Challenge Yourself

By: N. Burns, Health Coord.

The 100-Mile Challenge is being offered to parents, staff and students of Diman Regional Vocational Technical High School. The task is to complete 100 miles of aerobic exercise in approximately 20 weeks. This program which is on a voluntary basis, will begin on January 13, 1997 and end June 14, 1997.

The volunteers who register will be given an exercise diary in which to record the exercise dates, the type of exercise, and the distance completed. We ask that an adult co-sign the mileage. As a reward for their efforts, the first 100 miles will receive a "100 Mile T shirt or Hat"

We would really appreciate your support in encouraging the students at Diman to become involved and join in the 100-Mile Challenge. We feel as dedicated roll models it will improve the students levels of fitness, health and positive attitude. If you contact Noreen Burns At 678-2891 Ext. 159.

OLYMPIC VISIT

By: Adam Huwyler

If you've ever had dreams of becoming on Olympic athlete now may be your chance. In the next four months or so, the United States Olympic Committee (USOC) is sending scouts to all 50 states from their location in Colorado Springs, Colorado, to find potential athletes for the 2000 games in Sydney, Australia.

Athletes will be handed sponsors such as Nike, Reebok, Mobil, Gap, and, if your a swimmer, Speedo. You will be asked to train at any of the Olympic training centers across America. The closet one to us in Colorado Springs, Colorado. Everything will be paid for except luxury items, such as make-up, music (CDs, musical instruments stereos) or cars, unless you're sponsored by Chevrolet.

This is a great opportunity for anyone who has dreams to compete in the Olympic Games. "Children are the best hope for the future of the Olympics. Children watch heroes, they are heroes, " said International Olympic Committee President, Juan Antonio Samaranch, at the announcements of these plans in August 12,1996.

I think that everyone would like to see someone around here make it to the Olympic games!

Star Trek First Contact:

The Legacy Continues

By: Mike Makuch

Looking for an action packed Sci fi movie? Then make contact with Star Trek First Contact. Directed by Star Trek's own Jonathan Frakes (who plays Will Riker in the movie and on the T.V. series Star Trek Next Generation), this movie looks like it will continue the great legacy that the past seven movies created.

It is a legacy that has lasted about thirty years. Audience everywhere have enjoyed watching the courageous Captain Kirk go on another to seek out "new life and "boldly go where no man has gone before". Now, it's time for new Captain to take over this mission. His name is Captain Picard.

The movie boasts a number of well known stars, including Patrick Stewart as Captain Picard, Brent Spiner known as the android Data, and Michael Dorn who plays a Klingon named Work. The stellar guest cast is headed by Oscar nominees James Cormwell, Alfre Woodard and acclaimed South american actress Alice Krige who plays the Borg queen.

In this movie Borg (a cyborg race that kills and assimilates other civilizations) try to take over the Earth. However, the Federation has a secret weapon up their uniforms called the Enterprise E, a powerful starship lead by Captain Picard. The Borg realize that the Federation is too strong, so they travel back in time to try to stop First Contact (a reference point in the movie to describe the first alien encounter on Earth). However, the Enterprise is right behind them all the way.

Will the Borg succeed or will Captain Picard, and at what cost to the crew and the Enterprise? I'll leave that question for you to decide. Just set a course to your nearest theater and make contact.

Computer-holics Anonymous

By: M.G.

Technology has come a long way since the Univac (The world's first commercial computer system.) A few years back someone asked someone what is the internet, their response would probably be, "Isn't that what the cafeteria person wears on her head?" or "That's the thing the fisherman uses to acquire his daily catch."

These days, unless you've been in a cave, everyone has at least heard of the Internet & The World Wide Web. The Internet is a powerful system of computers and information from around the world al available at your fingertips.

More processing power in tandem with higher speed modems has made surfing the net easier and faster than ever. Services like America Online, ICI, (Dimans Internet server), The Microsoft Network and others make it possible to perform research, checkout the latest sports scores, learn about a college you plan to attend or even send an E-mail to the President.

With all this new technology, it's easier to become addicted. I, myself, am guilty of being addicted to what's new in technology.

Sometimes when you see the Net , it's easy to lose track of time. If you spend more than four hours a day browsing the Net, it is safe to say your hooked. You should try doing something else to occupy your time like read a book or magazine, listen to some music, go to the movies, or do some last minute Christmas shopping.

If you use common sense and moderation, you won't have to face a group of computer-jocks at a Computer/ Internet-aholics Anonymous meeting and announce, "I am a computer-holic." Remember admission is at first step to recovery.

But those people who just can't stay away can visit the Diman web page. Simply open your browser to: http:// www.ici.net/cust_pages/bengals/ bengals.html If you would like to E-mail a comment or idea to the editor of the paper, you can send it to: dimanlib@ici.net (Be sure to mention the address in the letter, so whoever retrieves the mail knows who to forward the letter to.)

In the mean time, happy surfing!

THE TRADESMAN

DIMAN REGIONAL VOCATIONAL TECHNICAL HIGH SCHOOL

-- A NEWSPAPER by and for DIMAN STUDENTS --

Volume 4 No. 2 December 1996

Diman Hosts Non-User Conference

By: Leeanne Lynn

On November 7, 1996, Diman came together with two other schools, their advisors and the Addiction Prevention Associates from Wayland, Mass., in a non-user conference. The two other schools were Bishop Connolly of Fall River, and Bancroft of Worcester. There was a total of 54 people: 46 students, 4 advisors from the schools, and four adults who are from the Addiction Prevention Associates.

The students at this conference were kids who have chosen never to use, or kids that are ex-users of alcohol, tobacco, and other drugs. So everybody got to hear different points-of-view and stories. Lots of the kids said that they now know that they could be proud of the choices they make, and they are not afraid of what others think.

At the start of the day we all met in the tea room. Bancroft was the last to arrive. Since Diman was the host school, we made our rounds greeting the people. Then we made our way to the gym.

Diman held two get acquainted games that we thought of. The first game we played was a questionnaire game. The questions were like find some who owns a dog and have them bark like a dog. The other game we held was with the whole group in a big circle. We asked a question. When the tennis ball got thrown to you, you had to answer the question the best you could. We had a lot of fun.



Non Users Conference

After that, the Addiction Prevention Associates took over. The leaders were Bill Phillips and John Sousie. They held games and group sessions. They made the day lots of fun .

We broke up into small groups with two Diman students, two Connolly students, and one Bancroft students. In the small groups, we talked about drugs and alcohol in our community, schools, homes and families. Then we got back into a large group and talked about what we had just heard. In the small groups, no one was afraid to say anything because there were no adults. After lunch, we thought of ideas and program that we could bring back to our schools. *(cont. on Page 4)*



OFFICERS OF KEY CLUB

From left to right: Crystal Carvalho, Yessica Torres, Mindy Levasseur, and Kristina Reis

A Key Club Christmas

By: Mike Nadeau

Have you ever thought of that less fortunate family that can't afford to have quite an extensive Christmas dinner as maybe you ? Did you know that you can help?

Our school collects donated can goods and donates money from the shops to help those families in need. For the past 25 years The Key Club, which is the largest International High School Service Organization, helps out about 30 families a year by putting food baskets together. Each food basket contains an entire Christmas dinner including turkey, stuffing, potatoes, fresh vegetables, gravy, bread, and pie. It's us ally enough for a week, but, so that you won't get totally sick of turkey left over and over, the Key Club also brings bread, peanut butter and jelly, cereal and breakfast, tuna, and mayo.

After these baskets are put together, they are delivered to the homes of the people in Fall River, Somerset, Swansea, and Westport with the help of Fall River Kiwanis Club. The names of the needy Diman families, Post-graduates, and LPN students come from Pupil Personal Services.

I believe the Key Club deserves some recognition for their good deeds. I would print out every name of every member in the Key Club Organization but truthfully, I don't have the space, so I'll give a thanks to the officers.

Thanks to President Mindy LeVasseur in CA '97. Thanks to Vice President Crystal Carvalho in HC, '99. Thanks to Secretary Kristina Reis in GA,'99. Thanks to Treasurers Yessica Torres I HC,'99. And thanks to every other member of the Key Club Organization that help out others.

SPORTS

Cross Country Season Ends With A BANG

By: Lisa Miranda

The Diman girls cross country team had a great season this year. We went 7 and 2.

This season was a big step up from last year's season. Last year half the season we ran with less than five girls, which did not qualify us as a team. So when so many girls signed up this year we were excited. We ran with nine girls this season; that may not seem like a lot, but if you know cross country it's not how many runners you have, it's all about how much heart each runner has. This team also known as the "Diman Chics" (personal thing) had plenty of heart.

A couple of runners began practicing in August in the summer heat, (you know who you are). Talk about dedication. The rest of the team assembled in September. The members who ran with us all season were: Senior: Lucrecia Borges, Juniors: Nicole Viens, Steph Martins, Jessica Farias and Sandy Sousa, Sophomores: Lisa Miranda and Stephanie "Swoosh" Luciano. Last but not least were our gutsy Freshman: Nicole White and Jessica LaForce. Everyone did well this season.

There were many highlights this season. I'll start with our meet at Sacred Heart. It was an extremely important race. If we lost, we wouldn't have much of a chance at winning the championship. If we won, we just had to win the rest of the season and hope to tie in first place, because we already had one loss against Avon. The race went by fast and after everyone finished we gathered around the coaches to see the results. Before we received our results we got some bad news; the boys had lost their first meet in four years. After hearing the news we hoped we won. Sure enough the "Diman Chics" defeated Sacred Heart 26 to 29. The date would go down in history; no girls cross country team had ever beaten Sacred Heart. We wanted so badly to rub it in their faces, but we are a team with more class than that; we waited till we got on the bus to celebrate. After this meet we continued to do well all season.

One day after practice, Mr. Aubin sat us down and told us that we were tied for first place with Avon and Sacred Heart and that the championship would be decided at the Mayflower League meet. The pressure was on.

Well this brings us to a rainy day in October, the day of the Mayflower League meet. The course had to be slightly changed because the original course was too muddy. Not that the mud bothered us, but for safety reasons. While we were warming up there was a bunch of girl runners, with no class at all, who decided to make faces behind our backs. That just made us stronger and more determined to win. Seconds later we were at the starting line, the gun was fired; all through the race we could hear cheers from the crowd, "Go Diman", "Come on Diman". Then it was over. Lucrecia placed first and I came in second, the rest of the team followed placing well. It was going to be a very close race. After the race was done, we headed inside for "cookies and punch". The awards ceremony started a short while later, starting with the boys who placed first. Then it was our turn, third place.... Sacred Heart, our fingers were crossed, second place.... **Diman Regional,** and first place.... Avon. Our hearts sank. We wanted to repay Avon for defeating us earlier in the season. As we boarded the bus we watched as Avon celebrated their victory. After all, they were the champs, right? **WRONG,** they might have won the league meet, but when but when the points were added up for Avon, Diman, and Sacred Heart, we had won by one point. This meant we were the **CHAMPIONS.** We even got a banner to hang in our gym.

Through all the ups and downs, (going the wrong way at the city championship race, sorry Mr. Aubin), all the hurt ankles and sore muscles, we still came through. Without a great coach like Mr. Aubin, who was always pushing us to be our best, and without the support of Mr. Pavao, Mr. Blanchette, the boys team, and all of us girls, we wouldn't be the champions team we are today.

I would also like to thank everyone who supported us, and helped us in any way .

The Girls Cross Country Results

Diman 23	West Bridgewater	40
Diman 32	Avon	28
Diman 15	Holbrook	48
Diman 18	Bristol Aggie	43
Diman 26	Sacred Heart	29

The Mayflower League Meet

Diman 26	Sacred Heart	40
Diman 27	Avon	28

The City Championship
Diman placed 2nd

HEY SPORTS FANS!

By: Jessica Farias

As the school year proceeds, new and improved sports teams take action. The need for school spirit and support is very important, not only from the students but from the faculty as well.

If you haven't noticed during the fall, cross country, golf, and soccer all take place. During the winter, basketball, cheerleading, hockey and winter track also take place. In the spring, baseball, softball, spring track and tennis come into play.

Try to attend games that you would be apart of. Cheering the team on shows that you care, and although you might not notice it, you are also representing Diman. Keep in mind that the tremendous amount of time and hard work to establish a winning team. Not only do they play in games and have fun, but they practice everyday, and some sports require weekend practices. Dedication, as well as playing with a "heart", is essential.

Now, don't think you could take an hour or two out of your schedule to attend a basketball game or winter track meet? The next time you hear Mr. Bentley announcing the sports schedule, think about how you could make a difference.

As for the athletes, "Remember there is no I in TEAM " and keep up the good work. Let's make the 1996-1997 season a success!



Commentary . . .

MISS SCHOOL PAY THE PRICE

By: M.T.

Do you think teachers should be forced to give you work if you miss so many days of school? I would have said no until what happened not too long ago.

About one month ago, I went on a vacation with my family. I knew ahead of time that I was going to miss a week of academics. Before I left, I went to all my teachers and asked them for the work I was going to miss over the week. All my teachers gave me work, except one.

When I returned from my trip I went to the teacher that hadn't given me any work. I asked him if I could have the work that I missed over the week. He responded by asking. "What am I supposed to do, go to your house and teach you everything I taught?" I was a little surprised with his response. I attempted to at least ask him if he could give me the homework assignments that I missed. He didn't answer me and just walked away.

I was really outraged by his rude response. I realize that teachers have many students and are extremely busy throughout the day, but if all my other teachers had the time, then why didn't he? I thought a teacher was supposed to help his students, not ignore them.

The next day I went to class, and he gave everyone a test on what they had learned for that week. I raised my hand and told him that I hadn't been in school that week and didn't know what the test was on. I also asked him a second time if he could give me work I missed, and if I could take the test the following week. Once again, he ignored me, and gave me a 0 on my test. I let it go because I didn't feel like getting ignored again.

Ever since this incident, I told myself I would never take a day off while in academics. I'm not saying that teachers are not cooperative, but in all my years in school a teacher has never ignored me when I've asked a question. I always thought that a teacher was someone who helped out a student. I still do believe that, but only to a certain degree. It seems that if you miss school, you may pay an unexpected price.

What Intercom System?

By: Adam Huwyler

I'm writing this article to ask the question that has been on the minds of the students and teachers: Why was the intercom system replaced?

We left Diman last year for summer vacation and everything seemed to be working fine. When we came back, the classrooms all had it made. Then something terrible happened. Mr.Bently made the morning announcements, and he sounded like Darth Vadar. All you could heard was static. It was devastating to all who heard it.

I don't understand why they had to be replaced. Have you ever heard that old saying, "If it's not broke, don't fix it"? In the shops you can hear the announcements twice, and they're both barely audible.

I didn't write this article to make fun of the situation. Actually they're working very hard to get it fixed. I heard that the people who installed it are coming in alot to try fix it. So, lets all try to work though this. I'm sure it will be over soon.

Well, that's my two cents.

GET WITH THE NOW?

By:
Erica Followwill
Tara Duclos

In the first issue of the newspaper an article was written titled "Get With The Now" by Adam Huwyler. When we read this article we were upset with some of its contents. We think the opinion was based on only on what Adam and his friends wear, not what everyone else wears.

As for us, we do wear some of these clothes mentioned in the article, but there are also days we like to wear baggy jeans (or "bustin the sag" as he would call it). What's wrong with baggy jeans and oversized shirts? They're comfortable. Maybe some people don't like their jeans suctioned to their butt.

We also think that the article didn't deal too much with girls clothes, either. If you're going to write an article on fashion, you certainly cannot forget girls styles. Sure, we wear pastels, but what about bright, stand out colors? What about the shoes? We think he forgot about the big chunky heels, the shiny sneakers, and tall boots that girls wear.

The 70's were also mentioned in his article. Could you elaborate for us, please? Not everything is back from the 70's. For instance, you don't see everyone walking around the school like it was a runaway for who can have the biggest afro, do you? He also said that everything was coming back from the 50's. We sure hope not, because we wouldn't be caught dead in a big fluffy poodle skirt.

We think the most "stylish" thing anyone could do is dress in the clothes they think are cool. If you want to dye your hair neon pink and pierce your body, go right ahead. Don't base your opinion on what other people think. If you think it's fashionable, then it is.