

THE STUDENT *VOICE*



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NEWSLETTER

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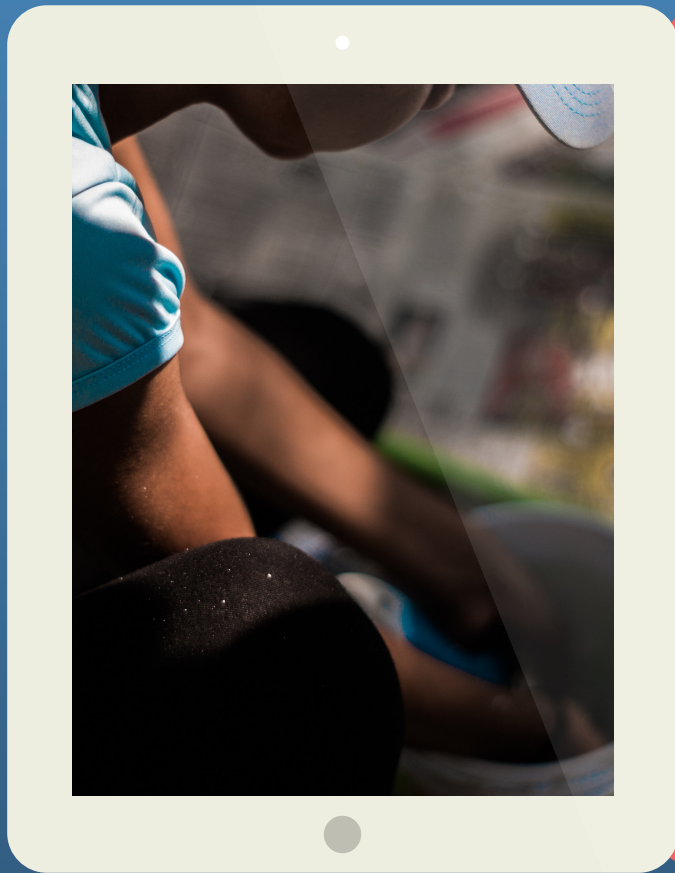
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Mission Statement: The Student Voice is dedicated to becoming THE source for conscientious commentary on all issues so as to inspire our readers to be responsive to and mindful of local and international affairs.



Give Back Day 2015

Give Back Day started with a bang that never quieted. Russbuss' DJ-ing coupled with Jervais' selecting ensured that the vibes were 'up' the whole time, keeping everyone motivated and thrilled while working.

With the equipment received from the Student Council in addition to those donated by fellow members, each house went to work. And when I say work, I mean intensive and serious work. Some people were so engrossed in their labour that when lunch time arrived, they totally ignored the announcements for food! But everyone who made the time to sample the food provided this year would surely tell you that it was amazing. The buffet was comprised of a variety of sandwiches, namely corned beef, tuna, ham and cheese, as well as marble and chocolate cake, an abundance of fruits and much more. It was a wonder how anyone was able to go back to work afterwards.

Surprisingly, most persons left the buffet and went straight to the dance floor. DJ RussBuss' lunch time playlist had practically everybody showing off his/her dance moves. Although, Bellarmine's dancers outshone everyone else when their tunes "Kotch" and "Hot Up" started playing. Eventually, Dj Hibby took over from DJ RussBuss and changed the mood with his 'oldies but goldies' themed playlist, which compelled many to sing along.

Following the lunch break, the houses quickly returned to their areas to add a few final touches before judging began. Suddenly, every house that was previously working quietly managed to manufacture some house spirit and cheers in order to impress the judges. However, our judges - HSA president Mrs. Dixon Neith, alumnus Mr. King, Mr. Wright, Student Council president Jamaal hay, Head Girl Janique lee and Head Boy Jabari Hastings - saw right through them, laughing at the commotion that ensued wherever they went. Regis undoubtedly had the most spirit. As the judges approached the fourth form block, their house song resounded around the school.

As the day's end approached, everyone cleaned up, then headed home in anticipation of the results...which came as a surprise to some.



I applaud all persons who participated in Give Back Day. Regardless of your house's placement, you're all winners and contributed pricelessly to your school!



TSV entertainment
lights, camera, action

Written by: Tracey MacLeavy
Edited by: Kevion Daley



Are you pursuing **Excellence** or **Success?**

Whenever I attend a Magis Award Ceremony, I am prone to some form of introspection and reflection. On October 22, as I sat expectantly among fellow Championites, an idea became profoundly clear to me: every Championite could not have been there that night. The ceremony's name alone signifies its celebration of students who seem to do 'more' or 'better' than their counterparts. As such, awards are given to the best performers in academics, regional examinations and extra-curricular activities. After all, we worked so hard and sacrificed crucial time from social media. Didn't we?

The guest speaker, Archbishop Reece, in his exhortation stressed the importance of excellence rather than success. Excellence involves doing your best in your endeavours while not necessarily being the best at what you're doing; whereas success is characterized by performing better than others around you. Regrettably, most reward systems are designed to reward success rather than excellence. This is especially unfortunate because achievements are not usually garnered on a level playing field, as evidenced in "Outliers" (written by Malcolm Gladwell) wherein individual successes had less to do with exceptional traits and more to do with favourable opportunities.

When I collected my Magis awards for Physics and Chemistry, I reflected on my childhood passion for science. As a child, I had read countless scientific books on topics that I found fascinating and I capitalized on every summer opportunity that I had to nurture these interests. These opportunities may have given me advantages in my school life. Did I work harder than all my peers? Maybe not. My best was coupled with unquantifiable advantages that may have caused arguably more diligent students to miss out on awards. Thus, it is imperative that dejected students who barely miss the mark not consider themselves to be failures. Striving for excellence in itself is gratifying.

On that note, I wish to commend all the students who continue to work hard yet remain unrecognized. You are some of Jamaica's brightest and most talented students; don't let the reward system discourage you.

Contributed by: Jabari Hastings

Edited by: Kevion Daley



Our Take on

MODESTY

There is something truly stunning about a woman who dresses in a way that engenders a bit of wonder as opposed to a way that “tells all.” It’s indisputable that how we dress is representative of our personality and values. Nowadays, some young girls don’t feel fashionable or attractive without exposing too much skin. They are brainwashed by profit-driven media that subliminally teach them that being practically naked is sexy, when in fact it simply attracts the wrong kind of attention.

In 2009, a study conducted by a team from Princeton University revealed that the region of the brain associated with **tool usage** lights up when men viewed pictures of scantily clad women. Lead researcher and psychologist, Susan Fiske, also noticed that some of the men showed zero brain activity in the part of the brain that ponders another person’s thoughts, intentions, and feelings in the same scenario.



In a separate Princeton study, when men viewed images of women in bikinis they often associated them with first person action verbs including *"I push, I grab."* In contrast, when they saw images of women dressed modestly, they associated them with third-person action verbs such as *"she pushes, she grabs."* Therefore, fully clothed women were deemed to be in control of their actions while the immodest ones were considered to be acted upon. Although the scantily-clad women proved to be the most memorable to men, they were always just identified as tools.

Dressing modestly implies purity, confidence and honour. It transmits a message that says you possess inner qualities for which you should gain appropriate attention from others. As such, when styling an outfit you must ensure that it embodies how you want others to perceive you as well as how you perceive yourself. If you consider yourself to be someone who is merely beautiful to study, I can only imagine the levels of anxiety and insecurity that you endure because of your desire to always look like someone who will be appealing to others. Having such unbelievably and irrationally high expectations of yourself will naturally leave you feeling dejected when you fail to meet them. We have to acknowledge that we are much more than what meets the eye and that our bodies have more than one function, none of which is to be objectified.

Modest dressing doesn't only speak to showing less skin. It also involves how well we accessorize and combine colours in our outfit. The colour wheel is your friend! Use it to find

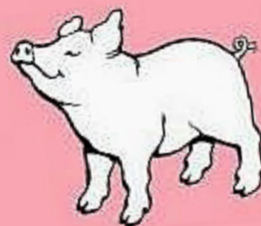
colours that are complimentary rather than distracting in order to give your outfit the right balance of colours. Pairing different shades of the same colour is particularly appealing. Similarly too much jewelry and accessories may make your outfit seem overcrowded. It is ideal to only accessorize areas in your outfit that seem bare or dull to avoid being gaudy. You don't have to dress ostentatiously to feel thrilled by your style.

Moreover, never forget that the internet is there for you. Use it to find creative ways to be trendy while still dressing modestly. A truly-fashion forward person can decipher when to wear what and how to wear it in a way that ensures approbation and respect.

Remember: keep it clean, keep it sharp, keep it way up!

Dear Girls,
Dressing immodestly is like rolling
around in manure. Yes
you'll get attention,
but mostly from pigs.

Sincerely, Real Men



Written by: Roselyn Henry & Kevion Daley



★ The Naked Truth ★

How many times have you stumbled upon the photograph of some unfortunate young woman, au naturel, plastered across your Facebook or Twitter? I'm not referring to those 'doing it for the gram.' I'm referring to those who at one point felt comfortable enough to share nude photographs with a significant other, only to find said photos on the Internet...walls...or light posts.

Bolder individuals may be tempted to ask **“What’s the big deal?”** since they believe that if you’ve got it, then you are surely entitled to flaunt it. Moreover, for anyone who is desirous of pursuing a related career, making an early entry into the industry may be welcomed. However, for the rest of us, this is not so. As Shakespeare said, *“Reputation, reputation, reputation! O, I have lost my reputation! I have lost the immortal part of myself, and what remains is bestial.”*

People rarely talk about others based on personal, firsthand knowledge of their character. Rather they talk about them because of their name and all that goes with it. Think about it. If your nude pictures are released whether they are attractive or not, everybody will know. People will want to get their hands on them. Society is most obsessed with controversial, shocking things, and if you aren't careful, you will become one of those things. What you put on the Internet, or enable someone to put

on the Internet, can never be erased. Even so, if some mythical creature wiped the Internet just for you, the images or videos (in addition to the knowledge of what you did) will remain in the minds of people who know and matter to you forever.

When you deliberately send a nude photograph to someone, more often than not, the receiver isn't even remotely deserving of the honour of viewing such an intimate picture. More importantly, you're also circulating child pornography. Don't cast your pearls to swine. Reserve the privilege for a time when you and your love interest are mature enough, committed and mutually respectful of each other's privacy and dignity.

Chris Brown said it best: *"[people] ain't loyal."* Don't be fooled. Your love interest may seem wonderful and trustworthy at first but relationships turn sour really quickly. When yours does, you'll discover that *"you'll always be bae"* was a dirty, deceitful lie. Few men are vindictive enough to circulate nude pictures as payback but all women should be wise enough to avoid giving them the ammo in the first place. Sometimes you're lucky enough to be romantically involved with somebody who respects you and would never share your nude photographs. However, sometimes phones get stolen. Sometimes spiteful people are friends with your significant other. Regardless of how unintentional it may be, both scenarios may easily result in those precious pictures being circulated and the harm done will be irreversible.

The naked truth: people will be more inclined to share your nudes than the PDF version of that textbook most of them can't afford. So don't take any! And if by some brief lapse in judgment you actually do, immediately **delete it**...because if you pass it on, he just may **tweet it**.

*That's enough.
I'M enough.*



Written by: Meca-Gaye Francis
Edited by: Kevion Daley

Modern-day

»»»»»»»»»»»»»»»» DATING ««««««««««««««««

It's a funny thing this process called dating.
For half an hour he kept me waiting
Then had the audacity to expect *me* to cover the bill
And, when I got mad, to tell *me* to chill.

Imagine how shocked I was when he began,
"Haha! ... So you thought you'd be dating a gentleman?"
...It seems I didn't get the memo
That there's a newly established status quo.

Apparently, courting has become archaic,
Overtaken by the notions popular music generates.
*"Why invest years and money into a relationship that may be a waste,
When everyone's going about it in such haste?"*

Apparently, people are products to be sampled
And relationships should never leave one too entangled.
"Tek whey yuh get till yu get whey yu want" is the new sentiment
As modern day daters hate the stresses of commitment.

Apparently, few now consider it sleazy
That reaching home plate on a first date is so easy.
And it's become too common for anyone to bemoan
Simply because they were dumped over the phone:

*“Bae...fi tell you the truth...
Wan gyal nuh inof fi dis yute.
Is about time dis ting don,
Man a gyallis and mi ahfi ave fun.”*

Understandably, one wouldn't treasure what he easily obtains
But this concept of 'no strings attached' is absolutely insane!
Love letters – one's feelings embodied in physical form –
Have been reduced to virtual drivel: the new norm.

Take it from me, dating's no easy road.
Even geniuses can't crack its code.
It's an obstacle course marred with potholes
To keep you focused on reality
...rather than what the future may hold.

It's sprinkled with speed bumps:
To remind you that sometimes it's good to take things slow.
And laden with road kill because people get hurt along the way;
That's something you need to know.

It drops the occasional flat tire in the form of a broken heart
As, for every journey, the souvenir is a crucial part.
And of course, there are times when you run out of gas
Or, even worse, the car may crash!
After you've unwittingly exerted effort far too immense
And were completely unprepared for the consequence.

Finally. The car stops...
Following a series of harsh jerks and thick smoke.
Leaving you misunderstood and ridiculed
Like the punchline of a bad joke.

By now, through watery eyes,
You step back only to realize
That all along
You'd been going about it all wrong.

The 'lang run, shaawt ketch' principle comes into play
And you realize just how much hell you'll have to pay.
All your 'experience' counts for naught
Because you are still without the love that you want.

Don't you think it'd be much too great
To expect returns on an investment you were
Always too afraid to make?

If you want better, muster the courage to shake the dust.
Build your relationships on a foundation of mutual respect,
honesty and trust.

Find other ways to send your ego reeling
That don't rely on people's feelings.

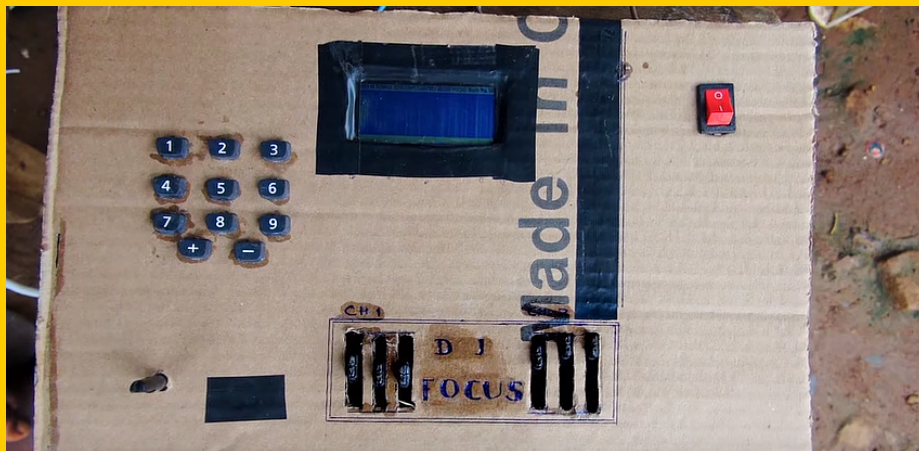
And here's one last thing to bear in mind:
Dating's not supposed to be quick and easy;
True love is usually the most inconvenient kind.

Kelvin Doe

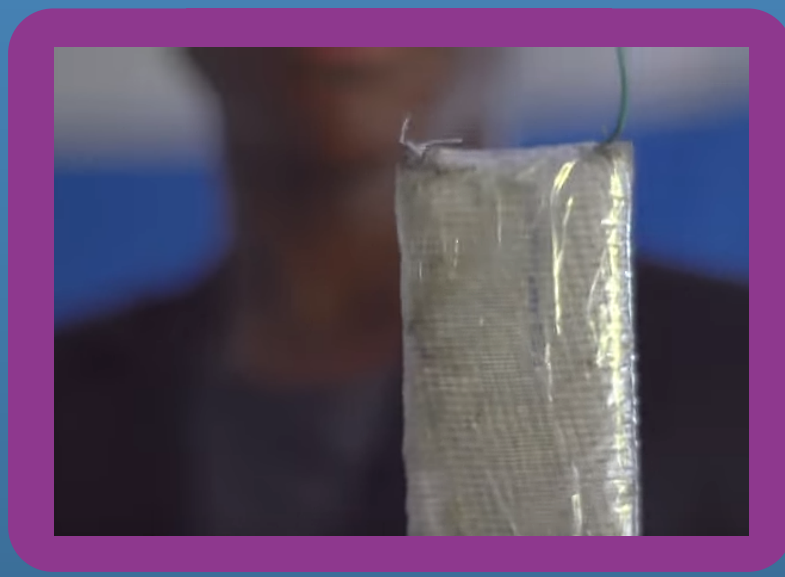
2015

Engineering Prodigy

In the midst of a city crippled with poverty, arose Kelvin Doe, a fifteen-year-old engineering whiz who LOVES inventing. He scoured the trash bins of his hometown Sierra Leone for spare parts that he used to build batteries, generators and transmitters. Completely self-taught, Kelvin created his own 3 Channel mixer, sound amplifier, microphone receiver and radio station, where he broadcasted news and played music under the moniker 'DJ Focus'.



As a child, Kelvin learnt by making and reverse engineering any spare parts that he came across. In order to combat the fact that his community had power once a month, he made a battery out of garbage and spare parts. At the mere age of 11, Kelvin started repairing his community's radios free of cost. Three years later, he made his own FM radio transmitter to give a voice to the youth in his community and a generator to power said radio station. Simply put, Kelvin's inventions are created purely out of his need to empower and help those around him.



In 2012, Kelvin became the youngest person in history to be invited to the Visiting Practitioner's Program at MIT. He subsequently was a speaker at TEDxTeen where he lectured undergraduate engineering students at Harvard College. A year later, Kelvin signed a \$100,000 solar project pact with Canadian High Speed Service Provider Sierra WiFi.

Now he's working on a new invention that he concocted with a friend from India: an emergency shoe charger that will not only be able to charge your phone while you're walking but will also be capable of tracking you. Kelvin is presently continuing his high school education at Prince of Wales secondary school in Sierra Leone, driven by his personal motto "with innovation we can change the nation."

I am truly inspired to see Kelvin resiliently overcoming the challenges that life has issued him by directing his mind towards a bright future. It is crucial that we not allow ourselves to become victims of adversity, but rather to enable it to build our character, strengthen our resolve and bolster our confidence. If there is one thing that we can learn from Kelvin's story, it is that we rise by lifting others.

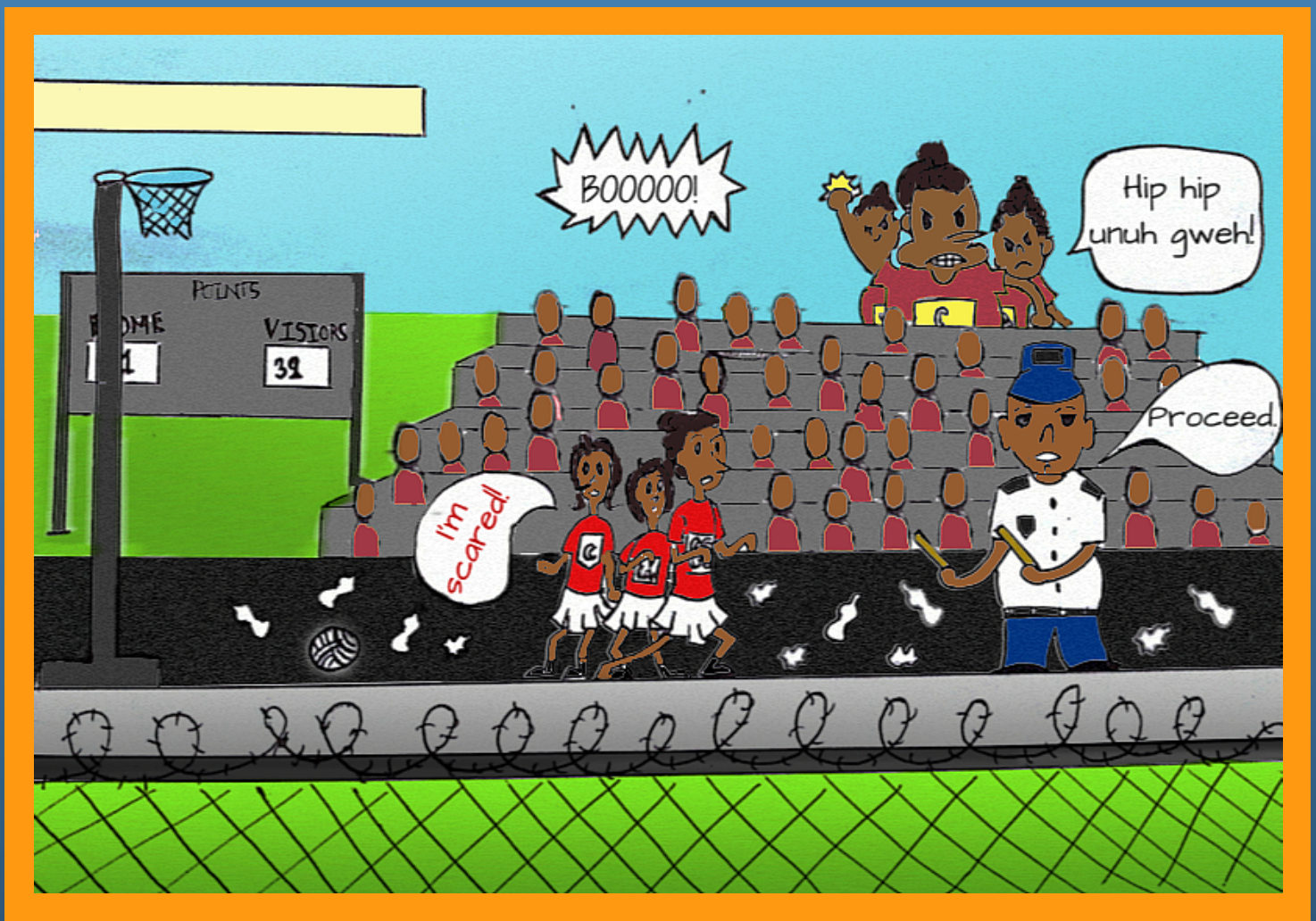
Written by: Samantha Grant
Edited by: Kevion Daley



Let the SCORES show the RESULT, not your ATTITUDE

In October, our junior and senior netball teams played challenging matches against another high school. Members of the senior netball team revealed that the school's seniors were skilled opponents who made the game incredibly challenging. Their swift plays ensured that they scored whenever the ball made it into their goal circle. At some moments our girls even believed they might have lost the game since their opponents had a knack for scoring consecutively, as if every point earned added to their momentum.

So it goes without saying that the opposing teams were disappointed by their losses. The school's supporters were even more displeased and opted to send off our team with a *"Hip hip, unuh gweh!"* instead of the customary, celebratory *"Hip hip, hooray!"* Eventually, when threats of being **stoned** surfaced, our teams left the court in fright while being ushered to safety by their coach, Mrs. Fairweather, and security guards from the opposing school. Quite a mature way for the crowd to respond, right?



Our girls were met with more animosity than they bargained for upon winning.

A similar situation, which actually resulted in an altercation, occurred this month during a Colts match. The cause of the problem is speculated to be a hustle between our striker (Danzel Knight) and an opposing goalkeeper, during which Danzel accidentally stepped on the goalkeeper's foot. I suppose the fact that Danzel won the scuffle didn't help because shortly after, when gameplay resumed, the goalkeeper knocked him out with a blow to the head. *"After that I woke up in a Benz... then I woke up again in the hospital,"* he related during an interview. *"If I hadn't been knocked out, I probably would have retaliated when the referee wasn't watching. ... It doesn't really matter though because my teammates stood up for me."* The same can't be said for the offending player; his coach prohibited him from returning with the bus because of his unwarranted actions, which held Danzel in the hospital until late evening.

In both cases, the fact that players and fans allowed their emotions and poor attitudes to reflect how they felt about the game resulted in deplorable displays of sportsmanship. Jim Courier once said *“sportsmanship for me is when a guy walks off the court and you really can't tell whether he won or lost, when he carries himself with pride either way.”* Weren't the real losers in each game obvious? The appropriate course of action for the losing teams would have been to view the situation as a learning experience and work towards improving before the next game while the supporters should have merely cheered their team on even in the face of defeat, as opposed to obnoxiously verbally or physically assaulting their opponents.

Both scenarios portray a wider societal issue: our inability to appropriately and maturely address conflict. Bad sportsmanship isn't just a phase. It is something that will be perpetuated as long as juvenile and insolent people comprise the audience or a playing team. I know what failing to meet a goal feels like so I can definitely understand their disappointment. What I can't comprehend, however, is their reaction to the situation. In the goalkeeper's case, in particular, it suggests that he never bothered to commend himself for his performance during the game (even if he considered it to be poor) but instead fixated solely on the fact that his opponents were performing better than he was, effectively causing him to despise rather than respect their exemplary gameplay. So one could say that his attack on our striker resulted mainly from his frustration with himself and his team's performance.

A player should never let personal frustration develop into anger in such cases because an angry person often acts without thinking. As a sportsman losing a game, your first prerogative should be accepting the reality of the situation. Now that certainly doesn't mean that you should stop aiming for victory, it simply allows you to conquer frustration and focus intensely on your intended outcome rather than your obstacles. Making a mental record of your and your teammates' achievements during the game will also help to keep you motivated. If you note no achievements whatsoever then you probably have unrealistic expectations of not only yourself but also of your team...at which point you must rationalize your expectations and acknowledge your personal limitations (whether real or imagined). Cultivating the confidence and pride of our Manning Cup team (that can lose every match of its season and still report the scores with a smile) takes time but the placidity that comes with it is worth it.

Games will never be easy but how you handle the frustration that comes with them can make gameplay more effortless. While on the field, just remember to **stay positive, play fair, lose gracefully, and win with class.**



Written by: Kevion Daley

Illustration by: Michael Pyrcce, Nicholas Knowles & Kevion Daley



Coconut Oil



Have you noticed how quickly the 'natural' trend has picked up? More and more women across the globe are using natural oils and butters for their hair and skin instead of products containing harmful chemicals. Beauty store owners island-wide will admit that customers predominantly request natural products. The craze is further stirred by naturalist YouTubers who feel compelled to share their beauty techniques and their satisfaction derived from using a number of oils and butters.

The essential oil in focus today is **coconut oil**. Coconut oil is comprised of mainly saturated fatty acids, unsaturated fatty acids, poly-phenols (responsible for its taste and smell) as well as derivatives of fatty acids, fatty chlorides, Vitamin E, Vitamin K and minerals such as iron. These come together to produce what some refer to as the miracle oil.

COCONUT OIL AND SKIN CARE

- After washing your face with the appropriate facial soap, coconut oil can be used to remove the remaining eye makeup.
- Coconut oil also functions as a lip balm, the perfect remedy for chapped lips.
- It acts as an effective moisturizer on all skin types by providing a safe solution for preventing dryness and flaking of the skin.

- Coconut oil is a girl's best friend when it comes to shaving. For baby soft legs, rub a small amount of coconut oil on your legs before shaving.
- It can be used to treat skin problems such as eczema, dermatitis, psoriasis and other skin infections.
- Coconut oil provides age defying properties in that it delays the appearance of wrinkles and sagging of the skin.
- It helps to reduce and even eliminate rashes and scares.

COCONUT OIL AND HAIR CARE

- Coconut oil serves as an excellent conditioner and helps to reduce protein loss.
- Coconut oil promotes healthy growth and nurtures the re-growth process for damaged hair.
- It gives hair a shiny quality and tames frizz.
- Coconut oil makes your hair and scalp free of dandruff and lice.

COCONUT OIL FOR HEALTH

- It actively prevents high cholesterol and high blood pressure.
- Coconut oil assists with weight loss.
- It strengthens your immune system and improves the digestive system.
- Coconut oil is very effective against a variety of infections due to its antifungal, antiviral, and antibacterial properties.
- It's a good alternative to vegetable oil for cooking if you don't mind the sweet aftertaste.

As you can see, coconut oil has a wide range of uses. **Grab a jar today and join the home remedy movement!** It's available in health stores, beauty stores and pharmacies at a (generally) inexpensive price. Be sure to check the ingredients before purchase, the purer the better!



Contributed by: Gillian Steele

Edited by: Kevion Daley

TSV HEALTH & LIFESTYLE