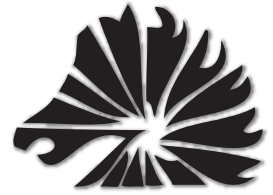


The D'Arcy Voice



SPRING EDITION



WHO ARE THE D'ARCY SCIPERS?

COURTNEY WEEKS

This year D'Arcy McGee students became involved in SCIP (SEVEC community involvement program). In cooperation with the city, this SCIP project has been designed to address a current problem, establish contact with another Canadian region and provide growth opportunities for the youth involved. This year we are focusing our time cleaning up the much polluted Boucher Forest here in Aylmer. This unattended piece of land is the last standing urban forest in our community. We wish to keep it as a healthy forest; therefore, we have been working hard towards this goal. Not only are we helping our community, we are also going to Altona, a small town in Manitoba, to build a skateboard park. Manitoba to help a small town called Altona build a skateboard park. Each of the fourteen students from D'Arcy who volunteered to take part in this task have been paired up with one or two students from WC Miller High School in Altona have been keeping in touch by e-mail.

D'Arcy SCIPers are headed to Manitoba during the first week of May to help with their project. Then, the Altona SCIPers are coming here from the twelfth to the eighteenth and are working with us on the Boucher Forest project. Not only are we helping each other's communities, we're also learning about different cultures and experiencing different ways of life. This experience is expensive; therefore we're finding many ways of fundraising including: a bottle drive, garage and bake sales and the talent show which took place in April.

This is the first time Aylmer has been invited to take part in this program. Volunteering is both work and fun. It helps both people and society. We develop pride and satisfaction from a job well done and the community gains a better facility. It's a win-win. Teenagers are capable of performing many tasks. It is our hope by setting this example that others will be motivated to follow.

D'ARCY MCGEE'S BURNT TOAST CAFÉ

ALI WRAY

Burnt Toast Café is an event at D'Arcy McGee High School that showcases the many different styles of talent within the school. The difference between a talent show and Burnt Toast Café is the atmosphere. The Burnt Toast Café is informal and is held in a more relaxed café like atmosphere. There are no curtains. The performers aren't hidden from the audience; in fact they are part of the audience until their turn to shine arrives.

This year D'Arcy McGee's Burnt Toast Café was held on February 23rd and to say it was great would be an understatement.

Starting off the evening was the Jazz Band led by Mrs. Rose. They did a rendition of "Another One Bites The Dust" that Queen would have been proud of. The Jazz Band's weekly practices enabled the players to showcase their skills brilliantly.



Students in Biology class at D'Arcy and two fluffy rabbits, that have now moved from the D'Arcy scene, to their new jobs.

Mr. Fuchs, the show's organizer, came on stage to introduce Eric Coveyduck, Olivier Taché and Matt Vanasse. He said that they were going to take us back to the 60's and they did so dramatically. This group was followed by Taro Abarbanel and Chad Connolly, who also played classic 60's rock by artists like Jimi Hendrix. All of these musicians have a high level of talent that could place them on the radio one day.

Representing the female side of D'Arcy was Jess Clarke, Stephanie Regimbald, Sarah Marchand, Catherine McRae and many more. Accompanied by a guitar, grade ten student, Jess Clarke sang a church song entitled "Sing to the King" and received the first standing ovation of the night. Jess had a country slant to her song and her performance was breathtaking. The crowd was very pleased with the mix of country and religious music.

Later the crowd sat in awed silence as Stevie Andrews, David Spears and Santino Mangeniello performed a Switchfoot song that warmed our hearts.

Burnt Toast Café was filled with singing; instrument playing and a few amazing magic tricks. Some of these students who performed at Burnt Toast will also be performing at this year's Talent Show. The talent show is a more formal setting with the performers hidden behind the scenes until their slot arrives. Even though the performers will be under pressure they'll still be great! Visit the D'Arcy website, www.wqsb.qc.ca/darcymcgee/, for more information.

HAVE YOU GOT WHAT IT TAKES?

COURTNEY WEEKS AND BRANDON CROISIETIERE

This year is very eventful due to the Winter Olympics that happens every four years. Most people will say that those who go into the Olympics must be amazingly good and they will lose faith in themselves because they think that the will never be as good as what they see on television.

Here are lists of things you have to remember if you wish to excel in a sport and potentially be as good as you see in the Olympics!

- 1) Determination – If you believe in yourself and know that you can accomplish whatever you put your mind to, you will be superior.
- 2) Passion - Love what you do. Passion is what will take you as far as you want to go.
- 3) Dedication – Commitment is the key to becoming a good team player. If you slack off or quit, you will never succeed.
- 4) Confidence – Even if you fail the first time, your confidence should boost you back on your feet and tell you to try again.
- 5) A goal – Once you know what you want to do, put it all out there! Don't hold back. Shoot for your goal.

Now that you have this information, put it into action. Go to tryouts; go to every game or session with your head held high knowing that you chose this sport for a reason and that you've got what it takes to win your own gold medal.

D'ARCY VOLLEYBALL

CANSU KOCH

To most people, the sport of volleyball doesn't look very action-packed or interesting but I beg to differ. You get just as much exercise, excitement and injuries as any other sport out there.

Being a member of the D'Arcy volleyball team, I'd have to admit that we haven't had the best of seasons this year but we still had loads of fun nonetheless.

Our two coaches were Mr. Robitaille and Mr. Reid. It was their first year coaching volleyball together at D'Arcy. Mr. Reid combined his knowledge of other competitive sports with Mr. Robitaille's extensive knowledge of volleyball and became a good combination. (Mr. Robitaille in particular had some great ways to help everyone improve, including making the team do about five pro-sprints in a row per practice to strengthen our legs.)

The D'Arcy volleyball team participated in three, full-day tournaments in the 2005-06 season. The first one was in Grace Field and it didn't go too well. First, the whole team

got lost when the directions provided by Coach Robitaille turned out to be completely wrong. Therefore, we ended up being about 20 minutes late for the first game of the set and had to forfeit. However, he's been forgiven, for NOW. Overall, we came in last. Grace Field served to be a strong competitor in our league this year, mostly thanks to the powerful overhand serving of twin sisters. You might call these two girls their secret weapon. Why, you ask? Well, because they were about 5' tall and didn't really look like your typical volleyball player. However, once they threw the ball in the air and slammed it forward with their whole weight behind it, it seemed almost impossible for us to receive properly.

On that note, we had a little secret weapon of ours too, by the name of Allison Rees. Her overhand serving was just as powerful as the Grace Field twins and she is just as short as them. In fact, the only real difference between our Allison and the Grace Field twins is that there's only one Allison and two of them.

Our second tournament was held at Maniwaki. We played a little better that day because instead of coming last out of five teams, we came fourth. Our last tournament was at home, in the D'Arcy McGee gymnasium. Two of the five teams couldn't make it that day so we had less competition, yet we still managed to come in last.

Overall, we were underachievers. I guess everyone is to bare the responsibility equally. For next season, there are quite a few things we can do differently. For instance, we need to push to get equal practice times for the volleyball team as all the other sports activities. The players need to make sure they are dedicated and show up for every practice and this also goes for the coaches. Hopefully, next year will be a more productive season for the team. Who knows, we might even manage to bring the banner home.

INFLUENTIAL FORWARDS

GEMMA WAGNER

IT IS NOW A COMMON EVENT that while skimming your list of e-mails of the day, at least 50% of them are 'forwards'. These little spectral creatures are sent to you entirely for the purpose of frightening you with threats of mortal danger if you don't send them on to twenty people in ten minutes. People's e-mail boxes are being overcrowded by their friend's frightened cries of "I had no choice but to send it to you or else I was going to die in a freak ladder accident, just don't send it back to me!" The gullibility of the average teenager is shocking, (apparently though the odd adult falls for this.) Even I feel rather shaken after reading a heart breaking story about a man and woman dying in some messy car accident all because they forwarded it to nine people instead of the required ten. Who writes these e-mails in the first place, are they dreamed up by individuals bent on causing unnecessary fear and panic across the nation?

Another form of forward targets the love needy. The complete opposite of the tragedy prone; instead of spreading random fears, it establishes false hopes. Young girls are still sitting by their bedroom window, gazing longingly into the distance, awaiting the arrival of their knight in shining armor. Their hearts will break as they realize that the forward was merely tampering with their longing. The people who write these are obviously aiming to cause random heartbreak and emotional distress, especially among the young.

The mind of a teenager is wide open to influence, hence the problem with very influential forwards. The best way to ward off the unpleasant worries and useless hopes planted by the e-mails is to re-think whether or not you're really superstitious. Superstitions are things of legends and stories, fiction. If you do end up in some suspicious looking accident on the same day that you received a forwarded warning, remember it was probably just a coincidence.

LOOKING BACK ON THE OLYMPICS

THE FLAME THAT OPENS THE GAMES

CHRISSE CHIASSON

For many of us the Olympic flame is an element that symbolizes the commencement of a planetary gathering celebrating sports. That may already sound like a lot but there's still so much more about the flame than what is obvious.

In ancient Greece when the flame was lit (a tradition over 2700 years old) it symbolized the "Endeavor for protection and struggle for victory." The modern interpretation is better. It now symbolizes "The light of spirit, knowledge and life" downplaying the idea of victory. It is also seen as a symbolization of peace between all the contestants, and the countries that they are representing.

The torch is redesigned for each individual hosting of the Olympic Games (summer or winter). It is lit at the opening ceremony of the Olympics by a relay team and the last runner carries the torch into the stadium and proceeds to light the torch. This part of the ceremony was only introduced into the Olympics in 1936 when it was performed for the first time in Berlin, Germany. The relay itself is a symbolization of a tradition being handed down from generation to generation. The torch may not be extinguished until the closing ceremony symbolizing the conclusion of the Olympics.

Hopefully this symbolization of peace will always be accepted in our world because in the end the Olympics is something that everyone can enjoy.

DID YOU KNOW...?

RANDOM OLYMPIC FACTS

VERONICA SAMPASSA

In honour of this year's Olympics, I've decided to give you the lowdown on the Olympics as a whole. I'll be filling you in on things you didn't know and you probably should know.

If you're like me, you are probably unaware that the Olympics had a motto. The motto "Citius, Altius, Fortius" was adopted by the founder of the modern games, Pierre de Coubertin who actually borrowed it from a friend of his in 1921. Translated from Latin it means "Swifter, Higher, Stronger", which is fitting, if you think about it.

The idea of the Olympic flame was literally taken from the ancient Olympics. In Olympia, Greece a fire was set ablaze by the sun and was kept burning until the Olympics had finished. The flame is meant to be a representation of purity and one's aim for perfection. Considering that our Olympics are now called the "modern" Olympics they've decided to put a little spin on that old idea. Now, we have a torch relay. It begins in Olympia where the fire is started by a curved mirror and the sun. Women wearing robes from an earlier generation use this to start the torch, which is then passed from runner to runner from Olympia to the stadium in which the Olympics are currently held. The flame is kept glowing until the end of the Olympics. The Relay was developed to show the continuation from the old Olympics to the contemporary Olympics.

The gold medals are not gold. I know, I know, a revelation that is most heartbreaking, something I truly

didn't expect. Apparently, the last gold medals were given out in 1921. The gold medals are made of 92.5 silver and covered in 6 grams of gold. Okay well, they aren't entirely made of gold.

Tug Of War used to be on the long-list of sports in the Olympics. In fact, it was a part of the track and field events. The rules were that each team was made of 8 people and they had to pull at least 6 feet back. If no team had won within 5 minutes, the team that had pulled the farthest would win. Unfortunately, it made its last appearance in 1920. It's unfortunate because I know many of us would have a chance to get some of that Olympic gold.

Another sport that has been eliminated from the Olympics is Live Pigeon Shooting. It was only in for a year because the event was extremely messy just think about all the dead or nearly dead birds and their blood and feathers all over the ground. Standard procedure would be that the birds were let out of their cages in front of a competitor and it would be up to him/her to shoot the birds down. The winner was declared by whoever had shot down the most birds.

Well there you have it. I hope I've helped you add a little more to your repertoire of facts and I hope you've enjoyed the Olympics.

A FORGOTTEN EVENT

SAMANTHA DUPONT

The Paralympics are sports for physically challenged athletes who compete in most of the same sports as the Olympic Winter Games that just took place. The Paralympics were introduced officially in 1982. Even though, it was practiced many years earlier in 1948 when Sir Ludwig Guttmann organized games and events for World War II veterans with spinal difficulties. The real reason why this competition started was because they wanted to help all the injured men in World War II rehabilitate from their injuries.

The word "Paralympic" derives from the Greek word "para" (which means "parallel") and "Olympic". "Paralympics" has been the official word for the games since 1988. The growth of the Paralympics movement is well exemplified by the figures: there were more than 4,000 athletes from 123 different nations at the Sydney Paralympic Games in 2000. Since the Paralympics had been going on for many years it has expanded to over 13 sports like downhill skiing, giant slalom and many more.

It is too bad that we don't get to enjoy live coverage of these winter games as we do the Olympic Winter Games. These athletes worked just as hard and with as much determination as the athletes that have fully functioning limbs. They too deserve as much recognition as the other athletes. There is at least taped coverage which is an improvement.

NEW DRUG IN OLYMPICS

CANSU KOCH

Steroids, amphetamines, and pseudoephedrine are just a few examples of the number of 'performance-enhancing' drugs used by athletes. There are numerous different substances that athletes put into their body in the hopes of winning the gold.

In recent years, some of these drugs have proven to be useless presently, erythropoietin has been brought on to the scene in an attempt to improve performances. Erythropoietin is a blood-boosting hormone used to achieve improvement in stamina for endurance events. New versions are currently being developed by drug companies.

However Olivier Rabin, science director of the World Anti-Doping Agency (or WADA for short), is full confident and says that WADA is prepared for the new drug. He says, "We've been tracking them, and we're confident we can detect these new forms of EPO."

Mr. Rabin would be disappointed to find out that Profes-

sor Wolfgang Jekman strongly disagrees. "They have been developed for the benefit of patients because drugs with a long half-life would need to be given less frequently to them. But one of the problems we have to expect is sportsmen would use combinations of these different drugs, and then it would be very difficult to detect." Jekman says.

On a final note, Rabin seems to have no worries. "We've been working on those EPOs, and we've been able to test even recently some of the new forms in our anti doping laboratory," he says



D'Arcy Students playing hockey in the Outdoor Sports option class as spring approaches.

CANADIAN MEDAL WINNERS

FELICIA BROWN

As we all know it the 2006 Winter Olympics were held this year in Torino Italy. Many athletes qualified. For many this year the Olympic dream was reached and it was a glorifying moment. But what about the athletes right from country. There were many. Some gold, some silver and some bronze. Here's a list of the Canadian medal winners:

Gold: Chandra Crawford(cross country skiing), Men's curling, Jennifer Heil(Free style skiing), Ice Hockey (women), Duff Gibson(Skeleton), Clara Hughes(women's 5000. speed skating)

Silver: Cross country skiing(ladies team sprint), Speed Skating(Men's team pursuit), Speed Skating(women's team pursuit), Jeff Pain(Men's skeleton), two man competition(Bobsleigh), Cindy Klassen(1000m speed skating), Kristina Groves(1500m speed skate), Ladies 3000m Relay(short track speed skating), Louis-Francois(short track speed skating), Men's 5000m relay(short track speed skating)

Bronze: Cindy Klassen(3000m speed skating), Anouk Boucher-Leblanc(500m short track speed skating), Jeffrey Buttle(Figure Skating), Mellisa Richards-Hollingsworth (Women's Skeleton), Dominique Maltais(Ladies snowboard), Women's Curling, Cindy Klassen(5000m speed skating)

The total medals Canada won was 23. which placed Canada in third overall. For those who placed and for those who didn't the light still burns tall in our country for the next winter Olympics in 2010 at the Vancouver whistler Olympics.

I Told You So

VERONICA SAMPASSA

I recently wrote an article pertaining to who I thought would win medals, but it wasn't published due to technical difficulties. Anyways, I had named four people and one team I thought were 'certified medal recipients'.

Jeffrey Buttle won his bronze medal on February 16th in the Winter games in the men's figure skating. Although he fell during his run, he still had enough points to manage a podium finish. Winning bronze was an accomplishment he was really shooting for, and one I was anticipating.

And then there's Beckie Scott. On February 9th Beckie Scott swooped in, or should I say 'skied' in, to also win a bronze medal. It seems as though we're repeating history in declaring Beckie Scott as a medal winner considering she had won medals in '02 and in '04. After realizing her previous wins, I was sure she was a shoe-in for these games.

Now, let's talk about the people and the team I had my heart set on winning. When I heard Wayne Gretzky telling the world how he felt responsible for his team falling out of the QUARTER FINALS, I couldn't believe it. He's the one to be blamed...but not entirely. I know how everyone is accusing him for choosing his friends and old guys who really can't do anything when there are tons of young guys who are actually able to handle a puck. But, c'mon you can't stay mad at Gretzky. I think it really has to do with half the team being too old and the other half being injured... Anyways, let's move onto Jay Anderson. He was placed 5th in his snowboarding event, and I think it's pretty good, because he's in the top 10 and he's actually in the Olympics and do you know how much time and energy it takes to get in there? Same goes for Regan Lauscher who came in to 10th with her Luge team. Although I did get 2 out of 5 and it's considered a fail, I feel as though I had more rights than wrongs because this year was an amazing year for Team Canada.

THE WOMEN SLAUGHTER THEM!

MOFFATT ASHLEY

Wait. Is that good or bad?

The Olympics' are on and the women's hockey team is to. With victories of 12-0 against Russia and 16-0 against Italy, it's an understatement to say that these girls are good. But the question in the media right now is if they are too good. Critics are saying that the huge defeats are going to end in having the Olympics take out women's hockey. I say, why punish them because they are good? It's part of Canadian culture to start playing hockey at a young age. So, yes, maybe we do have that advantage. What people don't understand is that the Canadian team had to do this. The Olympic tournament is what you call a round robin. This means that when you win you go on to the next level. In the occurrence of a tie, the team with the most points from previous games wins. The Canadian women were only beating these other teams by this much to ensure that they would win in case they did tie. I'm sure they understand that the Olympics are a place where countries compete in a friendly matter. They would not have obliterated the other teams like that if they did not need the points. Putting all of these skepticisms aside, the women did fantastic. They went on to win gold and make our country proud. Congratulations girls for all the hard work and the win.

TOP 10 MISCONCEPTIONS ABOUT CANADIANS

SARA WYMAN

Canadians are often miss-represented by other countries, because in reality they don't know much about us. This is the list of the top 10 Canadian misconceptions that I have heard.

Number 10 is hoser. This word basically means drunken idiot. I have heard this word directed towards Canadians on T.V. It's not necessarily true, we are not drunk idiots. However it's not our fault we have good alcohol.

Number 9 is that we play loads of hockey. True this is our national sport, and our players are good at it, but that doesn't mean we all like it.

I have heard number 8 a few times on T.V. and by people who have heard it spoken in other countries. Some people think we only have sun for half of the year. It wouldn't make sense for all of Canada to be dark for half of the year. However some of the north-

ern parts of Canada are.

Number 7 is actually very flattering. It seems that people think that all Canadians are nice. I wish this were true. On average we are because accepts people from everywhere around the world. However we can defiantly stand up for ourselves.

Number 6 is that we all get around in dog sleds. Just cause it's cold it doesn't mean that we have no technology.

Number 5 is that there are a lot of beavers here. It is true we have beavers but this is obviously exaggerated because I have never even seen one before.

Number 4 is not that unrealistic. It's not true but I can see where they are coming from. They think it is winter here all year round. It is true our winters are very cold and long, but not all year long. We do get summer and when we do it is really hot.

Number 3 is our fantastic accent. People tend to exaggerate it to sound very weird, when we all know it isn't.

Number 2 is that we live in igloos. I hear this very often. Canadians do not live in igloos.

Number 1 is eh. I have never heard people talk about Canadians without saying eh. This term is the least misconstrued, because we do say it a lot and we are proud to. Just not after every word.

I hope you have enjoyed these misconceptions on Canadians. At least next time someone asks you a stupid question you will expect it.

THURSDAY NIGHT FEVER

ALI WRAY

Dancing is something that's been practiced all around the world forever. Dancing can be used as communication, exercising or just for fun. Even if the extent of your dancing skills consists of toe taping and head bobbing, you know your enjoying it. Thursday February 16th our own D.M.H.S. had their "secret love" dance and it was surely enjoyed.

With DJ's that were new to the D'Arcy scene, the music wasn't half bad. They of course played the crowd pleasers, (Cotton eyed Joe and Follow the Leader) the regular rock block (which in my opinion could have been longer) and the one country song (Save a Horse Ride a Cowboy by Big and Rich) which of course had everyone singing, what I want to know is did they really need that much G-Unit and Sean Paul? I guess they play what the majority wants to hear.

With comments like "That was awesome", "So much fun" and "I'm defiantly going to the next one". This was defiantly one of the better D'Arcy dances. Maybe it was the music, or the vivacious teens dancing to the music this D'Arcy dance simply rocked!

!GRANOLA FIESTA!

GEMMA WAGNER

When you're on the run, constantly going from one activity to the other, food (or at least "good-for-you" food) is often forgotten. Participating in physical activity can drain you and leave you feeling tired if you've not eaten in a while. Even if you're not hungry enough to eat a full meal, you still need nutrition to keep your blood sugar high along with your energy.

Granola bars are hardy and quick, the dream snack really. You can add loads of different things, yummy things, like; chocolate chips, coconut, berries, marshmallows, honey, nuts and shockingly, granola! Here are some cool recipes for your granola fiesta.

#1 REGULAR GRANOLA:

- 2c. granola
- ¼ c. brown sugar
- 1 egg beaten
- 1 tsp. vanilla

1/8tsp. salt

Combine all ingredients and mix well. Press mixture into a thin layer in a well greased baking pan (9x9). Bake 15-18 minutes at 350 degrees. Cool 5 minutes, cut into bars. Cool 15 minutes longer. Remove bars, wrap and store in refrigerator. (Good with chopped fruit.)

#2 CHIP AND GRANOLA:

1/3c. shortening

1/3c. butter

1/2 c. granulated sugar

1/2 c. packed brown sugar

1 egg, beaten

1 tsp. vanilla

1 1/2 c. all purpose flour

1/2 tsp. salt

5oz. pkg. semi-sweet chocolate chips

1c. granola, any flavor

Heat oven to 375 degrees. Grease baking pan 13x9x2 inches. Mix shortening, butter, sugars, egg and vanilla thoroughly. Stir in remaining ingredients. Spread dough into pan. Bake until light brown, 20 to 25 minutes. Cut into bars, it should make 2 dozen bars.

#3 SOFT GRANOLA:

1c. brown sugar

1c. oil

2 eggs beaten

2c. oats

1 1/2 c. flour

1tsp. baking soda

1c. raisins or cut up dates

1c. chopped nuts

1 1/2tsp. ground cinnamon

1/4 tsp. salt

-Heat oven to 350 degrees. Grease pan 15.5x10.5 inches. Mix brown sugar, oil, eggs in a large bowl with spoon until smooth. Stir in remaining ingredients. Spread in pan with spatula. Bake 17 to 22 minutes. Cool. Drizzle with honey glaze.

Honey Glaze:

1/4 c. honey

2tbsp. butter

- Heat honey and butter in 1 quart pan over medium heat stirring constantly until butter is melted and mixture is heated through. Drizzle on top of Soft Granola Bars.

PAINTBALL

JACOB SKINNER

Your heart races, your adrenaline surges and people are yelling left and right. Think I'm talking about marital problems? No, I'm talking about paintball!

Paintball may not be well known by the general public, but with more people playing paintball than football (around 9.5 million, compared to 5 million for football) there is no shortage of players. Since 2000 the sport has grown considerably, 5 million people in four years, these are (U.S. stats); it is sure to keep growing for years to come.

With websites like WARPIG.com (World and Regional Paintball Information Guide) and magazines like PB2X (Paintball 2 Extremes) it is becoming easier and easier for people who are interested in the sport to actually start playing.

Although there is some strategy involved, paintball is in no way like a game of chess. It is a fast game. I mean if you think you're Rambo and just run out to the middle of the field, you'll come home with more colours than the rainbow. There are a few other problems with thinking that you're Rambo, first most fields don't allow fully automatic guns. Secondly if you get hit you're out, so you can't just shrug off hits and keep going.

The objective of the game "Elimination" is simply to

eliminate everyone on the other team with a small .68 calibre paintball. Other game types include Capture the Flag, Land grab and Speedball. Speedball is the most common type usually played indoors. It is basically Elimination but with inflatable bunkers (usually cylindrical or in the shape of a cone) providing cover, as opposed to an outdoor field with trees instead of bunkers.

Equipment info

If you're looking into buying a marker (gun) here are some names to remember: Tippmann (Custom 98, A-5), Spyder (Pilot, MR series), Smart Parts (Ion, SP-8), and WGP (Autococker, Trilogy). These markers are listed in order of price, from lowest to highest; price does not necessarily reflect quality. For example, the Smart Parts Ion, although a very good marker for numerous reasons, would not last a day in the life of a Tippmann Custom 98 being used as a rental marker. The sheer abuse those markers can and do take is obscene! You can drop a "98" from three feet in the air and it works just as if you just took it out of the box. An Ion however, would likely break and you'd have to spend \$50 or more repairing it.

Owning a marker is only half of the job, you have to know how to use and maintain it. Most markers can be powered by CO₂, compressed air and some even use propane, which is held in a small tank, ranging from 12 gram to 20 oz tanks (in the case of CO₂). It is different when talking about compressed air, (AKA HPA or nitro) which is better than CO₂ for a couple of reasons. Mainly they are not subject to the temperature problems you face when using CO₂, some markers tend to freeze up and have problems working when fired rapidly. Another thing is that they have a much larger capacity than a CO₂ tank. But like most things it also has some cons, for example, it is much harder to find a place that fills HPA tanks, virtually the only places that do are paintball fields and diving shops, the same problem can also be true for CO₂ tanks.

This is why Tippmann pneumatics invented the C3. The C3 is a benchmark in paintball designs, because it uses propane instead of CO₂ or HPA. This may not sound revolutionary but it is, because you can only get a couple hundred shots out of most tanks, with a \$3 propane tank from Canadian tire, you can get 50,000 shots. This is great for people who live in fairly remote areas, because propane is much easier to obtain, it is also hard if not impossible to get a CO₂ or HPA tank filled in areas like this. Sadly the C3 is a pump marker, a dying breed these days, shooting a dismal 4 balls per second. It is just too slow for most people (some guns can shoot up to 30 BPS). I think that Tippmann will need to release a semi-auto model before most people will really buy into this idea, because it also has a fairly loud report (amount of noise the gun makes when it is fired) so it is useless as a sniper gun, and a lot of people buy pump markers for their accuracy, and besides 4 BPS is just way too slow.

Other than your marker and power supply, there is one other critical thing that you need; a hopper. Hoppers can range in price from \$15 for your basic gravity-fed plastic hopper; all the way to nearly \$200 for the Empire Reloader B2. Choosing the right hopper is very important, if you have a slow-firing marker like a pump, your average gravity-fed hopper will do just fine. However if you own a Spyder MR2, you are going to need a hopper that can feed at least 12 BPS (a veinloader revolution will do just fine) but anything faster is better (a halo for example, loading nearly 30 BPS). The list goes on, there are so many different options when customizing your marker, there are new barrels, drop forwards, expansion chambers, anti-chop bolts, electronic triggers, customized grips, body kits, remote coils and much more.

Accessories- What you need to know

A drop-forward is something that is attached to the bottom of the grip to lower your air supply and making your marker more compact, and therefore more balanced.

An expansion chamber is a part that makes the place where CO₂ enters your marker larger so liquid CO₂ doesn't enter the gun, this is obviously only needed when you are using CO₂.

The bolt is the part of the gun that pushes the paintball past the ball detent (the detent holds the ball in the breach

so that paintballs aren't rolling down your barrel before you fire), an anti-chop bolt is just what it says it is, a bolt that doesn't chop paintballs, very useful unless you don't mind shooting a spray of paint instead of a ball.

Grips and body kits change the look of your marker by... changing the body (the outside of the gun). Grips are the part that you hold on to; new ones either look different or give you better grip.

Most people who play paintball are completely devoted to it. Personally I've spent close to \$500 on equipment since I started (not including paint), almost half of that on my marker and it is not considered to be expensive. An expensive marker would be the Ego by Eclipse costing \$1200 Canadian. You should not even consider spending that kind of money on your first time.

So here are some rental rates: \$15 for equipment and admission, extra charges can apply for camouflage (at outdoor fields) and paintball packs, \$10 for 100 rounds of paintballs, \$35 for 500 rounds, and if you're quick on the trigger and not very good in the way of conserving paint, you should invest in 2000 rounds at a cost of \$130. It all depends on your playing style, i.e. my average paint consumption is about 30 rounds per game, but I've gone through 300 in one game!

Paintball might not be as cheap as a game of soccer but for the millions who play, it is well worth the price.

STOP STUPID STEROIDS

VIENA ALANDER

Pop up pimples and hair loss, not a nice combination for men or women, but it happens none the less. So why deliberately make it happen, when there is a chance you can get around it? Roids, or juice, are used by both men and women of many different ages. Steroids scream bad idea. A NIDA (National Institution of Drug Abuse) study in 2005 showed that 2.6% of high school seniors had used steroids at least once already.

A boy named Aaron Henry was 13 years old when he started taking steroids, to gain an edge in football. He ended up repeatedly vomiting, urinating blood, developed liver and kidney damage, ulcerations in 3/4 of his stomach, had a mild heart attack, and developed an aggressive personality. That's just one boy.

Other side effects could include pimples, tumours in the liver; clogging of the heart, hair loss and shortened lives. Men may experience shrinking in the testicles and reduced sperm count. Women, become very masculine, with deeper voices, excessive body hair and decrease in breast size.

Many steroid users take two or more kinds of steroids at once; it's called stacking and can be done with both pills and hypodermic needles, to form muscles bigger, and faster. When users take more and more of a drug over and over they're called 'abusers' and many are known to take doses 10 - 100 times higher than an amount prescribed by doctors for medical reasons. It blows people's bodies way out of whack. You can really tell once the women are growing beards and men are growing breasts, no not pecs, and no I'm not kidding. The worst effects are experienced by teenagers, because their hormone balance is unstable. Hormones are greatly involved in the development of a girl's feminine traits and a boy's masculine traits. When someone abuses steroids, gender issues can arise. Are you really willing to risk your gender on it? Men are supposed to be masculine, and women are supposed to be feminine. Mess with steroids, you'll mess with the hormones, you'll mess with the gender. Two words.

Bad Idea.

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