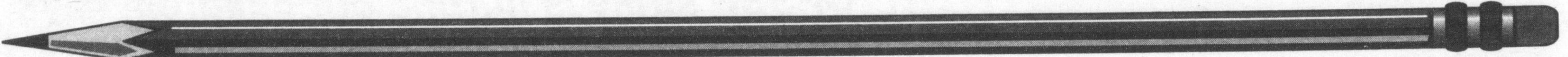




HIGH SCHOOL REPORT





MARK LAFRAMBOISE



RYAN PYNE

BISHOP REDING HIGH SCHOOL

Royal Report

By Mark Laframboise and Ryan Pyne

The annual Easter Food Drive is once again upon us. Student Government is encouraging all students to donate non-perishable food items in an effort to assist the less fortunate in the local community. Collection will conclude on Tuesday, March 26th. Thank you to all who have made the previous record breaking drives such an accomplishment.

Lights, Camera, Action! Dust off your camcorders and start filming because Bishop Reding is holding its first Film Festival on May 30th. The evening promises to be filled with excitement as the artistic talents of fellow students and staff are displayed in a variety of short films. If you are interested, submission forms can be obtained from the Student Government office.

In lieu of the upcoming Academy Awards ceremony on Sunday, Bishop Reding held its second annual "And the winner is..." contest today. As a team, homeroom classes picked who they thought would win the Oscar for each category from Best Picture to Best Documentary. Watch the show and see if your class selections were correct.


Recently, the first ever Bishop Reding Foul Shooting Basketball Contest was held to raise money to assist an underprivileged child attend Camp Brebeuf this summer. We extend our congratulations to the winning team comprised of: Alan Lourenco, Meredith Murphy, Laura Paceivecus, Liam Tennant, and Mrs. O'Connor. Thanks to all who made the event a success.

On April 9th at 7:30 PM, Bishop Reding is hosting an information session regarding the Double Cohort of 2003. Representatives from Humber College, Sheridan College and the University of Toronto will be present to discuss admission, residence and scholarships. Anyone who is interested is invited to attend the evening in the cafeteria.


"I am not judged by the number of times I fail but by the number of times I succeed. And the number of times I succeed is in direct proportion to the number of times I can fail and keep going."

- Tom Hopkins


DATELINE DRURY HOROSCOPES



Megan Bauer



Lyndsey Jones



Rob Parker

Aries (March 21st - April 19th)
There will be short delays in your life this week, as Saturn pushes your already thin patience to the limit. Remember this week, as picketers in front of the school hand you short delays, that patience is a virtue that conquers all vices.

Taurus (April 20th - May 19th)
You will give into your temptations on Friday, when you indulge in the utmost pleasure of Drury's delectable, dapper, deliciously delightful desserts! As a result, new friendships are gained with senior students during this time, as all profits from the bake sale go towards this year's prom.

Gemini (May 20th - June 20th)
Keep your eye on the ball...Just like the Badminton Team has been keeping their eyes on the birdies during practices this week.

Cancer (June 21st - July 21st)
This week Cancer, you will have difficulties with your vision around Friday as you attempt to read the tiny print of this article, that we reporters must use in order to include all the fun-filled events occurring at E.C. Drury. Should you be seeking something a little more visually comfortable, let us recommend the Royal Report - always a delight to read with such large double-spaced fonts!

Leo (July 22nd - August 22nd)
REACH for the top on the 28th, as the stars are aligned and the axis of Fate has been set in motion. At least, that's what the Reach Team will be doing at their tourney in Burlington next week. They dwell within the house of Mars this month, and seem prepared for a mental battle of titanic proportions.

Virgo (August 23rd - September 21st)
When Mercury raises anxiety in the coming weeks, and you are having financial difficulties, do not refrain from purchasing a prom ticket! Ticket sales for this memorable event are just around the corner, so treat yourself, and break the bank, Virgo!

Libra (September 22nd - October 22nd)
You're in the house of Planet Security in the coming months. Remember, the cameras in the hallways aren't there because of something you've done wrong, but merely to keep you safe. So relax! You haven't been caught...Yet...

Scorpio (October 23rd - November 21st)
Scorpio, you shall pamper your skin when you win prize packages from Biore and Jergens. Not only will your new look win you the hearts of many new admirers, but also the admiration of the graduating class, who will be reaping the rewards of this raffle. You are most compatible with Virgo this month. Avoid the impatient Aries.

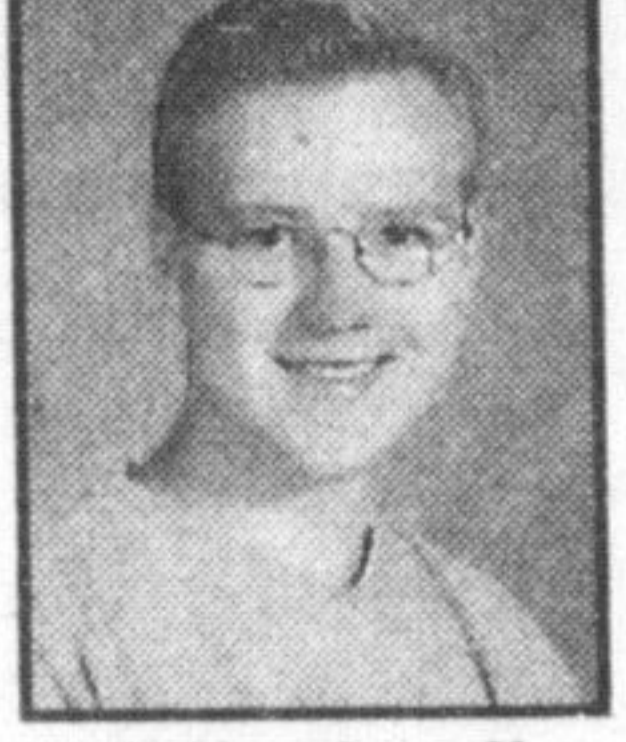
Sagittarius (November 22nd - December 20th)
You will be feeling overly aggressive this week. Channel your aggression into something safe and worthwhile by following the example of Drury Boy's Rugby Team. These boys have already started preparing for the upcoming season, and are ready to beat their competition in the coming weeks.

Capricorn (December 21st - January 19th)
This week it's time to *kick it*, and be yourself! Venus has you craving hard work and physical activity...What better place to find it than on the soccer fields at E.C. Drury!! This week the Girls' Soccer Team has been doing extensive training in anticipation for a successful season to come.

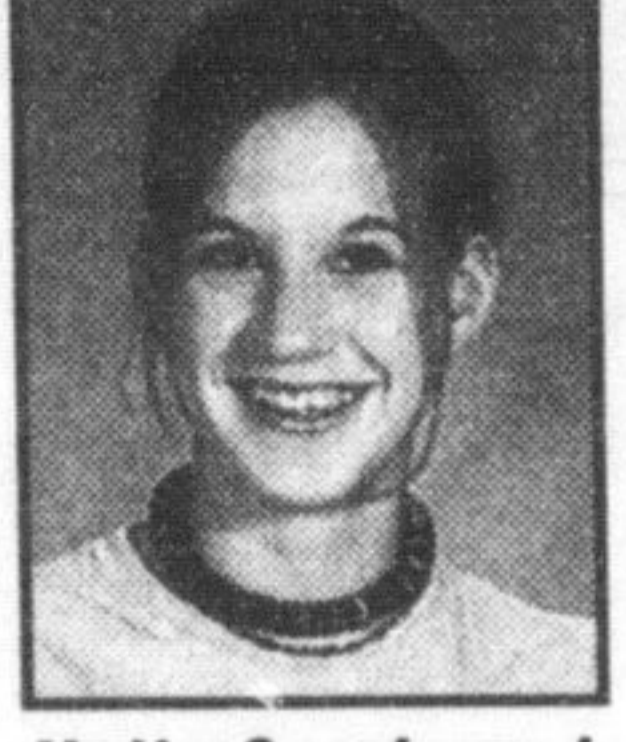
Aquarius (January 20th - February 17th)
Your strength and endurance will be tested in the coming weeks, as many of you will be participating in Drury's upcoming Survivor Challenge. Set aside your friendly nature when you battle it out against your peers in this war of determination and skill.

Pisces (February 18th - March 20th)
You will be tuning into Dateline Drury for updates on the exciting goings-on at Drury.
Lucky Day: March 29th


"MUSTANG MESSENGER"



JEFF VANDEVALK



HOLLY CAMBUZZI



EMILY WILLOUGHBY

MILTON DISTRICT HIGH SCHOOL

Stress, homework, getting out of bed ... The first week back from a break is usually the hardest, but we did it! Although we're sure it took a couple days to get your mind off last week's vacation, it didn't slow things down at MD. Read on for the highlights you may have missed when dreaming of better days.

In The News

Do you have a special occasion coming up? Or maybe you just want to beat the rush for prom. Fairweather is offering a special dress promotion right here in our school. You can get all regular priced dresses for 25% off. That's like a brand new purse right there!! So if you want to save your hard earned money, go pick up some coupons down at the office, and take advantage of this wicked deal. Unfortunately this offer is only available until April 6th, so pick up your ticket next week.

Not feeling hungry ... good!! The 30 hour famine is coming up. This is the perfect opportunity to get involved in school activities. Also, for all those with mandatory community service hours to complete, this counts as five hours' work. It's happening on April 11th and 12th, and all you have to do is get sponsored by your friends and family. If you want more information or would like to sign up, see Donna Mcphail in the main hall.

The MDHS music department will be presenting Music in March, on Tuesday, March 26th. The event will be held at 7:00 in our theatre. This is a great opportunity to hear the music and talent of the groups who earned silver at this year's MusicFest. The admission to get in is any donation to help fund the senior Jazz Band trip to the MusicFest Nationals in Calgary.

Sports Centre

Monday is the last day to sign up for Hoops for Hearts basketball tournament. So if you have a love for the game, here's your shot to show off your skill, while of course maintaining your hero status. So don't forget Mustangs if you don't sign up by Monday, you can't play.

After returning from the break, we have noticed all of the Mustang sports teams busy practicing every day, as the new seasons start up. Some of these teams include the soccer, badminton, and baseball teams. Good luck to all of these teams in their upcoming season.

We would like to congratulate the Mustang hockey team who will be going all the way to Montreal for their tournament next Thursday!! Ms. Miller will be leading the Mustangs to their first tournament win. Teams all around Canada will be competing, and we pity the poor teams that have to face our athletes.

Well that's about it, enjoy the weekend and we hope your back to school blues are forgotten by Monday. Relax it won't be long until you are enjoying the Easter weekend, until then hang in there.

Heart and Stroke Foundation in partnership with Halton Healthcare Services

Food Glorious Food

March is National Nutrition Month. What a great time to learn more about "Heart Smart Nutrition". Attend the Heart and Stroke Foundation's new "Food Glorious Food" workshop being presented at Halton Healthcare Services - Milton District Hospital site on Tuesday, March 26th at 11:45 a.m. This presentation outlines "Heart Smart" nutrition and covers topics such as; evaluating your nutrition habits, basic principles of healthy eating, using Canada's Food Guide to healthy eating, as well risk factors for heart disease and stroke.

Healthy eating is a way of eating that provides you will all of the essential nutrients, and helps to reduce your risks of developing nutrition-related diseases and health risks like heart disease, cancer, and being overweight. The basic principles of healthy eating are:

- ♥Enjoy a variety of foods.
- ♥Eat more vegetables and fruit.
- ♥Eat more whole grain foods.
- ♥Eat small portions of lean meat and poultry and choose fish more often.
- ♥Choose lower fat milk products.
- ♥Cut back of foods high in fat.
- ♥Consume alcohol, caffeine-containing beverages and highly salted foods in moderation.

Make healthy food choices while dining out by visiting one of these "East Smart!" restaurants: Benny's Famous Deli and Harrop Restaurant in Milton; Bistro 300, Ruby's Vegetarian Vegan Restaurant, Thai Satay and More, and World Bistro in Oakville. These restaurants offer you:

- ♥A variety of healthier food choices, on the menu and by request.
- ♥Exceptional standards in food safety including kitchen staff certified in safe food handling approved by the public health department.
- ♥More non-smoking seating than is required by law in your community.

For more information on the program, call (905) 825-6060 Ext. 7802 or visit www.choices4health.org/eatsmart.html

To reserve a seat or to obtain more information on the "Food Glorious Food" seminar, please call 905-338-4379 or e-mail lrohml@haltonhealthcare.on.ca. Seating is limited. If you are unable to attend, but would like more information of this topic, call the Heart and Stroke Foundation Healthline at 1-888-473-4636 or visit www.heartandstroke.ca. Light refreshments provided.