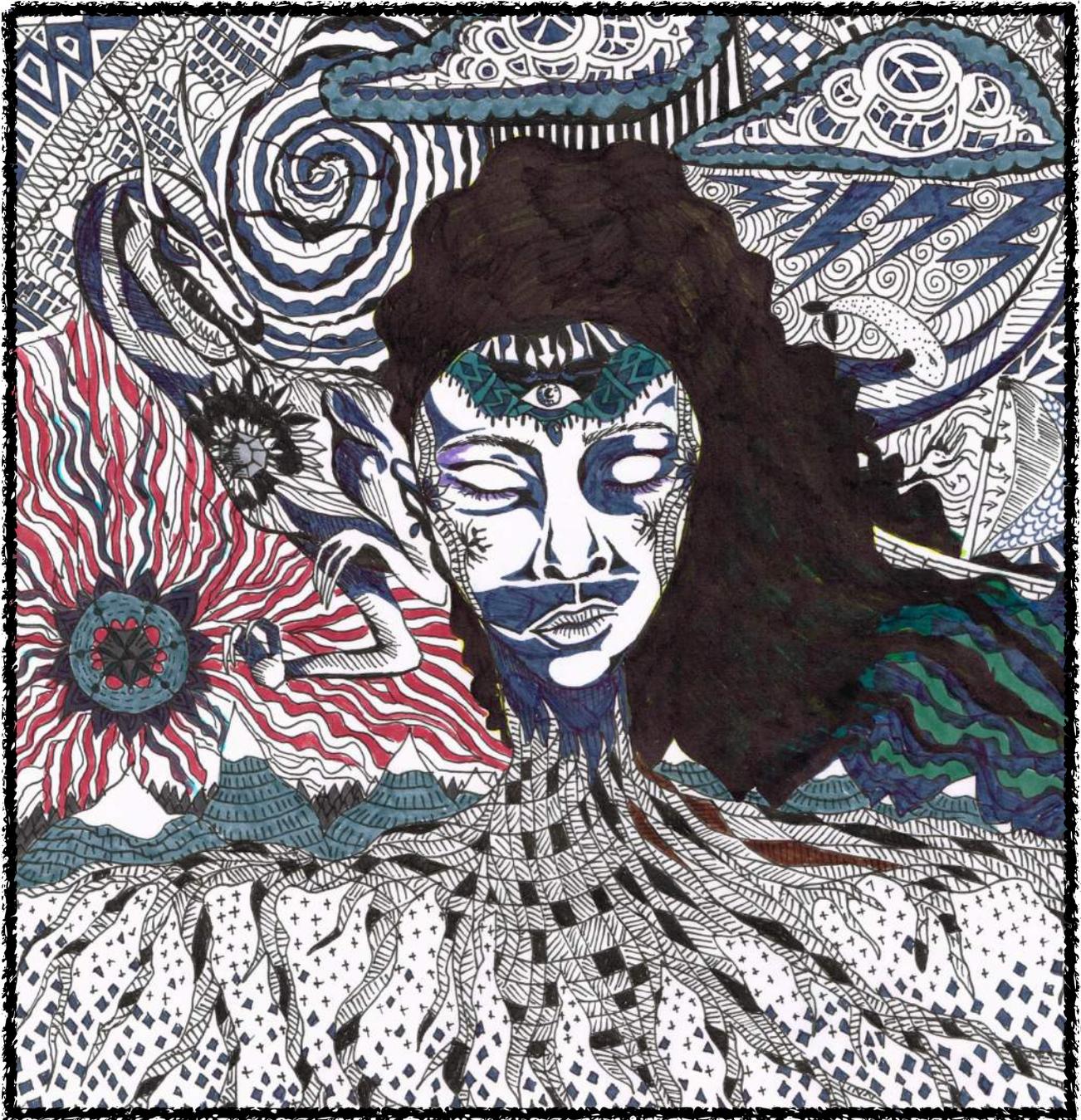


Photo Credit: Isabelle Riche

Operation Christmas Child

Written By: Laura Snow

The month of December is often regarded as the season for giving. With that in mind, it's important to think critically about where your hard-earned money is going. Oftentimes, we see charitable campaigns and in our rush to donate or gather items to help out, we don't look into exactly what the charity stands for, its reputation, or its effectiveness. One popular charity during the "giving season" is Operation Christmas Child.

Operation Christmas Child is a charitable program run by the Samaritan's Purse, a non-denominational evangelical Christian organization. They ask people to pack shoeboxes with school supplies, hygiene items and other toys and small gifts to send to countries such as Uruguay, El Salvador, Venezuela, Haiti and more.

Controversy started in the early 2000s, when The New York Times reported that following an earthquake in El Salvador, the organization held a half-hour prayer meeting before helping to distribute aid. While aid was not dependent on a confession of faith, questions were raised about giving the prayer session first and aid after, potentially using their position of power to persuade people to

convert. Although this was not against federal guidelines, the United States Agency for International Development (USAID), issued a statement saying they would prefer if they separated their own activities from those that were funded by USAID. Many thought that there should be a greater separation between church and state, especially since they offer Christian materials with all of their boxes in countries where other religions are the majority. Another controversial component of the charity is the president himself. In 2003 he made anti-Islamic statements saying that Islam is "a very wicked and evil religion" according

to The Guardian. Later, in 2009, more questions were asked as Graham claimed full salaries from two organizations.

That being said, Samaritan's Purse has received positive ratings from independent charity review agencies as of late for their financial transparency. According to their website, they also no longer include religious documents inside the shoeboxes, but offer them with the boxes instead.

While Samaritan's Purse is used here as an example of a controversial charity, it is always important to do a bit of research to make sure that your belief system aligns with the actions of the charity you are supporting. Simply googling the organization, or choosing to support local charities or even local aspects of larger charities can help you to better decide where your money is going.



Can you imagine what Hong Kong school life is...?

Written By: Jacqueline Wong

English

Hong Kong is a city which usually makes people feel like they lack time, both in their everyday life and school life.

As students in Hong Kong, every morning, we wake up earlier than seven o'clock in order to prepare for school. Every morning would be a rush for us, so we don't have time to eat breakfast at home. We go to school by public transportation, such as bus, train and the MTR (the subway, which is the fastest transportation). Normally the public transportation is crowded, so it's so hard to get in and stand inside. When we don't want to get to school late, we must try our best to get in the subway. Because when we get to school late, we will have detention after school at least one hour and they will call our parents about it.

The first thing I will do is put all my things in my desk. Then I run to the canteen to buy some breakfast, and then I go back to classroom and discuss the homework answers with my classmates.

Meanwhile, the class is getting started. During school hours, we must study at least eight subjects, such as Chinese, English, mathematics, and other subjects. We usually have a double period in the morning and there are fifteen minutes of recess after. The

teacher usually uses those fifteen -minutes to teach as well, because they didn't have enough time to cover all the material. After that, we have another two periods followed by a one hour lunch. This is often only ten to fifteen minutes for us, because we have to do our tests, assignments and labs during lunch.

We also have to do the IES (Independent Enquiry Study) for the liberal study and the SBA (School-based Assessment) for every subject.

After school, we have classes as well, like makeup class because we don't have enough time to study during school hours. After the makeup class, we have to join extracurricular activities, and after that, we have tutorial class. Then we can go home to do other assignments.

This is our life in Hong Kong. Our purpose of studying is to take the DSE examination (Diploma of Secondary Education) which is the public exam in Hong Kong just as the one we have in St. John's.

We have to get high scores in this exam in order to get into university because it is very competitive.

Everyone focuses on their study while they might miss some valuable things in their life.

如果你生活在香港,你能想像香港學生的生活是怎樣的嗎?

撰稿: 黃心穎

Chinese

香港位於中國的東南方,有東方之珠的美譽,國際大都會的稱號。但是城市繁榮的背後,令人感覺香港人生活急速,缺乏時間。無論在學校生活和日常生活中,我們都可以體驗這種急速的生活節奏

每日早上,香港的學生都會被無情的鬧鐘吵醒,準備七時上學.我們沒有足夠時間上學,所以不能在家吃早餐

我們上學乘坐公共交通工具,如巴士,火車和地鐵--地鐵,這是最快的交通工具.一般的公共交通很擁擠,難以進入,更難在車廂找到一個比較寬闊的地方站著。當我們不想去上學遲到,我們必須乘搭地鐵。因為我們上學遲到,所以放學後留校至少一小時,他們亦會打電話給我們的父母。

當我們回到學校時候,我會放下所有東西。跑到小賣部買了一

些早餐,然後回到教室,與同學討論功課。

然而,我們必須修讀至少八個科目,如中國語文,英語,數學等多門學科。我們通常在雙節期間並有15分鐘休息。老師通常使用這段時間教書,因為他們沒有足夠的時間來覆蓋所有的材料。在那之後,我們有另外兩個課節後有一個小時的午餐。這往往是只有十到十五分鐘對我們來說,因為我們要做的午餐時間我們的測試,分配和實驗室。

我們也有做的IES(獨立調查研究)的自由主義研究和SBA(校本評核)每一個科目。

放學後,我們班還有補課,因為我們沒有足夠的時間在上課時間學習。補課之後,我們要參加課外活動,以及補習班。那麼我們就可以回家做功課。

這是我們在香港的生活。我們研究的目的是就要把DSE考試(中學教育文憑),這是市民在香港考試就像一個我們在聖約翰。

我們必需在這次考試獲得高分,以確保考進大學,因為香港教育制度非常有競爭力。

每個人都專注於他們的學習,所以可能會錯過一些有價值的東西。

HHM Night @ Chapters

Written By: Stephen Browne

November 24 was Holy Heart Night at Chapters: an annual fundraiser that helps support the Holy Heart Learning Resource Centre. During the event, which ran between 7:00 – 9:00 PM that Monday evening, if you showed a green bookmark at the checkout (bookmarks were made available by volunteer distributors throughout the night and were also attached to student report cards the week prior) 15% of any purchases made were donated by Chapters to the LRC. More than just a simple fundraising event, Holy Heart Night at Chapters also boasted live musical performances from voluntary talents from around the school

The evening's entertainment was hosted by student council executive, Adam Murphy, and featured both student and teacher performers ranging from piano to guitar to vocals and even featuring original songs from select student musicians. The night's music was a true spectacle with the homegrown performances undoubtedly drawing a larger crowd to Chapters and earning even more funds for the LRC!

For those who wished to assist the school but had nothing to purchase for themselves, a "Wish Table" was set up near the entrance of the store. The Wish Table offered anyone who wanted to make a direct donation to the LRC the opportunity to do so by showcasing various books that the LRC would use funds to purchase.

While only half a dozen books were bought directly from the Wish Table and the exact results of the fundraiser remain to be revealed by Chapters, this year, as every year, was most certainly a resounding success.

Morgan's Cats

Review By: Morgan Boyer

If any of you know me personally, you probably haven't gone without seeing at least 3 pictures of each of my cats.

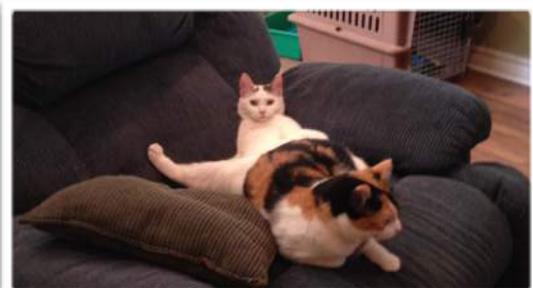
Nova is my oldest cat and she's the nicest. She lets you hold her for short periods of time and sits with me when she's around.



Mabel is my youngest cat and she's pretty wild! She follows you into rooms, and I'm 100% sure she purposely tries to trip you when you walk downstairs!

Mabel spends more time with a person and genuinely cares a little but Nova doesn't really care about anyone.

Overall I would give Nova 6/10 and Mabel 8/10 (because she's a lot more adorable so she gets bonus points)!



Sports at Heart

Written By: Samantha Gosse

Basketball

Highlanders had a tough week in basketball with the boys senior team losing to Gonzaga in the tournament semi-finals and the girls placing 5th in their tournament. Both teams are strong and will make a comeback at the next earliest opportunity. On the bright side, both teams also beat Gonzaga at least once before they were knocked out of the tournament and isn't that what really counts?

Hockey

Girls Senior volleyball team played Queen Elizabeth, Corner Brook, and Lewis Port this past week in the female 4A's. They took away one win overall but played a strong tournament as a team.

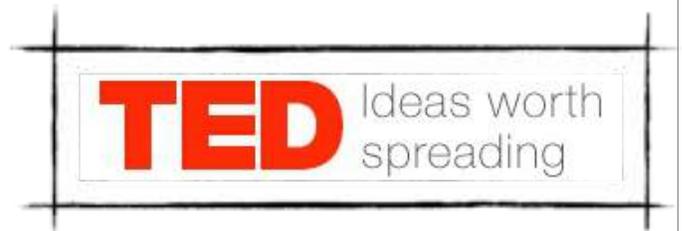
Volleyball

Boy's volleyball team is looking forward to participating in the city league playoffs this week. Follow @HHMSports to stay updated on the games and scores! Good luck boys!

Top Ten TED Talks (In no particular order)

Chosen By: Laura Snow & Shane Gladney

1. Rosie King: How Autism Freed me to be Myself
2. Isabel Allende: Tales of Passion
3. Scott Turner Schofield: Ending Gender
4. Andrew Solomon: how the Worst Moments in Our Lives Make us Who We Are
5. Haas & Hahn: How Painting can Transform Communities
6. Zak Ebrahim: I am the Son of a Terrorist. Here's How I Chose Peace.
7. Matthew O'Reilly: "Am I Dying?" The Honest Answer.
8. Isabel Allende: How to Live Passionately no Matter Your Age
9. Joy Sun: Should You Donate Differently?
10. Wes Moore: How to Talk to Veterans About the War



Winter In New York

Written By: Leah Paronavitana

The warmth of Holy Heart was like a warm hug, that cold, rainy Thursday night. At 7:00 pm the doors swung open, and students dressed in everything from jeans to formal suits and party dresses, swarmed the front of the student entrance. Teachers and students alike waited eagerly behind an admissions desk, faces aglow with smiles. Everybody was laughing and talking, and every few minutes an “Oh my God, I looove your outfit” could be heard. The energy was just hopping. A New York backdrop adorned by Christmas lights, framed the Central Park – style bench situated just inside the school’s student entrance. It was a truly festive sight.

Upon entry, everybody was expected to visit the “Coat check yourself before you coat wreck yourself” (genius name). Blue numbers were scrawled on our wrists, by our lovely student council, to identify belongings as the evening progressed. Across from the coat check, in the small cafeteria was located a cozy Christmas café. Desserts of all sorts lay on decorated tables, all daring to be eaten. At only \$1 each, it was pretty hard not to indulge! Homemade rocky roads, gingerbread cookies and chocolate cake made the list, just to name a few. Scattered around the room were tables for two and four, perfect for the tired dancers who needed a bit of refueling. A model of a Christmas fireplace at the front of the room made a festive backdrop for many photos throughout the evening. Yet as nice as it was to crash and have a good ol’ chat with friends, DJ Simon Henley’s music beckoned from the gymnasium.

An enticing beat drew many people closer to the gym. Colourful Christmas lights scalloped around, worked beautifully to offset the darkness that otherwise loomed. By about 7:30 pm, we had a decent number on the dance floor. By 7:45, that dance floor was rocking. Multi-colour disco lights swung across the room to the beat of the music, and students gathered in groups of small and large to shake and shimmy the night away. At one point, when Lil Jon’s “Turn Down For What” blared the speakers, a dance line formed towards the back of the gym. About sixty students joined in, havin’ a time. And yes, amidst the fast songs, there were a few slow ones. Couples paired up, and those who didn’t have a date shimmied along anyway. Frank Sinatra’s “New York, New York”, really fit the bill, and many students chose this time to have photos with the Central Park bench. Just as a few people were starting to drift away from the dance floor, around 9:00 DJ Simon pulled them right back with the infamous Harlem Shake.

So as you can see, an event of this magnitude takes great lengths to plan by not only our teachers, but by the student council as well. For six days they enthusiastically sold tickets, encouraging each and every student to attend. And if your date attended another school, that was totally cool too, you just had to sponsor them. They even threw a bit of humor into the coat check sign! Through a funky New York backdrop, as well as many other pretty decorations, a classy night in uptown New York was pulled off. Big thanks to students and teachers for letting this fun night happen! Let’s hope that there are even more dances in the near future of Holy Heart. Merry Christmas everybody!

Christmas Parade

Written By: Laura Baggs

On November 30, 2014 we rang in the Christmas season with our annual downtown Christmas parade. Approximately 55,000 people came out to celebrate the festivities. Grandparents, parents, teenagers and little kids of all ages were on the streets of downtown patiently waiting for the parade to begin.

The parade started at noon, so with your letter to Santa in one hand and the food for the food bank in another, you grab a free bus at the Confederation building and make your way to the festivities. When you arrive, get a spot up front where you can set up your fold out chair, take out the snacks you brought to munch on, the blanket you brought to keep warm and relax because it's going to be a cold hour and a half of sitting still. There were so many floats, organizations, bands and people dressed up in silly costumes I couldn't keep track of everything. It blew my mind how much energy and excitement there was, everyone was having a ball waiting for Santa to get there.

Some of the organizations that were in the parade are as follows: Beagle Paws, Cadet Troops, Music Collection, Connie Parsons School of Dance, Max, Buckmaster's Circle Community Center, Elite Dance who had a Grinch style float and my favorite, the movie "Frozen" had a float brought to you by the College of the North Atlantic. There were also a lot of dogs dressed up in cute clothes and the Newfoundland ponies made an ap-

pearance as well. There were also big trucks there to collect food for the food bank and people pushing grocery carts asking for food and loonies. Canada Post was also there to collect all of the children's letters for Santa. After all that comes the moment we're all waiting for, the grand finale, the cherry on top of the cake, "Santa Claus!"

On top of a big truck stood Santa with his big white beard, red and white coat and huge black boots and in hand, his jingle bells, wishing everyone a Merry Christmas. All the kids waved to Santa, grinning ear to ear, knowing that Santa travelled thousands of kilometres from the North pole in a helicopter just to see them made waiting for Christmas Day all that harder.

As the parade came to an end and everyone is leaving to go home, you realize that "The Christmas Parade" is something anyone can attend regardless of age. Whether you're five or eighty-two you can come out and enjoy the beginning of the Christmas season because that's something we do together as a community.



Season of Kindness

Written By: Leah Paronavitana

December. The month of joy and giving, happiness and love. When one thinks of this twelfth month of the year, Christmas is sure to come to mind. It's pretty hard not to, when the radio stations begin to play the age old carols, lyrics resurfacing memories of bygone Christmases. The malls fill with eager children, all waiting to see Santa, eyes aglow with sheer joy. Even towns and cities get in on the fun, with Christmas parades and celebrations. But if we think carefully, are we excited for Christmas, or for the jolly arrival of Santa Claus?

It's certainly a tough question. On the surface, we anticipate the religious aspect of Christmas, through carol singing and church services. In fact many carols do focus on the Christ in Christmas. Hark the Herald Angels Sing, Silent Night, Away in a Manger and many others, all sing praises to the birth of Jesus Christ. But notice that these are not recently written carols--they're century old classics. Many Christmas songs written in recent times focus on the greatly anticipated arrival of Santa Claus, or on all the things somebody wants for Christmas. Is this saying that as the years go by we are becoming more joyous for Santa, than for the birth of Christ?

Deep down, are we letting human greed cloud the true meaning of Christmas--to give to others? Remember the age-old phrase "It's better to give than to receive". This quote often gets forgotten in our daily lives, as we get so caught up in what we desire, rather than how we can help others. Again, it's a tough question.

Sadly, for many people, Santa and gift *receiving* are highlighted around this time of year. It's no longer about Christ anymore, Santa has taken over. When was the last time you saw an Advent calendar with a nativity or a Christmas related scene? No, Christmas scene not being an image of Santa amongst all of his cheery elves. That's a *Santa* scene. A *Christmas* scene features the true meaning of Christmas- the birth of Jesus Christ. An image of Christ in his manger, or the wise men and angels surrounding him. It's unfortunate, but with each passing year society moves farther away from the Christ in Christmas, and closer towards Santa. We're all guilty of it, so who's to blame? No specific person really, just commercialism. Just think about it. Some Christmas merchandise comes out as early as October, rushing the season. Most of it is Santa themed. Most Christmas movies that make the top listings feature good old Santa and gifts galore. Don't get me wrong, there's nothing wrong with Santa, but society put the poor guy on a pedestal. He began as jolly old Saint Nick, hence the carol, who

gave gifts to joyful children. Now, we as society have turned the idea of Santa Claus into this person who we send extravagant demands to just to satisfy our wants.

So as we are in the midst of this Christmas season, let's try to reflect on the true meaning of Christmas. Let's give to others, and let love and kindness guide our every move. For one moment, let's try to forget about the "What will I get this year?", and focus on the "How can I help somebody this Christmas season". Fortunately, the world has already been thinking along these lines. Programs through the Salvation Army have done wonders to help people during this family oriented season. Ideas like the Happy Tree at the Avalon mall highlight the importance of giving to others. Even school-wide food drives do so much to help those in need. As you can see, Christmas is truly about helping others and giving to them.

Got Questions?

Mary has answers!

Check out our

Tumblr at:

hbmheartbeat.tumblr.com

The Chorus

Written By: Stephen Browne

Well, it's time to face the Chorus.

It's the final curtain call.

Look at the stark stage before us,

The Fat Lady sings withal.

And I've had a good performance;

Played the villain, with a smile.

But for my beliefless warrants,

Have I left myself beguiled?

Now the dusty curtain's rising,

And the light illuminates

The audience, disguising

The obfuscated Pearly Gates—

In the tragic villain's death scene,

It was I, who played the part.

And the hero who vaccinated me,

Killed my damned, infested heart.

Well, bring on the faceless Chorus!

Is the jury satisfied?

Did they note the faithless fungus?

—rooted in my soulless hide.

Let It Snow

Review By: Kali Heale

Let it snow is a festive novel featuring three intertwined holiday stories written by John Green, Maureen Johnson and Lauren Myracle.

Each story is packed with romance and suspense as you follow the characters through the surprising twists and turns they face on Christmas. From getting stranded in a strange town, to hiking through a storm on Christmas Eve, this modern take on a traditional holiday is the perfect novel to read this season.

My personal favourite was definitely Johnson's Jubilee Express with an intriguing plot, yet, with the traditional warmth and joy of Christmas. However, I wasn't overly impressed with John Green's part as it cannot compare to what I am sure we all expected at this point. Ultimately, I would recommend this book, as it will surely become a new holiday favourite.

Exam Tips

From Mary

- A. Bring extra pens/pencils
- B. Actually read the questions
- C. Do the easy questions (ones you understand) first
- D. Sleep well the night before!
- E. Narrow down (&eliminate) options for multiple choice questions. Makes the guessing 'easier'
- F. Colour coding notes can help keep you focused
- G. Take a short break every half hour - don't wear yourself out
- H. Make/use funny acronyms ex 'Kids Playing Catch On Freeway Get Smashed' for Biology (kingdom, phylum, class, order, etc) (King Henry Drank Much Dark Chocolate Milk for the metric prefixes)
- I. Study over time; don't cram
- J. Drink tea or chew gum while studying. It relaxes and helps retain information.
- K. If you're stumped; move along with something you're more confident in until you feel ready to come back.
- L. Close your eyes; breathe; calm your nerves and tell yourself everything will be alright

Tips from Mary

Gift Giving Guide

- A. Find something related to a thing they like.
- B. There's nothing wrong with gift cards.
- C. Everyone needs outdoor accessories such as hats, scarves, mitts, gloves, etc. There's no such thing as too many!
- D. A few little things can be nicer than one big thing.
- E. You can never go wrong with chocolate or candy (unless they're allergic!).
- F. When in doubt, get them a candygram or card - it's the thought that counts!

Tips for the Winter Break

- A. Don't completely ignore your school-work. Coming back stressed isn't good!
- B. Take some time to yourself.
- C. Take a walk when it snows a little bit. Just enough so that you can see the flakes. Go get some coffee or something. It'll look amazing (Highly recommended at night, but that can be dangerous. Take extra caution!).
- D. If you're up in the middle of the night, look out at the snow. It looks so calm.
- E. Begin to prepare for exams, so you're not hit with a wall of stuff when you get back.

Dear Mary,

You ask, she answers.

Q No. 1: I've been so tired lately! I can't fall asleep early if I try and I always wake up groggy. Do you have any tips?

sleepyti.me will help you figure out what time you should be going to bed/wake up to have full sleep cycles. Avoid food for an hour before sleep, and a half hour to fifteen minutes before lights out, don't go on your phone/computer. As hard as it is, it helps.

If that's still not helping, try talking to a doctor about getting medication. Only if it's really bad though. I hate referring you to drugs, because it's not the best solution, since drugs cost money, and when you no longer want them, it can be harder to sleep without them. Drugs are a last resort.

Sweet dreams, my dear!

-Mary

CREDITS

Editors

Shane Gladney

Laura Snow

Creative Writing

Erica Pittman

Stephen Browne

Design and Formatting

Jacob House

Copyediting

Katie Oldford

Jenn Mong

JinJi Dawson

Collette Plowman

Emma Mikhailyuk

Visuals

Flora Chubbs

Andrew Troake

Jessica Monilla

Hailey Whittle

Isabelle Riche

Reporting & Opinion

Stephen Browne

Samantha Gosse

Laura Baggs

Juliet Lanphear

Other

Caroline Pike

Elizabeth Glenn

Lydon Thorpe

Jessica Gibbons

Reviews

Kali Heale

Hannah Heale

Morgan Boyer

Natalie Kavanagh

Bring your used iPods to Ms Heneghan in room 304 in support of Music & Memory, an organization which conducts studies on the effects of music on memory loss.

