



Good News Newsletter

YMCA ACADEMY
NOT JUST ANOTHER HIGH SCHOOL

YMCA Academy: Free Hugs for all!

In September, the students of the Art of Living class went around the whole YMCA building giving everyone free hugs. Although a few people weren't that up for hugging total strangers, we still had a good number of students. Of course we started with the school, going around hugging students and staff. After hugging everyone at the school, we jumped in the elevator, and continued hugging on other floors. Some of the places that we went included the 9th floor, the cafeteria, the newcomer's floor, and we visited the 8th floor as well. Emma Ness said, "The hugs seemed to make people very happy."

Believe it or not hugs are actually vital to a person's survival. We are said to need four hugs a day for survival, eight for maintenance, and twelve a day for growth. They are as important as a baby's need for food and water. Touch is one of the most important out of our five senses - without which,

we feel detached from those around us. It is actually one of the first senses we develop in the womb. Researchers say that when you get a hug the brain releases the chemical oxytocin, which is known as the feel good drug.



Free Hugs at 42 Charles St.

Academy Gives back to Mother Nature

by Emma Ness

On October 28, 2009, YMCA Academy students and staff went to Downsview Park to plant trees. The YMCA Academy is part of Evergreen's Environmental Stewardship Program, which means that we have

made a continuing commitment as a school to help Evergreen with its environmental projects. Mother Nature tried to test our commitment by sending bucket-loads of rain our way, but the sturdy Academy group wasn't easily scared away.

The students who went were real troopers – it was raining and muddy. Trip organizer, Melissa O'Leary said, "It takes more than a bit of water to get in our way!"

The planters also met some of the local wildlife.

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Tree Planting (cont'd)

Student Jessie McLaverty found a huge number of snails, which he offered up as escargot. Meanwhile, local techie Andras Nagy was found tasting worms. "It tastes like mud!" he said. We wonder how he knows that.

This wasn't the first time and it won't be the last that Academy students pitch in to help the environment. Another school trip is planned for the spring, and the students will also participate in cleaning up the local area during the Toronto 20 minute make-over and Earth Day. If everyone pitches in just a little, we can help the environment a lot.



The tree-planting crew from the YMCA Academy

LOCAL NEWS

YMCA Academy Welcomes New Student

On September 9th 2009 the YMCA Academy welcomed Emma Ness. Emma came from Willowood School on Scarsdale, and York Mills School. She came here to raise her marks. "I think it is a great school with a great environment," said Emma. "Everyone is really supportive, encouraging, and friendly." She likes the Academy because it is very easy going, open, and encouraging, and of course there is no uniform. "I am really happy to be here," Emma says.



Colombian Guest

by David Ostos

On October 19th, 2009, a Colombian man named Wilson Obregon Mosquera visited the YMCA Academy to speak to students and staff about his life in Medellin. Wilson flew to Toronto to participate in the YMCA's International Youth Exchange Program.

The main difference Wilson noticed about Toronto and Colombia is that there is a more mountainous landscape in Columbia than in Toronto. In Colombia, the police are seen a lot more than in Toronto.

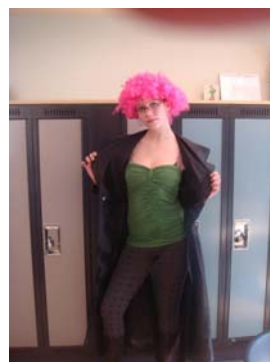
Wilson also says that Toronto is much colder than Colombia, that Colombia has a lot more violence than Toronto and the gangs often fight for marijuana. Finally, Wilson said, "If I could change one thing in Colombia it would be the violence." violence than Toronto and the gangs often fight for marijuana. Finally, Wilson said, "If I could change one thing in Colombia it would be the violence."

New Fashion Trend at YMCA Academy

by Jennifer McLaren

YMCA Academy students rise up in fashion class. Students spend time creating, repairing and coordinating clothing articles. "With approaching Halloween festivities, I for one am quite excited to see what these immensely talented students will come up with," confides Alexi Manis, another awed admirer of the Academy fashion class.

With a fresh crop of students to pitch in talent, the students have already begun to design new and funky must-have attire. That must-have is the big fluffy and curly pink clown wig! Approved by all, the pink wig is a great ice-breaker and fantastic party hat.



Baby Y

by Margot Heart Prout

Kenya Princess Aniyah Dennis was born October 13th 2009 at 7:16 pm at Toronto East General Hospital to proud mother Afia Baeta, father Keith Dennis, grandmother Cindy Baeta and uncle Taafa Baeta.

Kenya Princess Aniyah Dennis is a C-section baby, after four hours of labour the doctors decided that it would be safer for both mum and baby. Both mum and baby are doing well.

I had the chance to speak with Kenya's Uncle Taafa who said, "she warms me inside; I just love that little girl so much." As you can see this baby is one that has clearly already shown and been shown so much love. The family has

been surrounding the baby since birth, and many friends have been helping out and coming to visit at this exciting time.

Tracey Addison, a worker at Afia's old, and Taafa's current school, was at the hospital at the time of birth. She has, over the years, become a very prominent and influential person in the lives of the whole family. Tracey said that she "was struck by the miracle of birth" and that "Kenya's birth was very powerful for me." Tracey was very moved by the birth and the life that was brought into the world.

"She's a beautiful baby and I'm sure Afia will be a great mum, some people just have it in them and I can see that she does."



ART & INSPIRATION

Hey GirlZ



You may think girls talk about everything and everything. Well maybe we do. www.gurl.com is a great web site for all girls. This web site offers everything from fun quizzes, sex/relationships/body image topics, comics, and-games to online chatting with other girls about serious topics. Gurl.com

is totally cool and fun, and you can also become a member and make your own room for free! This website also has other websites that young people can go to which is awesome, just because you are on gurl.com does not mean you are restricted to the site. They offer so many sites like stuff on sports, college, entertainment, teen stuff and other cool sites. So gurlZ, sign UP!

A Strange Paradise

by Jennifer McLaren

This picture is my way of conveying what exactly peace is to me. Peace is when I am thinking of forests and farmlands, landscapes of an unusual beauty. I am peaceful when I paint these visions of paradise. With every stroke of my brush, I release myself into my work more and more. This particular image is a tropical paradise when the

sun is setting. I find it to be very peaceful because it invokes memories of being on a beach or swimming in the rapids. I also very much enjoyed using the oil paints I found in our art cabinet. It allowed me to paint a different picture than I normally would, and still I was able to manipulate it to my liking.



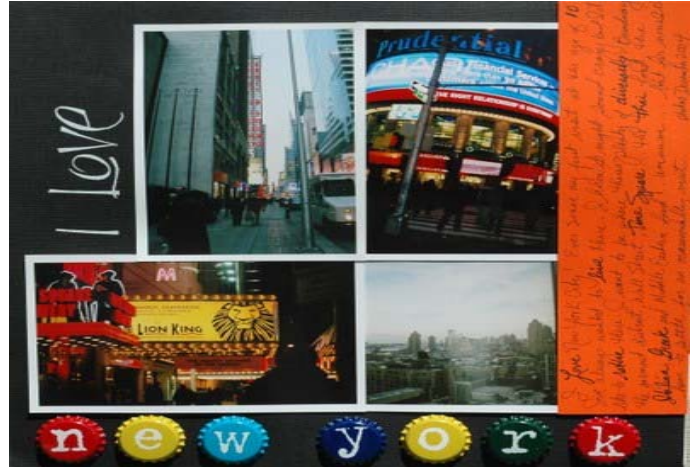
Picture Your Goals!

by Jordan Hudson

You may think what makes me happy? Well here's an idea! Start off getting a bunch of different kinds of magazines. Cut out stuff you like or that interests you, just to get your creative juices flowing. Then get a glue stick and glue the pictures around like a collage. As you get the hang of scrapbooking, start setting goals for yourself, like going to college, getting into shape or saving up for some thing. For example you want a car, so you cut out pictures of cars you like and you finish the whole gluing process. While you are doing that think of the steps you are going to take in order to get that car. Every time you see your scrapbook, remind yourself to work towards that goal. This is a great hobby to get into and it is really fun!

What stuff do you need?

- Scrapbook/photo album
- Glue stick
- Stickers
- Sparkly glue
- Magazines
- Colour markers
- Colour pencils
- Pictures
- Scissors



*Tips for Your Scrapbook!

Decorate the outside (front and back cover) of the scrapbook. It will look really cool. You can get all these things

at your local corner store or dollar store for real cheap!

SPORTS

My First Gymnastics Gold Medal

by Jaimie Morgan-Lynette

Last year it was my second gymnastics competition. It took place at Shenderey Gymnastics Center. I placed third on vault, third on floor, second on bars and first on beam. I ended up placing second overall. I was thrilled about that but I was frustrated that I was only .4 points from taking first place overall. I knew the girl hadn't beaten me by much but I didn't realize that she had beaten me by that little.

Before you compete you have a 20 minute warm up with everyone in your category. Once you've warmed up they split you up and you go to your first event and before you present your routine to the judges, you're allowed one practise.

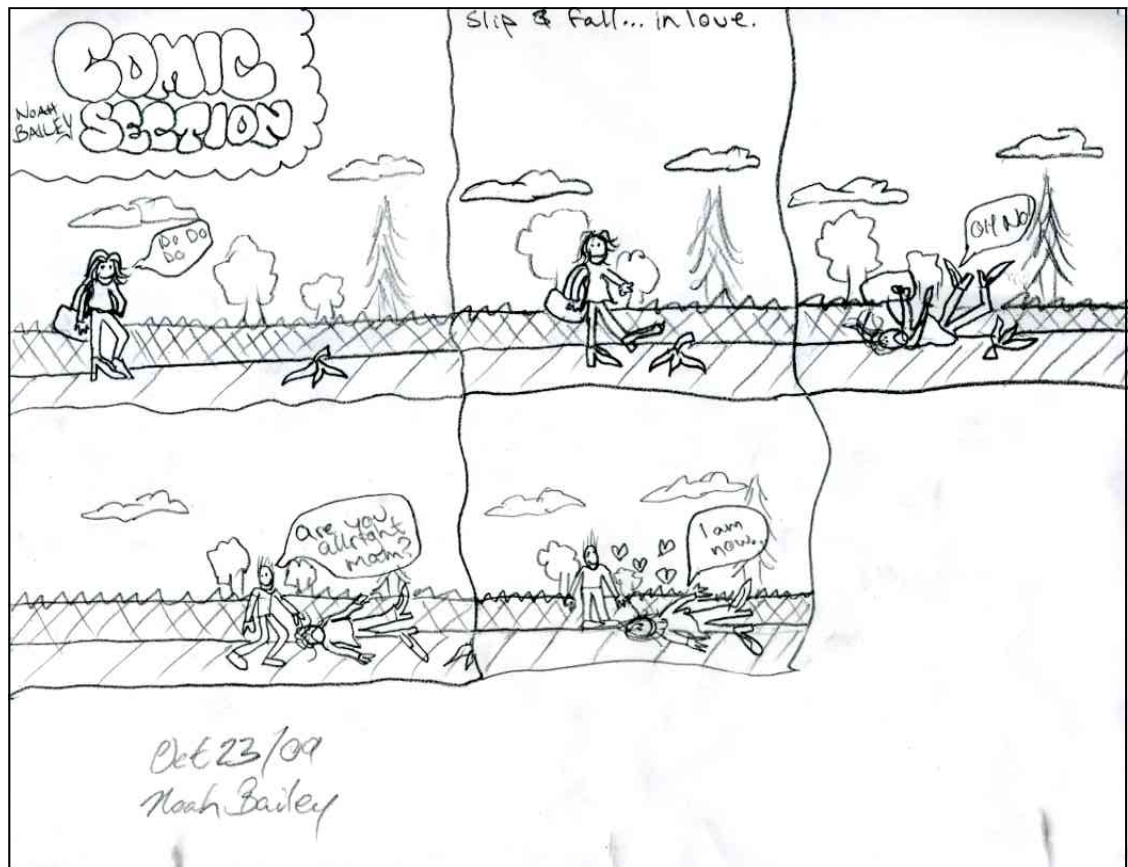
When competing you have to wear a certain gym suit. In other words you have to wear a competitive gym suit and each club has a different gym suit. My club has two kinds—short sleeve or long sleeve. They are both royal blue and have silver jewels on them. The only difference is the short sleeve has the jewels across the sleeves and the long sleeves have jewels across the front of the gym suit and the back where it crisscrosses.

The competitions usually last about an hour then the awards usually last another hour so the whole thing usually lasts about two hours. Once all the ribbons and medals have been presented you can pack up and head home to show off your medals.

Peace

by Margot Prout

"It always seems impossible until it's done."
that's what Nelson Mandela said when his freedom first begun
People say they cant do it
You just have to ask them why
Because if you really wanted to
You could literally touch the sky
Some people don't want to work hard
But that is why you prove
That there are good and bad consequences
For everything we do
If we all worked together
Oh what a place this would be
If we all understood each other
We would be so much more free
If everybody did their share
If we gave the world more care
And helped it to repair
We would no longer be living in despair
If everyone worked for peace
Maybe our world would be in one
Maybe if we let our children know
That we weren't letting go
They would let
Their brightest dreams show.



QUICK & EASY ENTREES

Garlic Parmesan Pasta

Ingredients

- 1 bag of your favourite pasta
- 2 tbsp olive oil
- 1 tbsp margarine or butter
- 1/2 tsp of garlic powder
- 1/2 cup of chopped white onion
- 1/4 tsp of salt
- 1/2 cup of parmesan

Method

First you boil water with salt and oil in a large metal pot. When water is hot and bubbling, add

your favourite pasta and cook until tender. While pasta is cooking melt butter or margarine in non-stick skillet. When cooked, strain pasta and place in non-stick skillet and add garlic, onion, and salt. Cook at medium heat until pasta looks crispy, and then

add parmesan. Serve immediately.



Grilled Cheese

Ingredients

- preferred amount and type of bread
- butter or margarine
- 3 slices process cheese
- sliced tomato

Method

Toast two pieces of bread in toaster or toaster-oven. Butter slices and place on toast, 3 slices

of preferred cheese. Using a microwave safe plate, microwave for 30 seconds. Then serve immediately with an accompanying sauce of your choice i.e. Ketchup and a salad.



Roast Chicken

Ingredients

- whole chicken
- 2 ¼ virgin olive oil
- 2/3 tsp celery salt
- 1 tsp crushed rosemary
- 2 tsp lemon juice
- 1/4 tsp cayenne pepper
- 2 peeled, deseeded, and sliced apples
- onion halves
- 4 cloves of sliced garlic

Method

Preheat oven at 350°F. Clean chicken and place on cutting board. Mix together oil, celery salt, crushed rosemary, lemon juice, and cayenne pepper and knead mixture into chicken. Slice apples, garlic and onion on large cutting board. Stuff bird with sliced apples, garlic, and onion, place bird into roasting dish and put into oven for sixty to eighty minutes continuously

basting until finished. Usually, a meat thermometer bought from your local grocery store is helpful in determining doneness of pork, beef, lamb, and/or poultry.



Word Search

F M D H M P O F T I R M S M B Q P A C Z R O P B
 A E V A D I I B S P E C I A L W A X C A H I N P
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HAPPINESS

LIVE

WANT

FLY

HOPE

WIN

TRUST

ADMIRE

SNOW

LUCKY

IMPORTANT

WISH

FANCY

COFFEE

POSITIVITY

SPECIAL

LOVE

FAMILY

WORD

INDUBITABLY

Sudoku

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	2			4			9	
8		3			5	4		
5		4	6		7			9
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7			8		3	1		2
		1	7			9		6
	8			3			2	
3		2	9		4			5

Super Challenging Puzzle

If you solve this puzzle in 15 minutes, you are an expert.

If you solve this puzzle in 10 minutes, you are absolutely brilliant.

If you solve this puzzle in 5 minutes, you are a genius, and should enrol in Mensa immediately.



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Horoscopes

Aries March 21 – April 20

Today you may think it is a great day and your right it is. There is a lot to look at that is positive in your life.

Libra Sept 23 – Oct 23

It may seem today every thing must be too good to be true, there is no catch, just enjoy it.

Taurus April 21 – May 21

Treat today like it is your last. The more you learn to appreciate life, the happier you will become.

Scorpio Oct 24 – Nov 22

Today you will get many opportunities to relax. Take those opportunities and enjoy. But don't lose sight of what you need to do in life because an important task is on its way.

Gemini May 22 – June 21

Today you will find that everything

will fall into place. Today will hold many conveniences for you. Reap the benefits and enjoy your day.

Sagittarius Nov 23 – Dec 21

Today is a perfect day to be good to your friends for they will return the kindness possibly beyond what you anticipated.

Cancer June 22 – July 22

Someone right under your nose will do a good deed for you today. Return the favour for it will benefit your inner happiness.

Capricorn Dec 22 – Jan 20

Do a good deed for a stranger today. It will benefit you more than you realize. Today will be a good day to better yourself.

Leo July 23 – Aug 23

Stay strong today because someone you care about is going to need your

help. Helping them will make your day one worth living.

Aquarius Jan 21 – Feb 18

Try something new today. It will be a good day to explore your abilities in areas that are out of your element. Trying new things will make you feel good about your day.

Virgo Aug 24 – Sept 22

Pay attention to every single little good thing that happens to you today no matter how minor. By the end of the day you will feel better about your life.

Pisces Feb 19 – March 20

Only pay attention to yourself today. Do everything in your power to build your inner happiness. You will have a good day only if you pay minor attention to people around you.



Your YMCA's charitable registration number is: 11300 7000 RR0001

